**Armchair Adventures - Inside Nanna’s Head Adventure**

**Part Two**

Connie: Hi guys, welcome to Armchair Adventures Travel Agency- journeys of the imagination - I’m head travel agent Connie.

**Armchair Adventure Theme Song:**

*On an armchair adventure you can go anywhere you like,*

*On an armchair adventure imaginations fly.*

Connie: We’re at the interval in our ‘Inside Nanna’s Head Adventure’ with a community theatre company. Say hi everyone.

Ensemble: Hi / Arrivaderci / Hola / Salut etc.

Connie: I love the interval at the theatre adventurers…I love wondering what’s gonna happen next, oooo and all the snacks! What interval snacks do you like adventurer?

*SFX ding*

Child: Popcorn.

Child: Hot dog.

Child: Nerds.

Child: Ice cream.

Child: Nachos.

Child: Pizza.

Child: Pick ‘n’ mix.

Child: Haribos.

Connie: In the last episode, I told everybody about my Nanna not being very well with her mental health. I just don’t know what to do to help. Nothing I try seems to work. So, our wonderful community theatre company are taking us on a theatrical journey to help explain.

*SFX of musicians warming up, audience chit-chatting…*

Connie: We’re in the middle of a theatre show. The protagonist, the main character, of our story is stuck fast down the bottom of a deep dark well and she might never get out.

John: Places, please. Act four.

Connie: Act four. It can’t be act four. There’s only five acts, so that means our theatre show is almost over and our protagonist is still stuck fast. In fact, things have been going from bad to worse throughout the whole story. It’s like you lot want things to go wrong.

John: Well it wouldn’t be much of a theatre show if nothing went wrong for the protagonist Connie.

*SFX of shushing sounds from the audience.*

Chris: Will you lot be quiet?! The second half is about to begin!

*SFX fade out*

*SFX - Curtains opening*

***Music: Robot Movement***

Connie: All this music is making me want to move.

Julia: I know what you mean Connie, I love dancing!

Connie: And this piece of music makes me want to move like a robot. How about you adventurer, does the music make you want to move like a robot?

*SFX ding*

Child: I felt like I have to do the same movement over and over again.

Child: I was moving my arms in a circle, really stiff.

Child: I was keeping my arms straight.

Child: I was moving my arms back and forth.

Connie: Look on the stage adventurers that’s exactly what the performers are doing ‘moving like a robot’ to the music.

John: We also use movement to explain mental health as well as music Connie.

Connie: How does that work?

Dan: Well when I’m poorly with my mental health Connie it’s because of trauma.

Connie: Trauma, what does that mean?

Dan: Well, for me it was something that I went through that damaged my emotions, like a scar on your body but in how you think and feel. And when I’m not well, I can’t help but re-play what happened to me to create that scar over and over again in my mind. So I want the piece to contain repetitive movements.

Connie: Like a robot you mean?

Dan: That’s perfect Connie! Because when I feel like this, my body becomes stiff and tense just like a robot.

Connie I see. Expressing how you feel through movement. Dan, you’re so creative and clever. Can we join in the movement from here?

Dan: Yes.

Connie: Ok, everyone, including you adventurers, when the music plays I want us all to do repetitive robot-like movements.

Mike: As if the robot has a glitch and it’s stuck doing the same thing over and over again.

Habib: It wants to stop, but it can’t!

Connie: That’s so imaginative you lot. Have you got that adventurers? Ready, go!

*Robot music volume increases then gradually fades out*

Connie: That was amazing. It helps me understand better what you’re experiencing. I’d never thought about mental health illness like this before. Thank you for sharing you lot.

Ensemble: No problem, our pleasure, etc.

Connie: Look, oh no, our protagonist hasn’t moved. She still seems cut off. Maybe I should go over and teach her our dance moves. I’m a great dance teacher, she’ll soon get the hang of it I’m sure.

Paul: She looks very tired to me Connie.

John: She might not be sleeping at night. When I’m poorly with my mental health I can’t sleep.

Connie: Oh… so the protagonist can’t sleep, well that’s easy. I just make her some cocoa…

*SFX of tea cups clinking/cocoa making*

Connie: Or put on some whale song…

*SFX of whale song*

Connie: Or teach her the sleepy breathing I do with mum.

*SFX of Connie sleepy breathing*

Connie: What helps you get to sleep adventurer?

Child: I think of what I want to dream of and then I end up just going to sleep.

Child: I use my comfiest pillow.

Child: I sing lullabies to myself.

Child: I count leopards jumping.

Child: I just read to tire myself out.

John: When I’m not well, I try all the things that usually work for people but they just don’t help. It’s like my mind is going round and round in circles. Question after question, trying to find a solution that I just can’t reach. The only real solution is sleep of course and sometimes people making lots of suggestions can actually make things worse.

Connie: I’m sorry John I didn’t realise.

John: It’s ok Connie, you didn’t know. To help people understand our experience sometimes we put lyrics to the music. Lyrics like these. Look.

*SFX of paper rustling/being opened up. John is showing Connie the lyrics.*

Habib: Come on Connie, you’re a beautiful singer, why don’t you sing them?

Connie: Ok.

Connie (sings): Need to rest,

Want to sleep.

My eyes are wide open,

No nights peace.

When you’re tossing and turning,

Your mind is racing,

Thoughts pacing.

And you’re hoping for sleep,

Hoping for sleep.

Hoping for sleep.

Need to rest,

Want to sleep.

I’m still awake,

I’ve not slept a wink.

`it's daylight outside now.

I'm tired and frustrated,

The day is wasted.

And I’m hoping for sleep,

Hoping for sleep.

Hoping for sleep.

Connie: That song was beautiful. Thank you for letting me sing it. It’s really helped me understand what people like John and my Nanna are going through when their mental health affects their sleep. Music and movement is so powerful…

I know! We can use music to help the protagonist, we could play really happy music to cheer her up, music she can actually hear, or play her energetic music to shake her out of it, or sleepy music to put her to sleep, yeah that’s it, I’ve cracked it! I know how to help, loads of music.

Chris: Stop Connie.

Dennis: Wait.

Mike: Take your time and be patient. You don’t have to jump in to try and solve someone else’s health problems.

Danny: A better approach is to support them to help themselves.

Katie: And I’m not sure bombarding the protagonist or your Nanna with music is the right way to go.

Connie: Oh, yeah, sorry, you're so right.

Habib: It’s important to ask people what they want when they are not feeling well Connie and it’s important to listen to them.

Louise: Like I said having someone to talk to that understands what you’re going through really helps. John, why don’t you go over and talk to the protagonist?

Connie: Yes, go on John, please.

John: Right you are. I’ll try, but it all depends if the protagonist is ready to talk.

*SFX of footsteps as John walks slowly over to the protagonist. When he arrives we*

*hear the sfx of the well and dripping water, followed by sfx of the two people talking*

*in the background. After a few seconds, the SFX of the two people talking stops, as*

*does the well/dripping water, and we hear the footsteps of John slowly walking back.*

John: Act five. Resolution.

***Music: The Well Has Disappeared***

Connie: Look the well has just disappeared. That’s amazing. John is a miracle worker!

Russ: It’s not like that Connie, with mental health illness sometimes actions like long walks or music work, talking to people who understand and you trust can work, sometimes it is taking medicine from the doctor, and sometimes it just lifts without explanation.

Paul: The important thing is to have a few coping strategies to hand ready to help you.

Connie: But if that’s the case how can I help my Nanna and the protagonist in our theatre show?

Kate: She might be out the deep dark well but there’s still plenty of small steps that she needs to take to be fully in the light.

Julia: You can be there to support her every step of the way Connie. With patience and love.

Connie: Yes. I see.

*SFX of audience applause*

***Music gradually fades out with the applause***

Connie: That was an amazing Armchair Adventure guys thank you so much. I’ve learnt that mental illness is no different to physical illness. I understand now, so I’ll slow down and show my Nanna that she’s loved. And when she's ready, I’ll be there to support her to do those small things like cleaning the house or being there for a cup of tea and a chat.

Habib: That’s lovely to hear you say that Connie:

John: Fantastic.

Chris: Spot on.

Connie: Oh, I’ve just thought. I was supposed to be helping you with your children’s show about mental health illness and instead, we went on an armchair adventure to help me.

Mike: Don’t worry Connie:

Kate: We have plenty of material now.

Mike: The armchair adventure helped us as much as it helped you.

Connie: Oh yeah, I guess you’re right. Thanks guys. You’re the best customers a travel agent could ask for, thank you.

Next time adventurers, another one of my lovely customers gets to take us on another Armchair Adventure; inspired by their passions, interests and experiences, but for now, it’s time to say goodbye. Goodbye!

Ensemble: Bye, bye Connie, goodbye, Au Revoir, Arrivederci, See ya…

Connie: End. Call. Now.

*SFX of a beeping sound as Connie terminates the call.*

Connie: Lovely.

 That was amazing… thanks sooo much for joining in. I can’t wait to go on another Armchair Adventure with you all next time. Love you guys.

**Armchair Adventure Theme Song:**

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Credits: You’ve been listening to a Made By Mortals production, supported by the Arts Council of England – thank you!