***Hyperion*: debut EP from Welsh singer-songwriter Cara Ludlow is released by Tŷ Cerdd Records**

Emerging singer-songwriter Cara Ludlow is releasing her debut EP on Tŷ Cerdd records. *Hyperion* comprises three reflective, contemporary folk songs in which Cara draws on themes from John Keats's epic poem 'The Fall of Hyperion: A Dream', and features performances by the Mavron Quartet.

Cara outlines the inspiration for the EP: "The record explores themes of fragility and resilience, innocence and experience, and how we respond to suffering and change. This might be falling in and out of love, the shattering of the ego when our lives are upturned by unexpected events, or the process of simply growing up and trying to define yourself and your own voice."

The EP emerged from Tŷ Cerdd's CoDI DIY project, an artist development pathway in which Cardiff-based Cara participated throughout 2021. The initiative, led by composer Pwyll Ap Sion, offered nine Wales-based artists individual mentoring, providing the opportunity for them to develop their practice and experiment with new approaches: from working with instrumentalists, to collaborating with each other. All nine artists created new work, some of which has been released, and all of which can be found on Tŷ Cerdd's website (https://www.tycerdd.org/coda-diy).

Cara says: "The project was a great experience for me – particularly in terms of offering collaboration with talented musicians and creatives. I was mentored by Welsh songwriter Gareth Bonello, I collaborated with composer Pwyll ap Siôn who worked with me on the string parts, and was introduced to the brilliant Mavron Quartet who performed on the EP. I also had the pleasure of recording in the Tŷ Cerdd recording studio at
the Wales Millennium Centre, working with their Producer, James Clarke. During the whole process I formed a great relationship with Tŷ Cerdd, who decided at an early stage that they wanted to put these three tracks out as an EP on their label – for which I'm very grateful."

Hyperion is released on 21 January on CD and will be available to purchase on the Tŷ Cerdd website and all streaming platforms.
www.tycerdd.org
www.tycerdd.org/hyperion
www.tycerddshop.com/products/cara-ludlow-hyperion

Contact enquiries@tycerdd.org for more information.

Notes to editors
Welsh singer-songwriter **Cara Ludlow** (born 1995) has been writing and performing music for over a decade. Combining gently poetic lyricism and deftly finger-picked guitar, her compositions are built on the firm foundations of folk, recalling the greats from Joni Mitchell to Kate Bush, but with an authenticity that's wholly her own. She has performed her songs in Britain and Europe, from the heart of rural Wales, to London and Amsterdam. Her serene, perceptive storytelling has a communal language, unhurried and entirely within its own ecosystem.
Instagram: @kuschel_cara **Facebook**: @CaraLudlowMusic **Twitter**: @kuschel_cara

Tŷ Cerdd's mission is to promote and celebrate the music of Wales. Through its activities and working with a variety of partners, Tŷ Cerdd works to:

- bring Welsh music to audiences across the nation and around the world
- protect the heritage of Welsh music of the past and drive the development of new composition, across musical genres
- enable increasingly diverse communities and audiences to make and enjoy music in Wales.

***Hyperion*: yr EP cyntaf gan y gantores-gyfansoddwraig caneuon o Gymru, Cara Ludlow, yn cael ei ryddhau gan Recordiau Tŷ Cerdd**

Mae'r egin gantores-gyfansoddwraig caneuon, Cara Ludlow, yn rhyddhau ei EP cyntaf ar Recordiau Tŷ Cerdd. Mae Hyperion yn cynnwys tair cân werin gyfoes fyfyriol lle mae Cara yn tynnu ar themâu o gerdd epig John Keats, Fall of Hyperion: A Dream, gyda pherfformiadau gan Bedwarawd Mavron.

Mae Cara'n sôn am yr ysbrydoliaeth ar gyfer yr EP: "Mae'r record yn ystyried themâu o freuder a chydnerthedd, diniweidrwydd a phrofiad, a sut rydyn ni'n ymateb i ddioddefaint a newid. Gallai hyn fod yn cwympo mewn ac allan o gariad, dryllio'r ego pan fydd ein bywydau'n cael eu troi beniwaered gan ddigwyddiadau annisgwyl neu'r broses brifio a cheisio'ch diffinio'ch hun a'ch llais eich hun."

Deilliodd yr EP o brosiect CoDI: DIY Tŷ Cerdd, llwybr datblygu artistiaid y bu Cara, sy'n byw yng Nghaerdydd, yn cymryd rhan ynddo drwy gydol 2021. Bu'r fenter, dan arweiniad y cyfansoddwr Pwyll ap Siôn, yn cynnig mentora unigol i naw artist sy'n byw yng Nghymru, gan roi'r cyfle iddynt i ddatblygu eu gwaith ac arbrofi â dulliau newydd: o weithio gydag offerynwyr, i gydweithredu â'i gilydd. Bu pob un o'r naw artist yn creu gwaith newydd y mae ychydig ohono wedi'i ryddhau ac y gallwch gael hyd iddo i gyd ar wefan Tŷ Cerdd (https://www.tycerdd.org/coda-diy).

Yn ôl Cara: "Roedd y prosiect yn brofiad gwych i mi – yn enwedig o ran cynnig cydweithrediad â cherddorion a phobl greadigol dalentog. Mi ges i fy mentora gan y cyfansoddwr caneuon o Gymru, Gareth Bonello. Bues i'n cydweithio â'r cyfansoddwr Pwyll ap Siôn a fu'n gweithio gyda fi ar y darnau llinynnol a ches i fy nghyflwyno i'r bendigedig Bedwarawd Mavron a berfformiodd ar yr EP. Pleser mawr hefyd oedd cael recordio yn stiwdio recordio Tŷ Cerdd yng Nghanolfan Mileniwm Cymru gan weithio gyda'u cynhyrchydd, James Clarke. Drwy'r broses ar ei hyd, mi fues i'n meithrin perthynas wych gyda Tŷ Cerdd a benderfynodd ar adeg gynnar eu bod am ryddhau'r tri thrac yma fel EP ar eu label – rhywbeth dw i'n hynod ddiolchgar amdano."

Mae **Hyperion** ar gael i'w ragarchebu nawr a bydd ar gael i'w brynu ar wefan Tŷ Cerdd ac i'w ffrydio o 21 Ionawr.

www.tycerdd.org
www.tycerdd.org/hyperion
tycerddshop.com/products/cara-ludlow-hyperion

Cysylltwch ag ymholiadau@tycerdd.org am fwy o wybodaeth

Nodiadau i olygyddion
Mae'r gantores-gyfansoddwraig caneuon o Gymru, **Cara Ludlow** (a aned ym 1995) wedi bod yn cyfansoddi a pherfformio cerddoriaeth am ddegawd a mwy. Gan gyfuno telynegiaeth farddol dyner a phicio deheuig ar y gitâr, mae ei chyfansoddiadau wedi'u hadeiladu ar sylfeini cadarn cerddoriaeth werin, gan ddwyn i gof y mawrion o Joni Mitchell i Kate Bush, ond gyda dilysrwydd sy'n eiddo iddi hi'n unig. Mae wedi perfformio ei chaneuon ym Mhrydain ac Ewrop, o berfeddion y Gymru wledig, i Lundain ac Amsterdam. Iaith gymunedol sydd i'w ffordd dawel a threiddgar o adrodd straeon – hamddenol ac yn gyfan gwbl yn ei hecosystem ei hun.
Instagram: @kuschel_cara **Facebook**: @CaraLudlowMusic **Twitter**: @kuschel_cara

Cenhadaeth **Tŷ Cerdd** yw hyrwyddo a dathlu cerddoriaeth Cymru. Drwy ei weithgareddau a chydweithio ag amrywiaeth o bartneriaid, nod Tŷ Cerdd yw:

- dod â cherddoriaeth Cymru i gynulleidfaoedd ar draws y wlad ac o gwmpas y byd
- diogelu treftadaeth cerddoriaeth Cymru o'r gorffennol a sbarduno datblygu cyfansoddi newydd ar draws pob genre cerddorol
- galluogi cymunedau a chynulleidfaoedd cynyddol amrywiol i greu a mwynhau cerddoriaeth yng Nghymru.