

# FastTrains.

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## Fast Trains challenge men to speak out about mental health with new single 'The English Way'.

Taken from the forthcoming EP *ourWorld Volume 1*, 'The English Way' is a call for men to move away from that British trait of keeping a stiff upper lip, highlighting the dangers of bottling up one's emotions. Figures from September 2020 show men's suicide rates to be at the highest level for two decades.

Written by Fast Trains' Tom Wells, a songwriter and producer from Portsmouth, the song typifies the writer's move towards more direct and challenging lyrics – other topics covered in *ourWorld Volume 1* include addiction, self-harm and the News International phone hacking scandal.

However, whilst the subject matter may be dark, the tracks are brimming with energy and a search for the positive. Wells explains:

*"Over the past year I've really been questioning my responsibility as a songwriter. Is it enough to write songs simply to entertain, or can I use Fast Trains as a vehicle to tackle more weighty topics and issues.*

*The tricky part is that it's very easy to moan and focus on the negative, particularly with the events of this year. Music for me is escapism though, a chance to visit another world entirely, and I'd hate for Fast Trains to be anything other than optimistic and hopeful."*

This idea of visiting another world has been a feature of Fast Trains since its inception in early 2019. Known collectively as *ourWorld*, the visual elements of the solo project are treated as an equal to the music, and often feature a cryptic cipher known only to Wells and his collaborators, plus the few fans who have managed to decode it. Wells continues:

*"For me it's about levels. If someone hears a song on the radio or sees the band perform, they should be able to connect with it. But then if people want to dig deeper, there's plenty to find in ourWorld, with messages and secrets hidden in the artwork, social media posts, even in the music itself."*

So far it's certainly been a successful concept. Alongside support from **BBC 6 Music** and **BBC Introducing**, videos from the project have been screened at film festivals all over the world. Like its predecessors, 'The English Way' and *ourWorld Volume 1* will be released exclusively to YouTube and the official Fast Trains website ([www.fasttrains.co.uk](http://www.fasttrains.co.uk)), a move that has seen Fast Trains build a uniquely personal relationship with fans, away from Spotify and its playlist algorithms.

By establishing this personal connection with fans, the aim is that these bigger issues can be opened for discussion in a more considerate way. The final line in 'The English Way' is indicative of this:

*Your friends and family want to help you, boy / We're all here when you want to talk*

**'The English Way', the new single from Fast Trains, is released on 13<sup>th</sup> November 2020. New EP *ourWorld Volume 1* is set for release in April 2021. Both will be available exclusively on YouTube and the official Fast Trains website ([www.fasttrains.co.uk](http://www.fasttrains.co.uk)).**

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