Gone Quiet (On Purpose)



A quick heads-up: we're pulling the handbrake for a month. No gigs, no servo sandwiches, no waking up in a different postcode every morning. Just a proper breather.

Why now?

Some of you know Michael now lives with myasthenia gravis, an autoimmune condition that makes muscles tire out faster than they should. It's a bit of a wildcard: reasonable days, rubbish days, and a body that keeps its own diary. Life on the road is a lot to ask of it, especially when it's not yet six months out of the wards, so this month is about giving it a fair go.

So what are we actually doing?

- **Treatments.** Appointments (hopefully no more infusions), check-ins with the specialists, GP, and the physio and rest that keep the whole show running. Boring, essential, and long overdue.

- **Experiments.** This is the fun bit. We want to find out where the edges actually are: how much energy a physical session really costs, how long a recovery takes, what a “big day” looks like versus a “smart day”. Think of it as a road test with the neurologist in the loop. Some of it will work, some of it will go gloriously sideways, and we’ll tell you about both.

- **Just some stuff.** Stationary. One place. A family birthday. A home-cooked meal that didn’t come in a paper bag. Mates. The ceiling fan. Maybe a beach trip with a flat white and zero agenda.

Will we be totally silent?

Nope. Expect the odd update, a few behind-the-scenes snaps, and stories from the experiments file. If something works, you’ll hear about it. If it flops, you’ll hear about that even louder.

Speaking of silent; this little slowdown needs a blues version of our song, we think. Click play …

Where to next?

Back on the road in November. Exactly where, we’re not saying yet, but it might be somewhere you can get to. Keep an eye on this space.

Until then, look after yourselves, be good to each other, and if you spot a trucklet with a very relaxed-looking pair inside, give us a wave.

See you in November. Somewhere. ?