

Stay Connected

Video One

*Shelly is in her **living room**, sitting on the sofa with a cup of tea nearby and a box of paracetamol.*

SHELLY: Hiya everyone! I don't want to alarm you all but I've got a cough and I'm feeling quite tired so... This is day one of my self-isolation. Official!

I've got supplies in, I've taken some paracetamol and I don't feel too ill. Yet! Obviously some people have been really really ill and a lot haven't made it but... I've got my fingers crossed for an easy ride from Mr Covid 19 and I'm not too worried. I'm planning to spend the time reading, watching quality telly and films, listening to music, maybe working on a few songs and doing some yoga if I feel up to it. If you've got any suggestions of ways I can entertain myself, clean suggestions only please, comment below!

I'm here at my place in London. As you all know I live by myself after my break-up but I'm lucky. A lot of people don't have the privilege of being able to self-isolate somewhere safe and nice, like I do. This is my living room. Do you like the sofa? It's new.

Now, you guys know me, you know how much I love performing for you and live for that and... and how sad I was that we had to cancel the tour. But... this is the way it has to be right now. I'll record a few lil videos for you as I go along, just so we can stay connected. And I'll be Zooming or doing calls with friends, or with family every day, so... I'm probably gonna be busier than I usually am. And that's quite busy, right? Right!

I was already doing very, very good social distancing before I realised I was sick so it's been something like... seven days since I was last in face to face contact

with another person, from a distance of course. Which feels like quite a long time. But it's not! Not when you think about it in the course of a whole entire life.

I find it helpful to think about it like that. This too shall pass.

When I told Danny I was sick she asked me if I had everything I needed or could she send something over and I said no... no I'm fine. You're good to your mum Danny, god knows I don't deserve a daughter like you. Call me later, OK?

Gets up and goes to the window.

For anyone else who's self isolating like me, or for the thousands... hundreds of thousands? Stuck inside all over the world... it's spring here. The trees are blossoming and the birds are singing. We can do this. You might feel like you're alone but you're not. We are going to be OK.

Post your messages below and I'll get back to you.

See you next time!

Video Ends.

Video Two

*Shelly is in her **kitchen**.*

SHELLY: Hiya friends and welcome to day four of self-isolation! I'm feeling a bit worse, but not too bad. I've lost my sense of taste ha ha, there will be people who say I never had one to start with but you know what I mean, right?

Today I thought I'd show you what I'm making for lunch. It's important to eat healthily when you're sick, to support your immune system.

Shows half finished food/smoothie/whatever actor has handy in kitchen.

Looks great, right? I'm just putting the finishing touches. I'll post the recipe up so you can all see it.

The last couple of days I've been... reading... listening to music. Doing a little yoga. It's been nice to have some time to catch up with things. Honestly I've been surprised at how much I am ok with being alone and how many internal resources I have. It must be all the therapy I had when I was in rehab. It's nice to learn I don't need... people and lots of things to do... as much as I thought I did.

But it's still been good to do Zooms and calls with friends. Last night I was on the phone with the sumptuous and mega talented Lia, who's on lockdown in her beautiful place in Malibu, California! She's not sick, don't worry! Lia said how the F are you going to cope you're such an extrovert you're so... F ing needy don't go falling off the wagon whatever you F ing do.

But I am handling it just fine, as you can all see. There's no alcohol in my house at all, which is a good thing.

Hey, I thought my place was nice before I took a Zoom tour around hers well... now that is a classy place. You could fit this whole apartment inside her living room.

Looks around, frowning, at the four walls.

When I start to feel claustrophobic, I look out of the window.

Goes to window.

The view is always changing. Joggers, dog walkers. People... life! Look at those people just walking around, and... Hey! Hey!

Bangs on glass.

Keep your fucking distance! I am stuck in here so you can do your bit! Two meters apart! Fucksake. Some people are just taking the piss!

Uh... sorry. Where was I?

It's been five weeks and... one day since I was last in physical contact with someone else. I figured it out. It was my uh, friend, Tommy. We had a last... drink... before lockdown. Tommy's not sick, so far as I know, so I didn't get it from his, elbow.

I've been talking to lots of people online. To some of you! Don't think I don't read all your messages I do, all of them. And I've been doing lots of Zooms and calls with people.

I've talked to Danny a couple of times, hello Danny. Danny's not sick, thank god, and she's working from home. She says she's really busy. Love you and thinking of you, Danny! Call me later!

Right let's get this meal/drink finished.

Returns to finish the recipe.

I don't know if you guys have noticed this but everyone is so busy doing Zoom calls and video conferences and online yoga that it's harder and harder to schedule in times when people are free to talk to you.

Just a little bit more of this, and a little bit more of that. I could get into this you know. Cooking to kill Covid-19 with Shelly! Maybe that could be a thing. Anyone out there want to make it happen get in touch! There! It's done. I wish I actually felt like eating it.

If you've got ideas for recipes or anything that might tempt the taste buds back to life then please, I'd love to hear them! And I want you to know how much I appreciate your support. All the little messages and pictures and videos you've been sending are so kind and funny. Knowing you've all got my back and you're all thinking of me, well... I feel very loved. I can't wait to be able to connect with you, perform for you all live again when this is done. Because... Without that... it's like life has lost it's flavour not just this... bloody...

Anyway, I'll be performing for you all again soon.

Day four over and out! But it's only 2pm. What am I going to do until bedtime? Is anyone else finding that time has gone wobbly and strange? Message me with your own experiences of wobbly strange time in isolation!

Anyway, that's all for today! Stay safe, wash your hands!

Video Ends.

Video Three.

*Shelly is in her **bathroom**. She is wearing a facemask of some kind. In this video she seems subtly more ill than she was in the previous two.*

SHELLY: Hi friends. Welcome to day nine of my self-isolation. I've been feeling a bit rough the past couple of days... that's why I haven't...

My sense of taste came back! But everything tastes like blood. And I'm a vegan.

Anyway I'm having a good day today. So I'm trying to pep myself up a bit. I'm doing this facemask. I know no-one cares what we look like right now but...

I made this facemask myself, it's really simple, just oats, manuka honey and a few other bits from the kitchen. I didn't have everything I needed so I improvised a

www.hightide.org.uk

#LighthouseProgramme | #LoveInTheTimeOfCorona

bit. We all have to be creative at times like these, right? I'll post the recipe up so you can all see it.

It's now been five weeks, six days and twelve hours since I was last in physical contact with another human being, my friend Tommy. Would love to hear from you, Tommy! Tommy's got older teenage kids... he's got to take care of his family.

It's been hard to get hold of anyone on Zoom, the past few days.

You know... if you take an animal and lock it in a cage, at the zoo... and keep it alone, it starts pulling its fur out. Human beings are basically animals, right? We need contact, or we go mad. And I have another week of total isolation to go. Maybe longer because nobody really knows.

There's something about this that reminds me of being on a long tour, away from friends and family... living out of suitcases in hotel rooms. Disconnected from everyone and everything apart from the audience. That's what made it worthwhile.

Sorry I'm losing my thread. That's what happens when you're alone all the time. Things start to go a bit weird.

Danny's been quite busy this week with work. And you know, there were times when my work... and some of my other... problems, took me away from her. I wasn't always as there for her as I could have been. Let's be honest, I was a bit of a rubbish mother, sometimes. Sorry Danny.

So... it's only fair that now I respect that she's working and busy and I don't make too many demands.

I'm just gonna wipe this off.

Wipes off facemask.

Looks at self.

What do you think? Do I look better? I feel better.

I have all the supplies I need. Food. Paracetamol. I'm going to be fine but I called my lawyer just in case and I made sure my will is all up to date. Can't be too careful. And Danny you get everything.

But seriously though, I'm going to be fine and the support and love I get from all of you lot will make it so much easier. So don't stop thinking of me and sending me your love. Please.

There's the beep of a message coming through.

Oh. Excuse me. I thought I'd turned notifications off.

She brings her phone into the shot.

Danny?

Oh, Danny!

Shelly is emotional.

No I'm fine love! Thanks for calling me thank you.

No I know, it's Ok...

Yeah... I'll Facetime you now.

Let me just switch this off.

She reaches and shuts the laptop down, cutting off the recording.

Video ends.

High Tide Theatre