

**s f t w****MUSIC****ONE TO WATCH**By  
**CHRIS SWEENEY****MAD GIRL**

Bryony Gordon, £14.99

AS a youngster, Bryony Gordon knew she wasn't quite "right". She had many troubling thoughts and as she got older, they became more intrusive.

As the years passed, Bryony was convinced she would seriously hurt somebody so by the time she was finally diagnosed with OCD, it was a massive relief.

Mad Girl is an unflinchingly honest account of what it's like when your mind is waging war on itself.

The result is a must-read that will move and inspire you in equal measure.

★★★★

**THE EXCLUSIVES**

Rebecca Thornton, £7.99

JOSEPHINE GREY is a model student. Having been selected as head girl at the prestigious Greenwood Hall, Jo is to have a final night out with best friend Freya. And it changes both their lives.

Eighteen years on, Freya wants to meet with Jo, but for Jo it means confronting long-buried secrets.

Thornton writes perceptively about how quickly and destructively female friendships can break down but when the secret of the girls' past emerges, it is dealt with perhaps a little too swiftly.

★★★★  
JADE CRADDOCK**HOW TO BE F\*\*\*ING AWESOME**

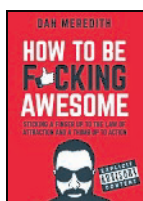
Dan Meredith, £12

SOME business self-help books can overwhelm, or prattle on for so long that you forget the message.

But Dan Meredith isn't your normal motivational business guru.

He offers lots of practical advice for those cutting their teeth in the world of entrepreneurship who are willing to – as he puts it – get s\*\*\* done.

A funny view of a niche that far too often takes itself far too seriously.

★★★★  
GREG FIDGEON**THE LUDICROUS LAWS OF OLD LONDON**

Nigel Cawthorne, £9.99

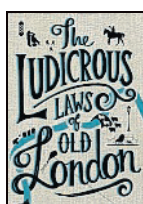
LONDON has had some pretty weird laws – and many still stand today: it's forbidden for MPs to wear armour in the House and no one is allowed to die in Parliament.

A law passed in 1540 – and still in force today – makes it illegal for barbers in the City to practise surgery – and for surgeons to cut hair.

In the West End's Burlington Arcade, the laws of the Regency still apply – so no singing, humming or whistling.

Just some of the crazy rules that still govern our capital.

★★★★



# I'll rip it up at Strathallan Castle...on and off stage

IT'S four weeks until T in the Park 2016 and each week until then SFTW will be featuring one of the 16 unsigned Scots acts who'll take to the prestigious T Break stage.

This week we profile singer-songwriter **DECLAN WELSH**.



DECLAN Welsh stood at T's old home in Balado back in 2011 and lapped up seeing his heroes Jarvis Cocker and Alex Turner stuff their stuff in front of 85,000 punters.

Declan, 23, said: "If you'd told me then that I'd be playing one day, I would have not believed you."

"It's surreal. I'm really excited and I'm prepared for it."

"I've been told I'm playing on the Sunday and that's the same day as LCD Soundsystem which is mental. Things like that make it real."

"It's an honour to be able to play it. If it all ended after this summer, I can say 'Well, I've played T Break'."

"But for someone like me who's finished uni and is going full pelt at this, it's an opportunity to get in front of a bigger crowd and see if I can convince them that I'm up to it."

Declan's material is all about day-to-day, normal life. And even he concedes that can be boring – if it's not executed correctly.

He explained: "I started to write in this specific way when I began reading more and listening to artists who convey the everyday and make it sound extraordinary."

"You write what you know and the poetic way of saying it is a way



of elevating stuff like going on a night out and relationships."

"It becomes an art form, describing very menial things."

"I always like to hear songs and stories I can relate to."

"I'd rather hear about something real than the abstract stuff."

"It's a way of communicating ideas that are funny or well-said."

"It comes fairly naturally to me. If you were trying too hard, it wouldn't sound authentic."

Right now, he's going full steam ahead at the music game. And it can be a slog.

Declan said: "I'm loathe to say it's hard, as I'm not doing a real job."

Other people have some seriously tough gigs.

"But in its own way it's hard – it requires loads of emails, chasing folk down, you need to be organised, working out schedules for my backing band, getting gigs sorted."

"And I'm writing constantly and building up a catalogue of songs."

"I do it because I love it and people who create have something inside them they need to get out."

He's also hoping a posse from his hometown of East Kilbride turn up at T to see him.

Declan said: "I'm hoping some folk from there read this and come along. The support from them would mean a lot."

"East Kilbride is a strange wee

place – it hasn't got a venue. There's only the arts centre, which is more of a theatre, and loads of churches, where you see these wee metal bands playing in."

And while he's got his eye on the ball the youngster is planning on ripping it up at Strathallan – on and off the stage.

He added: "Oh aye, I'm taking full advantage of that free ticket. I'm trying to get up on the Thursday."

"The guys in my band drive and they can't go till the Friday so I'm trying to find another way up."

"It's all about enjoying it and having a great time."

● For more check out [www.facebook.com/DeclanWelshMusic](http://www.facebook.com/DeclanWelshMusic)  
[chris.sweeney@the-sun.co.uk](mailto:chris.sweeney@the-sun.co.uk)

**ONE 2 SEE**

TOM Walker is being guided by the same folk who unleashed KT Tunstall. There are similarities. He uses the guitar to bring his songs to life and he's got a soulful voice that drags you in.

Tom plays Glasgow's King Tut's on June 15 before hitting Edinburgh, Ullapool, Stornaway, Inverness and Elgin.

Get the info at: [www.facebook.com/IamTomWalker](http://www.facebook.com/IamTomWalker)

**ONE 2 HEAR**

ANOTHER mob from East Kilbride also made it to the final 16 for T Break.

Rockers The Lapelles are on fire right now and have been on the road with The View.

They look like they've got plenty in their locker.

And their track Seventeen is a cracker.

You can listen to it now at: [www.thelapelles.com](http://www.thelapelles.com)

# Classy Noah boys are creating waves

**NOAH NOAH**

**WHO:** Fraser Fulton (vocals/guitar), Matt Dunn (keyboard/vocals), Neil Reynolds (bass/vocals), Rowan Wood (drums/vocals).

**WHERE:** Edinburgh.

**FOR FANS OF:** Chvrches, The Killers, Prides.

**JIM SAYS:** Lips from Noah Noah is probably one of my favourite debut tracks of the year. It wasn't a proper single as such, but what an introduction!

A massive blast of infectious electro pop. With their debut single Champion, the band prove Lips wasn't a one-off. Coupled with the B-side, The Lie, I may have discovered my favourite new band.

Fraser said: "The band's sound has been a really natural development proc-

**NEW MUSIC**

By Jim Gellatly

ess. We started out thinking we would be a kind of folk-rock band.

"It naturally became this sort of electro-rock-pop monster without us really choosing that as such."

The guys from The Deadly Winters first tipped me off about the band last year when they were performing as Grampa. They'd been booked to play The Deadly Winters' EP launch last year. It was only later that I discovered that Fraser had previously fronted genre-defying collective Victorian Trout Conspiracy. The new

band initially formed as a side project. It's a huge musical transformation. At the end of February they became Noah Noah and stuck Lips online. From then on it's been all go for the band, including a UK tour with Kirsten Adamson.

Launching the Champion single with a sold-out gig at Sneaky Pete's in Edinburgh, Noah Noah are in demand.

Fraser said: "We just want to play as many shows to as many people as possible! We have a good few tours in the pipeline and various bands that are keen to play with us."

Noah Noah's next gig is Thursday at The Mash House in Edinburgh.

**MORE:** [facebook.com/noahnoahband](http://facebook.com/noahnoahband)  
● Jim presents a weekly showcase of New Music on Amazing Radio Sundays 2-4pm. [amazingradio.com/jimgellatly.com](http://amazingradio.com/jimgellatly.com)

▶ Watch video of band at: [thescottishsun.co.uk](http://thescottishsun.co.uk)