

## ASHA McCARTHY - BIOGRAPHY

Asha McCarthy is a multi-faceted cellist, singer and composer. She is a performer in North Indian classical, western classical, and folk music and has performed internationally at venues as diverse as Glastonbury festival, India Habitat Centre, and Royal Festival Hall.

Asha originally studied at Chethams music school, and later received a scholarship from the Indian Council for Cultural Relations to continue her study of Hindustani classical music.

Alongside her classical playing, she has composed for dance, theatre and choirs.

Her song "Apart Together" was an anthem, and song of hope to thousands of people during lockdown, and was featured on ITV and many regional press outlets. As a cellist, she has collaborated on performances and recordings with artists such as Kuljit Bhamra, Jahnavi Harrison, Ayla Shafer, Guy Barker Jazz Orchestra amongst others. Asha's music draws from the rich and diverse musical heritages that she is grateful to have received and which she honours in her work.

Her debut album Epitaph sees her combine songwriting and production for the first time, with grace and ease.

Asha self-produced the album and worked with Lukas Drinkwater for the final stages of the project, who mastered it at Polyphonic recording. 'Epitaph' also features the wonderful bass playing of Misha Mullov-Abbado.

The first single, Drift, has been featured on BBC Introducing in the West.

*"On this beautiful track, you can hear the artist's diverse musical influences and natural charm. The song has a gorgeous, captivating atmosphere and shows a great musicianship and a lot of heart. "Drift" is the first single from Asha McCarthy's upcoming debut album "Epitaph" that promises to be amazing." - Tonic Grain*

## EPITAPH ALBUM STORY

Within moments of giving birth to her daughter and holding her in her arms for the first time, Asha was forced to confront the possibility that this precious moment may not last. Asha was experiencing a life-threatening situation. Amongst the noise and bustle of the operating theatre, Asha found the peace of mind to name her daughter there and then.

Thanks to the hospital team, she made it through the worst and went safely home with her daughter to begin her journey into motherhood.

During the tough times of her recovery from a traumatic birth, and the challenges of being a new mum, Asha was able to find comfort and strength in her lifelong passion for music and composition. Seizing on each fleeting quiet moment where she could let her creativity and emotions flow into her work, Asha has written and produced her debut album, *Epitaph*.

*“I wrote Epitaph initially for Jasmine – It captures all the feelings and experiences I’ve had as her mother, from mental health challenges to joy and love. I wanted to make something that would always be with her even if I couldn’t be. After facing the possibility of not being there for my daughter, I wanted to leave something enduring behind.”*

*Epitaph* is a gift to all mothers and caregivers out there – It is a testament to the truth that however much motherhood can feel like a struggle at times, it can also be a journey towards joy. Many mothers experience feelings of low mood, isolation, anxiety and depression, especially in the early days of motherhood. Asha hopes ‘Epitaph’ can contribute to the de-stigmatisation of speaking about perinatal mental health.

The debut album 'Epitaph' by Asha McCarthy is an honest and hopeful collection of uplifting songs which speaks of her personal experiences of becoming a mother, the love she feels for her daughter and gently examining the postnatal mental health challenges she faced.

Asha hopes that Epitaph will reach anyone who is in need of being held gently by beautiful songs, or is in need of solidarity and support during a challenging time. “Music has always given me hope and strength during the hardest moments of my life and my wish is for this collection of songs and lullabies to do the same for others”.

Epitaph is released on 17/09/21.