



10 Years Of Songs



Delta 7 is a 7 piece band which was formed in 2014 at the end of a 10 week Arts Connect music course.

The band members have different personalities, talents and disabilities but they share a love of performing and making music which has created 10 years of fun and friendship.

Delta 7 always write and perform their own, original songs, based on their experiences and the things they care about. This book contains the lyrics they have written together which provide a positive and powerful voice for everyone who feels a little outside of 'mainstream' society.



Delta 7 are....



David - keyboards



Craig - vocals



Elliot - guitar



Harry - vocals



Fraser - drums/vocals



Mikey - ipad/vocals



Underdog - guitar/drum

A close-up, black and white photograph of a hand with a ring on the ring finger, playing a piano keyboard. The lighting is dramatic, highlighting the texture of the skin and the keys.

SHAKEN NOT STIRRED..

He's evil Doctor No

He's an evil man

And there's the second  
evil women

Gonna kill all the baddies

No PROBLEM

Shaken not Stirred

Shaken not Stirred

A black and white photograph of two men in a public setting. On the left, a man in a polo shirt holds a microphone. On the right, a man in a plaid shirt holds a large sign with handwritten text. The background is dark and out of focus.

ELTON JOHN, WHERE HAVE YOU GONE?

Oh Elton

What would we do if you weren't around

Where have you been oh Elton

Elton John you've been away too long

Come back and sing us another

With your groovy glasses on

Yeah! Yeah! Yeah!

## ZOMBIES

I was feeling really strong  
I was feeling really weak  
Suddenly the world  
Broke loose  
And I dont know what to do  
Should I climb a mountain  
Somewhere I feel safe  
Should I build a house  
Where I'll be  
Happy and warm

Is this a  
World of Zombies  
Is this a  
World of the Dead

You'll never catch me  
if you try!!

## COUNTRYSIDE SONG

I'm going out  
To the coutryside  
This is a beautiful day  
Going to Eastbourne  
Is a lovely drive  
This is  
The countryside song  
Falling in love  
With someone you love  
Breaks your heart  
It breaks your mind  
I feel like my heart  
Is broken in half  
I go where I drive  
All day  
Stuck at the crossroads  
In Tenessee  
When I should be  
Driving home for tea  
Stuck in traffic  
Bores me to the bone  
I wanna go home  
To SAN FRANSISCO

EVERYBODY NEEDS  
HUMAN RIGHTS

Don't let people put you down  
Because they might p\*\*s you off  
You gotta be strong  
To carry on  
Otherwise you'll fall down

Don't let people make you think  
That you're really wrong  
It's fine to be angry

Show some respect  
You gotta do whats right for you

Don't discriminate  
We are all born free  
Freedom of thought  
Freedom of expression  
Food and shelter for all  
Love  
Resilience  
Football  
Marry me  
Food  
Shelter  
Love

Everybody needs  
Human Rights



Club Soda



## EVERY SORT OF PEOPLE

Some people like going out  
Some people stay in  
Some people like staying up late  
Some people like dancing  
Some people like tennis  
Some people like footy  
Some people like  
The countryside  
Staying in and  
Watching the telly



Every sort of people  
Doing every sort of thing  
Every sort of People  
We're amazing doing everything



De La Warr Pavillion



Every Sort of People Festival Lewes

Some people like swimming  
Some people like singing  
Some people like the cinema  
Some people like cooking  
Some people like Eastenders  
Some people like Hollyoaks  
Some people like Emmerdale  
Some people like Jazz

Every sort of people  
Doing every sort of thing  
Every sort of people  
We're amazing  
Doing everything



## LOCKDOWN SONG

Staring at the walls again  
Wishing I could go out  
See my friends.  
The days feel so long  
Feel down, anxious and scared  
I must be strong  
Look to the future  
Not what's behind us,  
I know we can do it  
Come out stronger if we try

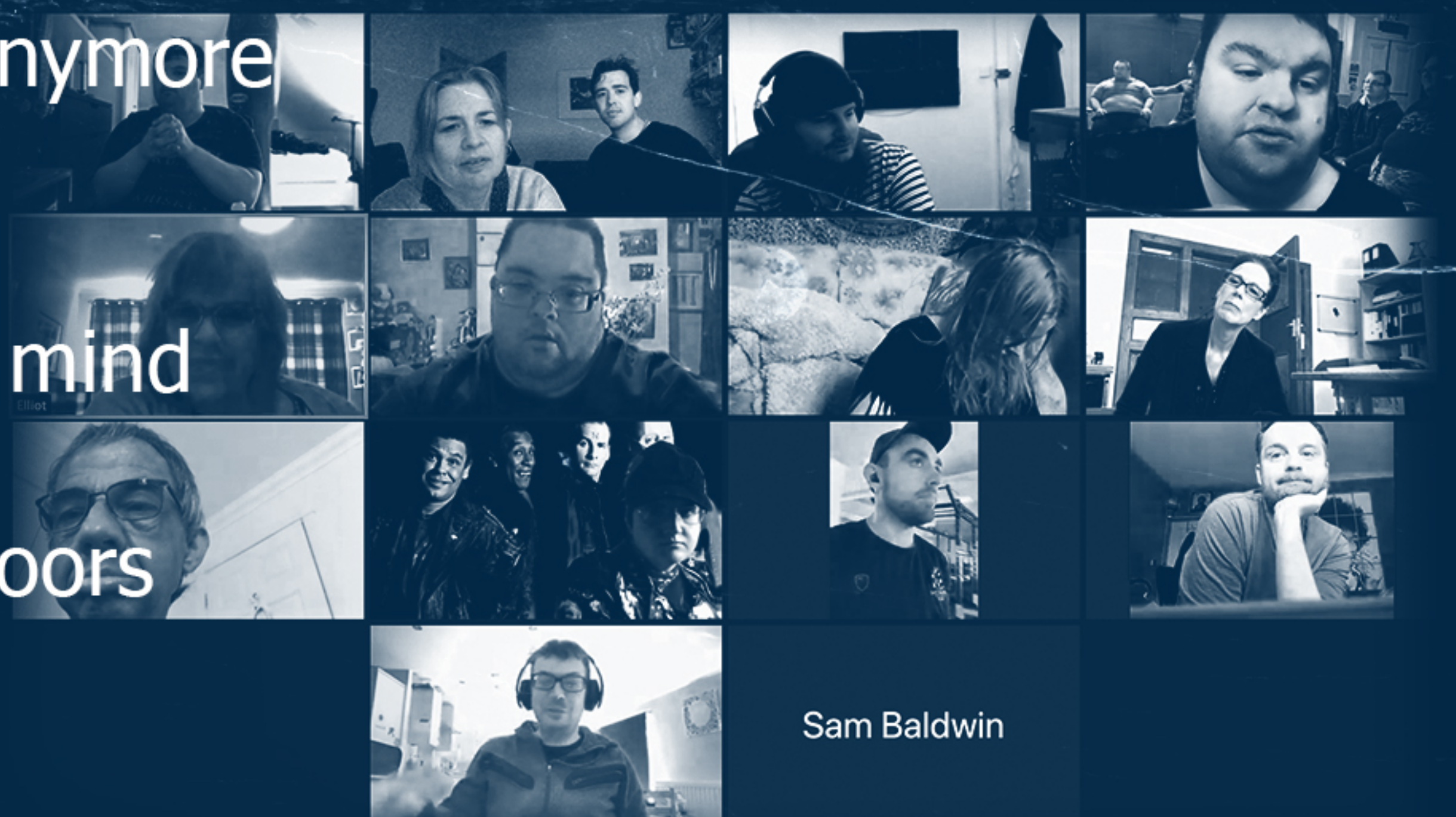
Virus virus go away  
Don't come back anymore  
So we can have some good times together  
Live the good life again. PEACE!!!

How long will this last  
I want to be back by the fire  
I want to see a sunset again  
And be by the seaside  
It's not easy

I don't know what to think anymore  
It was better the way it was  
Thank you and goodnight  
Finding things to occupy my mind  
You can do so much  
But you still need to go outdoors  
Dream on, dream hard.  
Someday soon,  
We'll be back outside  
Finding it harder by the day  
Glad I'm with my family  
Can't wait to be back to normal  
To do what I want and be free



We can learn everything  
Through this time  
We'll get through this  
If we stick together



I feel like a hermit crab  
Stuck inside my own shell  
Forced into retreat  
Just gotta keep the be



## MIXED EMOTIONS

Lost in space, into the dark  
I just wanna break free  
Why did it have to  
End like this?  
Will I ever see you again?

I feel angry, I feel lonely  
Feel like I'm gonna cry

## MIXED EMOTIONS

I wanna talk to someone  
I dont know who  
I dont know why  
Why did we have to break up  
Trying to change my life

I wanna get p\*\*\*ed  
I wanna forget  
Feel like I'm going crazy

## MIXED EMOTIONS

Its a mixed up world  
And I'm surrounded  
By the ghost  
The past is my past  
But today  
Is my future

## MIXED EMOTIONS



## FIND THAT BALANCE

We like looking after people  
Wellbeing is the way to go  
Show your support for mental health  
Together we can make it grow

Living in the face of adversity  
Ask for help loud and clear  
Don't put pressure on yourself  
My Friend  
Be mindful, be right here

## Find that balance MENTAL HEALTH

It can leave you feeling paralyzed  
It can leave you feeling drained  
But if you play with the band Delta 7  
Together we can rock and roll

Go for a run  
Talk to your mum  
Texting a friend  
Go find some help

Slow it right down  
Dont worry to say no  
It's more important to look after yourself  
Find that balance MENTAL HEALTH



Oxford Human  
Rights Festival



**10th Birthday Celebration**

Friday 14th June 2024  
6:30pm

Join Delta 7 and friends celebrating 10 years making music together

Cinque Ports Club  
186 High Street  
Uckfield TN22 1AU

**DELTA 7EVEN**  
ROCKING SINCE 2014

Tickets are £3 in advance available via Eventbrite:  
<https://Delta7birthday.eventbrite.co.uk>

Wheelchair access, disabled toilet facilities and drop off outside the club with parking in Luxford carpark.

Supported through  
Health Lottery  
people's health trust

cultureshift

10 years of songs, gigs, films, festivals, parties and fun.

DELTA  
7EVEN



cultureshift

Delta 7 has been supported, co-produced and managed by Culture Shift since 2014, with funding from East Sussex County Council, Arts Council England, National Lottery Community Fund and Peoples Health Trust. We have also received generous support from our fans.

BIG thanks go to musicians Sam Baldwin, Tom Cook, Darrell Barrell, Richard Phoenix and Emma Smith, Band Mum Julia Roberts and all the Culture Shift team. BIG thanks to Rosie Baldwin for filming the band documentary which has been viewed by thousands of people across the world and was shortlisted for a BAFTA in 2020. AMAZING!

The past 10 years would not have been possible without the support of an army of family, friends and supporters. We love you all.

Special thanks go to our dear friend Tom Salway who is always loved and much missed.

Also, big thanks to Tom's Mum Linda and his family for their ongoing support. Tom will always be part of the Delta 7 family.

We hope you enjoy our song lyrics and you can download all our tracks via all major sites.

In the words of Elliot, ROCK ON!

