



Armchair Adventures

Transcript

Episode 9: An Underwater Adventure

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Scene 1

00.00 Rita: Hi guys, welcome to Armchair Adventures- hosted by me, Rita. That's right, it's Rita, I bet you weren't expecting that were ya?

[ARMCHAIR ADVENTURE THEME SONG PLAYS]

Rita: On this episode we are going on an Armchair Adventure with... drum roll please... our very own Connie. Say hello Connie.

Connie: Hi Rita. I'm Connie, I'm 15 and I'm a travel agent from Ashton-Under-Lyne

Rita: Me and the gang thought it was high time that you had a turn at deciding where we all go on an Armchair Adventure.

01.00 Connie: Well, I've been enjoying helping you guys to be honest.

Rita: I know you have, Connie, but fairs fair and all that. And I've always wanted to be a travel agent- sun -sea- sand and sea food- ooo I love seafood- delicious!

[ANDY PLAYS HOLIDAY MUSIC]

Connie: What's that music?

Rita: That'll be Andy on the piano. Say hi Andy!

[ANDY PLAYS A HELLO ON THE PIANO]

Rita: He only communicates in music bless him. And he is going to help us with your Armchair Adventure, aren't you Andy?

[ANDY PLAYS A YES ON THE PIANO]

Rita: Right, let me see, so, tell me what you are looking for?

Connie: What?

Rita: From a holiday... I mean an adventure.

Connie: Well, I mean things are soo much better with the pandemic and all that,

but I still feel like there's a whopping great big dark cloud hanging over us all. I feel like at any time, we could all end up back in lockdown or worse.

02:00 Rita: A dark cloud eh? A bit like this do you mean?

[ANDY PLAYS DARK CLOUD]

Connie: Yes, just like that. I want to go somewhere where I am free from all that. Somewhere where there's nothing to worry about, no danger of anyone getting hurt or ill or lonely or... well anything negative I suppose. I want to feel completely free.

[ANDY PLAYS FREE MUSIC]

03:00 Connie: That's it. How does this music make you feel listener?

[DING]

Rita: Well, I was thinking of suggesting a fortnight in Benidorm with the girls, but now you've said all that I don't think that'll quite 'cut the mustard', even if we did go all inclusive. I tell you what, let's get the rest of the gang on the phone and see what they think.

[ARMCHAIR ADVENTURE INSTRUMENTAL]

Rita gets the rest of the gang on the phone.

Rita: Hiya gang, we're the travel agents this episode and Connie is **our** customer.

Ensemble: Oo yes, that's fabulous, do we get a uniform? Etc

Rita: Our Connie wants to go somewhere where she feels free, isn't that right Connie?

Connie: Yes it is.

Carla: Freedom is so important. I for one have felt a lot better since we've got some of our freedoms back.

Pat: Me too Carla. Free to meet up with friends again, even when it's raining.

04:00 Rita: I know listener, as the gang call out their freedoms they have enjoyed getting back, let's act them out.

Ronny: Giving my family a hug and a kiss.

[DING - SOUNDS OF ENSEMBLE]

Jean: Opening the front door and going anywhere I like.

[DING, DOOR OPENING, SOUNDS OF ENSEMBLE]

Anne: Strolling down the Highstreet seeing what's changed.

[DING - SOUNDS OF ENSEMBLE]

Lilly: To go to café for a meal.

Cyril: And do some people watching.

[DING - SOUNDS OF ENSEMBLE AND CLINKING OF CROCKERY]

Hazel: Free to go to the theatre again.

Baz: Or live sport.

[DING - SOUND OF ENSEMBLE]

Lynda: Karaoke nights!

05:00 [DING - SOUND OF ENSEMBLE]

Connie: That was amazing, well done guys.

Linda: I just hope we've learnt some lessons from the lockdowns.

Keith: Well, I've learnt I do not like letters from the government telling me what I can and can't do!

Ensemble: Absolutely. Too right. Etc

Connie: To be honest, I just want to go somewhere where I'm free from all my problems and there's no threat, or fear of anything going wrong.

Jan: I know what you mean Connie. I think we all do. You can't escape your worries, but you can build up your resilience to them.

Linda: And build up your community, so you can share your worries with others.

Connie: Yes, I know but, if we go far enough away, we might be able to completely escape from well.. everything!?

Rita: So, where have got in mind Connie?

06:00 Connie: Well somewhere as far away as possible like I say, but maybe also where I can still make a difference and do something positive I suppose. Maybe help the environment or something?!

Rita: Ooo I'm quite new to this travel agent lark... that's a tricky one.

Lynda: The kinda thing you'd do on a gap year you mean Connie?

Connie: Well yeah, I'm planning on going to Australia for a gap year when I'm bit older.

Rita: I did a gap year as a magician's assistant in Blackpool when I finished my schooling. He was an escapologist. Eventually he escaped with a make-up artist from Milton Keynes and piff-paff-puff that was the end of that.

[ANDY PLAYS LIKE AT THE END OF A MAGIC TRICK]

Rita: Alright Andy, don't rub it in! We've got Andy with us today gang.

Carla: Oo Australia's wonderful Connie. All the animals and history. The warmth and happiness and spirituality, it is electric. Can you play something for that Andy?

[ANDY PLAYS SOME AUSTRALIA MUSIC]

07:00 Carla: Oh yes, Australia's magical. I know listener while Andy plays the music close your eyes and imagine you're in Australia. Shout out all the things you can see!

[DING]

[ANDY PLAYS AND GANG SHOUT THINGS OUT: ENDING WITH SHARKS!]

Rita: Ooo sharks, no I don't fancy sharks. Sharks are my biggest fear!

[ANDY PLAYS SOME SHARK MUSIC]

Rita: Oh no Andy, my fears are much worse than that!

[ANDY PLAYS SOME WORSE SHARK MUSIC]

Rita: That's more like it!

John O'G: There's a group of remarkable young people helping to restore the barrier reef out in Australia. Bringing the world back to life. With your leadership skills Connie, I can see it could be something you could really get involved in.

08:00 Connie: I've read about that John. That sounds amazing.

Rita: What's Coral when it's at home?

John O'G: Coral are small animals that live in warm water and attach themselves to rocks, with some types building a hard skeleton that they hide in. A barrier reef is a place where you find lots of coral all together.

John Reddy: And because of climate change and pollution the coral is getting damaged at an alarming rate.

Connie: Coral reef conservation is so important. I'd love to do something like that. Can we go on an Armchair Adventure to Australia to save the barrier reef then please?

Ensemble: Absolutely, of course we can etc.

Connie: What about poor Rita though- won't you be frightened all the while worrying about a 'you know what' making an appearance.

Keith: Sharks!?

[ANDY PLAYS SHARK MUSIC]

Anne: Keith! Connie was trying to be subtle.

Keith: Oo sorry.

Rita: Don't worry about me. I can't let the fact a shark may or may not turn up stop me. And I've got you lot to help me anyroad! I'll be fine!

09:00 Connie: Ok, brilliant, if you're sure Rita?! I know listener, let's all pretend to squeeze into our wetsuits ready for scuba diving at the barrier reef in Australia. Ready, go!

[DING - GANG REACTIONS, SQUEAKY SOUNDS]

Hazel: I'm struggling to get into mine.

Carla: Here have some talcum powder.

[COUGH AND SPLUTTER]

Hazel: That's better. Thanks.

Keith: Don't forget your flippers!

[FLIPPERS ON]

Jan: I can't get 'em over me bunions!

Rita: Right, now, we're all kitted out and ready to dive into a Barrier Reef Adventure, off we go!!!

10:00 [ARMCHAIR ADVENTURES THEME SONG]

Scene 2

[UNDERWATER]

[ANDY PLAYS BEAUTIFUL UNDERWATER MUSIC]

Baz: So peaceful.

Jean: And so beautiful.

Linda W: Feeling weightless. Your worries floating away.

Pat: So many incredible fish.

Lily: Small pretty ones.

Cyril: Big ones of all shapes and sizes.

John R: Shoals of fish moving in harmony.

Ronny: Zebra fish, clown fish, Sea horses, stingrays, bright blue fish,

Lynda: All colours of the rainbow.

Anne: Shimmering as the sun shines on them.

Rita: What can you see under the water at the barrier reef listener?

[DING]

Rita: What ya doing Barry?

Baz: Pretending to be a jelly fish. I'm going up and down with my arms out- all floaty wiggling my fingers.

11:00 Rita: I know listener, let's all pretend to be a jelly fish like Barry.

[DING/ENSEMBLE REACTION]

Rita: What ya doing John?

John R: I'm a sea horse. Tall and thin, arms out front like I'm holding a bridle, going up and down slowly with a curly tail.

Rita: Let's pretend to be a sea horse listener.

[DING/ ENSEMBLE REACTION]

Pat: I'm a turtle. Two little hands, head poking out and a huge shell on my back.

[DING/ ENSEMBLE REACTION]

Lilly: I'm using my hands to pretend to be a squid shooting through the water.

[DING]

Cyril: I'm a Puffer Fish. Cheeks and body puffed out. Spiky fingers.

[DING]

Ann: We're being sting rays.

Keith: Arms and legs spread wide, flapping and gliding through the water.

[DING]

John O: We're being Clamp Fish.

Linda: Lay flat on the ground, disguised in the sand, just our eyes peaking out.

John O: Keep quiet and when you hear the ding listener a little fish is in our reach and we'll pounce. Are you ready, steady, now!

12:00 SFX – Ding/ensemble reaction

Connie: I can feel all my worries just washing away.

[SONG: IN MOMENTS LIKE THIS]

15:00 Connie: Look, oh no look, look where the pollution has damaged the coral.

[The music changes and continues to change in reaction to below.]

Connie: Colours faded, dark browns, greys and black, look it's all twisted in plastic and dead looking, void of life. It makes me feel so sad and worried!

How does the damaged coral make you feel listener?

[DING]

Rita: Oh Connie look there's a little octopus all entangled in plastic net.

Baz: Legs curled up

Pat: Tentacles stuck fast

Ronnie: Twitching, Trapped.

Jean: Urgent feet. Muscles straining, jerking, desperate to be free.

Rita: Let's help it get free listener. Very carefully with me unwind the plastic net and let the octopus swim off free and happy again.

16:00 [DING]

Carla: Ooo look at him beautiful, floating away.

[MUSIC PLAYS]

Connie: Right you lot, I've got a tray of nursery grown corals here. You can all see where the coral has been damaged due to climate change and pollution. Grab some coral from me, and you listener.

[DING]

Ensemble: Thanks Connie, etc

Rita: Right guys, we're going to glue the coral on to the reef. Don't worry it won't hurt them. Over time the coral will embed itself naturally.

Connie: That's right Rita, Ready, Go!

[DING/ENSEMBLE]

[MUSIC BUILDS BACK UP TO SONG]

[REPRISE OF SONG INTO SHARK MUSIC]

17:00 Connie: I feel a shadow.

Rita: Me too.

Carla: The fish are scattering!

Keith: Hiding away in their caves.

Lynda: The shadow moving and spreading.

Rita: I'm frightened.

Connie: This is not supposed to be happening, here we are supposed to be free from all that.

Hazel: Don't move everyone. Look up.

Rita: Help!!! It's a shark!

Connie: Hide everyone!

[SOUNDS OF EVERYONE HIDING. 'THIS WAY, COME WITH ME, I WAS HERE FIRST.]

Connie: Is everyone ok? Is everyone safe?

Ensemble: I think so, just about, still in one piece....

[SHARK MUSIC QUIETLY IN THE DISTANCE]

Linda: I'm not sure. We can still hear that music.

Cyril: It's getting louder.

Lilly: Who's not made it?

Rita (from further away):

Oh no, oh no, nice shark, it's Rita here, whose a good boy then eh?! I've got a leg a lamb in my fridge back home, a lovely leg of lamb, you can have it if you like? If you ate me I might be a bit... well leathery at my age!

18:00 John R: Look Connie, Rita's in trouble.

Connie: Oh no. What are we going to do? Someone needs to go and help her.

[SHARK MUSIC PLAYS]

Baz: I'm sorry Connie, me and Jean have buried our heads in this sand we can't help.

Pat: I'm just playing dead Connie I'm afraid. I can't possibly move.

Rita (from further away):

I'm really worried and scared now Connie please help. Listen shark, I promise I won't eat any seafood ever again, not even scampi fries!

Connie: Someone's got to help Rita.

Hazel: I'm sorry Connie did you say something?

Jan: We're just gonna ignore the problem if you don't mind?

Rita: It's not going Connie. Help!

Connie: Just stay calm Rita. It should just pass on by if you let it. Use your adrenalin to the positive Rita. Control it. Breathe. You've got this.

[CONNIE SWIMMING TOWARDS RITA]

Connie: I'm here with you Rita, together we can cope with this situation, I know we can.

19:00 Hazel (calling from further away):

And if it does come to close, just punch it square on the nose.

Rita: Really?

Hazel: Absolutely.

Connie: Hopefully it won't come to that. Just stay calm and let it move on by. Listen.

[DARK MUSIC MOVES ON BY]

Scene 3

They are back to reality.

Ronny: How incredible. That was an experience I'll never forget.

20:00 John O: Me neither.

Carla: Absolutely.

Hazel: Sorry we left you on your own back there Connie.

Rita: What about me?

Hazel: And you Rita.

Jan: We wanted to help you understand Connie that you have the power to deal with worry, even of the shark kind.

Connie: Don't worry guys, I understand now. It's been an incredible armchair adventure. And it's taught me so much. I've learnt that you can't really escape from your worries only learn to live with them and face up to them when you need to. I've also learnt to enjoy magical moments when there here but understand they're only temporary and that's ok. In fact every feeling, bad and good and in-between, is only temporary and that's a good thing.

Rita: We're really pleased to hear you say that Connie. It's helped us to. Hasn't it gang?

Ensemble: Absolutely, oh yes, too right, etc

Connie: Well, I have the best customers or travel agents a travel agent could ask for - thank you. Next time listener, 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.

21:00 Ensemble: Bye, bye Connie, goodbye, Au Revoir, Arrivederci, See ya...

Rita: End. Call. Now.

[RITA ENDING THE CALL]

Rita: Lovely.

Connie: Thanks Rita.

Rita: My pleasure love. Now I can't stop and chat I've got to get down the fishmongers.

Connie: The fish mongers?

Rita: Yeah, I fancy a prawn cocktail starter to go with that leg of lamb tonight. (Slaps lips) See ya!

Connie chuckles.

Connie: Bye.

Outro:

To be written.

Credits: