

# HELEN JEWETT

Helen Jewett is a Post-punk / Shoegaze band that came together thanks to an impromptu school workshop involving a bucket of name tags. After a few rehearsals and some pub chats about the complexities of existence, the band began to dream and work toward a position they never dared to imagine for themselves.

With a shared love for bands like Joy Division, Radiohead, and My Bloody Valentine, they started crafting songs that merged the genres they were most passionate about: Post-Punk and Shoegaze, with touches of Folk, Electronica, Hardcore, and Ambient. Their poetic lyrics, reflecting on existentialism, nostalgia, and the turbulence of modern life add a profound and evocative layer to their music, inviting listeners into an icy and introspective soundscape.



WEBSITE

BIO FILE

LIVE-SESSION

INSTAGRAM

PRESS PICTURES

SPOTIFY