

Armchair Adventures: A Join-in Story Podcast For Kids

A Big Bad Bacteria Busting Adventure! - Part 3

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, good afternoon, or good evening, wherever you're listening from, adventurers! And a big hello to all our adventurers on YOTO - thanks for listening!

Today I have some very special join-in-at-home Adventurers joining me from the Cystic Fibrosis community, and they are...

Adventurers all say their names.

Connie: Hi everyone.

Adventurers: 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 lab atmosphere

Connie: Last time we were on a mission to find a phage that can defeat a superbug that medicine doesn't work on anymore, with our friends from the Cystic Fibrosis Community.

Liv: Cystic Fibrosis is a condition some children are born with that makes some fluids inside their bodies too thick and sticky.

Teresa: Superbugs are types of bacteria that can make people poorly.

Lynne: Like giving you a bad cough.

Connie: And if you have Cystic Fibrosis, your lungs already have to work harder, so these infections can cause more problems.

Ada: As for phages, they're little viruses that can help defeat those bugs.

Comp voice: Decontamination required for re-entry to the lab.

Keith: Oooh, what's decontamination?

Pat: Getting clean Keith, like a good shower!

Connie: I accidentally grew a super bug with a growth ray, and now it's huge and out of control...

SFX roar of the superbug as if it's behind a door

Pauline: So we needed to find a new phage to defeat it and fast!

Comp voice: Decontamination showers start!

SFX the blast of many showers

Customers: Aaarghhh! It's cold! It's freezing etc

Chris: Eek! It's cold.

Russ: Me hairs ruined!

Ada: And my clothes are soaking...

Connie: We travelled all over the world on a boat, which has a lab inside below deck, and finally found the right phage for the job!

David: It was in a swamp in Florida!

Phage 2: That's me, the new phage on the block, and I box bacteria for breakfast, yeah, put 'em up, let me at it!

SFX boxing sounds

Connie: And we're taking them into the lab so they can fight off the giant superbug!

Comp voice: Begin the drying phase.

SFX intense blasting air

Customers react

Steve: That dryer is so strong, I feel like I'm going to take off!

Cyril: I already have, arrrghhh!

Lynne: Adventurers pretend to be blasted by the air dryers with us!

SFX Ding

Adventurer: Arrgh! It's going to blow my hair off!

Adventurer: I feel like I'm in a wind tunnel!

Adventurer: I like it! It's really waking me up.

Adventurer: It's like a jet engine!

Comp voice: Decontamination complete, you may now enter the lab. Have a nice day.

Ada: Well, it won't be a nice hair day, those dryers have made my hair huge!

Connie: Come on, the superbug is just through these doors in the 'Big Bad Bacteria Lab'.

SFX swish of doors followed by horrible wet roaring of the giant bacteria.

Pat: That thing is enormous...

David: Ugly...

Lily: Smelly...

Cyril: And a lot bigger than when we last saw it!

SFX Dun, dun, dun

Connie: Adventurers, pretend to be the giant superbug with us!

SFX Ding

Adventurer: Get out of my way!

Adventurer: Nothing can stop me! I'm giant and smelly!

Adventurer: Get me off this boat!

Adventurer: I'm going to escape!

Dr Christian: Thank goodness you're here. The medicine is wearing off, and this superbug is about to break through the ship and escape!

SFX Cracking wood of the ship's roof and cracking sounds

Dr Sian: Hello, are you the new phage that's come to help us?

Connie: Yes, it is, they box big bacteria like this for breakfast, isn't that right?

Phage 2: I... I... err... Oh no, that is a beastly looking superbug...

Connie: You box them, remember, pow, pow, pow, yeah?

Phage 2: I box bacteria, sure, but I've never boxed one that's that big!

Dr Sian: Try not to worry, you can do it, you're made for it-literally!

Phage 2: Big, horrible, spikes, nasty, smelly spots, huge monster-like shape..

Dr Christian: Are you ok?

Phage 2: I've never seen one this scary before... I *should* know how to beat it, but my mind's gone blank!

SFX Horrible, wet roaring of the giant bacteria with worried noises of the phage

Ada: Uh oh... looks like the new phage has frozen, it's got stage fright!

Steve: It's forgotten the five steps it needs to fight the superbug.

Lily: Oh no...

Pauline: If the phage can't help us we're done for.

Keith: What are we gonna do?!

Customers: Arghhh! It's over! We'll never defeat it now etc

Connie: Don't panic, everyone, we're citizen scientists, remember. Let's take our time and think this through. The first phage we met taught us the steps it uses to fight bacteria already...

Liv: Great idea, Connie!

Customers: That's a brilliant idea. Fantastic! That'll work! etc

Connie: First, we had 'The Search', where it looks for the right bacteria...

SFX a faint recall of the song of that step

Liv: Then it was 'The Landing' where it lands on top of the right bacteria...

SFX a faint recall of the song of that step

Pauline: Oh, yes! Then it's 'The Injection' where the phage puts instructions inside the bacteria to make copies of itself!

SFX a faint recall of the song of that step

Pat: Next up was 'The Takeover', where the phage tricks the bacteria into using those instructions to make lots of copies of the phage inside itself...

SFX a faint recall of the song of that step

Connie: We're almost there, but I can't remember the last step...

Chris: Nor me...

Ada: What was it now?

Russ: I can't get it for the life of me.

Customers: Errrrmm... I can't remember. I can't get it! etc

SFX horrible wet roaring of the giant bacteria and breaking sounds.

Liv: I don't want to rush us, but the super bug is breaking through the roof of the lab.

Customers: It's going to escape! Arrghhh! Oh no! etc

Connie: Hang on a minute, we're not the only citizen scientists on this Armchair Adventure! Adventurers, can you remember the last step?

SFX Ding.

Adventurer: The Burst!

Adventurer: All those phage copies blasting out

Adventurer: It's how the phage wins!

SFX a faint recall of the song of that step

Connie: That's it, 'The Burst' where all the phage copies break through the bacteria's body and defeat it! Thanks, Adventurers. Now everyone, let's teach it to the new phage and help them win this fight!

Customers: Let's do it! Yeahhh! etc

Connie: New Phage, Listen up, we know how to help you remember!

Phage 2: You do? That's great! How?

Connie: Just listen to our song, it will walk you through the five steps of defeating the superbug!

Liv: And remind you why it's such an important job you're doing!

Phage 2: Yes, please! Everyone, hit it!

SONG: 'I'm a phage'

Connie: You're a little phage
A superhero for the age
You can stop bacteria like nothing else.
And when he comes along
It won't be so very long
Before you turn him into something else
A phage-tastic factory to save humanity.

Phage: I'm a phage, I'm a phage

Connie: Remember Step One

You're looking left you're looking right
Sitting on your perch,

Phage: A cheeky bug comes into sight.

Connie: That's right!

Together: Step Two

Connie: It's time to land
Hold on tight, don't let go,
You're gonna make your stand

Together: Jump on that bug and hold on so!

Together: Step Three

Connie: ..is the injection
Here's your clever master plan,

Phage: My DNA makes the connection
Giving the bug a brand new plan!

Together: Step Four

Connie ...is THE TAKEOVER!
Copy, copy, one by one,
Now that bug is making phages^[1]_{SEP}
Growing your helpers

Together: till we're done.

Together: Step Five here comes The Burst!

Phage: We burst and out we fly!

Together: Wooo! Superbug your day is through

Phage: Watch my phage friends fill the sky!

Connie: You're a little phage
A superhero for the age

Phage: I can stop bacteria like nothing else.

Connie: And when he comes along
You won't need so very long

Together: Before we turn him into something else
A phage-tastic factory to save humanity.

Connie: You're a phage,

Phage: I'm a phage! I'm a phage!

Phage 2: Haha! I did it, pow, take that! Woohoo, see ya later, 'super' bug.
Thank you for your help, everyone.

SFX shrinking sounds

Dr Sian: Great work, team.

Dr Christian: And perfect use of the growth ray, Connie.

Liv: And I can't believe all of that could be happening inside people's bodies on a tiny, microscopic level one day!

Customers: It's really good. It's fascinating stuff etc

Dr Sian: Amazing, isn't it? And thanks to you and your customers, we're another step closer to helping people with Cystic Fibrosis fight off infections like that superbug.

Liv: Exactly, and while scientists are working on new treatments, there are lots of things people with cystic fibrosis can do to keep our lungs healthy, too, like sports and exercise. Isn't that right, adventurers?

SFX Ding

Adventurer: I like swimming and musical theatre, it makes me feel good.

Adventurer: I've got a running club, it really helps my lungs!

Adventurer: I'm all about dancing, street, jazz, and tap. But ballet is my favourite.

Adventurer: I like doing my physio, it helps me loads.

Connie: I've learnt so much about science too, and I won't be in such a hurry to get the right answer in the future. It's all about trial and error and working together.

Liv: That's right Connie, but you're forgetting something...

SFX unfolding of the lab coat

Connie: My citizen scientist lab coat! Thanks for keeping hold of it for me Liv.

Liv: No worries!

Dr Sian: You have more than earned it, Connie.

Customers: Absolutely. Give yourself a pat on the back. Good job Connie etc

Connie: Ah, thanks so much, everyone. Let's get back to reality and do some phage hunting in the real world! The more phages we find, the more we help find future treatments for people living with Cystic Fibrosis!

Goodbye adventurers.

Adventurers all say goodbye.

Goodbye everyone.

Customers say goodbye

End, call, now.

SFX phone hanging up.

Lovely.

Connie: I had so much fun becoming a citizen scientist today, everyone, and thanks so much to all the adventurers from the cystic fibrosis community for joining us today! If you would like more information on cystic fibrosis, please visit the Cystic Fibrosis Trust website at www.cysticfibrosis.org.uk

See you next time!

Music: Armchair Adventures theme tune.

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