



**JACK & SHEILA**  
By Paul Smith

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# JACK AND SHEILA

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## CHARACTERS

MARTIN – LATE 50s

*MARTIN is lying prone on a couch.*

**MARTIN** Lying prone on the settee is not going to get the chores done.

Tweaked my back. That's what comes when you are too enthusiastic about fettling your flange.

Don't ask!

I promise you, it's painful.

My legs buckled and I may well have snagged a gusset.

**PAUSE**

Still, like this, you think of everything. But mainly the negatives.

With no one to talk to from one day to another, you do end up, well, discussing and even arguing with yourself. Don't you? Don't you?

I miss having company.

It's been too long.

I couldn't start it all over again.

**PAUSE**

In my attempt to lose weight and, therefore, satisfy my doctor, I started running again.

Oh yes, London Marathon veteran here.

Piled it on and now need to address the health issues men suffer in their 50s when overweight.

This back has put paid to that. Need something else.

***PAUSE***

This business is looking very strange. Not sure what to think. Discussed it with myself and decided that I had better get a Tesco delivery sorted – and fast!

Not least because there is a glimmer of light on the company front.

Got a couple coming to stay. Jack and Sheila. Between homes and so I said I would provide. Not sure for how long. Don't know them too well, but any company is better than none. More to add to the Tesco list.

***PAUSE***

Been here for an hour now. Not sure I can get up again.

You know what? I think that gusset is snagged!

***BLACKOUT***

***MARTIN is lying on his back on the floor doing leg exercises.***

**MARTIN** News Update – the back is improving. I am following an exercise regime on an app on my phone.

The Business is really bunching my pants – Tesco deliveries a bit intermittent. But managed to get enough in for us all.