Armchair Adventures Episode 1

00:00 CONNIE: Hi guys. Welcome to armchair adventures, a brand new interactive podcast for imaginative older people and children, hosted by me Connie. Before we get started, if you like the show, don’t forget to subscribe, rate and review. It really helps. Thank you, love you guys.

00:18 [Intro music]

00:35 On this week’s episode, we are going on an Armchair Adventure with Linda. Say hello Linda

*00:44 LINDA: Hi, I’m Linda. I’m 66 from Hyde and before lockdown happened, I was supposed to be going to Lanzarote.*

00:52 CONNIE: How’s lockdown life been treating you Linda?

*00:54 LINDA: Well Connie, I’ve been missing my long walks to be honest.*

00:58 CONNIE: Have you not been able to go?

*01:00 LINDA*: *No, my partner’s been shielding you see. So we haven’t been going out much at all. I don’t like to leave him.*

01:06 CONNIE: That’s understandable. Where do you go? When you can go, I mean?

*01:11 LINDA:* *Well usually, I go walking in my local area. But sometimes I go a little further afield.*

01:18 CONNIE: Really?

*01:19 LINDA:* *Yes. I just put my boots and my rucksack on, and I’m out in the open. Just me and the plants and the trees. Wind in my hair feeling, well...free!*

01:30 CONNIE: Thanks for sharing that with us Linda. I really appreciate it. I’ll get the rest of the customers on the phone now so they can join in. Roll trailer please! I’ve always wanted to say that.

01:44 This whole project started back in March 2020. Coronavirus meant that I couldn’t go to school, and I couldn’t meet up with my friends. I’m stuck at home with mum and dad in a flat above our family run travel agents in Ashton. The business was in major trouble. And I mean MAJOR. We were on the brink of going bust. We specialise in holidays for the over 55s. It’s our USP (unique selling point). Our customers are amazing. Best customers ever. We need them as much as they need us. So I think to myself, Connie, you’ve gotta do something here girl! You’ve got to reach out. So that’s exactly what I did.

*02:26 CUSTOMER 1: Imagination’s the key. It sets you free!*

*02:31 CUSTOMER 2: If we can’t go to adventure, then adventure will just have to come to us.*

02;35 CONNIE: I told you they were amazing! So together we created an alternative approach to a traditional vacation.

*02:42 CUSTOMER 1: We were supposed to be in Benidorm. But we ended up taking everyone on a safari in Africa.*

*02:50 CUSTOMER 3: For our 50th wedding anniversary, we took a cruise in a barrel over the Niagara Falls.*

02:57 CUSTOMER 4*: We’ve never had so much fun!*

02:58 CONNIE: Not everyone was convinced however. **Imagination don’t pay the bills Connie, love, dad said.** But when mum checked her inbox, she discovered about a gazillion notifications for bookings. **They’re selling like blooming hot cakes, said mum.** Dad was gobsmacked, **what you calling them?**

3:17 [intro music]

3:40 CONNIE: I have all my lovely customers on a conference call now, ready to take part. Say hi everyone

3:45 [chorus of hellos, in various languages]

3:52 So guys, this podcast is an adventure of the imagination. And I want all you listeners, hi by the way. Yes you. Hi! I want you to join in with me and my customers. You’ll all be like acting, and moving and singing, all from the safety of where you are right now, this very moment. It doesn’t matter that we can’t see each other or we are miles apart. We’re gonna be using our imaginations and bodies and voices together. It’s gonna be awesome! Let’s have a little trial run shall we? Linda mentioned earlier about putting on a pair of boots and a rucksack before she went walking. I want us all to pretend to do that now. I want you to act out putting on a pair of boots and a rucksack right now. Ready? Off you go!

4:37 [grunting]

4:44 I hope you’re doing it listeners. I can hear all my customers on the conference call doing it. Can’t you Linda?

*4:50 LINDA: I can*.

4:51 [more grunting]

*4:54 CUSTOMER 1: Mine are a bit stiff to be honest Connie.*

*4:58 CUSTOMER 2: Mine are very comfy.*

*5:00 CUSTOMER 3: I can’t get mine over my bunions.*

*5:03 CUSTOMER 4: Urgh I’ve broke a lace.*

5:05 CONNIE: Well done guys. You’re doing brilliantly. When you do the activities in this podcast listeners, I want you to really engage with your imagination as you act, move, and, later on, sing. Just like my customers are doing. See the colours, experience the smells, feel the weight of the imaginary objects in your hands. Like the boots and the rucksack in this trial run. Feel the textures. Really live in that moment.

*5:31 CUSTOMER 1: If Ronnie and me are doing it, anyone can have a go.*

*5:36 CUSTOMER 2: My neighbours are giggling at me. They’re looking through the window. Listen, I’ll just give them a wave. “Hello everybody! I’m doing an Armchair Adventure. An a-r-m-c-h-a-i-r A-d-v-e-n-t-u-r-e. Oh forget it!”*

5:53 CONNIE: Thanks you two. The most important thing, listeners, is to have fun. Now let’s help Linda decide on today’s armchair adventure.

6:00 [phone beeps] Sorry!

6:02 So Linda, what is it that you like about walking?

*6:06 LINDA: It keeps me fit. And helps me clear my head.*

6:09 CONNIE: I don’t know about you listeners but my head needs a proper clear. I’m like totally obsessed with the news at the moment and have been since… well like forever. I’m constantly checking for updates and comments and comments on comments and comments on comments on comments, if you get my meaning.

*6:27 LINDA: Umh, I think so. That sounds difficult for you Connie. I remember when I was your age. Me and my friends decided to go on a big walk over Kinder Scout, a nature reserve in Derbyshire. None of us had ever walked that far before. We took our time and just took it all in. It was like we were on top of the world. It gave me a different perspective on things. It still does now.*

6:57 CONNIE: Mmm, I know you missed out on Lanzerote Linda, but from talking to you, I’d recommend a magical treetop walk.

*7:08 LINDA*: *That sounds perfect Connie. Okay Connie, I’m going to take you all on an armchair adventure to a magical treetop walk.*

7:21 [chirping]

7:31 CONNIE: Where are we?

*7:33 LINDA: Stood at the bottom of some very tall trees.*

*7:37 CUSTOMER 1: The trees are awesome.*

*7:39 CUSTOMER 2: Gently swaying in the breeze.*

*7:42 CUSTOMER 3: A cathedral of branches joining arms in the sky.*

*7:46 CUSTOMER 4: The smell of warm, petey compost.*

*7:49 CUSTOMER 5: Thick brown bark and beautiful leaves of green.*

*7:54 CUSTOMER 6: Faces in the bark.*

*7:55 CUSTOMER 7: The sound of rustling leaves.*

*7:58 CUSTOMER 8: Branches that take you up into the blue.*

*8:01 CUSTOMER 9: Nature's colours are amazing. The perfect blend.*

*8:06 CUSTOMER 10: Leaves shimmering against the blue sky, like green waves in an ocean.*

*8:12 CUSTOMER 11: Nature embraces us.*

*8:15 CUSTOMER 12: A canopy of peace and colour.*

*8:18 CUSTOMER 13: We breeze with the trees.*

8:20 CONNIE: Use your imagination to describe the trees listeners. There’s no wrong answers.

How are we gonna get to the top to start the walk?

*8:33 CUSTOMER 1: Wait! I’ve been bitten by an insect.*

*8:35 LINDA: Bug spray first Connie.*

8:36 CONNIE: Of course, sorry. Silly me. So guys, now we join in spraying ourselves with imaginary bug spray. Pick up the bottle. Feel the weight of it in your hands. Feel the spray hitting your skin.

*8:51 CUSTOMER 1: This stuff stinks. [coughing]*

*8:56 LINDA: Let’s climb to the top. We can do it.*

8:59 CONNIE: And now guys, using our imaginations, we climb to the top of… oh right okay. You probably get it by now don’t you. Fair enough. From now on, whenever a new action is introduced, just join in with Linda, my customers and me.

*9:14 LINDA: Keep climbing everyone.*

*9:15 CUSTOMER 1: This is far too slow.*

*9:17 LINDA: Let’s swing to the top instead then.*

*9:22 CUSTOMER 2: My walking shoes have sprouted springs.*

*9:26 Is that okay Linda?*

*9:27 LINDA: Of course it is!*

*9:30 Woo! Woo! WOAH!! [chorus of cries]*

9:44 CONNIE: We’re only halfway there.

*9:46 CUSTOMER 1This is going to take forever Linda.*

*9:48 CUSTOMER 2: This bouncing is ruining my knees.*

*9:51 CUSTOMER 3: I think mine need oiling!*

*9:54 CUSTOMER 4:The springs or your knees?*

*9:55 CUSTOMER 3: Both.*

9:56 [whistling tune]

*9:57 LINDA: Listen everybody. Look!*

10:01 CONNIE: A bird. A beautiful bird.

*10:04 CUSTOMER 1:Gigantic. But not frightening.*

*10:07 CUSTOMER 2: Soft feathers.*

*10:08 CUSTOMER 3: Tranquil.*

*10:09 CUSTOMER 4: Soft.*

*10:10 CUSTOMER 5: Calm.*

*10:11 CUSTOMER 6: Talons to hold on nice and tight.*

*10:15 CUSTOMER 7: Rainbow feathers.*

*10:17 CUSTOMER 8: With a yellow head.*

*10:19 CUSTOMER 9: Long slender neck.*

*10:22 CUSTOMER 10: And a fancy tail.*

*10:24 CUSTOMER 11: Big, baby-faced eyes.*

*10:25 CUSTOMER 12: Friendly. Very friendly.*

*10:28 CUSTOMER 13: I think we’re going to get on.*

10:30 CONNIE: Use your imagination to describe the bird listeners. Let the music inspire you.

10:35 [Flutes play]

*10:47 LINDA: Let’s climb on the back of the beautiful bird and hitch a ride to the very top.*

10:53 [more flutes]

10:58 Woah! [woops and woahs!]

11:10 YES! Wow.

*11:30 LINDA: What an incredible ride.*

*11:34 Wow. I’m on top of the world. Look how small everything looks.*

*11:42 The houses. The cars. The people! The city in the distance. Somehow, the problems of lockdown don’t seem so big or bad from up here.*

11:51 [phone buzz]

*11:54 Connie, you’re missing this.*

11:56 CONNIE: Sorry, sorry Linda. Sorry guys. I won’t be a sec. I’m involved in this thread. Loads of the usual crowd have taken my post like completely out of context or whatever. They just don’t get it. The level of debate on here is just ridiculous.

*12:09 LINDA: Connie, you’re missing all this. Look!*

12:12 CONNIE: I know, I know. Sorry, I won’t be a sec. Ahh this lot make my brain hurt!

12:19 [sad flutes]

12:22 You’re right. Totally right. I’ll switch my phone off. Like completely off. Like not even on silent. Sorry. Let’s take that magical treetop walk we came for.

*12:44 LINDA: Time to stop*

*To listen and to watch*

*Time to breathe*

*Gently with the trees*

*Time to slow down*

*Take notice, open your mind*

*Time to stop*

*Listen and to watch*

*13:24 CONNIE: Time to stop*

*To listen and to watch*

*Time to breathe*

*Gently with the trees*

*It’s time to slow down*

*Take notice, open your mind*

*Time to stop*

*Listen and to watch*

*14:12 LINDA: As you walk, what can you hear up here*

*14:17 CUSTOMER 1: Bees, and hummingbirds*

*14:18 CUSTOMER 2: Branches swaying*

*14:21 CUSTOMER 3: Butterflies wings gently fluttering*

*14:25 CUSTOMER 4: A sharp breeze, wafting through the leaves*

*14:28 CUSTOMER 5: Chicks waiting for their mothers*

*14:32 CUSTOMER 6: Insects chuck-chucking*

*14:35 CUSTOMER 7: A racket of naughty monkeys.*

*14:37 CUSTOMER 8: A cacophony of noise.*

*14:38 CUSTOMER 9: Stillness and peace.*

14:41 CONNIE: Listeners?

*14:47LINDA: What can you smell up here?*

*14:49 CUSTOMER 1: Pine and the perfume of the blossom.*

*14:52 CUSTOMER 2: Everything’s lovely and fresh.*

*14:55 CUSTOMER 3: Droplets of rain.*

*14:57 CUSTOMER 4: Dark petey moss.*

*14:59 CUSTOMER 5: Clean and clear air.*

15:01 CONNIE: Listeners?

*15:07 LINDA: What can you feel up here?*

*15:09 CUSTOMER 1: Like all my troubles have drifted away.*

*15:13 CUSTOMER 2: I’m in a different world.*

*15:14 CUSTOMER 3: Amazed at everything around me.*

*15:17 CUSTOMER 4: Like I’m inside a book.*

*15:20 CUSTOMER 5: Roots growing from my feet, giving me strength. Holding me up.*

*15:25 CUSTOMER 6: Trust and sweetness. Kindness. Living for the now.*

*15:33 CUSTOMER 7: Suddenly the world has become a beautiful place.*

*15:36 CUSTOMER 8: Nothing to do. Only be.*

15:40 CONNIE: Listeners?

*15:49 CONNIE: Time to stop*

*To listen and to watch*

*Time to breathe*

*Gently with the trees*

*It’s time to slow down*

*Take notice, open your mind*

*Time to stop*

*Listen and to watch*

16:17 CONNIE: Now everybody. Sing it with us.

16:21 [all singing]

*17:52 CUSTOMER 1: Look at all that juicy fruit.*

*17:55 CUSTOMER 2: It looks delicious.*

*17:58 CUSTOMER 3: Red and pink and orange and delicious looking.*

*18:01 CUSTOMER 3: You always get the juiciest fruit at the top of the tree.*

*18:06 LINDA: Let’s pick it and eat it.*

18:09 CONNIE: Act out picking and eating big juicy pieces of fruit now guys, like really go for it. Be disgusting. You know it makes sense.

18:16 [slurping sounds]

18:25 [sad flutes]

18:29CONNIE: That beautiful bird seems a little sad Linda.

*18:33 LINDA: Yes, I suppose it does.*

18:37 CONNIE: What’s wrong do you think? Oh no, I bet that fruit we ate was theirs. Was that your dinner bird?

18:46 [agreeing flutes]

18:49 CONNIE: Oh no, what have we done? We’ve eaten all the birds fruit! It was watching us all this time. I mean it’s not right. We can go to Tescos or whatever on the way home for our fruit. We didn’t need to eat it. We were just being greedy. What shall we do? Shall I tweet the RSPB and report us? I can’t believe I’ve done this! I’m so thoughtless. It’s all my fault. What shall we do?

*19:13 LINDA: Connie stop. Breathe. Look. Listen.*

19:26 CONNIE: The bird’s okay I think?

*19:29 LINDA: It is. It’s happy.*

19:31 CONNIE: I don’t need to worry so much do I?

19:34 [music]

*19:36 LINDA: I thought you’d switched your phone off Connie?*

19:39 CONNIE: I have!

19:40 [music repeats]

*19:42 LINDA:It’s not your phone Connie. It’s the bird. It’s calling to us.*

19:48 CONNIE: That’s amazing. Hum, whistle or lar it back. It’s up to you guys.

*19:55 LINDA: Do do do do do do do*

19:58 [bird repeats]

*20:00 CUSTOMER 1: Do do do do do do do*

*20:03 CUSTOMER 2: Do do do do do do do*

20:06 [bird repeats]

20:08 EVERYONE: *Do do do do do do do*

20:10 [new tune]

20:12 [everyone repeats]

20:13 [new tune]

20:15 [everyone repeats]

20:18 CONNIE: Now, one just for you listeners.

*20:21BIRD: Do do do do.*

20:25 CONNIE: That was amazing listeners.

20:26 [happy flutes]

20:38 CONNIE: That was a beautiful armchair adventure Linda.

*20:41 LINDA: I’m sorry I thought it was your phone ringing Connie. I shouldn’t have jumped to conclusions.*

20:46 CONNIE: It’s fine. Don’t worry. Thank you.

*20:50LINDA: What for?*

20:50 CONNIE: Through today’s adventure I’ve learnt it’s really important to switch off the noise inside my head sometimes. And remember to like have a complete break from my phone or whatever. And take the time I need to take notice of the beautiful things all around me.

*21:05 LINDA: And I’ve discovered that adventures of the imagination are a fantastic replacement for a traditional holiday. I’ll definitely be booking again.*

*21:14 CUSTOMER 1: And me Connie.*

*21:16 CUSTOMER 2: I can’t wait for mine.*

*21:19 CUSTOMER 3: Too right. Here here.*

21:20 CONNIE: Well you’re the best customers a travel agent could ask for. Thank you. Next time listeners, another one of my lovely customers gets to take us on another armchair adventure, inspired by their passions and their interests. But for now, it’s time to say goodbye. Goodbye.

*21:36 CUSTOMER 1: Bye for now.*

*21:37 CUSTOMER 2: Tahrah*

*21:37 CUSTOMER 3: Arivaderchi*

*21:39 CUSTOMER 4: Bye for now*

*21:40 CUSTOMER 5: See you later*

*21:41 CUSTOMER 6: See you later, bye*

*21:43 CUSTOMER 7: Adios*

*21:44 CUSTOMER 8: See you. Bye*

*21:48 LINDA: Bye Connie. Bye.*

21:50 CONNIE: End call now. Lovely, that was amazing listeners. Thank you so much for joining in. I can’t wait to go on another armchair adventure with you all next time. Love you guys.

*22:04 Armchair Adventures is a Made By Mortals production made in collaboration with Hearts and Minds, a theatre company for over 55s. And with support from Arts Council England, the National Lottery, United We Stream and Action Together.*

*22:22 [outro music]*