**Radio Show Script:Escapism**

T: Good afternoon, you are listening to headspace with me Tom Kempson, and my co presenter Marshall Dawn

M:Good afternoon Tom and thank you for joining us today, what’s our headspace going to be filled with this week?

T: Well Marshall, this edition of headspace is about escapism. Escapism is to escape from everyday life such as work or anything stressful.

M: We all escape in our own unique way. This show will be exploring different escapisms and what they do for an individual.

T: The ongoing debate for today is whether escapism is healthy or not. I think things like addiction are negative, and can lead to severe issues mentally and healthwise.

M: I agree that addiction is bad, but for me music is a great distraction from my busy schedule. If its either playing music on my guitar, writing music for my band or just sitting in my room listening to my favourite songs, it’s a great way of taking some time for myself. What about you Tom?

T: I quite enjoy kicking back to some video games. Video games have the potential to take you to another dimension in your own living room. I feel like I can really escape to the dusty deserts of egypt or become the fastest hedgehog alive with the interactivity and versatility of video games.

M: I love video games too, music is also prevelant in video games and definetely helps with the immersive experience. So do video games help you relieve stress?

T:Definetely, when I’m stuck at work, or have a bad day, I find diving into a fictional world away from our own helps with relaxation. Do you have a favourite game that relates to your escapism of music?

M: I think the use of music in the game GTA V helps me to escape immensely. The parodies of popular culture also helps. The game is a sandbox game, for those of you who don’t know what that is

* GTA V - Immersive, not just violence, controversy
* Sonic The Hedgehog - Speed is a reward, puzzles
* Hyper Japan Convention - So busy and popular it’s split into two sessions and runs over 3 days

M: Now, we’d also love to hear from you and tell us here at Headspace what you do to escape. Remember contact us on the headspace facebook page, or if you’re using twitter tell us your ways of escaping, and remember to use the hashtag headspace.

T: Yes we are keen to hear your thoughts and how you unwind and escape. We’d also like to know whether you think escapism is healthy or just a distraction from getting on with your lives. Whilst you’re doing that, here is a band that’s planning to get out of here it’s Thin Lizzy with Jailbreak.

(Thin Lizzy *Jailbreak*)

M: Welcome back to Headspace with Tom Kempson and me Marsh Dawn, and if you’ve just joined us we are here talking about Escapisms. What do we mean by that Tom?

T: It could be what you do when you get home from work to relax, a hobby you immerse yourself in at the weekend, or anything that allows you to forget about your everyday life.

* Going to the pub
* Going out/living the high life

M: One of the most prevalent escapisms that transcends both class and gender in this country is the game of poker. Dreams can be made or shattered in the space of a few minutes as players bluff and manoeuvre themselves to win the money of the other players.

T: According to gamingfloor.com, there are roughly 140 casinos in the UK which endorse games of poker inside their establishment. London alone as 24 of these and 2 licensed poker clubs.

M:We spoke to a semi professional poker player who has played some pretty high stake games, and has also participated in several international poker tournaments. Now remember poker can only be played professionally by over 18 year olds, and even experienced players can enter into addiction, so please gamble responsibly.

(Marshall back anno)

T:That was someone who ended up with a good experience of poker, but what about another perspective? Joining us in the studio is Dr. Roger Bretherton, a professor of psychology at the university of lincoln. How’s it going Roger?

1.We’ve talked a bit about poker as an example, but more generally, why do we seek to escape?

2.Are all activities/hobbies therefore forms of escapism?

3. So we need to escape, but what makes an activity escape-ism ?

4.What are the most common types of escapism you have come across?

M: We’ll be continuing with this discussion in a moment, remember to join us with your thoughts on Headspace’s facebook and twitter pages.

T: Whilst you’re doing that, here’s a good song, and it’s about wanting to get away from it all! More commonly known as The Pina Colada song, here is Escape by Rupert Holmes.

(Rupert Holmes *Escape*)

M: That was a great escape! Now we’re back with the psychologist Dr. Roger Bretherton, senior lecturer at the University of Lincoln

6.Presumably there are positive and negative escapisms, how would you tell the difference?

7.Are escapist past times often addictive?

8.At what point does escapism become dangerous?

9.Is escapism therefore something we should avoid?

10.What, if anything, can we learn from escapism?

M:Would you view poker/gambling as positive or negative

T: Well thank you for that Roger.

M: Earlier we discussed video games. We wondered how popular games were and how people used them to escape.

T: I went out and asked Joel Lloyns who edits the Culture section of The Linc newspaper. And Ben Woodhouse

VIDEO GAME PACKAGE

M: That was an interesting look at why two individuals use video games to escape. Lets take this oppurtunity to see what you are saying to us regarding your escapisms.

M: As we have already discussed the impact of using video games as a form of escapism we looked into how narratives are used to draw in audiences to help immerse them.

T: While there’s lots of people that like video games, some like to take it a lot further and BECOME video game characters. This is known as LARPing.

M: LARP stands for live action role-playing, and we sent our Headspace reporter Alex out on the field to find out more about this phenomena.

UNUSUAL ESCAPISM PACKAGE

T: Now personally while I wouldn’t see myself being an Assassin, I would quite like to dress up and have before as a Marvel comicbook hero. It was quite fun, but the outfit was quite unforgiving, so more of a practice of courage wearing spandex than an escapsim.

M: So now we are going to look at some more of your thoughts we have received on our social media.

Twitter:

Zara and Jade

Eloise Hessey (@Elliejelliet): I play sims

Steve Airey (@SixFootSteve): I sleep

Jade Girgensons [‏(@Jade\_Girgensons](https://twitter.com/Jade_Girgensons)): I listen to music

Alex Eccles (@Alex\_Eccles95): Football manager and music

Sophie Charlton (Sophie\_janee): I watch the Kardashians

Facebook:

Harriet Pedder: Eat so much food

T: Thank you for sending your responses to our twitter page and if you’d like to send more, tweet @headspace and tell us your opinions and the things you guys use to escape.

M: Moving on now to something a little more closer to home.

T:Escapisms can sometimes form into careers. This week is the famous Lincoln farmers market, which was sure to have some interesting professions.

Louron went down to the market to speak to Steve Rowland, the owner of Generous Baker to find out more.

Louron Package

T: That was Louron speaking to Steve Rowland, you can find the generous baker at the Lincoln Farmers market every second Wednesday of the month.

DONUT TALK

M: Now that we’ve spoken about many different escapisms for so long, it’s time to talk about something huge we are yet to mention. Film is a multi-billion dollar industry, and tens of thousands of people flock to the cinema each week to see blockbuster films. Looking into how film-makers make their movies immersive to audiences, I spoke on Monday to Chris Hainstock, a senior lecturer in film studies at University of Lincoln.

T: He explained all about how important sound is in film and how it can really immerse audiences into a film.

EVERYBODY HATES CHRIS PACKAGE

M:As Chris mentioned Interstellar is sure to be a great example of complete immersion in film, which is in cinemas nationwide now.

T:I’ll be sure to try and catch that!

Now we have discussed all kinds of escapisms throughout the show and I know for sure that I have found out all about different kinds of escapisms and how they can help people escape the mundanity of life!

M: Don’t forget to tune in next week to headspace when the topic will be all about fashion! One last part of escaping is our brilliant BA who has helped us get through long radio session Beth Worrall who is unfortunately leaving university.

T:We hope you have a brilliant time after uni and we would love to dedicate this last song to you, celion dion my heart will go on. Coming up after this, we join up with no Adults Allowed

TITANIC SONG