



Flesh For Lulu emerged from Brixton, London in 1982 and built an underground following through the post-punk and goth scenes before developing a distinctive sound that could move between punk attitude, glam, pop, and darker alternative textures. The band originally signed to Polydor, and later entered its classic era with Beaggers Banquet.

Nick Marsh and James Mitchell, along with Justin Brooks, formed the band, and recruited bassist Philip Ames from an ad in Melody Maker. Brooks left and was replaced by Mark Ambler. This line up recorded the band's only John Peel session, which was well received enough to earn them a contract with Polydor Records in 1983. After Ames and Ambler left, guitarist Rocco Barker, originally from Wasted Youth, and bassist Glen Bishop were recruited. Soon thereafter, bassist Glen Bishop left to join Under Two Flags and was replaced by Kevin Mills (formerly of Specimen).

Their first EP, "Roman Candle", did well, but the label dropped them a year later after their eponymous first album failed to find any commercial success. In 1985, the band signed to Hybrid Records and released the mini LP *Blue Sisters Swing*, which was produced with Craig Leon. The cover image of two nuns kissing resulted in the album being banned in the United States and Europe. Flesh for Lulu then joined Statik Records, which released *Big Fun City* later that year.

The following year, the band signed to Beggars Banquet Records, and their song "I Go Crazy" was featured in John Hughes' film *Some Kind of Wonderful* and received airplay on American college rock radio stations. This allowed Flesh for Lulu to undertake a tour of the US.

In 1989, "Decline and Fall" followed and became a top 15 hit on the new Modern Rock Tracks chart. The next year, "Time and Space" written by newest member Del Strangefish (ex-Peter and the Test Tube Babies guitarist) became their biggest U.S. hit, reaching the top 10 of the Modern Rock chart. The band disbanded soon after with singer Nick Marsh stating, "the reason Flesh really split up is because...to coin the oldest cliché of

them all, there were musical differences. That's true, there were two separate trains of thought."

The song "Postcards from Paradise" was covered by Paul Westerberg as a secret bonus track on his 2002 album *Stereo*. The Goo Goo Dolls also covered the same song, which is part of a "deluxe edition" release of their 2010 album *Something for the Rest of Us* available on the band's website.

In 1996, Nick Marsh and Rocco Barker formed a band named Gigantic, recruiting Dave Blair on bass and Al Fletcher on drums. Columbia Records signed them and put them on tour with the Goo Goo Dolls and Bush. While alternative radio stations and MTV played the lead single "Disenchanted", the album was not promoted, and the group disbanded in 1998.

After the breakup of Gigantic, Nick Marsh released a solo album and performed with the bourbon-soaked gypsy bop and stroll band Urban Voodoo Machine. Rocco Barker joined a band named The Space Police with reggae/jungle artist General Levy and Italian keyboardist and producer Dr. Cat (aka Luca Gatti).

Rocco Barker ventured into television and starred on the Channel 4 series *A Place in Spain: Costa Chaos* (2008).

In 2013, Nick Marsh reformed Flesh for Lulu with a new line-up consisting of Marsh (vocals/guitar), Mark Bishop (drums), Keith McAndrew (bass) and Will Crewdson (guitar).

In 2015, Nick Marsh was diagnosed with mouth cancer and died on June 5 at the age of 53.

Long Live the new NEW Flesh

Long Live The New Flesh and Plastic Fantastic have been remastered and are being re-released from Omnivore Recordings. in two deluxe double CD packages with a ton of bonus material and previously unreleased tracks. (Release date October 16, 2026)

In 2027, Flesh For Lulu return to the live stage first with a 40th Anniversary celebration in honor of the late Nick Marsh. The band will then tour with original members Rocco Barker, James Mitchell, Kevin Mills, adding former FFL members Keith McAndrew and Bish Bishop.

Discography

Studio albums

- *Flesh for Lulu* (1984, Polydor)
- *Big Fun City* (1985, Statik)
- *Long Live the New Flesh* (1987, Beggars Banquet UK, Capitol US)

- *Plastic Fantastic* (1989, Beggars Banquet UK, Capitol US)
- *Gigantic* (2007) (Gigantic's 1996 *Disenchanted* album reissued under Flesh for Lulu name)
- *The Best of Flesh for Lulu [Re-Recorded]* (2009, Corporate-Risk Products)

Extended plays

- *Roman Candle* (1983, Polydor)
- *Blue Sisters Swing* (1985, Hybrid)
- *Idol* (1986, Beggars Banquet)

Live album

- *Fresh Flesh* (1986, Dojo)

Compilation appearances

- *Nintendo: White Knuckle Scoring* (1991) "She Was"

Soundtrack appearances

- *Some Kind of Wonderful* (1987) "I Go Crazy"
- *Uncle Buck* (1989) "Slide", "Slowdown" (only used in film)
- *Flashback* (1990) "Next Time (I'll Dream of You)"
- *The Next Karate Kid* (1994) "Mystic Trader" (only used in film)