**Armchair Adventures Episode 2**

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. And if you’re listening on Itunes please rate and review. If listening elsewhere, please use #ArmchairAdventures to say nice things on social media- it really helps us spread the word, thank you. Love you guys.

[INTRO MUSIC]

00:40 CONNIE: On this week’s episode we are going on an Armchair Adventure with… drum roll please… another Lynda but this one’s with a Y. Say hello Lynda.

00:52 LYNDA: Hi I’m Lynda, I’m 60 and I’m from Rochdale and I was supposed to be going on a Caribbean cruise.

01:00 CONNIE: How’s life been treating you Lynda?

01:03 LYNDA: Pretty well to be honest Connie. Just about 2 weeks before lockdown, I started a job as a care giver you see.

01:07 CONNIE: What’s a care giver Lynda?

01:09 LYNDA: Well, I go into people’s homes, people who need a little bit of help, older people mostly, older people whose bodies or minds can’t do everything they need them to do anymore, and I help them, with the practical things, the things that can help you keep your independence and stay in your own home.

01:27 CONNIE: That’s amazing!

01:29 LYNDA: I’m so grateful for it though. Otherwise I’d have been stuck in on my own during this blinking lockdown. But instead, I’ve been out the house, making myself useful.

01:38 CONNIE: Doing what exactly?

01:41 LYNDA: Oh, making breakfast or lunch or tea, helping people take a shower, doing a bit of shopping or vacuuming for them, or just having a brew and a chat. It’s given me a purpose. I feel really lucky.

01:53 CONNIE: And you do all that, for all those people, all by yourself?!

01:58 LYNDA: No, there’s a team of us Connie.

02:00 CONNIE: Wow, you’re a real life hero Lynda.

02:03 LYNDA: I don’t know about that. But it’s been nice to make a difference.

02:05 CONNIE: Thanks for sharing that with us Lynda. I really appreciate it. I’ll get the rest of the customers on the phone now so they can join in.

[THEME SONG]

02:37 CONNIE: I have all my lovely customers on a conference call now ready to take part. Say hi everyone..?

02:41 EVERYONE: Hi, Hiya, Hi nice to see you, Hello, Guten Tag, Are you alreet?, Iya Cocker, Hi!

02:51 CONNIE: So guys, this podcast is an adventure of the imagination. And, I want all you listeners, hi by-the-way, yes you, the person listening to this right now, hi- I want you to join in with me and my customers, who are joining us via a conference call. 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 are going to be using our imaginations and bodies and voices together- it’s going to be awesome. Let’s have a trail run. Use your imaginations to answer this question everybody? Lynda is like a real-life hero right…

03:27 LYNDA: Connie!

03:29 CONNIE: No Lynda, you are. The question is, what qualities do you think a hero has?

03:32 CUSTOMER 1: Well, they’ve got to be strong.

CUSTOMER 2: And brave.

CUSTOMER 3: And patient.

CUSTOMER 4: They’ll need to be generous.

CUSTOMER 5: And compassionate.

CUSTOMER 6: And thoughtful.

CUSTOMER 7: Determined, definitely determined.

03:52 CONNIE: Well done you lot, those are brilliant suggestions. Listeners what do you think?

[CHIME]

03:59 CONNIE: Now can you do an action with your body to match your superhero quality?

04:02 CUSTOMER 1: I can, I chose strong, so I’ll be flexing my muscles Connie.

04:10 CONNIE: Amazing Ronny- you’re a star!

04:13 CUSTOMER 1: My neighbours are giggling at me, cause they can see me through the window, listen I’ll give them a little wave. Hello everybody- I’m doing an Armchair Adventure, an Armchair Adventure, oh forget it!

04:30 CUSTOMER 2: I chose brave Connie, so I’ll be standing straight, feet apart, my shoulders back, and looking slightly upwards with a brave look on my face.

04:40 CONNIE: That’s great Jean.

04:42 CUSTOMER 3: Mines a bit harder Connie, my one is patient, so, I’m going to stand very still and calm and breathe in and out deeply, and smile.

04:53 CONNIE: Wow John, you’re very imaginative.

04:56 CUSTOMER 3: Thanks Connie.

04:57 CONNIE: Let’s all do an action then. Strike a pose inspired by your chosen word everybody, or you can give one of my customers chosen words a go instead if you like listeners. Don’t worry about the neighbours. Ready? Superheroes. Are. GO!

[Chime]

05:15 CONNIE: Well done you lot. 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 do- see the colours, experience the smells- feel the weight of imaginary objects in your hands, feel the textures, really live in that moment…

05:39 CUSTOMER: If Ronny and me can do it, anyone can have a go.

05:41 CONNIE: The most important thing listeners is to have fun. Now, let’s help Lynda decide on todays Armchair Adventure. So, why did you become a hero in the first place then Lynda?

05:53 LYNDA: A care giver you mean?

05:54 CONNIE: Yes, sorry, I mean a care giver.

05:56 LYNDA: Well, I looked after my own mother for a while, so I felt I had the right skills for the job. I wasn’t scared of it, which helps. But I suppose, if I’m honest, I wanted the opportunity to be part of something that mattered, something greater than just me.

06:11 CONNIE: I’d love to be a superhero and solve world peace and save the environment and stop famine and obesity and find a cure for cancer. I know you were going to go on a Caribbean Cruise Lynda, but I think we should go on a superhero adventure- what do you think?

06:27 LYNDA: Well, maybe Connie. I like the idea but maybe instead of superhero adventure we could call it…

06:34 CONNIE: Come on Lynda, a superhero adventure would be amazing.

06:38 LYNDA: Ok Connie, I’m going to take you all on an Armchair Adventure to discover what being a hero really means!!

[MUSIC]

[STORM]

07:18 CUSTOMER 1: Where are we?

07:20 CUSTOMER 2: I think we’re underground.

07:23 CUSTOMER 3: Ooh look at all the fancy computers and gadgets.

07:28 CUSTOMER 4: And dark looming tunnels leading in all directions.

07:31 CUSTOMER 5: And a big red phone in case of emergencies.

07:37 CUSTOMER 6: Can you hear that weather outside?

07:40 CUSTOMER 7: It’s bucketing down.

07:43 CUSTOMER 8: And I didn’t think to bring my brolly.

07:45 CUSTOMER 9: Me neither.

07:46 CUSTOMER 10: You wouldn’t have got this on a Caribbean Cruise Lynda.

07:48 CUSTOMER 11: She might. You never know what’s going to happen.

07:57 CUSTOMER 12: I’m glad we’re inside anyroad, even if it is in a hidden-basement.

08:02 CUSTOMER 13: It’ll be Lynda’s secret superhero headquarters.

08:06 CUSTOMER 14: Obviously.

08:09 CUSTOMER 15: Oh yeah.

08:11 CUSTOMER 16: Makes sense.

08:13 CUSTOMER 17: Of course. Lynda is this your secret superhero headquarters?

08:20 CUSTOMER 18: What was that?!

08:21 CUSTOMER 19: It sounded like a crack

08:24 CUSTOMER 20: [inaudible]

08:25 CUSTOMER 21: No it is not, either way, it didn’t sound good.

08:30 LYNDA: I’m just going to take a little look around everyone. Nothing to worry about I’m sure. There’s a box of costumes somewhere, help yourselves?

08:38 CUSTOMER 1: Oh goody, I love dressing up.

08:40 CONNIE: It’s not dressing up Ronny, it’ll be state of the art superhero clothing and equipment.

08:47 CUSTOMER 1: It’s not Connie, it’s a load of old clobber, it looks like Lynda’s ransacked a jumble sale.

08:55 CUSTOMER 2: We’ll just have to use our imaginations eh Connie?

08:58 CONNIE: Exactly. Ok, you lot, we all need a superhero name, costume and superpower. That includes you listeners. When I say go, you’ll have a count of 10 to come up with your superhero name and costume. Ready customers?

09:12 CUSTOMER 1: I’m Ready.

09:14 CUSTOMER 2: You bet.

09:15 CONNIE: Ready listeners? … Good, remember on my go. Superhero’s. Are. GO!

[MUSIC STARTS]

09:37 CONNIE: 10

09:38 CUSTOMER 1: I saw that hat first Ronny?

09:40 CUSTOMER 2: Keep your wig on Baz.

09:40 CONNIE: 9

09:41 CUSTOMER 3: This feather bower brings out the colour of my eyes.

09:44 CONNIE: 8

09:45 CUSTOMER 4: This blue sweater will make a lovely cape Connie.

09:48 CONNIE: 7

09:49 CUSTOMER 5: Can someone help me put these latex undies over my trousers?

09:52 CONNIE: 6

09:53 CUSTOMER 6: I don’t think they’re gonna fit.

09:55 CONNIE: 5

09:56 CUSTOMER 7: Course they will, just pull harder.

10:00 CONNIE: 4

10:01 CUSTOMER 8: See, perfect fit.

10:04 CONNIE: 3

10:05 CUSTOMER 9: Right, I’m ready.

10:06 CONNIE: 2

10:08 CUSTOMER 10: Me too.

10:08 CONNIE: 1

10:09 CUSTOMER 11: Bring it on!

10:10 CUSTOMER 12: Watch out for flying underpants!

10:16 CUSTOMER 13: Thank goodness for that, they were cutting off the circulation to my legs.

10:20 CONNIE: Right everyone, including you listeners, now we’re all ready, we’ll introduce ourselves and our powers and then we can all act out the powers together, what do you think? Superheroes. Are. GO!

10:33 CUSTOMER 1: I’m Ice Women and my superpower is that I turn everything into ice.

10:53 CUSTOMER 2: I’m Old Father Time. I can time travel through space and time.

11:06 CUSTOMER 3: I’m Super Brain. I can read your mind.

11:16 CUSTOMER 4: I’m Flex and I’m very very stretchy.

11:27 CUSTOMER 5: I’m Inflatable. I have the power to inflate.

11:37 CUSTOMER 6: I’m Spidergran and I can shoot cobwebs from my knitting needles.

11:47 CUSTOMER 7: I’m Swoop and I can fly through the sky at superfast speed.

11:55 CONNIE: Well done gang. Your turn Listeners. Introduce your superhero and superpower. GO!

12:06 CUSTOMER 1: What about you Connie?

12:08 CONNIE: Oh, I can’t choose, I want them all I guess, maybe I could be a super superhero with all the powers, so I could help everyone all of the time.

[THUNDER] [CLATTERING] [ALARM]

12:43 CUSTOMER 1: What was that?

12:45 CUSTOMER 2: Where’s Lynda?

12:48 CUSTOMER 3: The emergency red phones ringing.

12:50 CUSTOMER 4: I’m scared.

12:52 CONNIE: Don’t worry everyone, I’m sure it’s fine. Here’s Lynda now, she’ll know what to do?

12:59 LYNDA: I think we may need to evacuate everyone. Please stay calm.

13:02 LYNDA: HELLO? … Yes … Ok. Yes I understand. Of course. Thank you. Ok everyone, we are going to have to make our way up the emergency stairs, to the very top of this building. This basement isn’t safe for us anymore. Please remain calm and follow me.

13:25 CONNIE: Can’t we use the tunnels to escape in a flash or the high-tech computers to beam us up into space Lynda?

13:32 LYNDA: No, I’m afraid not. Ok everyone, please make your way onto the roof. We’ll be safe up here. Stay together and stay calm.

14:35 LYNDA: Is everyone okay?

14:38 CUSTOMER 1: I’m a bit soggy Lynda.

14:40 CUSTOMER 2: What a night.

14:42 CUSTOMER 3: I’ve not known weather like it.

14:45 CUSTOMER 4: What’s wrong with my eyesight, I can’t see properly. Help! Help!!

14:50 CUSTOMER 5: Your glasses are steamed up.

14:52 CUSTOMER 6: Oh yes, right you are. Sorry

14:57 CONNIE: Look!

14:58 CUSTOMER 1: I smell sewage, sludge, sulphur and destruction.

15:05 CUSTOMER 2: Brackish water has made its mark.

15:08 CUSTOMER 3: Plastic bottles, bags, and children’s toys float on by.

15:14 CUSTOMER 4: Telegraph poles snapped and bent.

15:18 CUSTOMER 5: Furniture in places it should not be.

15:22 CUSTOMER 6: Umbrellas, broken branches and wellington boots.

15: 27 CUSTOMER 7: An eerie rumbling silence.

15:30 CUSTOMER 8: Water rushing down a deserted high street.

15:34 CUSTOMER 9: An awful brown mess.

15:37 CUSTOMER 10: Life all closed down.

15:41 CUSTOMER 11: Churches, cinemas, theatres, pubs.

15:46 CUSTOMER 12: Fear and frustration.

15:48 CUSTOMER 13: Sandbags and ducks.

15:51 CUSTOMER 14: A dash of sunshine.

15:53 CUSTOMER 15: The tentative beginnings of a rainbow.

15:58 CONNIE: Listeners, can you describe the flood?

16:05 LYNDA: I think we’re safe to get down from the roof now everyone. I’m so proud of everyone for pulling together and getting through the night. We are lucky that we are on higher ground.

16:15 CONNIE: But what about all the people that aren’t?

16:17 LYNDA: Don’t worry Connie, they will have been evacuated to the local community centre. Their lives will be very challenging for a while now I’d imagine, but they’ll get through it with a little help. People can really come through for each other at times like this. You mark my words.

16:33 CONNIE: If only we had real superpowers. If only we were real superheroes. We could help everyone, save everyone. Put their houses back together. Put their lives back together. Build defences for the future. Blow any dark clouds away for good. Make sure this never happened to anyone ever again. Come on Lynda, this is your adventure, you’re the real hero, you must have superpowers, just give it a try, please!

16:53 LYNDA: You don’t need superpowers to be a hero Connie. You don’t even need to be a hero to make a difference to people’s lives.

17:01 CUSTOMER 1: Well said Lynda.

17:02 CUSTOMER 2: Here. Here.

17:03 CUSTOMER 3: Don’t worry Connie, we can still do lots to help.

17:06 LYNDA : Everyone has the power to help other people Connie. Everyone has qualities that can make a real difference.

17:14 CUSTOMER 1:Well, I’m strong, so I’ll be there to hold people’s hand when I can and just talk to them, when I can’t.

17:22 CUSTOMER 2: Well, I’m brave so I’m going to donate blood.

17:26 CUSTOMER 3: Oo I’ve got a rare blood type Jean.

17:31 CUSTOMER 4: Well, I’m patient so I’ll support people to keep going-step by step- even though things are tough for them right now.

17:41 CUSTOMER 5: Well, I’m generous so I’ll open up my spare room so a family can have somewhere safe to stay.

17:51 CUSTOMER 6: And I’m compassionate, so I’m going to make a big urn of tea and give everyone a nice hot cuppa.

18:00 CUSTOMER 7: And I’ll bring the choccy bickies.

18:03 CUSTOMER 8: I’m thoughtful, so I’m going to go to the pharmacists to pick up everyone’s prescriptions.

18:11 CUSTOMER 9: I’ll help you Anne.

18:13 CUSTOMER 10: Oh thanks Keith.

18:14 CUSTOMER 11: I’m determined, so I’m going to speak to every person in this town to find out what they need and see what I can do to help them achieve it.

18:24 LYNDA: What quality do you have listeners and what would you do to help people?

18:35 CONNIE: \*Sighs\*

18:36 LYNDA: What’s wrong Connie?

18:38 CONNIE: I can’t help wishing I could do more. Everything the gang are doing is brilliant and all, but it just feels so small. I want to do something big, something spectacular, amazing, that helps everybody in one fell swoop, just like a real superhero.

18:54 LYNDA: We wouldn’t be here if it wasn’t for you Connie.

18:56 CONNIE: What do you mean?

18:58 LYNDA: Well, I know this is my Armchair Adventure, but you’re the one who reached out, you’re the one that rang around all of your customers, brought us all together. That was you. When people work together Connie, that’s when the real power happens.

19:12

When the water runs deep and you feel alone,

Take my hand and I’ll guide you home.

When the tide is high and you don’t know where to go,

Take my hand and I’ll guide you home.

Because drops of kindness forms a stream that binds us,

Cos everyone can be a hero

Everyone can be a hero.

20:25 LYNDA: Listen… Can you hear that Connie? Can you hear the impact we are making on people’s lives?

20:34 CONNIE: I can. And look Lynda, look, a rainbow, a beautiful rainbow.

20:41 LYNDA: You helped that happen Connie.

20:44 CONNIE: Oh Lynda, I feel amazing. I’m so lucky. It’s so nice to be part of something that really matters.

21:11

When the water runs deep and you feel alone,

Take my hand and I’ll guide you home.

When the tide is high and you don’t know where to go,

Take my hand and I’ll guide you home.

Because drops of kindness forms a stream that binds us,

Everyone can be a hero x 4.

22:41 CONNIE: That was an amazing Armchair Adventure Lynda.

22:44 LYNDA: You mean superhero adventure!?

22:45 CONNIE: No, you were absolutely right, being a real-life hero is not about superpowers and saving the world.

22:52 LYNDA: I’m glad to hear you say that Connie.

22:54 CONNIE: I’ve learnt it’s about people doing multiple acts of kindness for each other. I’ve also learnt that helping other people feels fantastic and makes life worthwhile- thank you, Lynda- with a Y.

23:03 LYNDA: And I’ve learnt that an Armchair Adventure can be a lot more than a replacement for a lost holiday, it can be an experience that helps you understand the world a little better and that’s a very special thing to be a part of. Thankyou Connie. I’ll definitely be booking again.

23:18 CUSTOMER 1: And me Connie.

23:20 CUSTOMER 2: I can’t wait for mine.

23:22 CUSTOMER 3: Too right.

23:24 CUSTOMER 4: Here. Here.

23:25 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 interests, but for now, it’s time to say goodbye.. Goodbye.

[CHORUS OF GOODBYES]

23:54 CONNIE: End. Call. Now.

23:58 CONNIE: Lovely. That was amazing. I can’t wait to go on another Armchair Adventure with you all next time. You can make your own Armchair Adventure listeners using our activity pack- go to www dot made by mortals dot org. Love you guys.

[OUTRO SONG]