Breaking Chains

Working collaboratively with the wonderful MIRI[1], a singer-songwriter, creative practitioner and campaigner, advisors used songwriting to explore the issues that mattered most to them. Combining personal reflection with creative expression helped advisors to communicate insights and research priorities in an accessible, engaging and emotionally resonant way:

Intro
Do you think you know me?
Have you walked my track?
This journey nearly broke me
But I made my way back
Step into my shoes
Walk this road I've been through
Before you judge the story
Ask what the system did too

Chorus
Breaking Chains
Making Change
Breaking Chains
Making Change

Everybody has a story
Everyone's going through a process
Breaking Chains
Everybody has a story
Everyone's going through a process
Making change

Verse 1
I've been through some real pain
I've seen people not make it through
Now it's time to (Backing Vocals: Make A Change)
And together we will stop the system from making gains
One step forward, never look back again
I'm so sorry for what I've done in the past
That was the first and the last
Please forgive me
Don't let my past keep following me
Life is just like a piece of cake
I promise I will never make that same mistake

Verse 2
Internal Healing
Reconnecting with strangers
The sentence starts when you're released
Got to release yourself
Removing the labels...
New creation
Seeing beyond the box
Up against the clock

[1] https://miriofficial.com/

Remember you're a human behind that box
Don't live up to the label
Using your pain for a purpose
Rehabilitate, time is weird
Going through the tunnel of hope
A dove with no wings
Everyone has a story
Everyone’s going through a process

Chorus
Breaking Chains
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Verse 3
Everyone has a process
To take you to the next level
Not enough education
Extra layer of discrimination
Race, gender, age, postcode, religion, class
Trained to find a way out of marginilisation
Always carrying that piece of paper
That DBS check, spent, is it really?
Navigate back to society
Emotionally unprepared and unaware
Systemic repeated cycle
Created to make you give up hope
Cause and reflect
The root of the situation
What is the cause? Systems... lifestyle?

Outro
Change… Courage
Change… Hope
Change… Ability
Change… New
Change… Growth
Change… Evolve
Change… Now judge my story