

this wasn't supposed
to be like this

IM SORRY

Telediurnal

New Cross 2014: mental health and EastEnders; racial abuse and family courts; sex education and child abuse; hidden cameras and smoking in cars; safer internet and prison voters; London's roads and paternity leave; Internet security and Tower Hamlets; cycling and diabetes; surveillance and landing a successful job; dementia and ambulance spending; maternity, dog laws, and internet trolls; held hostage for eleven years and working from home. Karen tries to help a grieving friend and her family move on with their lives. Meanwhile, Jimmi and Heather have a difficult discussion, and Barry is confident as he goes for an interview. Ayesha has to help her friend with a difficult life choice. Zara struggles with the stress of her work and personal life. Jimmi puts off having a difficult conversation with Heather. Can Emma help when a woman with an intense fear of childbirth goes into labour in a restaurant? Barry's colleagues try to convince him to apply for a promotion, while Heather wonders what to do about her tricky situation. "If having to choose between two breakfast cereals can bring on an attack...". Some pupils could travel to Syria over the Easter break and should you pay for your dinner before going to a restaurant? Is Britain to blame for problems with illegal immigrants in Calais? Jeremy Clarkson's contract will not be renewed and grandparents helping with childcare. Your confidential medical records for sale. How do we stop forced marriages? Driving test horror stories. Can an extra-marital affair ever be a good thing? Dealing with the effects of child abuse and coping with phobias. A Bermondsey boy from the Dickens Estate. I don't sit waiting for the phone to ring. Candy Crush, stuck on level 29.



Insulin

I was telling your lady
on the phone
I've made arrangements for myself
I'm nearly eighty

and I know about this all this
kind of thing
because I read about it
in a newspaper
called *UK Column*

and there's nothing but
corruption and Stalinism
in this country

so I'm very lucky really
I'm a diabetic
and I've got lots of insulin
in the house
so when the time comes
I shall use it
[oh no]

oh yes
and before I do it
I shall write a letter
to the local council
and the local paper
and accuse them of murder

I shall do that
because it's all I can do
to save my children
from going on the street
and I don't want that to happen
at all

and there won't be just me
there'll be many many more
people like me
who are doing it

not yet
there's no reason for it yet
but if anything happened
and I realised the time was up
that's what I would do

Michelle Knight

He told me that I'd be here for a little while
he just wanted me as a friend
a companion

he wanted somebody who would just stay there with
him, repeatedly you know, just
just to be there

and then he proceeded to tie me up, and he
like hung me from both sides of the
sides of the wall

and I was like up in the air, I didn't touch
the ground, I didn't touch the ground
the ground at all

I begged him to let me go, begged him, I needed
to be with my son, and my son
needed me too

he said why should I do that when my family
couldn't do that for me, for me
that's what he'll say

day by day he was very horrible, sometimes
he starved me, sometimes he hit me
around, sometimes

he took, you know, what outside people were doing
he took it out on me. He would
sit there and say

"you know everybody make me so angry and
I have no way to release it"
It was hard but

going through what I went through with my family
and everything, helped me cope a
a little bit

more with what I was going through. I was able
instead of making it worsen
to accept it

It was very hard but I know from the get go
that no-one was looking for me
looking for me

it wasn't like I missed anything, my family
were like distant, very distant,
very distant

wasn't like a loving nurturing family
I never had love and support
never knew that

so to be honest with you I felt disgusting
looked at myself in the mirror
and all I seen

was a battered woman, with bruises on every
part of face, a person that had
had swollen eyes

from crying so much, a pale face looked hideous
I didn't see myself at all
in that mirror

his bathroom had mould on the ceiling, mould coming
down the sides of the tub, toilet
was in the floor

because it was cold and numbing, didn't feel much
passed in and out most of the time
thought of my son

You know how they say keep a focus on something?
my son, it helped me overcome
all the numbness

all the pain that I was feeling, and I would just sit
there and I'd sing to myself
just babbling

it was a comfort you know, to wrap yourself, it
was like being in a fetal
position, keep warm

you know like how some, like how, like they say, you know
to pack snow over you when cold?
I was trying

he was evil said that we can't have a child here
a child would make way too much noise
so he beat me,

starve me, knock me down stairs, heavy objects on my
stomach to make it go away...
it went away

if it didn't go away the first time, he would
keep on going, until it did...
it went away

at the time I felt very alone, it was hard
to sit and say you lost a child
think about it



*why dont i
deal with this?*

Lizzie Can You Hear Me?

Lizzie can you hear me?
Lizzie wake up for me
what did you do to her?
she got stressed out and fainted

maybe she doesn't want to be woken
she likes to hide from the world
what made her fall asleep?
she couldn't bear to hear it

it was as if she was somewhere else
she smiled and lost consciousness
you've been unconscious some time
she likes to hide from the world

is that where you think she is?
she's still not talking to me
I know you find talking
on the phone impossible

but I have email here
I have your prescription here
and you can come back and see me
I hope you were careful

someone with a proper job
someone who can pay the rent
why don't I deal with this?
let's see what we've got

I could try you something for next week
do you want to take a seat
you are usually so well organised
would you like to go through?

Lizzie can you hear me?
Lizzie wake up for me
Lizzie can you hear me?
Lizzie wake up for me

Life of Barrymore

this wasn't supposed to be like this
I'm sorry
trouble with having a gap decade off is
I haven't really got myself back and err
in front of an audience err
I've been off
oh God

when it came in the first couple of times
I said no
and I'd been offered some other chat shows
and I said no
erm
cos, erm, I've got myself really well
the last three years
and it's the first time I've been on my own
it's just me
it's just me and Dave
my dog
my little Jack Russell
i've got to a place I've got my flat in town
I just spent time wandering around being
Michael Barrymore
I just
and I didn't think I could be on my own
and I got there
and I was quite
I don't sit waiting for the phone to ring
I don't ask for anything
or expect anything
pull yourself together
erm
I er, Christ!
what is this going to look like?
Jesus!

* * * *

I was so regimented
right down to
I didn't even choose my clothes

I mean she would pick my clothes for me
in the studio
I go into wardrobe
they put a suit on to me that had been selected
I didn't even check the mirror
to have a look at the suit
you can tell
I do it myself now
she'd go "yeah that's fine"
don't do that
don't mix with them
don't
and I did
and it worked

* * * *

there were about eight people
there was eight people
and then errrrm
a couple went out
I said there's towels there if you want to use the
Jacuzzi
if you look at it
it's built round
built in to the edge of the pool
I didn't go there
various ones went there
obviously Stuart did
and a couple of the other guys as well
I went with a couple of lads down here
and had a joint
which I later admitted to
and we smoke the joint
and the others was doing whatever they was doing
and then I said to the, to the lads
oh do you want to go in the Jacuzzi
said OK
walked back up the top here
and there was one of... there was a new master being
built down here

the other one was up in the top corner up here right?
went in there, got some towels, said there are some
shorts here if you want them
walked out
and as we walked out we looked down
you see where those two plug things are there?
and Stuart was there
seeming you know like lying
you can't judge from the depth of the water
that's the deep end by the way

I just froze

that was my very first thought
and a weird thought went through my head
thinking that
not that I've ever had anything to compare it to that,
I've never seen a body float in my life
I thought that they float down like that

I didn't know
I mean I knew it wasn't good
it was like, it was like
laying like, like that way
so I just found it a bit strange that I could
you know looking down
and I went oh
well you can imagine the words that come out
at that point
I ran back into the house
to get help
and then the two boys
started giving him CPR
and then the ambulance was called for
and then in turn called the police
and I was still on this side
just in complete shock

* * * *

the first thing I did wasn't run away
the first thing I did was to get help
they don't write that
they've never written that

I'm in the middle of a case right now
which I've been working on for three years
for wrongful arrest against the Essex police

the rape and murder

well someone has to be murdered and someone has to
be raped
to even, to even make that allegation

the one thing that the tabloids went for me
have succeeded in
they did wipe
wipe out my career
but they did not wipe me out
I'm still here

you know they called me
they call me shamed, disgraced, fallen
it's they who are shamed, they who are disgraced, they
who are fallen

the *News of the World* is gone
I haven't

f g h i j a b c

d e f g h i l m

n o p q r s t u

F G H I J K L M N O P Q R S T U V W X Y Z

A B C D E F G H I J K L M

LIFE OF BARRYMORE

Steven Ball

Insulin

Michelle Knight

Lizzie Can You Hear Me?

After Lucy

Life of Barrymore

Kisha Krush

Transcribed, performed, and recorded by Steven Ball, New Cross, London, 2014 - 15.

Steven Ball sings, plays guitar, accordion, software instruments, Candy Crush (stuck on level 29), radiosonic and televisual ambience.

steven-ball.net

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Dedicated to Michael Barrymore and Lucy Beale (RIP).

Linear Obsessional Recordings 2015

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