

# DONT BE ALONE

## I THINK WE ARE ALONE

*I Think We Are Alone* explores many issues that are faced in modern society, this document allows you to support your students and consider the impact these issues can have and what we can do both individually and collectively to support ourselves and others.

### LONELINESS

Loneliness is now a national epidemic, the office for National Statistics reported that 2.4 million British citizens suffer from chronic loneliness. Although massively prevalent in older age it is also on the rise for young people.

Tracey Crouch, the worlds first Government Minister for Loneliness explains:

*"One of the possible causes of loneliness, particularly among young people is the advent of digital connectivity. We have one of the most digitally connected generations and yet what we are seeing is an increase in loneliness. That is a potential link."*

The following links help us to understand the scale of loneliness:

[www.independent.co.uk/life-style/health-and-families/loneliness-lethal-condition-therapy-psychology-cox-commission-ons-health-a8311781.html](http://www.independent.co.uk/life-style/health-and-families/loneliness-lethal-condition-therapy-psychology-cox-commission-ons-health-a8311781.html)

<https://www.campaigntoendloneliness.org/loneliness-research>

*What are the causes of loneliness?*

The charity **MIND** sites that experiencing a bereavement, going through a relationship break-up, feeling isolated from your co-workers, starting at university, belonging to minority groups and living in an area without others from a similar background, experiencing discrimination and stigma because of your gender, race or sexual orientation and experience of sexual or physical abuse are some of the causing factors for loneliness. All of these reasons are experienced by one or multiple characters in the play.

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*What can we do to help ourselves and others who are feeling lonely?*

**MIND** is a mental health charity. This PDF explores loneliness and gives useful advice and contacts for people of all ages across the UK:

<https://www.mind.org.uk/media/34882109/loneliness-2019-pdf-version.pdf>

**PLACES OF WELCOME** are run by local community groups who want everyone on their neighbourhood to have a place to go for a friendly face, a cup of tea and conversation if and when they need it:

[www.placesofwelcome.org.uk](http://www.placesofwelcome.org.uk)

**THE GREAT GET TOGETHER** was an initiative set up by the late Jo Cox to tackle loneliness and bring communities together:

[www.greatgettogether.org](http://www.greatgettogether.org)

## **DEALING WITH GRIEF**

We see one of our central characters Graham dealing with the grief of his late wife, this storyline also includes Ange and her role of working in a hospice - it allows us an insight into the process of terminal illness and how this is positively supported by hospices to allow a dignified death.

*What is a hospice?*

People tend to have negative perspectives on hospices and what they do and how they might look, this article demystifies these perceptions:

[www.mariecurie.org.uk/blog/hospices-where-people-go-die/53836](http://www.mariecurie.org.uk/blog/hospices-where-people-go-die/53836)

*How can we support ourselves and others who are dealing with grief?*

**CRUSE BEREAVEMENT CARE** is an organisation that offers support, information and care to children, and young people and adults when someone dies:

[www.cruse.org.uk](http://www.cruse.org.uk)

**MARIE CURIE** is a charity that supports patients and families through terminal illnesses. They operate hospices and also have nurses that go out to patients dealing with over 40,000 terminally ill patients a year.

Helping in dealing with grief:

[www.mariecurie.org.uk/help/support/bereaved-family-friends/dealing-grief/grieving-your-way](http://www.mariecurie.org.uk/help/support/bereaved-family-friends/dealing-grief/grieving-your-way)

**CANCER RESEARCH** is the largest charity working to prevent, control and cure cancer through ground-breaking research and in the last 40 years their work has helped double survival rates:

[www.cancerresearchuk.org/about-cancer/coping/dying-with-cancer/after-someone-dies/coping-with-grief](http://www.cancerresearchuk.org/about-cancer/coping/dying-with-cancer/after-someone-dies/coping-with-grief)

**MACMILLAN** are a charity who support patients diagnosed with cancer through every stage of their treatment:

<https://www.macmillan.org.uk/information-and-support>

## **AFFECTED BY ABUSE**

As the play unfolds, we find out that both Ange and Claire have both been victims of sexual abuse in their childhood. It is clear that it has had a severe mental impact on them both throughout their adulthood and impacted their relationships with each other and potential partners in their lives.

Abuse comes in multiple forms; mental, physical and sexual. Below are organisations that can help you or others that have been victims of abuse.

**DARKNESS TO LIGHT** is a non-profit organisation committed to empowering adults to prevent child sexual abuse:

[www.d2l.org](http://www.d2l.org)

**SAFELINE** is a specialised charity working to prevent sexual abuse and to support those affected in their recovery. This includes working with people whose mental health issues (manifesting for example as self-harming) suggest that they may be vulnerable to abuse:

[www.safeline.org.uk](http://www.safeline.org.uk)

**THE SURVIVORS TRUST** has 129 member organisations based in the UK & Ireland which provide specialist support for women, men & children who have survived rape, sexual violence or childhood sexual abuse.

[www.thesurvivorstrust.org/find-support](http://www.thesurvivorstrust.org/find-support)

For further information on the production and to learn more about the creative process behind its creation, please visit our FREE resource pack available [here](#).