**Episode 6 - Armchair Adventures**

00:00 Connie: Hi, everyone. Welcome to Armchair Adventures hosted by me, Connie. Before we get started, I wanted to check in with Jean from Episode 4 who led our competition. How’s the drawing competition going Jean?

Jean: Oh it’s cracking Connie, I’m so chuffed we’ve inspired our listeners to use art as a way of getting close to people and expressing themselves!

Connie: Any favourites so far Jean?

Jean: Well it’s hard to choose, but I’ve got to mention Emma Fielding and her brother Ben. Emma’s dream city adventure really got my imagination fired up.

Connie: A dream city adventure, that sounds amazing! Where would you take us on an Armchair Adventure listener? Draw it and send it in before the end of April. We’ll mention our favourites on the show, and don’t forget, our most favourite will star in an Armchair Adventure with Jean and the rest of the gang. Isn’t that right Jean?

Jean: Absolutely Connie!

00:01 Connie: So email your entries to [admin@madebymortals.org](mailto:admin@madebymortals.org) Or tweet us @madebymortals Or post on our Facebook page, Made By Mortals CIC. Love you guys!

[INTRO SONG]

Connie: [sighs] Hi listener, how are you? I’m not feeling my usual self at the moment. We’re all supposed to be on the road back to normal life now, but nothing feels very normal yet. I certainly don’t feel ‘normal’. Yeah, ok, we’re back at school but I feel like everything’s up in the air still. I feel like I should be better with coping with everything changing all the while but I’m not. The more uncertain things are, the more anxious I get. I just want to climb into my bed and hide.

[phone rining]

00:02 Connie: There suddenly seems so much more pressure and things to think about- at school, at home, with my friends- I don’t want to let my customers down but….Urgh. Who’s this going to be? Someone who needs something I expect. I just don’t think can do it anymore! Okay. Alright. Fine.

[second phone starts ringing]

Connie: Hello?

Ann: Hi Connie!  
Connie: Ann, can you hold the line?

Keith: Hi Connie!

Connie: Keith? Can you hold the line? *(To Ann)* I’ve got Keith on the other line.

Ann: I know

Connie: I’m confused, don’t you 2 live together?

Keith and Ann: We couldn’t reach you on one phone, so we tried your other line.

Keith: Ann had a feeling, didn’t you, Ann?

Ann: My spidey senses were tingling.

Connie: About me?

Keith and Ann: Connie, are you okay? [phone glitches]

Connie: Well, I can’t hear you properly, if that’s what you mean?

Ann: Keith, put your phone down.

[one phone hangs up]

Keith and Ann: How’s that?

Connie: Much better. Now, how can I help you?

Ann: You mean, how can **we** help **you**?

00:03 Connie: Um…

Keith: You see, we thought you’d gone quiet. And Ann got to wondering…

Ann: How are you, Connie?

Connie: Well…

Keith: Tell us, Connie?

Ann: Yes don’t bottle things up, love.

Connie: I’ve been feeling well ‘fed up and overwhelmed’ I suppose.

Ann: Oh yes, I know that one.

Connie: You do?

Ann: The days are long

Connie: SO long

Ann: And things you used to enjoy don’t feel the same

Connie: That’s right

Ann: You can’t pick yourself up

Connie: Ann, are you a mind reader?

Ann: I wish! No, I just know all about what that feels like – from my own experience.

Connie: Thanks for sharing that with me, Ann. That actually really helps. Do you have any suggestions for how I can start feeling more like myself again?

[BANJO BEGINS]

Connie: What was that?

Keith: It’s my banjo Connie

Connie: It sounds great. Will you play that again? I’m going to move my hands along too and pretend to play my own banjo.

Ann: So am I

00:04 Connie: Playing air banjo is really fun.

Keith: I’ve started learning the banjo again, since we’ve been indoors. I got it down from the loft one day.

Connie: And now you feel better than you did?

Ann: Well, he plays it morning, noon and night, prancing around pretending to be a music star, so it must be doing something for him!

Keith: *(Playing more banjo notes)* She loves it really.

Ann: *Hmmm?!*

Connie: I’m impressed Keith

00:05 Ann: I’m looking forward to when we can get out and see live music again.

Connie: Do you like live music, Ann?

Ann: I love it. Especially outside, with the family, all the different age groups dancing together.

Connie: Shall we have a dance now, Ann?

Ann: Why not?

Connie: Keith - you play. Ann - we can dance. Listener – join in and play, or dance, along with us.

[BANJO PLAYS]

Connie: I wonder if the rest of the customers like music and dancing? Shall I call them up?

Ann and Keith: Yes!

[DIAL TONE AND INTRO MUSIC PLAY]

Connie: Hi guys!  
Everyone: [chorus of hellos]

00:06 Connie: We’ve just been talking about music.

Customer 1: I love listening to music, you know.

Customer 2: Music can suit the mood you’re in.

Customer 3: Or it can change how you feel.

Customer 1: I love a good marching band!

Customer 2: I love reggae!

Customer 3: I love sixties rock n roll.

Customer 4: I like classical music.

00:07 Customer 5: I love a good country ballad, it’s like telling a story.

Customer 6: I love soul and funk.

Customer 7: Music is a backdrop to life.

Everyone: Yes!

Connie: Wow, guys! I never knew you all felt like this. And so much variety! What about you, listener? Call out and tell us what you like to listen to.

Keith: Sounds like the line-up to a music festival.

Ann: It does, doesn’t it?

Customer 1: I’ve never been to a festival.

Customer 2: Young people love them.

00:08 Connie: It’s not just younger people, though. What about Glastonbury? Michael Eavis, who runs the festival with his daughter, Emily, is in his mid-80s!

Customer 3: I love to watch Glastonbury and that type of thing on the telly.

All: [in agreement]

Keith: Ann, are you thinking what I’m thinking?

Ann: Well, I’ve always been scared of not having my home comforts around me, if I went to a festival.

Keith: But on an Armchair Adventure…

Ann: We can go anywhere we like!

Keith: Exactly. Ready Connie?

Connie: Hold on, I’m not sure guys. Do you think a music festival might be a bit…well hectic? I’m not sure I can….

Keith: Nonsense Connie. It’ll be amazing.

Ann: Let’s do it. Ok everybody, we’re going to take you all on an Armchair Adventure to a music festival.

[MUSIC]

[CROWD SOUNDS AND A CROWD]

00:09 Customer 1: I’ve never seen anything like this before. I want to get out and explore.

Customer 2: All of my senses feel alive!

Customer 3: There’s people enjoying themselves as far as the eye can see!

Customer 4: Look at those young lads - hey lads – have fun, won’t yer?

Customer 5: The smell of all those food stalls is making my tummy rumble.

Customer 6: Me too Pat.

Customer 7: There’s different colours everywhere.

Keith: And music fills the air.

Customer 1: I didn’t know what to expect, but this is amazing! I can’t wait to see it all!

Customer 2: I might treat you to a little dance later, Lily? Just the two of us?

Customer 3: Easy now Cyril

Connie: What can you see, hear and smell at the music festival listener? Guys, now, we’ve come here as a group remember, so we need to stick together.

00:10 Customer 4: I really want to see who’s on that stage over there.

Keith: And I’m heading to the acoustic tent. I’m not missing any banjo playing!

Customer 5: Does anyone fancy looking at the market stalls with me now?

Customer 6: I think I’ll leave you to it, Jean love. I’m going to find somewhere to get myself a pint.

Connie: Guys, please, I’m losing track. I really do think we should all stick together.

Customer 7: Connie, get on and live a little, there’s no point planning everything!

Ann: Cyril, give her a minute. It’s not easy when everything is coming at you at once.

Connie: I’ve got the festival guide here. Let’s all gather round this and make a group decision about something we can all do, okay guys? Wow, look at this big map, everyone! There’s so much happening here, at the festival! If we split up, we’ll never find each other again.

Keith: Oh, Connie, that banjo is calling to me. I might learn something. Are you going to be much longer?

00:11 Connie: Keith, look what it says here – there’s face paints look.

Keith: Ooo face paints, I love face paints- I’d be a tiger.

Customer 1: I’d be a beautiful butterfly

Customer 2: I’d be elephant.

Connie: What face paint would you have listener?

Keith: Can we go now Connie?

Connie: We’ll need a hat on first – to stop our heads overheating.

Customer 1: Mine’s a boater, with yellow flowers round the brim.

Customer 2: Mines a handkerchief with knots in the corner.

Customer 3: Mines an American baseball cap

Connie: That’s brilliant. Listener, can you imagine a hat to keep the sun off your head?

Customer 4: Are we ready to set off now, Connie?

Connie: Just a minute, Ronny. I want to make a flag first, so you can all follow behind me, once we’ve decided what to do.

Customer 5: What colour will it be?

Connie: Let me see – yellow – for the sun, with a big smiley face, to help us all feel happy.

Ann: Show us how you’ll wave it Connie.

00:12 Connie: Okay. I’ll hold it up high. You all try – and you, listener. Imagine you are holding your flag up high… Imagine it’s light and easy to carry and the flag is flapping and waving in the sky… Fluttering in the breeze… Sway your body from side-to-side… Imagine you’re the flag flapping in the wind…

[BANJO PLAYS]

Customer 1: That felt lovely, Connie.

Customer 2: Reminded me of T’ai Chi.

Keith: Connie, I’m going to head towards that music now. I don’t want to miss it.

Connie: Fine. Okay. Everyone, we’re going where Keith wants to go first.

All: [in disagreement] No! Oh no. I want to go over that way instead. I’m off shopping. I fancy a walk…

Connie: I might not be the right travel agent for this Armchair Adventure.

Ann: Take a breath, Connie. Take the pressure off yourself. You can’t organise everyone all the time. That’s no fun for you, or us…

Keith: Let’s just go where the music takes us.

Customer 1: I agree.

00:13 Keith: Go on everyone. Go do your own thing for a bit. Look for Connie’s flag, when you’re ready to come back.

All: [leaves] Great. Let’s go. See you…

Connie: But, guys, what time is everyone coming back? Guys? Guys!

[Connie hums the armchair adventures theme quietly, alone]

Ann: Connie?

Connie: Oh, hi Ann.

Ann: Have you been here all this time, Connie? You don’t look like you’ve moved since we all went our separate ways.

Connie: I didn’t know what to do. I was worried that no one would find each other again, so I just stayed exactly where I was.

Ann: But you’ve got your big flag, Connie. We’d be able to see that, wherever we went.

Connie: Well, it’s a good view from here. I thought I could keep an eye on all my customers. Make sure everyone had what they needed. Make sure you were all having a good time.

Ann: Connie, everyone’s responsible for themselves, you know. It’s not all on you.

00:14 Connie: But what if I made a bad suggestion, bringing us here? What if my lovely customers have a bad time and never want to book another Armchair Adventure again?

Ann: Connie, breathe.

Connie: Breathe?

Ann: Yes, just breathe out – the in breath will take care of itself.

Connie: *Ok [breathes in and out]*

Ann: In and out.

Connie: Listener, you join in too. Take a minute to feel calm… Ann, thank you so much. That was a great tip. I’m going to remember that.

Ann: You’re welcome, Connie. It’s something I learned when I was having a bad time myself.

Connie: Ann, I’m touched that you shared that with me.

Ann: You deserve to have fun, Connie. To go where the music takes you. Like Keith says.

Connie: Oh, Ann. I don’t know how to. I only know how to plan and overthink like everything!

00:15 Ann: Stay calm Connie, breathe, and just listen, you’ll know when you hear it.

[BANJO GETS LOUDER]

Ann: What can you hear?

Connie: Music…It sounds like Keith playing?

Ann: It can’t be Keith, he’s not a professional.

Connie: I think it is Ann. Who else would be playing the Armchair Adventures theme tune on a banjo. Wow. Keith must be on the stage over there…

Ann: What’s he got himself into now, with that banjo? Try again Connie. You don’t want to just go off and listen to Keith. I get enough of that at home.

Connie: I do Ann. That’s exactly what I want. That’s the music I heard and that’s the music I want to follow. I’d love to hear Keith play with a band. Has he done that before?

Ann: Not to my knowledge. Oo I hope he doesn’t embarrass himself in front of everyone. He’ll probably end up jumping off the stage or something silly like that.

Connie: You can’t control everything you know Ann, sometimes you just have to go with the flow and see where the things take you.

00:16 Ann: He does sound like he’s having a great time.

Connie: Come on, Ann.

Ann: Ok, let’s go

Customer 1: Connie!

Customer 2: We’re over here.

Connie: Carla, Lynda, hello! Where are all the others?

Everyone else: Here we are. Over here. How do. We’re here, Connie

Connie: *How did you know we’d be here?*

Customer 3: *We didn’t- this just felt like the right place to go somehow.*

Connie: What have you been up to?

Customer 1: I’ve just sung in the karaoke tent!

Customer 2: And I relaxed with a lovely massage in that healing area.

Customer 3: I had a little line dance with some lovely people earlier.

Customer 4: It’s been a wonderful day.

Connie: Can you all hear that?It’s Keith!

Ann: I hope he doesn’t get too carried away.

00:17 Connie: He’ll be fine Ann. Come on, guys, let’s all link arms and get to the front and show Keith our support.

Customer 5: What a great time to live this is!

Customer 6: Look Keith’s waving to us from the stage. Hello, Keith!

Keith: Everyone - say hello to my fellow travellers of the imagination – it’s the Armchair Adventures crew! [BIG APPLAUSE] *And big shout out to all our listeners out there.* [CROWD CHEERS] I want to say hi to my lovely wife, Ann. Thanks for putting up with all my practising. I promise I won’t embarrass you!

Ann: You better not. What are you going to play then, Keith?

00:18 Keith: I’ve got a special song, for a special person. Someone who’s always thinking of others. Someone who’s worked hard to give us a great Armchair Adventure today and who’s learned to go where the music takes you! Connie – this one’s for you. Everyone, including you listener – Please dance and sing along with us and:

**KEITH SINGS *GO WHERE THE MUSIC TAKES YOU***

00:22 Ann: Don’t just stand there Keith give us a hand.

Keith: What are you doing Ann- you can’t play a musical instrument?

Ann: I don’t want to be in the band Keith. I’m going crowd surfing.

Keith: You what?

Ann: You heard me. Sometimes you just got to just let go and see where the crowd take you. Brace yourself everyone. 1 2..

Keith: Careful Ann.

Ann: 3, Geronimo!

Connie: That was incredible. The music is still ringing in my ears! Thank you so much for encouraging me. And thank you Keith and Ann for your brilliant idea for an Armchair Adventure! Keith, I can’t believe you dedicated a song to me.

Ann: You deserve it, Connie.

All: Thank you Connie! You do! Yes. Thanks Connie. You really do.

Keith: I never thought I’d see the day Ann crowdsurfed!

Ann: That might have been the most fun I’ve ever had!

All: [chorus of agreement] Yes! The best! An adventure of a lifetime!

Connie: I’ve really learned something today – about using music to lift yourself. About

not trying to control everything all of the time. And living in the moment. This has been an absolutely brilliant Armchair Adventure!

00:23 Ann: It’s been like a dream!

Keith: Thank you, Connie.

All: [in agreement] Yes! Thank you, Connie. Cheers!

Connie: Thanks so much to you too, listener. I hope you had a wonderful time, like we all did. I’m already looking forward to where we’ll go to next! It’s time to say bye-bye for now, though guys, and let’s meet up again soon!

All: [chorus of goodbyes]

Connie: End call now. Lovely.

Rita: Hiya, Rita here! I didn’t have a clue about what the heck a podcast was when all this started. But now, I’m an expert. I’m 80years old and I’ve just had my second jab and I blinking love doing Armchair Adventures. Do me a favour will you? We need you to rate and review Armchair Adventures. It helps us to get more listeners like you. It only takes a minute. You could even do it while you’re listening to me right now. If you’re not sure how, ask someone, just like I did. Thank you. See you!

Connie: Thanks Rita, and thank you listener. We really appreciate it.Love you guys.

Linda: Armchair Adventures is a Made By Mortals production. This episode is a collaboration with the Johnny Barlow theatre company and supported by Arts council of England, the national lottery, United We Stream and Action Together.