

Armchair Adventures: A Join-in Story Podcast For Kids

A Girl Power Scrapbook Adventure!

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

Music: Armchair Adventures theme

Connie: Good morning or good evening wherever you're listening from adventurers! The voices of this episode's special guest adventurers are...

The Adventurers all say their names

Connie: Hi Everyone!

Adventurers: Hi Connie!

Connie: You too can star in an episode of Armchair Adventures as one of our special guest adventurers. All you need to do is ask your grown up if you can join the Armchair Adventures fan club on Patreon. Simply head to Patreon.com/armchairadventures for more info.

Scene 1

Music: Short Armchair Adventure's theme

Connie: So, adventurers I've got some exciting news. Our Local Mayor, Cllr Sharif, is hosting an 'Inspirational Local Women' event in a place called Stalybridge this afternoon. Stalybridge is a town near the Armchair Adventures travel agency.

One of my wonderful customers Ada, has been asked to submit her 'Girl Power Scrapbook' as part of the event, and she's coming to the travel agency to drop it off now for my Uncle Chris.

SFX Ada ringing the doorbell

Connie: Hi Ada, Great news about your scrapbook!

Ada: Thanks Connie, I was so glad to be asked. Would you like to take a look?

Connie: Oh, yes please Ada.

Ada: I've had it so long it's on its last legs! But your Uncle Chris has kindly agreed to digitize it for me later on today.

Connie: Oooh digitize that's sounds futuristic!

SFX robot bleeps and bloops for Connie's digitize

Digitize, digitize! What does that mean?

Ada: Well, it means making it into something you can use on a computer. First, he'll have to scan all the pages in, and then he will be able to share it online. That way it can live forever on the internet and loads more people will be able to see it from all over the world!

Connie: That's brilliant! Me and all my friends would love to share it.

Ada: Well, here she is, the un-digitized original, My 'Girl Power Scrapbook'.

SFX of an angelic glow, followed by a thud as she places it down!

Connie: Wow Ada that's so cool. It's huge. Look at all the awesome stickers on it! I can tell the pages are really full too. There's photographs and ticket stubs poking out everywhere. And even though it's quite worn out, it still looks pretty fancy, all white leather and gold lettering. What would your Scrapbook look like Adventurers?

SFX Ding

Adventurer: I'd have a big red sticker that said keep out!

Adventurer: Mine would be bright blue with a unicorn on it.

Adventurer: I would have a lock and key so no one got to see inside.

Adventurer: I'd draw loads of pictures on the front cover!

Connie: They sound so cool, and why did you decide to make yours a 'Girl Power' scrap book Ada?

Ada: Well, when I was growing up, there was a lot of differences between what boys and girls were allowed to do. There were no girls football teams, women weren't paid the same as men and you couldn't do jobs like being a paramedic or a firefighter.

Connie: That's so rubbish.

Ada: I know! So, I decided to fill up a scrap book with all the inspirational women from my local area, then I could look at it and feel empowered whenever the world said no!

Connie: So, is it just loads of celebs in there Ada?

Ada: Ha-ha, not at all Connie, it's about celebrating local women who inspire me. My scrapbook is filled with women from my area so you might not know all of them, but they are very important to me.

And speaking of local inspiring women I think you might be getting a call from the Mayor shortly...

Connie: Why?! What do you mean?

Ada: (teasing) I may have mentioned you and our travel agency of the imagination to her, and she may have a little request for you too...

SFX of a sudden blast of a phone ringing.

Connie: Hello, Armchair Adventures travel agency, Connie speaking.

Mayor: Hello Connie, it's the Mayor here! Ada has told me all about Armchair Adventures and I have a favour to ask you.

Connie: Absolutely, what do you need Madam Mayor.

Mayor: Well, as you know, I'm hosting an 'Inspirational Local Women' event this afternoon, and I'd love it if you could prepare a song for it, just like you do in one of your adventures.

Connie: Are you sure you want me, I'm not very inspirational?

Mayor: Of course, Connie, I think you and your work at the travel agency is very inspiring.

Connie: (bashful) Oh wow. Ok great! I think I'll definitely need some sort of adventure to help me with it, would you like to come along with us?

Mayor: I do love using my imagination, but I've got so much to prepare, for the event, I don't know if I can. I will do my best to join you later on though! I'm really looking forward to hearing your song, Connie! Bye for now.

Connie: Bye!

SFX phone hanging up

Oh Ada, this feels like a *very* big deal! I don't think I'm inspirational at all.

Ada: What do you mean Connie?

Connie: Well, who cares what I have to say? I'm just a 16-year-old girl, no one will listen to me.

Ada: Woah, woah, woah! I'm going to stop you right there Connie! What girls have to say is important, and you have lots of interesting things to say.

I'm going to take you on an adventure to start believing in yourself and I know just the place to go... I'm going to take us on an Armchair Adventure inside 'My Girl Power Scrapbook'!

SFX of the big heavy cover opening

- Connie: But what if someone closes it when were in there and we get trapped inside?
- Ada: That won't happen Connie, Uncle Chris won't be here for ages!
- Connie: Ok if you're sure Ada. Let's get all my customers on a group telephone chat, because with an Armchair Adventure adventurers, 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. Start. Call. Now.

SFX Telephone ring

- Connie: Hello everyone!

The customers all say hello

- Pat: What's happening are we off on an adventure?

Music: Armchair Adventures theme (instrumental only) fades in

- Ada: We sure are! Connie is in need of some girl power, so we're going on an adventure inside 'My Girl Power Scrap book!'

The customers all cheer excitedly

Scene 2

SFX Magical twinkling sound

- Ada: Welcome to page onnnneeee!
- Pauline: Oooh the pages are so fancy, they have a pattern all-round the edges.
- Lynda: And I love how you've made them your own, with loads of stickers and drawings.
- Connie: You weren't kidding Ada, it's definitely a life's work! Oooh, there's loads of pictures on this first page, are they all of you Ada?
- Ada: They sure are Connie, all from when I was younger.
- Connie: An all about Ada page, I love it!
- Linda: Oh look, there's one of you playing hockey here.

SFX Hockey

- Hazel: I love the one of you up on the stage too.

SFX Theatre

- Jan: That science experiment you're doing in this one, looks cool!

SFX Bubbling experiment and science sounds.

- Connie: And the big picture of you in the middle looks like a school photo. But you have a very tough expression on your face Ada.
- Ada: Well Connie, growing up so many people would say things like 'isn't she cute' and always comment on how me and my girlfriends looked but nothing else. And we are so much more than just how we looked! We are clever, we're good at sports, funny, science brains, into drama and all kinds of things.
- Customers: Oh yeah girl power! Totally agree. Too right.
- Connie: Wow Ada, that's so cool, and what's this written underneath it?
- Ada: That's a positive affirmation I've written, I use it to give myself a boost.
- Connie: Oooh, what's an affirmation?
- Ada: They're short sentences you repeat out loud to help you feel more confident, and this one is my favourite. Why don't you try it out Connie?
- Connie: Ok here goes: 'Girls are strong, and girls are clever, look out world 'cause here we come!'
- Ada: How's that made you feel Connie?
- Connie: Really good!
- Ada: I think a good affirmation can work like magic, they help get you into a positive mindset. I've written one for each woman in the book. Are you ready to meet our first girl power hero?
- Connie: I sure am, but how do we turn the pages?
- Ada: Well, by using my magical affirmations of course! If we say it out loud together, it will turn the pages for us.
- Cyril: Even the boys Ada?
- Ada: Especially the boys! It's important to support each other.
- Connie: Right gang, let's go for it!
- Everyone: 'Girls are strong, and girls are clever, look out world 'cause here we come!'

SFX intense magical sounds with the sound of the page turning, then magic to underscore the journey through the air.

- Connie: Wow the page is lifting, and I can feel myself floating up and onto the next one!
- Cyril: Yipeeee I'm flying through the air!

Anne: I feel like superwoman.

Jan: Pretend you're flying over to the next page with us adventurers.

SFX Ding

Adventurer: I feel like an aeroplane neeeeeeeowwww

Adventurer: Yippee! I'm flying through the sky!

Adventurer: I feel like a bird!

Scene 3

Ada: We're here, Welcome to the early 1900's - the Edwardian era!

Music: Edwardian music

Ada: (cont.) And our first inspiration - Ada Summers.

Connie: Ooh who is that, Ada?

Ada: Well, she was a very important woman in Stalybridge, the town near the travel agency that the Mayor's event's in. She did a lot for advancing equal rights for women and did a great deal for the local area in terms of charity work too.

Linda: Ooh, two amazing Adas in one scrapbook.

Pauline: Look at the clothes she's wearing too, long flowing dress and a big bonnet.

Lynda: Her stance is really powerful too, standing upright and facing the camera head on.

Jan: Let's pose in an Edwardian stance Adventurers, nice and formal!

SFX Ding

SFX old style camera flash

Adventurer: I'm holding my head up high

Adventurer: I'm looking straight into the camera!

Adventurer: I feel very important!

Adventurer: I hope it hurries up, I can't hold this much longer!

Connie: So, Ada, talk us through it. Why have you picked Ada Summers for us to meet first? What made her inspirational to you?

Summers: Ahem, hem, hem.

Ada: Why don't you ask her yourself Connie?

Summers: Good day to you all, nice to meet you!

Connie: Wow you've come to life in your pictures?!

Customers: Wooooow

Summers: Is it the first time they've been in your scrapbook, Ada?

Ada: Certainly is.

Summers: Well, aren't they lucky! Ofcourse I can come to life in here, it's a magical scrap book after all, and you're all on an Armchair Adventure! Who better to tell you about the events in these pictures Ada has selected, than me.

Connie: Ada this is so amazing! I'd love to hear all about them.

Customers: Us too, Can't wait Etc.

Connie: What year are we in, Mrs Summers?

Summers: Well, this is 1912 dear, and here I am with the people of Stalybridge, becoming the first female Councillor in England.

SFX a crowd applauding the sound of an old fashioned, Victorian style bulb camera going off.

Summers: A Councillor is someone the people of an area choose to represent them in the local council. They are involved with how the area is run and make decisions that affect people's everyday lives!

Connie: Wait! It was 1912 before there was a female councillor in **ALL** of England?

Summer: Indeed, and a very long time coming at that! Especially if you think that I was born in 1862!

Connie: Unbelievable.

Summers: And it wasn't an easy thing either, let me tell you! Women had to protest parliament to be heard. And all women didn't get the vote, the right to choose who represents them, until 1928.

Connie: That's not even a hundred years ago!

Summers: Well just, make sure you don't waste your vote when the time comes Connie.

Connie: I definitely won't!

Summers: Right, onwards and upwards everyone. Follow me to the next photograph.

Kenny: Right, you are Councillor Summers!

SFX walking

Summers: Well, its Magistrate Summers now Kenny. Here I am as the first female justice of the peace! This means that I hear people from the communities' problems in court and sort out any disagreements!

SFX - sounds of a court room, perhaps a call of order! An old-fashioned Victorian style bulb camera going off.

Pauline: And what year is this Magistrate Summers?

Summers: 1919 I believe, and this may shock you again Connie, but women could have nothing to do with law-making until this point.

Connie: No way, that makes me a bit angry to be honest. I'm so glad you made this scrap book Ada, I'm learning so much.

Summers: Well anger can be useful tool to make change, but kindness can also be a superpower too.

Ada: Speaking of which, tell us about this next photograph.

Summers: Ah yes, I hope you are ready for another first everybody.

Customers: Yes please. Can't wait etc.

Summers: This is me becoming the First Female Mayor of Stalybridge in 1919.

SFX of a heavy chain being bestowed, An old-fashioned Victorian style bulb camera going off

But I'd rather draw your attention to my charitable works that this role helped with.

Keith: Here's a picture of you Sponsoring a cot for new mothers to use at the Children's hospital.

SFX babies crying hospital sounds, An old-fashioned Victorian style bulb camera going off

Summers: Absolutely – no National Health Service then, everything cost money. Even the cot mothers had to hire for their newborn babies. This way women who couldn't afford to be at the hospital could still get medical care.

Cyril: And here you are at the opening of a nursing home you funded.

SFX general chatter and tea being brewed, An old-fashioned Victorian style bulb camera going off

Summers: Yes, very important to look after our elderly community too.

Jan: I love this picture of you hosting a Christmas party, giving out presents to everyone.

SFX carol singing, an old-fashioned Victorian style bulb camera going off

Ada: All this work, earned you the title of 'Lady Bountiful'

Summers: Certainly! It's really important to give what you can to support your fellow human.

Connie: Incredible! You've done so much, and I can't even write a song for the current mayor's event.

Summers: Now, now less of that negative mindset. Let me draw your attention to this affirmation your friend Ada wrote here.

Ada: Ah yes, I wrote this one when I was inspired by all of the amazing things you did for the local community, Mayor Summers.

Summers: And I love it Ada! Nice and loud please Connie.

Connie: 'I am kind and I am powerful, may I always be this way!'

Summers: Use this to turn the pages and meet someone else to help you with your song Connie.

Connie: It was amazing to meet you, thanks for everything.

Summers: My pleasure, until next time.

Connie: I can't wait to see who we meet next.

Ada: Oh, I know just the person, let's go to Page 36.

Linda: Perfect. Shall we turn these pages?

Connie: Let's do it, come on everyone, you too Adventurers.

Everyone: 'I am kind and I am powerful – may I always be this way!'

SFX Ding

Adventurers: 'I am kind, and I am powerful – may I always be this way!'

SFX magical sounds, with the sound of the pages turning, then magic to underscore the journey through the air.

Connie: Heeeerrreee weeee gooooo aggggain!

Hazel: Wheeeeee!

Cyril: The pages are turning so fast.

Kenny: Chocks away!

Promo swap

Connie: While we float to the next page, Let's pause our journey of the imagination to hear from another podcast I think you'd like.

Advert plays

Right, Let's get back to our journey of the imagination, and see who we meet next!

Promo swap end

Scene 4

Connie: Ooh so where have we landed now? Well, the pictures certainly look a bit more modern here.

John R: They're in full colour.

SFX crowd of football fans

Steve: Is that a crowd I can hear?

Linda: Definitely, I know football fans when I hear them.

Kenny: This picture is of a women's team playing.

SFX GOALLLLLL and a roaring crowd!

Stacey: Hello everyone! You've just caught me scoring a goal for England's under 18's women's team! Adventurers imagine you're playing for England and scoring a winning goal!

SFX Ding

SFX football stadium crowd

Adventurer: Here we go!

Adventurer: I hope I don't miss.

Adventurer: What a goal!

Adventurer: ENGLAND!

Adventurer: Get in.

Customers: So cool! Wow! Etc.

Ada: Right, everyone, I'd like you to meet...

Connie: Stacey Copeland!

Stacey: That's me.

Connie: Stacey's amazing, She's been a pro footballer, boxer and even presents her own radio show.

Stacey: What an introduction, I need to take you everywhere I go.

Customers: It's lovely to meet you Etc.

Connie: Can you tell us how you got into football Stacey?

Stacey: Of course, I got into sport at a very early age and I always loved football. There's nothing like being part of a team and the challenge of training.

Connie: So, were you part of a girls' team at school?

Stacey: Not really Connie, the Football Association didn't recognise women's football until 1993 so when I was growing up there were no girls' teams, I had to play with the boys.

Connie: (indignant!) 1993! That's not even that long ago.

Stacey: Tell me about it, and people didn't want me playing on a boy's team either, but even as a little kid, I knew I had to play no matter what! So, I kept on going and eventually I moved on to play for England, like you just saw in the picture that Ada chose.

Ada: So glad you kept going, it's hard to go through things like that when you're young.

Stacey: Exactly, that's why it's so important we keep pushing for change to make things more equal.

Connie: This women's event is even more important than I realised Ada. I'm so happy your scrapbook is going to be part of it. Where did football take you next Stacey?

Stacey: Well, after playing for England I moved to America and that was an amazing experience. I got to see the world doing what I loved.

Ada: Here's the photo of you with your American teammates.

SFX plane journey, landing and then team photo being taken!

Keith: It must have been amazing seeing the world like that.

Stacey: It really was.

Jan: Ooh Ada, I love this photo you have picked of Stacey boxing. Have you just won something here Stacey?

Stacey: Absolutely, that's me becoming the first British woman to win the commonwealth boxing title in 2018.

SFX – cheering crowd – announcer saying it, end with paparazzi camera shots.

Connie: Is it intimidating, being in the ring one on one?

SFX boxing sounds (to underscore the next bit of dialogue)

Stacey: It can be if you look at it that way, but you're not on your own, not really. You have a whole team behind you and fans rooting for you. You just have to focus and remember that!

Connie: Like me, my customers and the adventurers, we're a great team!

Customers: Here, here! Too right. Dream team!

Connie: But, I still don't think I'd have the confidence. Ada and the gang have brought me here to get a boost, but I'm still not feeling too inspirational if I'm honest Stacey.

Stacey: Well, I might have something that could help.

Connie: Yes please.

Stacey: Be an Egg!

Connie: Errm an egg?

Stacey: Well, the same water that softens a potato hardens an egg.

Connie: Right...

Stacey: So sometimes you find yourself in hot water, and it's all about how you respond.

Connie: Oh, I get it!

Stacey: So it means no matter what life throws at you, if you choose to be an egg, you're choosing to find a way through it when times get tough.

Hazel: I absolutely love that.

Customers: Me too. I love that. Make me an egg!

Connie: I'm on board, I'm determined to be an egg from here on out.

Stacey: Glad to hear it, egg! And with that I think it's time to turn the page, Let's take a look at Ada's next affirmation.

Ada: Take it away Connie!

Connie: 'If your dreams don't scare you, they're not big enough!'

Stacey: That's right, dream big adventurers! See you all later.

Customers: Bye Stacey etc.

Scene 5

Connie: Right, everyone its affirmation time, Let's turn this page.

SFX stamping a giant's footsteps rumbling.

Jan: Hang on a minute...

Pat: What's that noise!?

SFX of A giant , whistling the armchair adventure's theme.

Linda: And is that the wind or is someone whistling?

Unc. Chris: **whistling**

Anne: Quick, let's have a look what's coming!

Pauline: Oh no! It's Uncle Chris, picking up the scrapbook to digitize it.

Kenny: But he's early.

Unc. Chris: Hi Connie! Connie? Are you not in? Oh well, here's the scrap book anyway.

Keith: Why is everything shaaaaakkkkinng

SFX customers shaking.

SFX Shaking sounds, rumbling.

Connie: You don't think he's going to close the scrapbook, do you? With us still inside it? I was scared this would happen!

Jan: We won't be able to get out if it's closed.

Pauline: We'll be trapped.

Hazel: Worse, if we are all trapped inside the scrapbook when Uncle Chris scans it into the computer....

Anne: We're going to be...

Customers: DIGITIZED!

SFX Dun dun dun!!!

Customers: Don't shut it! No Uncle Chris! Stop!

Steve: Help us out Adventures. Tell uncle Chris to stop.

SFX Ding

Adventurer: Don't do it Uncle Chris!!

Adventurer: Don't close the book!

Adventurer: Arrghhh don't crush us!

Connie: Thanks for your help adventurers, but it's not working, our voices are too small for him to hear.

SFX of small chipmunk voices of the small customers in distress!!

Unc. Chris: Gosh what's that squeaking noise? is there a mouse in here? Connie won't be happy if the travel agency has mice.

Connie: It's no use, he's closing the book.

Anne: Right everyone, arms up. Let's try and hold it open.

Keith: You too adventurers!

SFX Ding

Adventurers: Exerting effort.

Customers: I can't hold it. I'm trying my best! He's too strong. I'm too tiny!

Unc. Chris: Why won't this thing close! Right, Only, one thing for it...

Linda: Oh no! he's going to sit on it, Look out everyone.

Customers: Arrrgh Etc.

SFX sitting on the book (a comedy noise like falling of a cliff then a big slam?) and then it slamming shut with a heavy thud?

Customers: Wahhhhh, it's so dark! He's closed it, what will we do Etc.

Steve: We're definitely on the move.

Cyril: The whole books shaking.

SFX Uncle Chris walking and going outside

Ada: Connie, crawl up to the top of the page and see if you can squeeze your head out to tell us what's going on.

Connie: Will do.

SFX Connie crawling up the page (army style)

Pat: Can you see anything?

Lily: Where are we?

Connie: (Calling back down) Right, he's taken us to the car..

SFX car unlock beep and door opening.

Connie: Hold on tight everyone he's putting us on the backseat!

Customers: Brace yourselves everyone! Hold on tight.

SFX engine starting and car moving.

Anne: Well, we're on the move now.

Steve: And the scanning shop where they will digitize the scrapbook is only two minutes away.

SFX dun dun dun!!

Connie: What are we going to do?

Keith: We could blast it open with a rocket?

SFX Rocket blast

Anne: Keith!

Keith: What?

Anne: We won't be destroying this book.

Kenny: Dynamite?

SFX Dynamite going off

Linda: Absolutely not, Kenny.

Ada: We will just have to be really fast, as soon as Uncle Chris opens the book, we jump out.

Pat: Us, fast?

Jan: Well, we better limber up then.

Hazel: Good plan Jan.

Ada: Ok gang, get stretching.

SFX customers working out!

Music: Work out style

Connie: (Calling back to them) I don't think this is going to work gang, We don't have enough time.

SFX Car skidding to a halt and then door opening.

Connie: (Calling back to them) But were here already, he's picking us up and walking to the scanning shop.

SFX Uncle Chris opening the door getting them out and then beeping it closed, big footsteps to the shop.

SFX scanning shop door opening and bell above it tinkling

Unc. Chris: Where's your scanner mate?

Scan man: Just in the back, jump straight on.

Unc. Chris: Thanks.

Connie: Gang, we need to be ready now, He's at the scanner.

Customers: Ey? What? Etc.

Connie: We need to be ready now!

SFX Book opening and slamming straight on a scanner, finally scanner sounds to underscore the rest of the dialogue.

Customers: Arrrrghhhhh we were too late, we're being scanned wahhhhhh!

Anne: What's that bright light?

John R: Arrgh, and that bar moving towards us?

Keith: I feel weird.

Lynda: Like my body's turning into pixels.

Linda: I've been grabbed by Google!

Kenny: Am I going online? Waaahhhhhhh.

Customers: Is this the end? What's going to happen to me? I don't do the internet!

Connie: Don't worry everyone, we're eggs remember, we will get through this together.

Customers: We're being digitized!

Connie: Find out what happens to us in the digital world and see where our adventure takes us in part 2. See you then Adventurers.

Music: Armchair Adventure's theme

Ian: This episode was produced in collaboration with Tameside Council and funded by Historic England's 'Know Your Neighbourhood' fund. With special thanks to the Mayor of Tameside Councillor Sharif and Stacey Copeland.

End of part 1