

It Ain't Over... 'Til the Fatboy Sings: In Conversation Book Launch

Performance(s): Tue 14 Oct 2025. Start 20:15pm.

[Theatre Royal Brighton](#)

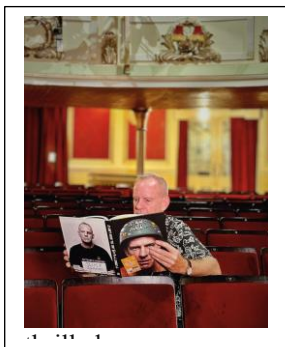
New Road, Brighton, BN1 1SD



Brighton legend Norman Cook (AKA Fatboy Slim) joined us for an intimate evening

celebrating the launch of his debut book, *It Ain't Over... 'Til the Fatboy Sings*. 🎧🎵

Norman chronicled four decades of thrills, spills, beats and repeats. Expect candid conversation, untold stories and rare insights into the man behind some of dance music's most iconic tracks — all in a one-night-only event that will be remembered not only for the glitz and glamour of the pop industry but also his tremendous amount of community work which is admired but our communities.



Reading extracts from his book upon release I read (p289. Para 1) that the most rewarding things for him are when someone truly special who has inspired him to better himself and step up to help. He had such a gifted and rewarding career and it feels right to do what he can to give something back. He takes great satisfaction in using his privileged position to help others. That can mean mentoring and providing a scholarship in my name at BIMM (Brighton Institute of Modern music), or giving DJ sessions as therapy on NHS mental health programmes like the one at the Chestnut Tree House Children's Hospice. His main job, however, is ambassador for Martlets Hospice in Brighton. His father-in-law Rick spent his last days there, and he was touched by the care and support shown not only to him, but to his family during this difficult time. He has been fundraising awareness for nearly ten years now, and he says it's the most rewarding job he's ever had. His long association with the hospice is celebrated by them naming the new outpatients wing after me, which is the proudest of honours.

This year he has also been very active where he helped to relaunch their London Road charity shop in Brighton. The new look was unveiled on Thursday 24 April 2025 by our charity ambassador, global DJ Fatboy Slim, who surprised shoppers when he officially opened the doors. Hospices receive very little funding from the government and operate as charities; this means that charity shops are vital to raising much-needed funds and awareness. The London Road shop has raised almost £1million in the past five years and this goes towards providing the necessary hospice care needed in the Brighton and Hove community.

The DJ workshops involving DJ Fatboy Slim which have been helping people with severe mental health problems are to continue for at least a year. He has been working with **Sussex Partnership NHS Foundation Trust** and the **charity Heads On**, and has already held 30 workshops. An evening of performances was held at Rockwater Hove on 24 September, entitled **Sound Minds**. The DJ described being asked to take part as "an incredibly moving experience", having previously spoken about **how music has helped him**. He said: "Watching participants, many of whom have faced significant mental health challenges, discover the joy of mixing music and expressing themselves creatively, has been truly inspiring. "Music has played a vital role in my own mental health journey, and it's a privilege to share that healing power with others. "I'm to perform alongside these talented individuals at the Sound Minds event, celebrating their achievements and the transformative impact of music." Finally, his love of Brighton has involved several campaigns saving community venues. In 2025 one building turns 200, and The Old Market Charitable Trust celebrates one year as a charity! Independent grassroots venues are facing unprecedented times, and it feels like not a day goes past without a local institution or hidden gem being lost. **We need to raise £100,000 by December 2025** in order to meet urgent upgrade needs and secure our long-term financial position. We've always been shy about directly asking our community for support, but in 2025 we are asking you to consider giving us a birthday present we won't forget!

Celebrating the launch of his debut book, *It Ain't Over... 'Til the Fatboy Sings*. 🎧🎵

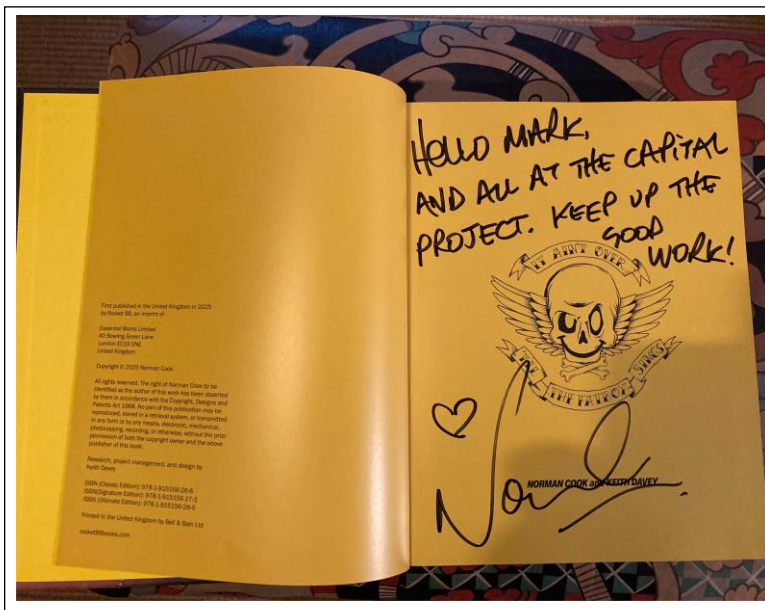
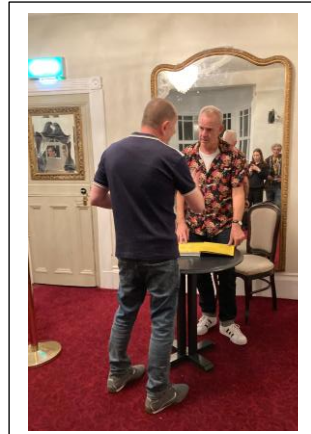


The evening began by host Guy Lloyd (see left photo with Norm) who is an experienced radio DJ, presenter, speaker, host and MC whose former morning radio show, the Guy and Andrea Breakfast Show on Brighton's Juice107.2, was the longest-running breakfast show in the station's history.

Right: my presentation pack with book (see overleaf signing for our charity- Capital Project).



It was a great night for everyone and here are some of my other memorable photographs of the night. As you will see our charity the Capital Project was not forgotten and I made sure that Norm was made aware of the great work we all do.



Despite being outnumbered by other charity groups; as mentioned earlier in my summary we still had a voice.

When times are difficult it is moments like this to saviour and embrace.

Our time will come!