



## **3 Years, 1 Week and a Lemon Drizzle**

**Underbelly McEwan Hall (Jersey), Teviot Place, Edinburgh, EH8 9AG**

**Wednesday 1<sup>st</sup> – Monday 27<sup>th</sup> August 2018 (not 13<sup>th</sup>), 14:25**

*3 Years, 1 Week and a Lemon Drizzle* examines the relationship between two sisters and how their close bond was affected when one of them was diagnosed with a severe eating disorder as a teenager. Recalling touching memories, laugh-out-loud anecdotes and Mars bars, this searingly frank and painfully funny two-hander examines what it's like to live with a loved one and their mental illness.

Alexandra (*The Suffragettes* With Lucy Worsley, BBC One); *When We Died*, Bruntwood Longlist 2017) and Kate Donnachie (Carlton Hobbs Award Runner Up 2018, *The Choir: Gareth's Best in Britain*) bravely share their heart breaking but hilarious memories of growing up together and managing their close bond through a difficult time.

When Alexandra (finally) decided to ask Kate what 'that time' was like for her, she immediately began cooking up ideas for this autobiographical show – albeit before Kate agreed to be in it. Had their relationship been affected? How had it changed? Were they closer or more distant?

Alexandra Donnachie comments, *For two years, I had been making and developing a one woman show about living with an eating disorder but something always felt off even when people said nice things about my work. Eventually, I realised what didn't sit well with me; there were already loads of fantastic one woman shows looking at incredible women and their stories. One day I was in a restaurant with my younger sister when she spoke about a day at school when she had broken down under the stress of having an ill sister at home. I could – and probably should have – comforted her and asked her more about this in order to support her. Instead, I saved asking her to elaborate until I had a dictaphone under her chin a few weeks later. Soon after our conversation about what it was like for her during my illness, 3 Years, 1 Week and a Lemon Drizzle was born.*

*3 Years, 1 Week and a Lemon Drizzle* seeks to show the powerful bond that endures throughout mental illness and reinforces the enduring message – you are not alone.

## Notes to Editors

Title	<i>3 Years, 1 Week and a Lemon Drizzle</i>
Performance Dates	Wednesday 1 <sup>st</sup> – Monday 27 <sup>th</sup> August (not 13 <sup>th</sup> ), 14:25
Running time	55 minutes
Location	Underbelly McEwan Hall (Jersey), Teviot Place, Edinburgh, EH8 9AG
Box Office	Tickets are available from <a href="http://www.underbellyedinburgh.co.uk">www.underbellyedinburgh.co.uk</a> or 03333 444 167 Previews: £6.50 Weekday: £9 (£8) Weekend: £10 (£9)
Trailer	<a href="https://www.youtube.com/watch?v=J7vGvLEq_Nc">https://www.youtube.com/watch?v=J7vGvLEq_Nc</a>
Twitter	@baftaface, @KateWDonnachie, @L_DrizzlePlay, @followthecow

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