
Helen Lyon

Composer

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[Showreel](#)

Helen is a composer and violinist living in Preston, UK. Winning Best Sound Design for documentary Eva at Film Fest International, Helen is often approached for her sensitive approach to storytelling and her experience of both classical and contemporary music.

Her track On the Wind has been described by Emily Pilbeam (BBC 6Music) as ‘utterly breathtaking’ and her music takes inspiration from minimalism and folk influences, often exploring the idea of space and ambience. Helen enjoys working with electronic undercurrents and exploring how instruments can be manipulated to expand the sound palette. Her blending of violin and voice can be heard in her recent single A Decade is a Long Time, played on BBC 6Music. This piece was part of a commission to write and mix in L-ISA surround sound software, premiered at L-Acoustics Studios in London in June 2025.

As a composer for screen Helen has written for a wide range of projects including Lucky House, a BBC film that deals with notions of Chinese diaspora and Gone Fishing which screened at Bolton Film Festival 2025. Helen won Best Score for her music on The Awakening at TMFF in 2025.

Most recently Helen has written additional music for Fackham Hall, (dir. Jim O’Hanlon), and The Peace Particle (additional music) a science documentary directed by Alex Kiehl (Mark Cavendish - Never Enough), which is screening at CPH:DOX in March 2026.

Helen works from her home studio in Preston, working in Logic Pro. Helen plays violin, piano and sings and has access to a range of fabulous remote musicians! Helen was a mentee on the Northern Cohort of the WFTV Mentoring scheme 2024, mentored by Ben Foster.

Helen is an active member of WFTV and AWFC and also mentors for Help Musicians: Co Pilot scheme.

Helen is attached to her first feature film, due to start filming in Summer 2026.

<i>Title/Role</i>	<i>Director</i>	<i>Production</i>	<i>Details</i>
After Birth	Amy Cudden	Childs Road Films	In Production
Titania	Lorna McCoid	Lorna McCoid	2026
Being Billy	Paul Ludden	MancMade	2026
Teabags	Paul Barr	Violet Haze	2025
Fackham Hall Additional Music Composer	Jim O’Hanlon	Elysian Films	2025
The Peace Particle Additional Music Composer	Alex Kiehl	Telesgop & S4C	2025

Ladder Jack A short animation that looks at grief through a child's imagination.	Alison Rayner	Alison Rayner	2025
The Sky, Spread Over Everything A group therapy session helping people deal with their grief.	Ellie Rose	Knock and Nash	2025
Gone Fishing Composer Two men discuss the suicide of their friend and their own mental health	Christopher Deakin	MancMade	2024 Bolton Film Festival Finalist 2025
Show Pony Composer A regression therapy session isn't quite what it seems.	Jordan Tweddle	Knock and Nash	2024
The Awakening Composer A man at the end of his life questions if he followed his head or his heart.	Cristina Pagani	Artica Films	2024 Winner - Best Score TMFF.
The Jury: Murder Trial Violinist I played violin on the end credits for this series.	Carys Lewis	ScreenDog Productions	2024
Pawen Composer A short horror film, warning to be careful what you wish for.	Richard Elson	Evolution Media	2023
EVA Composer Documentary film about an ordinary Swedish lady who has dedicated the last 12 years to having children from the streets of Nepal.	Rory Herbert	Red Cedar Productions	2022 Best Sound Design London FFI 2023
Lucky House Composer Lucky House deals with notions of the Chinese diaspora and depicts the life of a second-generation immigrant from China.	Michael and Chiyan Ho	BBC New Creatives ICA	2021
Brothers Red Composer/Editor Music composer and audio editor for this Liverpool FC Fan Podcast.		Brothers Red	2020-2021
All's Well that Ends Well Music Copyist	Caroline Bryne	Globe Theatre	2017

Panels, Podcast, Lecturing/Mentoring

- Polyphony Arts 'Music Works'.
- Women in Production Music.
- 'The Music Room'
- Guest Panelist for International Women's Day 2024 at Liverpool University.
- Guest Lecturer at Leeds Conservatoire for MediaTracks
- Lead on MediaTracks 2023 Apprentice Scheme.
- Mentor for Co:Pilot The Musician's Mentoring Network - HelpMusicians/Ivors Academy.

Education and Skills

L-ISA Mixing Software

PGCE in Secondary Music Education | Manchester Metropolitan University and RNCM
BMus | 2:1 | The University of Manchester
Grade 8 Violin | Distinction | ABRSM
Piano Diploma | Pass | LCM