**Armchair Adventures, Episode 3: Carla’s Bubble Adventure**

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 SONG]

00:44 Connie: In this episode, we’re going on an Armchair Adventure with… drum roll please (drum roll) … Carla! Say hello Carla

00:53 Carla: Hello! Happy new year everybody

00:58 Connie: Of course. Happy new year

01:00 Carla: You don’t sound very happy.

01:02 Connie: I don’t feel I have much to be happy about.

01:05 Carla: It’s a new year, a fresh start. So much possibility. I mean have you made any resolutions?

01:12 Connie: Nope, have you?

01:14 Carla: I’m going to keep positive. Easier said than done, but I find it helps to look forward.

01:20 Connie: But it’s so cold! And it gets dark so early.

01:25 Carla: Today’s a lovely day, you can’t beat a beautiful bright frosty morning in Northern England.

01:32 Connie: After nearly a year at home? I think we probably could Carla. It’d be better anywhere but here!

01:39 Carla: I must admit, the other day I was doing my dishes and after I’d squirted the liquid into the bowl, I noticed a little bubble sitting on top of the bottle. I squeezed the bottle and it floated away. I thought to myself, “I wish I was in that bubble!”

01:59 Connie: Where would you have floated off to Carla?

02:02 Carla: A change of scenery would be nice, you’re right about that. But it was the bubble that struck me. Pretty and floating.

02:11 Connie: I haven’t thought about bubbles, other than the support kind! Or my one at school and how I’ve not seen my best mates in forever.

02:18 Carla: Well, I’m missing my nephew’s little girl. She’s nearly one. She’ll be taking her first steps soon.

02:26 Connie: That is a shame. To miss that

02:29 Carla: They send videos and have online chats but it’s not the same is it? I’m looking forward to giving the baby a hug.

02:38 Connie: Thanks for sharing, I really appreciate it. I will try to keep positive. I’ll get the rest of the customers on the phone now so they can join in.

[Armchair Adventures song]

03:10 Connie: I have all my lovely customers on a conference call now ready to take part. Say hi everyone!

03:15 Customers: [Chorus of hellos]

03:25 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 by 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’re miles apart. We’re gonna be using our imaginations and bodies and voices together. It’s gonna be awesome! We’ve been talking about our bubbles and how we wish they were real so we could float away in them. What do you all think?

04:03 Customer 1: I’d love to float about in a bubble.

04:07 Customer 2: We could bump along next to each other

04:09 Customer 3: All the colours of the rainbow

04:12 Customer 4: Shiny and translucent

04:14 Connie: I suppose they are quite magical when you think about it. Apart from in the washing up, where else would you find bubbles?

04:21 Customer 1: I’ve a big bottle of pop here, full of them! If I shook it up, I could watch them all burst out like a volcano erupting.

04:29 Customer 2: Ooo! There’s a parcel here that’s all protected in bubble wrap. I’m having a lot of fun popping them.

04:35 Customer 3: Whenever I have a bath, I like to make a Santa claus beard out of bubbles.

04:42 Customer 4: Whenever I’m with the kids, we blow bubbles into a milkshake through a straw.

04:45 Customer 5: I can make a snot bubble.

04:47 Connie: EW! Lily!

04:53 Customer 6: I can make bubbles when I eat mushy peas and get into the bath.

04:55 Connie: ERRR! John! You lot, that’s gross. I was thinking about making bubbles with a wand or when I’m swimming underwater. Listeners, how would you make bubbles?

05:08 Connie: Guys, can you make actions with your body to show different ways of making bubbles?

05:12 Customer 1: I can! I’m puffing my cheeks out and blowing like a fish.

05:17 Connie: That’s brilliant Jean

05:19 Customer 2: I’m pretending to shake up a bottle of pop.

05:21 Connie: Great Linda!

05:22 Customer 3: I’m spinning soap suds on my face to make a beard

05:27 Customer 4: I’m blowing glass

05:29 Connie: They’re great guys.

05:31 Customer 5: The school kids are walking by my window. And wondering what on earth I’m doing now. I’ll give them a little wave. Hello there! I’m doing an armchair adventure. An armchair adventure! Oh forget it!

05:46 Customer 6: I’m washing my car Connie.

05:48 Connie: Excellent Barry. Now, listeners. Can you do actions with your body to show different types of bubbles? Or you can give one of my customers ideas a go instead if you like listeners! Don’t worry about the neighbours. Ready?  Let’s do it!

[NOISES OF BURSTING BUBBLES]

06:17 Connie: 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 as 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.

06:37 Customer 1: If Ronnie and me can do it, anyone can have a go.

06:42 Connie: The most important thing listeners, is to have fun. Now, lets help Carla decide on today’s armchair adventure. So, Carla. You’re trying to stay positive?

06:52 Carla: Yes! I’m enjoying finding wonder in things. Things that I might have once taken for granted.

07:01 Connie: Well, what if instead of dark, rainy and miserable, I took you to bright crisp and mystical? Would you like to see the Northern Lights? And, how about we travel in our very own bubbles?

07:18 Carla: Sounds great! But a very tall order Connie!

07;22 Connie: Trust me Carla, we can make this happen. I know just the place.

07:27 Carla: If you’re sure. It does sounds marvellous. Okay everybody. Pack up your picnic, I’m going to take you all on an armchair adventure in our very own bubbles to see the northern lights.

[AA music]

08:03 Customer 1: Wow, look at all the bubbles!

08:07 Customer 2: The garden’s covered in them.

08:09 Customer 3: They’re huge, I’ve got to pop them.

08:12 Customer 4: This is great fun.

08:14 Customer 5: What are you doing?

08:17 Customer 6: I can’t catch this one.

08:18 Customer 7: Got it!

08:20 Connie: Yeh, let’s all have a go! Listeners see if you can pop the bubbles. There are bubbles everywhere. Catch them if you can. They’re coming from the left… that’s it Get them. What about the ones over to your right? Don’t forget the ones you have to stretch up to reach. Can you see those that are all over the floor listeners?

08:54 Carla: Connie, I think we’ll need bugger bubbles than these to travel in!

09:00 Connie: I think you’re right. What can we do to make them bigger?

09:04 Customer 1: Does anyone have a bike pump?

09:08 Customer 2: Or some bellows?

09:09 Carla: I have an idea!

09:10 Connie: Where are you going Carla?

09:13 Carla: My shed. [rummaging] Here we go! I knew it’d still be in here. My hula hoop!

09:25 Connie: It’s massive!

09:26 Carla: Should do the trick. If we fill a big bowl with washing up liquid and dip in the hoop, then we can make some human size bubbles around ourselves. What do you think?

09:39 Customer 1: Good plan!

09:40 Connie: Great, let’s give it a go. I’ve got what we need. Jean and Barry, will you go first?

09:47 Barry: We’ll be your guinea pig!

[WATER SLOSHING]

09:59 Customer 1: Gently! Gently! Let’s move the hoop… That’s it! Go on! We can do it!

[harp]

[pop]

10:11 All: Ohhh!

10:13 Customer 2: That soapy water’s splashed my eye.

10:16 Connie: What a shame! You were both inside it as well.

10:18 Customer 3: They’re very fragile aren’t they?

10:20 Connie: We really need to make it stronger. So it’ll last!

10:24 Customer 4: We could wrap it in bubble wrap?

10:26 Customer 5: Or strengthen it from the inside with more bubbles.

10:30 Customer 6: We won’t need any of that! See how cold it is? It’s freezing! You know what that means?

10:37 Connie: What does it mean Linda?

10:39 Customer 6: They’re made from water, aren’t they? So if the temperature gets below zero, they’ll freeze!

10:46 Carla: That’s brilliant! Okay, we can do this team!! Let’s try again.

[harp, getting higher]

10:57 Customer 1: Come on! Freeze!

11:01 Customer 2: Please freeze!

[freezing sounds]

11:04 All: Wow!

11:09 Connie: You’re in! How does that feel?

11:13 Customer 3: Cold.

11:14 Customer 4: I can see my own breath!

11:16 Connie: A frozen bubble, now that really is magical.

11:22 Customer 5: Great

11:23 Connie: Who’s going to bubble with who?

11:24 Customer 1: Keith and I live together, so we’ll be in one.

11:30 Customer 2: Lily and I can go next

11:36 Customer 3: Who are you travelling with Connie?

11:39 Connie: I don’t want to choose, it’s not nice being left out. I don’t want to make anyone feel that way.

11:44 Customer 4: Don’t worry about that Connie! None of us would take it personally. It’s not like anyone will miss out.

11:54 Customer 5: You come with Roz and me!

11:56 Connie: Is that okay with everybody?

11:57 Customer 6: Of course!

11:59 Customer 7: Let’s get this bubble on the road.

[ice + freezing]

12:09 Connie: Great, everyone’s on board. Listeners, are you in your own bubbles too?

12:16 Customer 1: This is definitely a first!

12:20 Customer 2: It’s really chilly in here. I’m glad I wrapped up warm.

12:23 Customer 3: Suddenly my head feels clearer, like after a walk in the winter air.

12:28 Customer 4: I feel very safe.

12:30 Customer 5: It’s got a lovely fresh smell hasn’t it?

12:34 Customer 6: It’s icy to touch.

12:35 Connie: This is brilliant! I feel like I’m zorbing.

12:36 Customer 7: Like you’re what?

12:40 Connie: I’ll show you. You put your hands out in front of you, run on the spot and gently push the front.

12:46 Customer 1: I feel like a hamster in a wheel.

12:47 Connie: This is how we go forward. See?

12:50 Customer 2: [SCREAM]

12:52 Connie: Come on listeners, you can do it

12:58 Customer 3: Wow, slow down Connie. I can’t keep up.

13:02 Connie: Come on everyone, follow me.

13:05 Customer 4: How do we drive this thing?

13:07 Connie: Just run with it Pat, it’ll do what you do. Listeners, are you with us? Off we go everybody.

13:15 Customer 5: Come on Barry, we’re leaving without you.

13:19 Barry: Wait for me! Watch out for that fence.

13:22 Customer 6: We’ll have to jump it guys. After 3, everybody jump. 1, 2, 3!

13:28 All: WOW! WOAH!

13:34 Customer 1: I feel like I’m on a ride at Blackpool.

13:36 Customer 2: Here come the cobbles.

13:37 Connie: Watch out listeners, this is going to get bumpy.

13:40 All: Woooooooah [juddering]

13:44 Customer 1: Look at the dog! It’s chasing us! It must think we’re a ball.

13:48 Customer 2: Watch out for that frog.

13:51 Connie: Can we leave the pond?

13:53 Customer 3: Are you ready listeners? It’s coming in 3… 2… 1… HERE WE GO!

[Harp] [asplash]

14:04 Customer 1: WOAH! That was like the log flume.

14:09 Customer 2: I can’t see where we’re going.

14:10 Customer 3: We’ll dry off.

14:12 Connie: That was so much fun. Well done listeners.

[wind]

14:18 Customer 4: The wind is really picking up.

14:20 Connie: That should send us in the direction of where we need to go.

14:24 Carla: Does anyone feel like they’re not on the ground anymore?

[harp]

14:33 Customer 1: You’re not Carla! You’re in the air, you’re floating.

14:36 Carla: So are you! And you!

14:39 Customer 2: We have lift off!

14:43 Customer 3: Look down. We’re flying. What a lovely feeling!

14:47 Customer 4: I feel like I’m in a hot air balloon. I can see all around me.

14:53 Customer 5: Look how small that car is from up here.

14:56 Customer 6: I can see everything for miles. Nothing can get to us. Or we can get to them.

15:04 Customer 7: It’s so peaceful. I feel very calm.

15:07 Connie: It is magical! Okay guys, I don’t know how long our frozen bubbles will last so we’d better head to where we’re going. To the Northern Lights!

15:17 Customer 1: Lead the way Connie

15:18 Connie: This was Cyril.

15:20 Customer 2: My bubble has a mind of it’s own!

[HARP]

15:32 Connie: Let’s park up here.

15:41 Customer 1: What a beautiful view!

15:44 Customer 2: Picnic time!

15:46 Customer 3: Lovely spot, anyone for a cuppa?

15:49 Customer 4: Yes please Linda.

15:52 Customer 5: I’ve brought a pork pie. Baz, what have you go on your sandwiches?

15:56 Customer 6: Sardines!

15:58 Customer 7: We’ve got some flapjacks.

16:00 Connie: Listeners, what do you like in your picnic? Enjoy your picnic guys.

16:07 Customer 1: Here you are Connie, this is for you.

16:11 Connie: For me? Aw thanks Roz. That’s so kind.

16:15 Customer 2: What’s the matter Connie?

16:16 Connie: Nothing

16:18 Customer 3: Go on

16:20 Connie: It’s just… I’m a little bit worried that’s all. I might have brought you all this way and got your hopes up and we might not see the lights

16:27 Customer 4: It’s a clear night. No reason why no!

16:30 Connie: You might not ask me to take you on any more adventures.

16:33 Customer 5: Why are you worrying about something that might never happen.

16:36 Connie: That’s exactly the problem, it might never happen. I don’t want to disappoint you all.

16:41 Customer 6: We’re having a great time!

16:44 Connie: Maybe I should have taken you somewhere different. Somewhere better. It’s cold out here. And if we don’t see the lights, then it’s just a hill in the dark in the middle of nowhere.

16:54 Carla: Oh Connie! Have you enjoyed flying in the bubbles

17:00 Connie: Yes.

17:01 Carla: Have you had fun in our company?

17:03 Connie: Absolutely.

17:05 Carla: Was the picnic good?

17:06 Connie: The best egg mayonnaise sandwich I’ve ever tasted. Thank you Roz.

17:10 Carla: Is your cup of tea half full or half empty.

17:16 Connie: It’s half full, isn’t it?

17:17 Carla: Yes it is Connie. Enjoy what’s happening right now. There’s no where else we’d rather be and no where else we’d rather be with. Isn’t that right everyone?

17:30 All: [in agreement]

17:44 Carla: [gasp] Oh, what’s that over there.

17:50 Connie: Where?

17:52 Carla: Look! Connie, the lights!

17:55 Customer 1: Dancing on the horizon.

17:56 Customer 2: It’s very green.

17:59 Customer 3: Beautiful, but a bit scary.

18:01 Customer 4: They’re quite bewildering

18:03 Customer 5: Shimmering and waving in the air.

18:08 Customer 6: They look like a force field around the Earth.

18:11 Customer 7: I’m mesmerised. I’m hypnotised.

18:14 Customer 8: I can’t take it in. Makes me think about what nature is capable of. And what else we don’t know.

18:20 Connie: Wow, listeners. Can you see the Northern Lights? Can you describe them? Amazing, well done! They’re like a special effect. I can’t believe they’re real.

18:36 Customer 1: They’re real alright. Nature is immense. Look how small we are in comparison.

18:43 Carla: What a wonderful phenomenon. Thank you Connie.

18:47 Connie: Thank you Carla, it was your idea. The bubbles, the lights. You could have made all this happen without any help from me.

18:55 Carla: I don’t believe that’s true at all. You made our adventure possible. And even if it was true, it wouldn’t have been the same without you.

[SONG]

*Sometimes you may worry about the things you can’t control*

*The stuff that happens in your head and makes you feel alone*

*You need to see your glass half full*

*Just breathe and keep looking up*

*Because it’s a new year*

*Put all your troubles into a world of bubbles*

*And watch them float on by*

*Up high, you’ll find the starlight*

*Where dreams begin to shine bright*

*So grab your hopes and fly*

*Sometimes you may worry about the things you can’t control*

*The stuff that happens in your head and makes you feel alone*

*You need to see your glass half full*

*Just breathe and keep looking up*

*Because it’s a new year*

*Put all your troubles into a world of bubbles*

*And watch them float on by*

*Up high, you’ll find the starlight*

*Where dreams begin to shine bright*

*So grab your hopes and fly*

*[Connie] It’s a new year*

*Put all your troubles into a world of bubbles*

*And watch them float on by*

22:21 Customer 1: How incredible! That was an experience I’ll never forget

22:27 Customer 2: Now we have wonderful memory bubbles, that’ll last us forever.

22:32 Connie: The bubble’s didn’t last very long though did they?

22:35 Customer 3: Long enough to give us our adventure

22:37 Customer 4: Just like the Northern Lights. They were beautiful while they lasted.

22:41 Connie: Thank you guys. It’s been an incredible Armchair Adventure. And it’s taught me so much. To live in the moment, and to appreciate what I have got. Not worry about what I haven’t. Or what I’m missing. I’m going to think more like you do Carla.

22:54 Carla: Everything blows over eventually.

22:57 Customer 1: Onwards and upwards Connie! It’s a new year, with new possibilities. Where anything could happen.

23:03 Connie: 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 up on another Armchair Adventure, inspired by their passions and interests. But for now, it’s time to say goodbye

23:20 All: Goodbye!

23:30 Connie: End. Call. Now. Lovely, that was amazing. Thanks so much for joining in. 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.madebymortals.org/armchair-adventures](http://www.madebymortals.org/armchair-adventures) Love you guys

Armchair Adventures is a Made By Mortals production created 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.

[Armchair Adventure song]