

“No Matter Where You Are, You Belong”



A group of musicians and wellbeing experts have come together to produce a positivity song to help the nation through lockdown and beyond.

‘Time To Shine’ was written and performed by The Beautiful South’s Alison Wheeler, Bryan Edery and Matt Constantine. The track also features Amanda Frolich and Sara Brennan – children’s mental health and wellbeing campaigners.

“There are so many acts of kindness going on right now - from neighbours looking out for each other to caregivers selflessly putting their lives on the line for strangers. Through music, we wanted to celebrate these people and give hope to those who aren’t feeling mentally strong or positive about the future. If we’re confident about what we can achieve, together we can and will get through these difficult times.” Alison Wheeler

“Smiles and Laughter Hold The Key”

“Through our work in the community, Sara and I have seen first-hand the impact this crisis is having on mental health and wellbeing. We wanted to spread a message of strength, resilience and positivity and to let people know that no matter how alone they feel, we’re all in this together and together we’ll come out of this stronger.” Amanda Frolich

“Nothing will hold us back, be confident, be free”

Watch the Time to Shine music video (produced by Chiswell Studios) here <https://youtu.be/LcEJ-2WptvM>

Time to Shine song is also available on iTunes and Spotify  

All profits going to The Trussell Trust – a charity working to support the most vulnerable in society.
www.justgiving.com/fundraising/alison-darley



For more information

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