# Simply Red concert film sparks BBFC trigger warning over lyrics despite U rating



Simply Red's upcoming concert film, celebrating the band's 40-year journey, has ignited conversation even before its release. Scheduled to premiere on Thursday, the film presents a vibrant recording of their live performance in Santiago, Chile, where they entertained sold-out crowds in March 2025. Yet, in an unusual move for a film rated U—suitable for all ages—the British Board of Classification has issued a trigger warning due to some lyrics concerning sexuality and alcohol consumption.

The film, titled "Holding Back The Years: 40 Years of Simply Red – Live from Santiago," captures the energy and emotion of the band's significant milestone, showcasing not only their most beloved hits but also the spirit of their extensive Latin American tour, which drew in over 140,000 fans across five nights. However, details reported by various sources highlight that some viewers may be alarmed by lyrical references to “making love” and “sexual attraction,” coupled with the brief depiction of alcohol consumption. The BBFC's warning notes mild language and urges viewers to be aware of the content, sparking discussions about the appropriateness of such warnings for a family-friendly film.

Mick Hucknall, the face of Simply Red, has a storied personal life that has often overshadowed his musical achievements. Throughout his career, he has famously navigated a colourful romantic history, with claims of his past promiscuity frequently making headlines. In a candid 2019 interview, Hucknall addressed the sensationalised figure of sleeping with 3,000 women, stating that it was an exaggeration, a comment misreported in the heat of celebrity culture—a sentiment echoed in various interviews throughout the years. Hucknall clarified that he had never kept a count and discouraged the notion of bragging about his former lifestyle.

Reflecting on his past, Hucknall admitted to living a hedonistic lifestyle during the peak of his fame, entwined with alcohol and drug use. He recounted his foray into substance experimentation, labelling such pursuits as ultimately “pointless” and indicative of his search for deeper meaning. In his words, “I realized I couldn’t go on like this,” recognising the need to pivot towards a healthier existence.

Since those tumultuous years, Hucknall has settled into a quieter life with his wife, Gabriella Wesberry, and their daughter, Romy. The singer has moved on from the wild party lifestyle, openly asserting that he does not miss those days. He has thus urged the media to focus less on his past romances and more on his current life and family. This shift reflects a broader cultural movement towards accountability and the reconsideration of how celebrity narratives shape public perception.

As Simply Red's film prepares to debut, it embodies not just a celebration of their musical legacy but also an opportunity to reflect on the complexities of Hucknall's public persona. The band’s enduring appeal lies not merely in their hits but in the stories that accompany their music, revealing a man who has navigated fame, personal struggle, and, ultimately, transformation in pursuit of authenticity.

In an era where discussions around suitable content for various audiences are prevalent, the film serves as a backdrop to these dialogues. The trigger warning issued by the BBFC highlights the necessity of a nuanced conversation about art, expression, and responsibility—a topic that resonates across generations of music lovers.

### Reference Map

1. Paragraph 1: Sources 1, 3
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Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.dailymail.co.uk/tvshowbiz/article-14713395/Simply-Red-concert-film-given-trigger-warning.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.theguardian.com/music/2010/dec/02/mick-hucknall-apologies-to-1000-women> - In a 2010 interview, Mick Hucknall, lead singer of Simply Red, publicly apologized to the numerous women he had been involved with during his rise to fame. Reflecting on his past, Hucknall admitted to a promiscuous lifestyle between 1985 and 1987, during which he estimated he slept with about three women daily. He expressed regret for any hurt caused and acknowledged that his actions were driven by a search for love, stemming from early childhood experiences. Hucknall also mentioned his past relationships with celebrities like Catherine Zeta-Jones and Helena Christensen.
3. <https://www.theguardian.com/music/shortcuts/2019/oct/21/why-mick-hucknall-may-not-have-slept-with-3000-women> - In a 2019 interview, Mick Hucknall addressed the widely reported claim that he had slept with 3,000 women. He clarified that this figure was an exaggeration, stating he had no idea of the actual number and had never kept count. Hucknall emphasized that he did not treat or talk about women in such a manner, even among friends. He also mentioned that the initial claim was taken too literally and that he had no intention of bragging about his past experiences.
4. <https://www.telegraph.co.uk/culture/music/11219880/Mick-Hucknall-Have-I-slept-with-over-1000-women-Probably.-When-youre-24-you-feel-invincible.html> - In a 2014 interview, Mick Hucknall discussed his past relationships, acknowledging that he had slept with around 1,000 women. He attributed this behavior to his youthful invincibility and the overwhelming attention he received during his rise to fame. Hucknall reflected on his upbringing and how it influenced his relationships with women, noting that he had no social skills and was seeking love due to early childhood experiences. He also mentioned his past relationships with celebrities like Catherine Zeta-Jones and Helena Christensen.
5. <https://www.telegraph.co.uk/culture/music/11220420/The-mad-maths-of-Mick-Hucknalls-love-life.html> - This article delves into Mick Hucknall's past claims about his sexual experiences, particularly focusing on his assertion that he slept with about three women a day between 1985 and 1987. The piece examines the plausibility of these numbers and the public's fascination with Hucknall's love life. It also touches upon his relationships with various celebrities and his reflections on his past behavior, including his regrets and apologies for any hurt caused.
6. <https://www.digitalspy.com/showbiz/a610331/mick-hucknall-on-1000-women-claim-please-make-it-stop/> - In a 2015 interview, Mick Hucknall expressed his desire for the media to move on from the topic of his past relationships, stating that it was a long time ago and he had been in a committed relationship since 2003. He emphasized that he did not keep count of his past liaisons and that the focus should shift away from his personal life. Hucknall also discussed his current family life and the challenges of dealing with persistent questions about his past.
7. <https://www.metro.co.uk/2023/04/30/mick-hucknall-doesnt-miss-his-days-of-wild-partying-and-womanising-18697965/> - In a 2023 interview, Mick Hucknall reflected on his past lifestyle of partying and womanizing, stating that he doesn't miss those days. He acknowledged that he had a good time during his heyday in the 1980s but now enjoys a quieter life with his wife, Gabriella Wesberry, and their daughter, Romy. Hucknall also addressed the rumors about his past relationships, clarifying that he doesn't know the actual number and that the claims were exaggerated.