

## Armchair Adventures - A Cycling Adventure

### Part 2

Connie: Welcome to the Armchair Adventures Travel Agency, journeys of the imagination. I'm Head Travel Agent and Host, Connie!

#### Armchair Adventure Theme Song:

*On an armchair adventure you can go anywhere you like,*

*On an armchair adventure imaginations fly.*

Connie: G'day, afternoon or bonne nuit wherever you're listening from adventurers and welcome back to part two of our cycling adventure! The voices of today's join-in-at-home adventurers are...

Children: Coby  
Lacey  
Laura  
Ed  
Amber  
Josh  
Lily  
Ethan

Connie: Hi Everyone!

Children: Hi Connie!

Connie: On an Armchair Adventure we can go anywhere we like from the comfort of where we are right now, so they're perfect for everyone, no matter what age you are. Restart. Call. Now.

*SFX phone ringing and a short blast of the Armchair Adventures (Instrumental Only) Theme*

*SFX cycling sounds*

Connie: So, the last time you were here adventurer, we were on a bike ride, one last hurrah for Christine and her bike, before she donates it to the bike kitchen.

Christine: And it has been quite the ride...

Cyril: We started cycling through a busy town...

*SFX Car horns, cityscape*

Hazel: Through the country...

*SFX Birds tweeting*

Carla: Under the sea

*SFX Under water gurgling*

Lynda: And the beach...

John O'G: All the way to the Frozen arctic

*SFX Howling wind and snow*

Pauline: And up into space

*SFX Twinkling stars/ strange space sounds*

Connie: Which is where you last saw us, worried we might be stuck forever...

John R: But what goes up, must come down.

Pat: And so....

*SFX The gang scream as they hurtle through space – falling.*

*SFX Crash*

Connie: That was quite the crash landing, is everyone okay?

Child: Phew I'm okay!

Child: I've got all my arms and legs.

Child: And my bike's alright!

Connie: Pat yourselves down adventurers. Check you're okay after that crash landing.

*SFX everyone patting themselves down*

Pat: I'd forgotten what good exercise riding a bike is.

Keith: Especially when you're cycling for two.

Anne: You're the one who suggested a tandem!

Pauline: I feel great – adrenalin pumping!

Hazel: Me too – my muscles are tired, but in a good way.

Connie: We should probably check our bikes too. Have they all survived that crash landing?

*SFX of the gang checking their bikes, clanging, bike chains, bells etc.*

John R: No damage here.

Ada: The paintwork is a bit scuffed but that doesn't matter – it gives my bike a bit of character and it'll remind me of our adventure.

Steven: Oh, you're joking – my beautiful chopper! The handlebars buckled when we crashed!

Christine: I wonder if you could use the handlebars from my bike...

Connie: Christine, how will your bike go if you've given every bit of it away?

Christine: It's okay, Connie, I was donating my bike to the Bike Kitchen anyway, remember? They repair and refurbish donated bikes. I'm giving them mine so they can fix it up for someone else to enjoy. It won't matter if a few bits are missing. Now, let me just unscrew this...

*SFX a clattering, collapsing sound.*

Connie: Christine! Look what you've done now! Your bike has completely fallen to bits!

Christine: Oh dear. Even I have to admit, I won't be able to ride much further now... Maybe we should head to the Bike Kitchen sooner rather than later.

Anne: You can jump on the tandem with us, Christine. We'll give you a backie. You don't mind do you Keith?

Keith: Do I have a choice?

Christine: What about my bike?

Anne: Can you hold it?

Christine: I think so.

Anne: Right then. Ready Keith?

Keith: As ready I'll ever be...

Connie: Next stop – the bike kitchen.

*Music – 'cycling song'*

**Promo swap ad plays**

Connie: We've made it.

Christine: Here we are, the bike kitchen. Shall we go in?

Kenny: I'd love a look around.

*SFX The bell on the shop door tings.*

*SFX of inside the Bike Kitchen – workshop sounds, tools etc.*

Andy: Hello, welcome to the Bike Kitchen.

Pat: This place is amazing – all these bikes.

John O’G: And look, there are more bikes being fixed up over there.

Pauline: I can see all the different bike wheels for different-sized bikes.

Carla: Lots of tools and bike parts too.

Pat: Pedals, mudguards, gears, seats...

Kenny: My dad would have loved this: he was always taking bikes apart and fixing them.

Andy: That’s great. One of the things we do here is we teach people bike maintenance skills so they can keep their own bikes going for longer.

Steven: Are all these bikes and bike parts going to be re-used?

Andy: That’s the idea. We aim to clean, service, repair as many donated or salvaged bikes as possible. If a bike’s unrepairable then we strip off the usable parts, clean them, store them and use them to repair other bikes.

Kenny: You’re like bike doctors!

Andy: A bit like that.

Carla: That’s amazing.

Ada: Look over there at all the kid’s bikes too – aw, that one has a little trailer, it’s just like mine when I was little.

Andy: We have bikes in all shapes and sizes. Here at the bike kitchen, we believe that there is a bike for everyone: you don’t have to be a cyclist to cycle. But it’s got to be the right bike for you... People ride a bike for all kinds of different reasons...

Cyril: For freedom.

Pat: To get about without needing to ask for a lift.

Jan: To keep fit.

Hazel: To save time.

John R: To do your bit for the environment.

Lynda: Because when you’re on your bike, you’re totally in the moment – no chance to worry about anything else.

Connie: What about you adventurers at home, can you think of good reasons to ride a bike?

Child: I like riding my bike so I have plenty of fresh air.

Child: I like BMX riding – doing my tricks!

Child: I like riding with my friends...

Child: ...Because it's something we can do together!

Child: I like doing stunts on my bike.

Child: Because it's fun and it's something to do with your friends.

*SFX DING – children respond*

Andy: So, what brings you all to the Bike Kitchen today? Have you come to make a donation?

Christine: That's right, we have.

Andy: And not a minute too soon by the looks of it, you can't be riding around on that.

Connie: That's what I told her, but Christine kept insisting on giving bits of her bike away... She gave her water bottle to Keith...

Keith: Cycling is thirsty work.

*SFX Glugging.*

Connie: The basket from her bike to Ada.

Ada: I've filled it with delicious fruit, would anybody would like a strawberry?

*SFX Mmm-mmm*

Christine: It's nice for things to be passed on and reused!

Connie: She gave a tyre to Pauline.

Pauline: That pesky crab popped mine.

*SFX Pincer clicking*

Christine: I didn't need it – so it was good to give it to someone who did.

Connie: She used the mudguard to stop a shark's mouth.

Hazel: Good job or we'd all be fish food!

*SFX Metal crunching*

Connie: She gave the bike's bell to a friendly Yeti.

*SFX Bike bell ringing*

Carla: People will get much less of a shock when they come across him now.

Connie: The reflectors to talk to aliens...

John O'G: I always knew the truth was out there...

### *SFX Alien language*

Connie: In fact, there's hardly any bike left for you to donate, Christine.

Andy: It sounds like you've had quite the bike ride! But I wasn't talking about Christine's bike. I was talking about yours, Connie.

Connie: Errrr....what? Me? But my bike is the best on the market. All my friends online were well jealous when I posted the pic. It's aerodynamic, carbon frame, twenty-four gears....

Andy: And it's wrong. All wrong. It's not you at all.

Connie: What are you talking about? How could you possibly know this is the wrong bike for me?

Andy: Can I trust you all to keep a secret?

Cyril: Absolutely.

Lynda: Our lips are sealed

John R: Your secret is safe with us.

Andy: I'm going to show you something magical that I don't show to just anybody...

### *SFX of Andy rummaging through a box*

Andy: The sorting helmet!

Connie: The what?

Andy: The sorting helmet. A little bit of Bike Kitchen magic! You try it on and it reveals the one true bike for you! Showing you all the future rides you and your bike will go on together...

Connie: I don't need the sorting helmet.

Andy: Are you sure? Because I'm telling you that bike is not the bike for you.

John R: You might not like to try the sorting helmet on Connie, but I would.

Ronnie: Me too!

Andy: I tell you what then, while I get to work repairing and refurbishing Christine's old bike, why don't the rest of you give the sorting helmet a try?

Jan: Oh yes, please.

Pauline: I love the sound of a bit of Bike Kitchen magic.

Christine: Who wants to go first?

Keith: I'll give it a go...

*Keith tries on the helmet.*

*SFX A magical, whooshing sound.*

*Music – dance, party music blares*

*SFX of people having a party then gradually fade out.*

Anne: Well, was it us on our tandem?

Keith: Not a tandem, a party bike – us and all of our friends – all pedalling along together, music blaring, drinks in hand.

Connie: That sounds fun – what do you reckon adventurers at home, can you imagine taking a ride on the party bike?

*SFX DING*

Christine: Who's turn is it next?

Steven: I'll give it a go – it's got to be my racing green chopper. Me and that bike are made for each other – I've wanted one like it ever since I was a kid.

*SFX A magical swooshing sound.*

*SFX Applause, a crowd going wild, then gradually fade out.*

Ada: Well?

Steven: This is the bike for me – and that's not all. I was doing stunts – like Evel Knievel.

John O'G: I remember Evel Knievel.

Pauline: Daredevil, stuntman

John R: Jumping over double-decker buses and through a ring of fire.

Connie: Usually I'd say don't try this at home, but this is an Armchair Adventure, so, how about we do try it out at home? Can you imagine you're on your bikes, performing daring stunts?

*SFX of a crowd cheering underneath the children's responses*

Child: I'm going to jump my bike over a shark infested swamp!

Child: I'm going to cycle loop-the-loop.

Child: Watch me do a backflip.

Child: Watch me side flip!

Child: I can do a handstand on my bike.  
Child: The crowd are going wild!  
Lynda: Anyone else fancy giving the sorting helmet a try?  
Lily: Not me. I'm no cyclist.  
Cyril: Let me try.

*SFX Magical whooshing sound.*

*SFX A busy, bustling city then gradually fade out.*

Cyril: You don't need to be a cyclist Lily, because our perfect bike is a rickshaw, driving you around while you relax in style and enjoy the view.  
Hazel: I went on one of those on holiday once – it was a great way to explore a new city and see all the sights.  
Connie: Imagine that adventurers at home, being ridden around like a tourist on a rickshaw.

*SFX of city soundscape underscore the children's responses*

Child: I'm taking in all the sights.  
Child: Waving at people as I go past.  
Child: I like stretching my legs and relaxing.  
Child: It's good to have a rest from all that cycling!  
Lily: That sounds just like my style.  
Andy: I told you there was a bike for everyone.  
Christine: Now, what about you Connie? Why don't you give the sorting helmet a go...  
Connie: I've told you. This is the bike for me. When I posted a picture of it, it got twenty-seven likes!  
Christine: Yes, but do you like it?  
Connie: Well, all those gears are a bit confusing....  
Carla: You've been struggling with them all day.  
Ada: Wouldn't you prefer a more user-friendly bike?  
John R: The best on the market doesn't necessarily mean it's the best for you.  
Christine: Come on Connie, just try the sorting helmet on. You might be surprised.

*SFX A magical whooshing sound.*

*SFX cows mooing and bird song.*



Connie: What? That can't be right. I'm sorry, Andy, but I think someone's broken the sorting helmet.

Jan: What do you mean?

Steven: It wasn't me. I didn't break it.

Andy: Why would you think the sorting helmet is broken, Connie?

Connie: It showed me this bike – Christine's old bike but that can't be right. No offence Christine, but it's a heap of junk. It's all battered and bashed about and there are loads of bits missing...

Andy: I wouldn't call it a heap of junk, Connie. It had a good frame, something solid to build on... In fact... Look...

*SFX A big reveal*

Christine: Is that really my old bike?

Connie: It looks amazing!

Ada: It's got a new basket.

Pauline: New wheels.

John O'G: Shining new reflectors and lights.

Hazel: Beautiful new paintwork.

Andy: That's what we do. Repair and rebuild.

Connie: No offence, Andy. You've done a great job. It's not sparkling and new, though, is it?

Carla: But you need a bike with a bit of personality, Connie.

Jan: A bike that tells a story.

Connie: How will it look in the photos though?

Pat: You don't need your bike to be photogenic, Connie.

John R: A bike is to be used and enjoyed – like this bike has been!

Andy: At the Bike Kitchen, we don't pretend our bikes haven't been pre-loved. That's part of their story.

Christine: You don't need to compare your bike to what everyone else has...

Lynda: You just have to know it's right for you.

Christine: What do you say Connie?

Connie: Well, I do like the sound of a bike that so much love has gone into...

Andy: Brilliant.

Connie: Christine, will you hold the sorting helmet for me while I get on your – I mean my – bike and give it a try?

Christine: Of course, pass it here!

*SFX Magical whooshing sound.*

*SFX a superfast bike, whizzing around then gradually fade out.*

Christine: What on Earth?

John O’G: What is it Christine?

Anne: Are you okay?

Hazel: Did the sorting helmet show you your dream bike?

Christine: Connie, you know your aerodynamic, carbon-framed twenty-four gear bike?

Connie: Yes.

Christine: The sorting helmet seems to think that’s the perfect bike for me!

All: What, no way, that’s amazing etc.

Connie: That makes sense! You’ve got so much get up and go Christine, of course you need a bike with a bit of speed.

Christine: But I thought my cycling days were over...

Connie: Turns out you were wrong, you just needed something a bit racier!

Steven: How about we take these new bikes for a test drive, then?

Ada: Oh yes please!

Connie: Is that okay, Andy?

Andy: Of course, you all go for a spin around the block.

Christine: Come on. Race you!

Connie: No racing for me – I’m going to be going at my own speed, taking it all in, enjoying the moment.

*Music - The gang set off on a test ride on their new bikes. As they go, the travelling song/chant plays in full.*

Andy: So, how was your test ride?

Jan: Fantastic.

Keith: I’ve definitely caught the cycling bug.

Anne: Much better than walking!

Cyril: Or being stuck in traffic.

Pauline: I've got muscles in places I didn't know I had.

Connie: Goodbye Andy – thank you.

Andy: Goodbye!

Connie: Me and this bike are going to have some great adventures together... And thank you Christine, for passing your bike on to me.

Christine: My pleasure. It's a lovely feeling to pass something on and know someone else is going to get to use it. I've had a wonderful adventure.

All: Me too! This was a great adventure etc.

Cyril: We'll sleep well after all that fresh air and exercise.

Connie: And now it's time to say goodbye... See you next time everybody!

All: Goodbyes.

Connie: End call now.

*SFX Phone terminating the call*

**Armchair Adventure Theme Song:**

*On an armchair adventure you can go anywhere you like,*

*On an armchair adventure imaginations fly.*

**Credits:**

This episode of Armchair Adventures was funded by Suez Recycle for Greater Manchester Community Fund. Thank you!