

WELFARE



CHRIS

ELOÏSE

BLUES-ROCK/POP



GARY



MARCIA

DISAPPEAR OUT NOW!



**the
flow
state.**

NORTH EAST ENGLAND BASED BLUES-ROCK/POP BAND

THE FLOW STATE IS A 4 PIECE BAND BUILT AND FORGED IN THE NORTH EAST MUSIC SCENE, HAVING PLAYED PREDOMINANTLY IN SUNDERLAND AT THE INDEPENDENT AND THE BUNKER, ALONG WITH A LAST MINUTE APPEARANCE AT THE SUMMER STREETS FESTIVAL. THEY HAVE BEGUN MOVING INTO THE NEWCASTLE SCENE WITH TWO PERFORMANCES AT THE GLOBE . THEIR DEBUT EP 'DISAPPEAR', WAS RECORDED AT THE PEACOCK IN SUNDERLAND AND MIXED & MASTERED BY THE BASSIST. IT REPRESENTS THE CORE PILLARS OF OUR SOUND WITH CONCEPTUAL LYRICS DRAWN FROM LIVED EXPERIENCE. THIS EP RECEIVED DEMO OF THE MONTH IN NARC'S OCT2024 ISSUE WHICH DESCRIBED IT AS CONTAINING 'PROFESSIONAL SOUNDING SULTRY SOUL VOCAL SITTING OUT FRONT ON A WOVEN TAPESTRY OF GENTLY MEANDERING MELODY LINES'.

WORDS: JOHN KNOX

DEMO OF THE MONTH

CHECK OUT

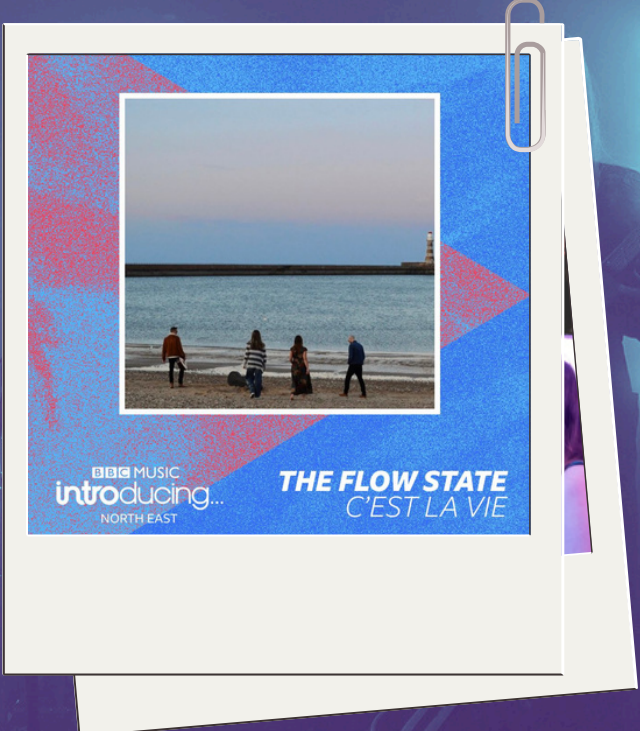


The Flow State – Disappear

Another great band to come out of the Northern Academy of Music Education in Sunderland, who in their short time ministering to the would-be music youth of today have catapulted some fantastic talent into the public eye. The Flow State are no exception, as there is some fabulous playing on display on this track. Kicking off with a professional sounding sultry soul vocal sitting out front on a woven tapestry of gently meandering melody lines, you've got something very unique that builds with the entry of drums and a searing guitar solo into a beautifully constructed behemoth with a clever pop sensibility not seen or heard much since the 1990's. It's giving Sade, Beautiful South and Simply Red levels of musical truth and I frankly can't wait to see what they do next.
www.theflowstate.hearnow.com



The Flow State - Highlights from EP Launch Gig at Independent Sunderland



 **CONTACT US**

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 HI-RES PRESS SHOTS

