

head5pace

10 five-minute monologues on mental illness.

WACtheatre want 10 new five-minute monologues about what it means to live with, or be affected by mental illness – from whatever point of view you like. We'll pick the best, cast, direct, rehearse, film and present them as part of our contribution to the **Scottish Mental Health Arts & Film Festival** in October 2011.

Monologues must be able to be performed by one actor and should be up to five minutes in length. We're looking for work on the general theme of mental illness, from any point of view – carer, patient, relative, etc. In addition, monologues can also be inspired by this year's Festival themes, which are: memory and dreams.

Please read the submission guidelines and the example monologue.

NB - we are only looking for submissions from writers who live in the north east of Scotland. Selected writers must be available for script development meetings in Aberdeen.

Deadline for submissions is **30 June 2011**. For further details, contact colin@wactheatre.com

website: www.wactheatre.com



WACtheatre Monologues 2011

Guidelines for Submission

Submissions

Writers should submit two copies of their script (up to 5 minutes in length) which must be an original piece of writing and not have been previously performed or published.

Themes

The monologues will be part of WACtheatre's contribution to the **Scottish Mental Health Arts and Film Festival**. We are looking for five-minute monologues on the subject of mental health, memory or dreams. Monologues can focus on particular illnesses, relationships, or any aspect of life that can affect a person's wellbeing.

Eligibility

This project is open to anyone who is over 16 years, living in the North East of Scotland (particularly those based in Aberdeen City and Shire). Entries must be entirely the work of the entrant and must never have been performed, published, self-published, published on any website or broadcast. [Group entries are also permitted: ie a monologue co-written by two or more persons].

Entry Format

Entries must be in English or Scots (not Gaelic) and typed, on one side of the paper, with pages numbered and securely fastened. Entries must have a front page bearing the title of the piece, name, address, email and telephone number of the writer, with the title on the bottom of all other pages (as a footer). Entries will not be returned, so please keep a copy. We will not accept e-mailed or faxed entries.

Receipt of entry

Enclose a stamped addressed postcard marked 'ACKNOWLEDGEMENT' if you require acknowledgement of receipt of your postal entry.

Deadline

The deadline for submissions is: **30 June 2011**.

Copyright

Copyright of written material remains with the author. WACtheatre will retain copyright of the end product (DVD/video). The finished videos/DVDs will not be used to generate income and no fees from the presentation or production of these will be payable to any

participant, to WACtheatre or to any of our workers. Participating writers will be asked to sign an agreement to this effect.

Selection

Scripts will be selected by WACtheatre's team: Artistic Director Colin Garrow and Theatre Development Workers Jessica Hernandez, Louise Ballantyne and Angela White. Submitted scripts may also be developed (before or after the submission deadline) through our WAC Wednesday meetings. (Contact Colin for details). The chosen monologues will be produced by WACtheatre as part of SMHAFF in Aberdeen. Work selected will be allocated actors/director etc and filmed for presentation at some point during the Festival. (Production details are dependent on funding etc).

Where to send your entry

Two copies of your script should be sent to:

WACtheatre Monologues

C/o Colin Garrow

Artistic Director

15 Station Road West

Peterculter

Aberdeenshire

AB14 0US

Check List

Have you included:

A title sheet bearing your name, address, phone contact and title of script?

Two copies of your script.

An SAE postcard (if you would like receipt of your script acknowledged).

An example monologue is attached:

(From No Phones on Planet Pluto)

Shona

I don't normally do this sort of thing: room full of people,
Me, standing, talking.
I'm not good with people.
Especially lots of people.
Or spaces. I'm not very good with spaces.
Or bright lights.
Noise...wind...rain...weather, generally...confrontation...doctors...actors...
Colours. Colours - I'm fine with colours.
Red. Light Green. Blue. Mauve.
And that's good because it helps me get out.
Out of the house.
You see, the carpet's red. The hall carpet.
And the door's red.
And the wall outside, that's, sort of red-ish.
And the bus stop is right outside the door almost.
I can get the red line into town.
The seats aren't red though.
That can be a problem.
So I take a scarf.
A red one.
Just in case.
I get anxious, you see.
And the reason I get anxious is...
The reason I get anxious is...
I have to get out of the house, you see.
Out of the house.
And if I don't get out of the house, I get anxious.
I'm getting anxious now just thinking about it.
Anxious.
Anxious.
I wish there was another word for it.
Anxious.
I mean – it sounds anxious, doesn't it?
Anxious, nervous, worried, concerned, uneasy, apprehensive, restless, fearful...
Don't really like any of them.
I'll just stick with anxious.
So I get anxious.
If I don't get out of the house.
Did I say that already?
Sorry.
And I have to get out every day,
Or the next day, the day after I don't get out, it gets worse.
And if I go two days without getting out of the house it's just hell.
Absolute hell.

And it has to happen before three o'clock
When the schools come out.
Because the children
All those children
I mean, it's not the children themselves that're the problem
Just the amount
Of children
And the colours
Too many colours and I get confused.
Hats, scarves, ties, shoes.
The high school, that's okay because they wear uniforms.
Two colours. Brown and green.
One or two colours is good
Just one or two.

I don't talk to people much.
Only when I absolutely have to.
Like, when I get on the bus, I have to say my fare, or where I'm going.
But I don't speak to anyone else.
And I always sit about half way along.
Most people seem to sit near the front, or else they go right to the back.
So the middle of the bus is usually safe.
Seven times out of ten, I'd say, I can manage to do the whole journey
Without anyone else sitting beside me.
You have to pick your times, though.
Ten to two is usually okay.
Twelve is murder.
Only did that once.
Got stuck next to this horrid man who insisted on showing me the main stories
On each page of his newspaper.
I tried to just smile and look away but he kept nudging me.
With his elbow.
Not in a nasty way, but I didn't know what to do
Every time I'd open my mouth to say Please Stop it, or something,
He'd just nudge me again.
So I thought - I'll get off.
I'll get off the bus.
But of course, then I would have had to speak to him to say excuse me or something
And I just couldn't. I just couldn't.

I have noticed that some people simply stand up and then the person next to them
Realises they want to get off and moves out of the way.
So I tried that with this horrid man.
I stood up
And he just looked up at me and said "Shocking, isn't it?"
So I had to sit down again.
Though I have to say, he was wearing a red cardigan, and that helped.