



LIFESIGNS

WELCOME TO THE

LIFESIGNS

PRESS KIT

THE BAND

LIFESIGNS are (*left to right*):

- Bass Guitar: Jon Poole • Keyboards/Lead Vocals: John Young
- Drums: Frosty Beedle • Lifesigns Sound: Steve Rispin
- Guitars/Keyboards: Dave Bainbridge

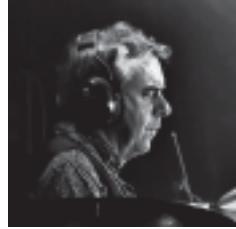
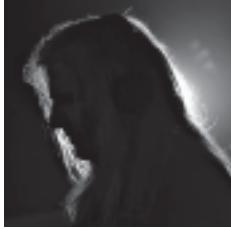


“

The latest incarnation of Lifesigns conduct a masterclass in the finer arts, closing the festival with a peerless performance - Prog Magazine, June 2018

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BIOGRAPHY



Lifesigns was the brainchild of John Young (keys/vocals), Frosty Beedle (drums), Steve Rispin (sound) and Nick Beggs (bass/vocals). Their first album, *Lifesigns*, was released in February 2013 and sold well briefly reaching the UK top 100 albums chart. Guests included Steve Hackett (Genesis), Robin Boult (Fish) and Thijs van Leer (Focus).

The band started touring the following year with Jon Poole joining to replace Nick Beggs who had other commitments. The line up was made complete by former Steven Wilson guitarist Niko Tsonev. Fifty shows were played over the next year with the culmination being appearances at *Cruise To The Edge* in the USA and *Night of the Prog* at Lorelei in Germany as well as the *Rambling Man* and *Cropredy Festivals* in the UK.

In addition to this *Live In London*, a DVD and double audio CD was released. This was recorded at Under the Bridge at Chelsea Football Club.

In 2017 a new album called *Cardington* was released. The album was largely funded via a pledge music campaign that met its target in just 48 hours. The album features guest appearances from Robin Boult (Fish), Dave Bainbridge (Iona) and Menno Gootjes (Focus). Niko decided to pursue his own solo career after having played on the album, he in turn was replaced in the band by Dave Bainbridge on guitar and second keyboards. *Cardington* reached the top ten in the Amazon national chart and was number four in the UK Indie chart all without any mainstream airplay.

In 2018 Lifesigns took to the road again with a third appearance on *Cruise to the Edge* and a U.K. tour. 2019 has seen the band perform further live dates both in the U.K. and Europe. A tour is planned for Spring 2020 culminating in a fourth appearance on *Cruise to the Edge* in the USA. A new album is also scheduled for release.

Lifesigns were nominated by PROG Magazine for best album and best band for 2018 plus John Young picked up best keyboard player at the recent Classic Rock Society awards.

The future looks bright...

JOHN YOUNG

lead vocals / keyboards





John Young is a British progressive rock keyboardist and singer from Liverpool. John spent his early years with the Liverpool Cathedral Choir where he was classically trained on keyboard and voice.

Until the mid-1980s he played in semi-pro jazz rock bands. His first major break came in 1985 when he successfully auditioned to be part of Uli Jon Roth's band (ex-Scorpions). After a world tour, John spent his time doing studio and session work with artists as diverse as Steeleye Span and Bon Jovi. John also recorded an album with Lucio Battisti in 1990. *La Sposa Occidentale* reached number three in the Italian Chart and was the 39th best selling album of the year in Italy.

John went on to play with the MTV band in London, during which time he met John Wetton who invited him to join Asia for two European tours after which he joined Paul Rodgers and Kenney Jones in a short-lived band called The Law. They played one show at The National Bowl in Milton Keynes with Bryan Adams and ZZ Top. John joined Bonnie Tyler in the mid-1990s and has since worked and played with her all over the world. In 2001, he joined the Scorpions for a world tour to promote their *Acoustica* album. In the same year he co-wrote the Fish album *Fellini Days* with John Wesley and appeared on the resulting live album *Fellini Nights*. John has also worked as part of the regenerated Greenslade, appearing on the albums *Large Afternoon* and *Live 2001*.

John has worked with Jon Anderson of Yes, the first product of that union saw Jon touring Europe and playing the song *Sooner (Than Later)*, a track co-written with John. He worked as the touring keyboard player with The Strawbs on their Canadian and UK tours in November/December 2010 alongside Dave Cousins, Dave Lambert, Chas Cronk and Tony Fernandez.

John has released two solo albums *Life Underground* and *Significance* both of which were out of print, although 2018 saw the re-release of *Significance*. The album *The John Young Band - Live at the CRS* saw John perform with his band, a forerunner of Lifesigns, playing music from his solo albums.

Just to ensure that the pressure is never off, John has completed many albums of instrumental music, the latest being *Financial Meltdown*, a semi classical album. Other works include *Political Agenda*, *Scientific Breakthrough*, *Dot.Com Explosion*, *Ethereal Energy* and *Election Fever*. Music from these albums varies from semi-classical to jazz and ambient to world, and is often heard on TV programmes such as CNN's coverage of the war in Iraq, the BBC programme Coast, The Jay Leno Show and the Obama election campaign.

A photograph of a man with a shaved head and a goatee, wearing a dark polo shirt and a necklace, singing into a microphone and playing a red bass guitar. He is illuminated by stage lights, with blue and red hues. The background is dark with some stage equipment visible.

JON POOLE

bass guitar / backing vocals —



Jon Poole is a multi-instrumentalist (Bass, Guitar, Keys and Drums) and singer/songwriter.

Jon started playing guitar when he was eleven and has maintained a music fan/anorak attitude to all forms of music ever since, favouring no particular style whilst taking influence from diverse acts too numerous to list.

“

I resent the fact that genres have to be constantly referred to when creating music.

The world is full of so much stuff and it's all ripe for the picking. The more you ignore working within limited genres the more likely you are to create truly unrestricted and original music.

More now than ever there really is no need to work within the restrictions of a specific genre

”

The first significant live/recording act Jon played in and co-led (with singer/drummer, Bob Leith) was Ad Nauseam whose prog, punk, jazz-rock style was very out of step with the baggy/shoe-gazing scene of the early 90's but who did manage to catch the attention of Cardiacs leader, Tim Smith. Jon jumped ship and joined Cardiacs, later followed by Ad Nauseam's Bob Leith, and he remained a full-time member for twelve years. In this time he contributed guitar, bass, keys and songwriting.

Jon then went on to play in British rock band The Wildhearts and various other projects with leader, Ginger Wildheart.

On the other end of the spectrum Jon was MD, bassist and guitarist for 80s Liverpool scene band The Lotus Eaters, whose 1983 hit *The First Picture Of You* left an impression on an adolescent Jon Poole.

Jon has made several solo albums including a critically acclaimed tribute album of Frank Zappa covers on a Fostex 4-track cassette machine when he was just 24.

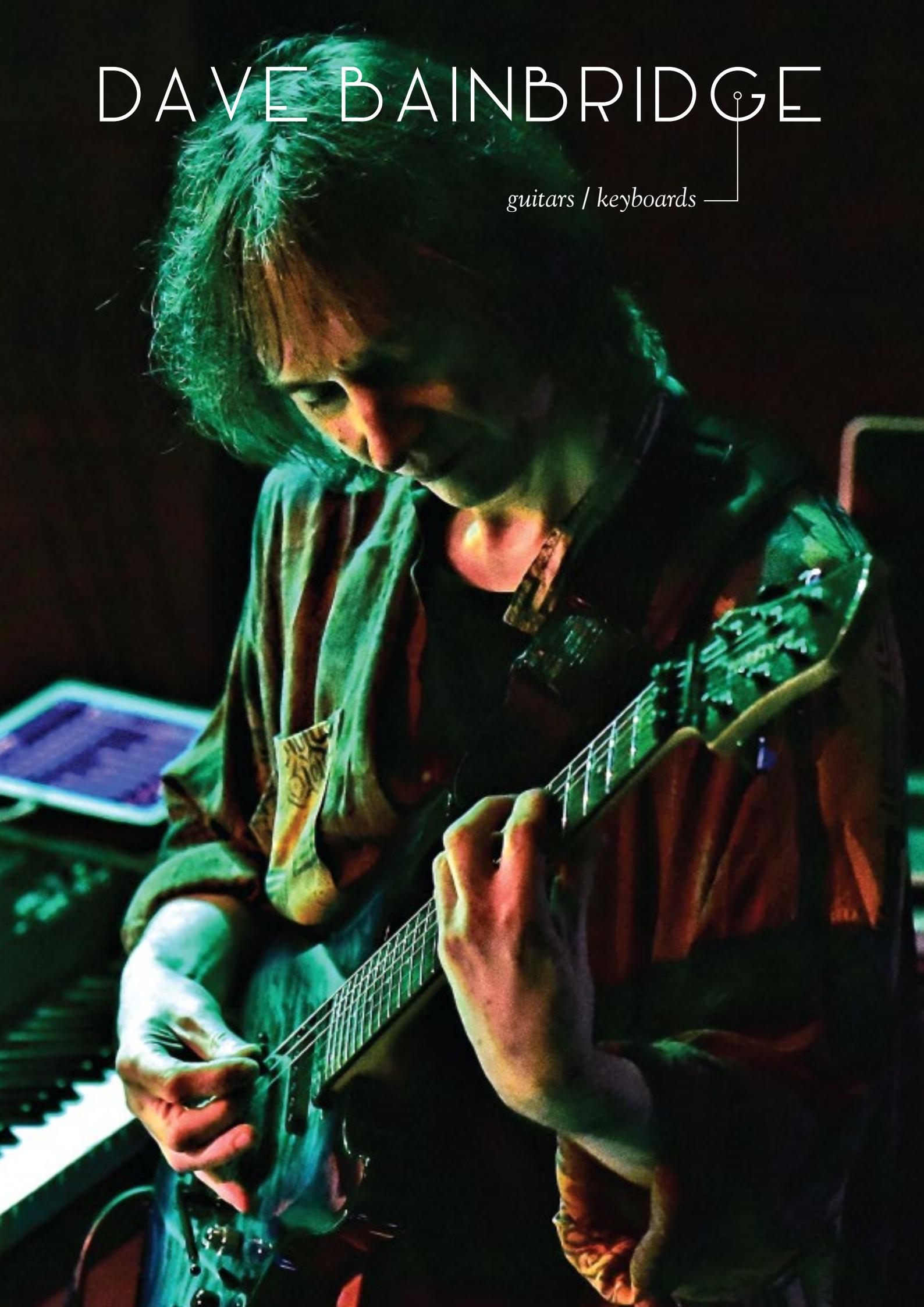
These days, as well as being a member of Lifesigns, Jon is half of the duo The Dowling Poole (alongside Willie Dowling). They are both multi-instrumentalist songwriters who produce and engineer their own critically acclaimed albums of which two exist (*Bleak Strategies* and *One Hyde Park*), they are about to release a third called *See You See Me*.

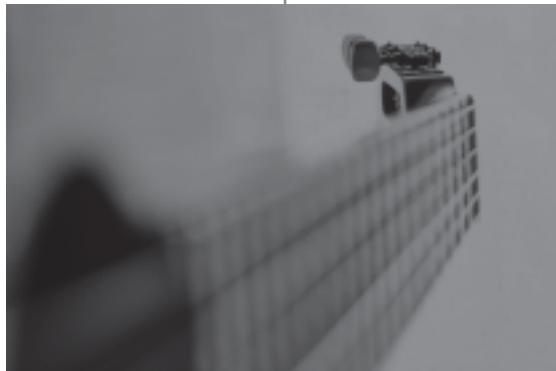
A recent project that Jon is involved in is a trio called Panixphere for whom Jon plays bass. They feature two other ex-Cardiacs members, Christian Hayes and Bob Leith.

Jon is also a member of the current line-up of Dr Hook (featuring Dennis Locorriere) as bassist and backing vocalist.

DAVE BAINBRIDGE

guitars / keyboards





It's fair to say that Lifesigns newest member is a busy man. Born in Darlington, Dave began piano lessons at the age of eight and guitar lessons from his dad at thirteen. He joined his first band at the age of fourteen.

Winner of the BBC Radio 2 Best Jazz Soloist Award (piano) and the Sam Hood Rosebowl for Outstanding Performance during his time at Leeds Music College, Dave has been voted amongst the world's top ten guitarists in the Prog Magazine Reader's Poll in both 2018 and 2019, recently coming in 4th behind legends Steve Rothery, Steve Hackett and Andy Latimer.

Dave's multi-faceted career as a solo artist, musician, composer, improviser, producer, arranger, teacher, musical director and sound mixer has led him into many musical genres and work with numerous artists including: Strawbs, Jack Bruce, Buddy Guy, Phil Guy, Nick Beggs, Gloria Gaynor, Moya Brennan, Robert Fripp, Mae McKenna, Phil Keaggy, Paul Jones, Damian Wilson, Snake Davis, PP Arnold, Mollie Marriott, Norman Beaker, Pete Brown, Gary Boyle, David Paton, The Original Alan Parsons Project Band, Annie Haslam, Eric Bazilian, Neal Morse, Paul Bielatowicz and many others.

Co-founder of Celtic progressive/folk/rock band IONA, Dave toured the world with the band between 1989 and 2015, releasing thirteen critically acclaimed albums, twelve of which Dave produced. *The Book of Kells* received several awards, including Best Album (Billboard Magazine). *Journey into the Morn* was voted amongst Q Magazine's top five Folk Albums and Top fifty Albums. Keyboard legend Rick Wakeman cited IONA as his favourite band and wrote an appraisal in the bands 2001 box set *The River Flows*. IONA twice headlined Cornerstone Festival in the USA, in front of 25,000 people, played in front of 35,000 at Creation Festival (USA), twice played at Glastonbury Festival and headlined at many prestigious venues including The Royal Festival Hall, London. The band were one of the first western artists to tour in the Baltic States after the fall of the Iron Curtain. IONA made many TV appearances and IONA/Dave's music has been used extensively on TV programmes around the world.

Dave has composed soundtracks for numerous short films, TV and multimedia productions and co-wrote the guitar concerto *Iberian Fantasy* with Classic FM favourite Nick Fletcher, released on the album *Cathedral of Dreams*. Dave has scored orchestral arrangements for Strawbs, IONA, Michael Ball, Adrian Snell and The All Souls Orchestra. He has been musical director for singer-songwriter Adrian Snell in major productions of Adrian's works *The Passion*, *Light of the World* and *Alpha And Omega*.

Dave has released three solo albums, *Veil of Gossamer*, *Celestial Fire* and *The Remembering*. *Celestial Fire* led to the formation of Dave's band of the same name in 2015 and the *Celestial Fire Band Live In The Uk* DVD/2CD album was released in April 2017. Dave has also worked on collaborative albums with Troy Donockley, IONA co-founder David Fitzgerald and most recently Lord of the Dance singer Sally Minnear.

He was thrilled to be asked to join Lifesigns by John Young after recording guitar parts for the *Cardington* album and looks forward to seeing how this creative collaboration of now firm friends will develop.

FROSTY BEEDELE

drums / backing vocals





Frosty was born into a musical family. His father loved big band music and his mother loved to sing. He had singing lessons from the age of six and started playing drums aged 9. He gained permission from the local authorities to play in pubs and clubs from the age of eleven and spent his youth playing semi professionally in anything from jazz trios to big bands.

He eventually turned professional aged seventeen joining the QE2 transatlantic liner and travelled the world completing three world cruises by the time he was twenty one. He moved to London in 1984. In 1985 he joined the pop group Cutting Crew. (*I Just Died In Your Arms* was a top ten hit in many countries.

He left the band after six years in 1991 and went on to work with the likes of Boy George, Sinead O Connor, Midge Ure, Zucchero, Jason Donovan, Kiki Dee, Sarah Brightman, Jimmy Somerville, Gloria Gaynor, Clannad, Harold Melvyn, Kim Wilde, ABC, and Steve Coogan to name a few. He has also worked on West End musicals and as well as working with Lifesigns and various other projects he has held the drum chair at Mamma Mia in London since 1999.

STEVE RISPIN

*Lifesigns sound,
production and mixing*





Steve Rispin has been involved professionally in the music business since 1981 when he started running PA Systems for students' union events. On graduation, Steve worked at Village Way Recording in Harrow and then Tin Pan Alley Studio in Soho and during this period recorded, with Paul Stewart, many now classic rockabilly albums for Nervous Records.

Leaving Tin Pan Alley Studio in 1986 Steve went freelance, working on several progressive and metal projects including two Sabbat albums for Noise Records, which led to a year living at Skytrak Studio in Berlin. He returned to the UK in late 1989 and became more involved with live productions, working with Kingmaker for Chrysalis, Pendragon for Toff Records and Threshold for Inside Out amongst many others. An offer to help develop The Bottom Line Club in London led to a few years of working with internationally renowned blues artists, but the shareholders eventually sold the business on. Sensible Music offered an opportunity to work with Clair Brothers Audio Systems with artists including Tina Turner, Elton John, Sly & Robbie, Mick Taylor and Snowy White.

Returning to recording in 2002, Steve took an opportunity to build Liscombe Park Studio in the countryside, on the border of Bedfordshire and Buckinghamshire. Studio clients include Asia, Martin Turner's Wishbone Ash and Roger Chapman, ELP, Snakecharmer, Uriah Heep, Paradise 9, Dave Kilminster and Damian Wilson as well as recording John Wetton's vocals for District 97 and Billy Sherwood, and Damian's vocals for Headspace. He is also working with many up-and-coming bands such as Virgil And The Accelerators, Mitch Laddie and Silverbox.

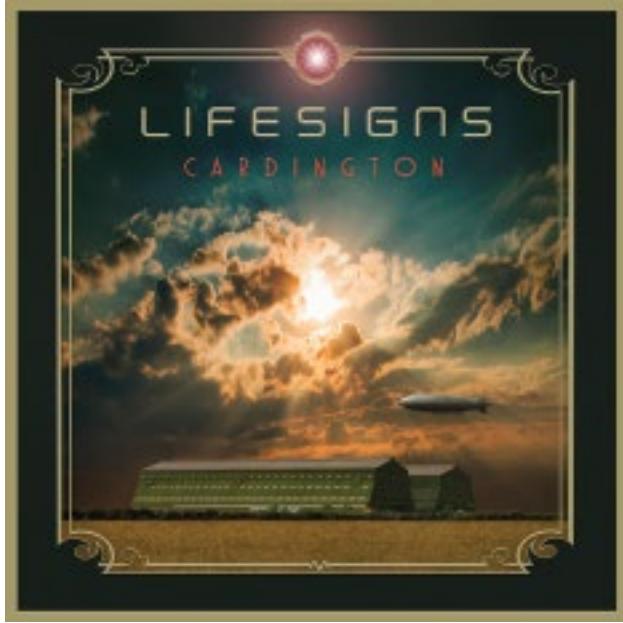
Maintaining the live side of his work, current clients include The Carl Palmer Band, Greg Lake, Family (with Roger Chapman), Fish, Asia and Harley-Davidson, the latter with whom Steve works on large-scale European events that can feature a number of bands over a five-day period. Steve also worked with Alvin Lee for 12 years, until Alvin's untimely death in March 2013.

THE MUSIC



the first wave in the new British prog tsunami

CARDINGTON



1. N
2. VOICE IN MY HEAD
3. CHASING RAINBOWS
4. DIFFERENT
5. IMPOSSIBLE
6. TOUCH
7. CARDINGTON

Total Time: 49:36

- John Young : vocals, keyboards
- Dave Bainbridge : guitar
- Jon Poole : bass, bass pedals, backing vocals
- Martin Beedle : drums, percussion, backing vocals
- Steve Rispin : sound design, mixing

With:

- Menno Gootjes : guitar
- Niko Tsonev : guitar
- Robin Boult : guitar
- Chris Taylor : backing vocals

 [listen to Cardington on Bandcamp](#)

The great irony of neo-prog is that much of it sounds tired – light on both the new and the progressive. Lifesigns neatly sidestep this issue by channelling elements of AOR and soft rock into an album inspired variously by reflections on culture, creativity and, of course, the rise and fall of British dirigible manufacturing.

The latter manifests itself on title track *Cardington*, a potted history of the UK aviation facility, which finds an Icarus-like metaphor in the British government's attempts to construct the world's most advanced airship, the R101 - a project that ultimately resulted in tragedy and the deaths of 48 people after it crashed on its maiden voyage. It's a story of colossal scope, ably translated into an eleven minute journey that captures the excitement and ambition of the age, the vast spaciousness of the heavens and, in its darker moments, the tragic hubris of this Titanic-esque tale.

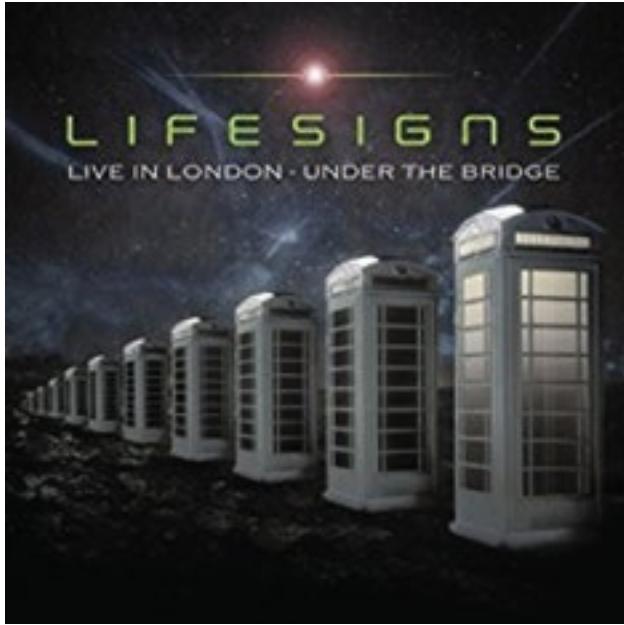
It's an album stuffed with talent. Bainbridge in particular crops up a lot on this record's finest moments, so it's welcome news that he's set to tour with the band. Elsewhere, ex-Cardiacs/Wildhearts man Jon Poole, drafted in to replace bassist Nick Beggs, brings a most welcome spiky texture to these indulgent proceedings. His spaghetti lines on anti-X Factor rant *Touch* build in grunt throughout offering a counterfoil to Young's quick-fingered keys solo and forming one of the record's most powerful moments.

The evidence that this prog-based passion play may yet become the day job for Young and co is therefore mounting. *Cardington* could prove the tipping point.

Matt Parker
PROG Magazine
5th September 2017

The UK progers' second proves the sky's the limit

LIVE IN LONDON



1. [Lighthouse](#)
2. [Telephone](#)
3. [Voice In My Head](#)
4. [Different](#)
5. [Impossible](#)
6. [Open Skies](#)
7. [Fridge Full of Stars](#)
8. [End of the World](#)
9. [Kings](#)
10. [Carousel](#)

Total Time: 85:00

- John Young : keyboards, vocals,
- Jon Poole : bass, vocals
- Martin 'Frosty' Beedle : drums, percussion
- Niko Tsonev : guitars

- Recorded by Steve Rispin
- Mixed by Steve Rispin and Niko Tsonev



[Click Here to listen to Voice In My Head](#)



[Click Here to view Different](#)

Around 120 die-hards are here, most of whom know each other and many proudly sporting special "telephone" gig tee-shirts, assemble in the intimate venue nestling under the east stand of one of football's great cathedrals. Some have travelled from the USA, Norway, The Netherlands, Spain, Jersey and Wales for the privilege of being part of this exclusive Lifesigns coterie. Steve Rothery's presence also makes an appearance to add an extra frisson of excitement.

There's a genuine camaraderie and mutual respect between the four which only benefits the music. Here, they seem completely relaxed in front of often unforgiving cameras and the wholly partisan crowd.

The inclusion of backdrops depicting lighthouse, telephone boxes and the album cover's now iconic church provides a visual dimension previously lacking in the live shows. Each player now assumes a distinct 'character' in the band. Poole's the flamboyant, cavorting showman, knocking out thunderous bass lines and delicate fretwork in equal measure; Tsonev – now with his own crowd chant – the silent virtuoso letting his magnificent guitar runs do all his talking; Beedle in some kind of continuous transcendental state while cranking out the complex rhythms; and of course, Young as the genial, affable master of ceremonies.

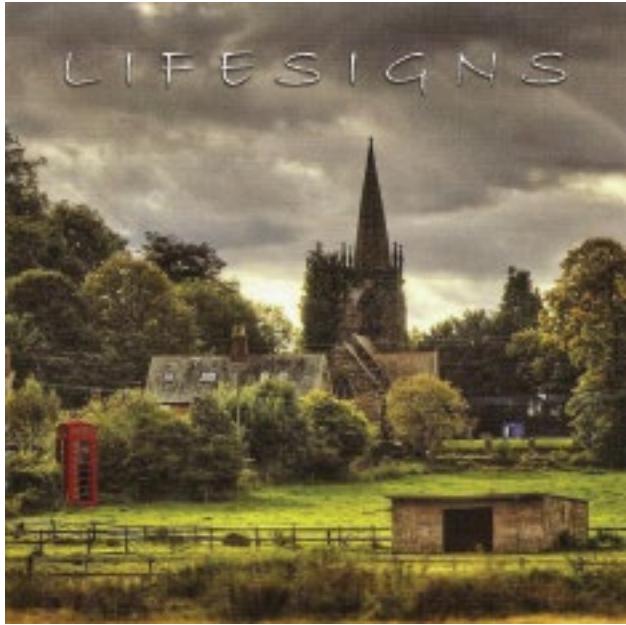
Everybody's having an absolute blast at Singalonga-Lifesigns. Just about everyone there knows all the words, apart from the few newbies present, and this creates a seamless connection between band and audience. *The Live In London DVD* will only further rubberstamp the overarching Lifesigns message that prog music can be both captivating and fun in equal measures.

Alison Henderson

PROG Magazine - 26th January 2015

Sometimes things become possible if we want them enough

LIFESIGNS



1. Lighthouse
2. Telephone
3. Fridge Full of Stars
4. At the End of the World
5. Carousel

Total Time: 53:34

- John Young : keyboards, lead vocals, composer and co-producer
- Nick Beggs : bass, Chapman Stick, backing vocals
- Martin 'Frosty' Beedle : drums, percussion
- Steve Rispin : co-producing, recording and mixing

With:

- Steve Hackett : lead and acoustic guitars
- Jakko Jakszyk : lead and acoustic guitars
- Robin Boult : lead and acoustic guitars
- Thijs Van Leer : flutes

 [listen to Lifesigns on Bandcamp](#)

The nearly thirteen minute *Lighthouse* flings this disc straight into the progressive fire, a laser beam of sonic light piercing the shrouded mist, a beacon of things to come, full of adventure and solidity.

The mood for the day is prolific, Yes-ish, armed with slithering synths carving around that treble-heavy bass swirl. The music displayed is symphonic, accessible, smooth, professional and exhilarating. *Telephone* starts out like a Tony Levin-fueled Peter Gabriel-esque tune, a progressive pop song loaded with melodic beauty and beastly rhythm. Strictly fascinating, deeply engaging, almost breezy in a strange way, with eccentric and unexpectedly lush choir work and a general sense of effortlessness.

The impeccable *Fridge Full of Stars* is the ultimate show-stopper, a bruising bulldozer of portentous sound, deeply progressive and audacious, decorated by tickling piano ivories, that scandalous brooding bass and a melody and a chorus to expire over. This has to rank among the best progressive tracks in the last 10 years, well-constructed and utterly enjoyable, superb vocals and crowned by a Thijs Van Leer flute extravaganza that permits a crazy Hackett guitar solo that sears. The shortest track here at 8:24, *At the End of The World* is just as delicious, a thoroughly ecstatic vocal performance with a laid-back groove that shows off their absolute restraint and eschewing any kind of overblown redundancy.

Carousel as the name implies will serve only to come back to the beginning and listen to this beast again and again, round and round we go.

[Prog Archives 2013](#)

It's one of those rare things, a faultless album

THE VIBE



What people are saying about us

“

The Lifesigns guys are fantastic musicians but they are also the most friendly people I know in this industry. They care for their fans and that leads to a growing following. Something that shows on this live recording. As a band they are getting better and better. The new songs are great and they work on several new ones for the next studio album. This is new prog at its best! -

**Arne van Os van den Abeelen,
Background Magazine**

”

”

Lifesigns is one of the coolest gifts to cross my desk yet this year – I hope John Young and company are able to parlay this into a spate of touring, shows, and a follow up record. This record is an hour of excellent listening. Do yourself a favour and get yourself a copy, sit back and enjoy the trip - **Rock Guitar Daily with**

Tony Conley

”

”

Fantastic and highly anticipated self-titled debut album, and a project that has the hallmarks of being one of the finest new Prog-Rock releases of 2013! - **Compact Disc Services**

”

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Lifesigns is a remarkable cooperation between John Young, Nick Beggs and Martin Beedle. And producer Steve Rispin. All musicians have played a well known role in the 80s/90s: Bonnie Tyler, Kajagoogoo and Cutting Crew. They have been active since, with impressive resumes, including the likes of Fish, Steven Wilson and many more. Their collective, often not very prog backgrounds, result in an amazing album with proglenth songs, yet very popp/catchy. Not limited to a certain prog sound, they bring their self-titled debut album, which is one of my favourites of 2013 - **liveprog (YouTube video channel)**

”

”

When you think progressive rock has died, along come a band who breathe a sweet collective soul into it - **Let it Rock**

”

I can truly say that this album goes straight to the top of my 2013 prog music list!! It has quite firmly been sitting in my cd player ever since it landed on my desk! ! What you get here, is top notch artrock/prog with wonderful vocal harmonies, superb arrangements, lavish melodies, excellent gitarring, solid bass and drum foundations, keyboards deluxe & John Young's fine lead vocals! - **Prog Planet**

It was as if on my first listen I was looking for that 'ENTERTAIN ME NOW' track, but I now realise the album does that over the five tracks, they entertain you and enthrall you, take you on a journey and deliver you home to a more happy place - **ProgRockMag**

Since the album's release earlier this year, the accolades have been piling up – and quite rightly so. Steve Rispin's experience as a producer has helped to create an album that will, undoubtedly be a challenger for the coveted title of Album of the Year - **Sue Doyle**

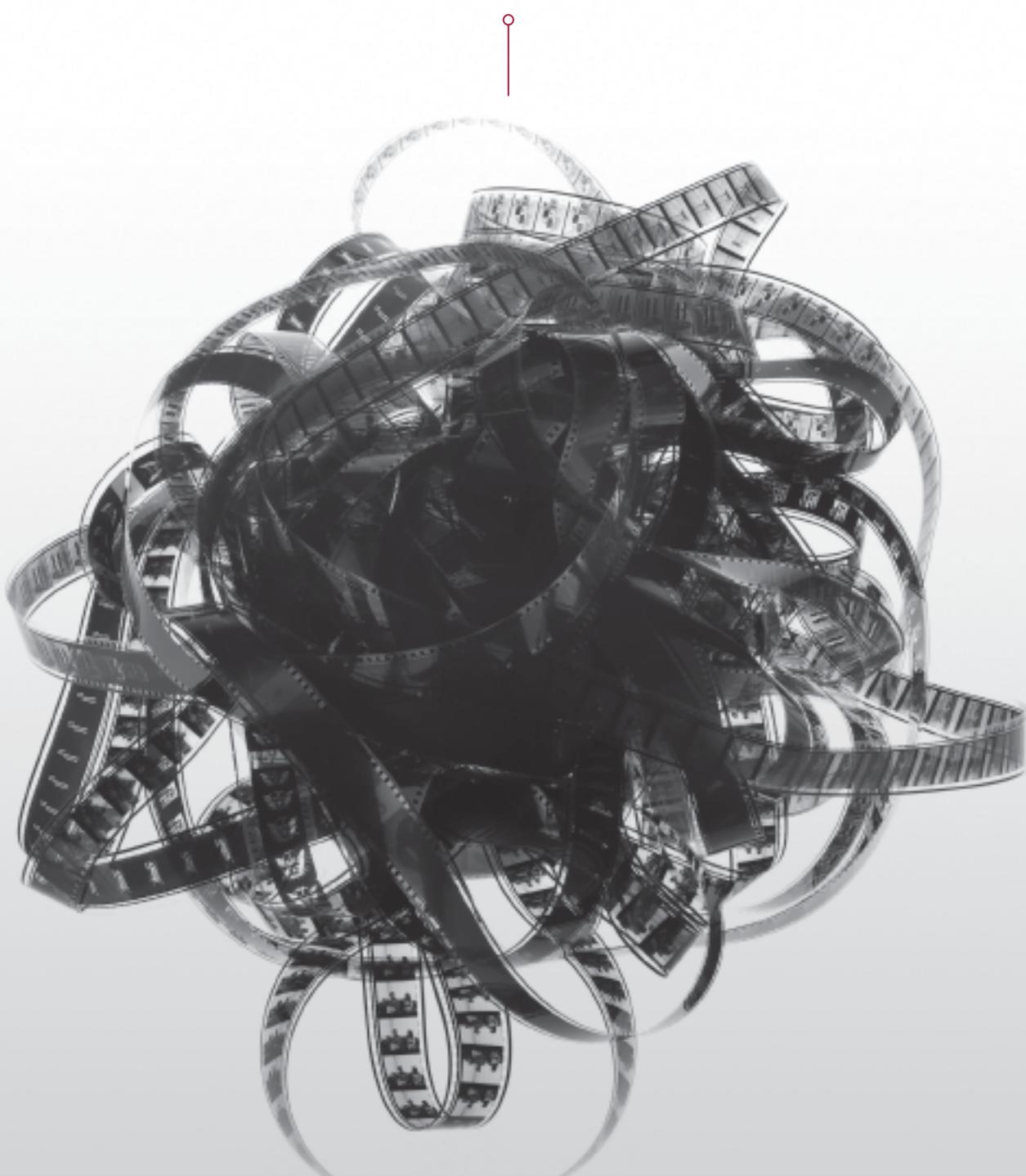
This is a stunning example of when Prog gets it right. Glorious melodies and complex interplay of musicians and instruments, massive soundscapes and imagery that knocks you on your ass, all those things that can be so deadly dull when they aren't done with the quality of playing and the sheer integrity that these four guys (cannot leave out Steve Rispin the engineer) bring to the music -

- **Kiss FM**

The album is far more than 'quintessentially English, modern prog.' Lifesigns carries elements of melodic rock and pop, has hooks aplenty and contains complex but not overly-complicated musical sections that never outstay their welcome - **FabricationsHQ**

There have been precious few modern British bands making albums on the same level as the classic symphonic bands, you know, the ones who invented progressive rock - **KinesisCD**

PHOTOGRAPHS



A wide range of high resolution photographs are available. To access them click on the Dropbox logo below.

*Content includes live photographs by Martin Reijman, portrait photographs by Barbara Ann May
and versions of Lifesigns album artwork.*



VIDEO



Below are a selection of Lifesigns videos



[Cardington
Album Trailer](#)



[Different
from
Live In London](#)



[Live In London
DVD Trailer](#)



[N from
Cruise To
The Edge](#)



[Lifesigns
Album Trailer](#)

LIFESIGNS LINKS



For up-to-date news on music and tours visit the Lifesigns website: www.lifesigns.me

Contact Lifesigns via email: info@lifesigns.me

A gallery of high resolution images of Lifesigns is available - click the Dropbox link below.



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Listen to us
on Bandcamp



Download images
From Dropbox





With thanks to past members and friends:

Bass Guitar : Nick Beggs (*Lifesigns*)

Guitar : Steve Hackett (*Lifesigns*)

Guitar : Jakko Jakszyk (*Lifesigns*)

Guitar : Robin Boult (*Lifesigns/Cardington*)

Flute : Thijs van Leer (*Lifesigns*)

Guitar : Menno Gooties (*Cardington*)

Guitar : Niko Tsonev (*Under The Bridge/Cardington*)

Credits

Album artwork · Brett Wilde

Live photography : Martin Beijman

Portrait photo on page 2: Barbara Ann May

EPK Design : Francis at Black Crow Creative