



The new album from  
**NUNNERY NORHEIM**

**Release date: 15th September 2023**

***ALBUM LAUNCH: THE MUSIC ROOM – LIVERPOOL  
PHILHARMONIC – SAT 16 SEPTEMBER 2023!***

**Alt-folk duo Nunnery Norheim** release their strikingly ambitious third album. These ten lyric-driven songs offer an aching and soaring sonic journey that draws on strings, brass and synths to conjure love for the city and dreams of escape.

**Lizzie Nunnery and Vidar Norheim** are from Liverpool and Norway. Their debut album *Company of Ghosts* was one of BBC Radio 2's top 10 folk albums of the year. Their plays with songs include the award winning *Narvik* (Best New Play, UK theatre awards 2017) which has toured the UK and Norway, and will be revived for Bodø Capital of Culture in 2024. [Further bio](#)

*Lizzie on the writing and recording process:*

*'I SAW THE CITY marks a shift forward for us creatively, and also a sort of homecoming. Having spent many years writing and performing plays with songs, we found we were itching to get back to where we began as a gigging duo. We live together, so we're always sharing musical fragments and ideas. We began sharpening these up into songs, and reimagining some of the pieces from our theatre productions. But the challenge was to shape the journey — to find connection points between songs written across a decade. We realised certain themes had threaded their way through. Some songs marked a complex love affair with Liverpool (Finest Hour, This Old Town). Others imagined cities (You Are Here), or imagined leaving them (Moving to the Sticks). In 2017, I co-wrote a piece with the composer Martin Heslop. Intended as an ode to poet Adrian Henri, it was called I Saw the City. Listening back to the demo, our eyes lit up. It was about ramblings through streets and dancing in parks, about parties that bleed in to morning. It was about place and memory, and the endless life of the past. This was it: the connection point that would draw it all together. We knew where we were going.'*

*Vidar on production and arrangement:*

*'On this record, I didn't want to be held back by ideas of what a folk album should be. In my band Wave Machines and in my solo releases, I've worked a lot with synths and loops. With I SAW THE CITY the aim was to use those elements alongside acoustic instruments in a way which was always honest and emotionally rooted. Often the lyrics have epic scope, so it felt right to find sounds to match that. I created arrangements for strings, reeds, brass and percussion, going for a contemporary classical feel. It was a lot of fun, but the priority was always to leave space for Lizzie's voice — letting the words sing.'*

**Track Listing:**

1. The Wilds, 2. You Are Here, 3. This Old Town, 4. Don't Fall Down, 5. Dream, 6. Moving to the Sticks, 7. Finest Hour, 8. Magical Times, 9. Cut up the Sky, 10. I Saw the City

**Album credits:**

All songs written by Nunnery/Norheim except track 10 ('I Saw the City') written by Nunnery / Martin Heslop

Lizzie Nunnery: voice

Vidar Norheim: voice, guitar, piano, vibraphone, synths and drums

David Berger: synths

Martin Heslop: electric guitar and synths

Martin Smith: trumpet and flugelhorn

Mike Smith: saxophones

Geth Griffith: double bass

Kate Marsden: violin

Hillary Browning: cello

Recorded in Liverpool at The Consulate and Parr Street Studios

Produced by Vidar Norheim

Co-produced and mixed by David Berger

Mastered by Iwan Morgan

Engineered by Tony Draper and David Berger

**Links:**

**[Stream the album](#)**

[Bandcamp](#)

[nunnerynorheim.com](http://nunnerynorheim.com)

Listen to the single YOU ARE HERE on [Spotify](#) or on [Bandcamp](#)

**[Media enquiries – Will McCarthy – \[will@willmccarthy.com\]\(mailto:will@willmccarthy.com\) / 07803 054533](#)**