

## Jeremy Thomas, Author and Producer, Comes to Grantham

MDF Grantham Bipolar Self Help Group, who meet on the last Saturday of each month at the Guildhall, have arranged for Jeremy Thomas to come and give an open talk about his life and personal experiences of bipolar disorder, also known as manic depression.

This talk will be from 2pm on Saturday 26<sup>th</sup> April in the Ballroom at The Guildhall Hall, St Peter's Hill, Grantham NG31 6PZ. There will be opportunity to ask questions. Refreshments will be available.

All welcome. Attendance free.



Jeremy Thomas is a novelist and has written screenplays for television and film. His many and varied jobs have included hospital theatre technician, trainee copywriter, cheese waiter as well as work in the music industry. He promoted artists including Al Green, Caravan, Thin Lizzy, John Entwistle and the Moody Blues to John Peel, Tony Blackburn et al.

For the next twenty years Jeremy ran various labels with well known artists such as John Williams and James Brown, as well as the more contemporary Johnny Thunders, The Cramps, Guana Batz and The Levellers. He unleashed Technotronic's *Pump up the Jam* on an unsuspecting Soviet public. He was also the man who turned down Kate Bush!

Jeremy has written many short crime stories which led him into writing for film and TV.

Despite his earlier success Jeremy ended up living down and out in LA and Vancouver, before retreating to the Greek island of Patmos to focus on writing. In 2006, due to his own battles with bipolar disorder (manic depression), he was executive producer of the BBC2 documentary "*Stephen Fry: The Secret Life of a Manic Depressive*". This led to the publication of, "*You Don't Have to Be Famous to Have Manic Depression: An Insider's Guide to Mental Health*", written with his GP and good friend Dr Tony Hughes.

Jeremy has also had published the darkly comic novel, "*Taking Leave*".

Happily married, he lives in West London and Greece with his wife and their black Labrador dog.

Quote from Stephen Fry, "*Jeremy Thomas is a complete original. His writing, like his life, is a whirlwind of brilliance, wonder and blunder, by turns, hilarious and terrifying. Highly recommended*".

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