Throughout the new album Astrophysics Saved My Life, Spalding continues to engage the listener with his unique approach to songwriting. Themes range from the highly personal to the universal - the inner self to the outer cosmos - the emotional to the scientific.

It has been suggested that Rivers of England's music fits somewhere between that of Alasdair Roberts and John Martyn. Although rooted in folk, their music explores jazz, rock and blues influences which are wonderfully apparent in their recordings and suggestive of a band with an altogether much broader and original take on the genre.   
  
The new album features a plethora of fine musicians including strings and the guest appearances of blues-rock legend and former Robert Plant guitarist Innes Sibun on three of the tracks.

(by Nick Butcher, Folkwit Records)

Rivers Of England’s sound is reminiscent of the Nick Drake/ John Martyn era but with some heavy moments. They have a powerful yet warm string-infused alternative acoustic sound. The new album also has a nautical theme present with a blend of rivers and the sea, alongside the more common personal themes of failed relationships, mental illness, memories of family holidays, childhood bicycle adventures, jobs woes, loneliness and universal love.  On the album sleeve some of the tracks are given grid references pinpointing the places of inspiration.  The opening track presents the idea of universes within universes, while the title track 'Astrophysics saved my life' is partly inspired by the euphoria that comes from looking into space.  Following a bluesy/pastoral climax of 'In the barley', the album finishes with the more personal reflective 'On the spectrum' with a hint to the notion that we are all a little bit mad.  
  
Facts about Rivers Of England: a surgeon listens to them while performing operations; their beloved tour bus is named 'Ludwig'; they launched their last two releases on boats; they played a wind & solar powered gig at Glastonbury (the power cut out half way through); they got shortlisted for the Glastonbury Emerging Talent Competition in 2013; map grid references are given on the album sleeve that pinpoint places of inspiration; they have been featured on local BBC radio & the BBC Introducing playlist; their return from a tour was delayed after one member was hospitalised after eating too much (dodgy) pizza; their new album features former Robert Plant guitarist Innes Sibun.

Press

*“More than simple folk-rock and far more complex than pop, deeper in expression, wider in scope, this album looks outward as much as it looks inward.”* FolkWords, **February 06, 2016**