**Ellington, workshop 5:**

**(5 new attendees + Female1, Male1, Male2, Male3 and Male5).**

R: So today what i’d really like to find out is the types of radio shows that you listen to, what you like about them and what you male5’t like about them. Then we can have think about the type of format that we should put our show into. So what do you listen to day to day?

C1M: Music, 60’s, 70’s. 60’s especially

R: So that’s the thing you like the most is it? Any other types of shows?

Male4: Classic FM

R: What do you like about these types of shows?

C1M: Well I was always brought up with the 60’s you know, that was the teenage years, the 20’s. You know it’s like your Elvis’s, Cilla Black, the Rolling Stones

Peter: Good memories

Female1: Yes, and music can hear..... [crossover]

Male5’s wife: It takes you back...

Female1: and it takes you right back, oh god

Male5’s wife: (inadudible) many years ago, that’s what’s good about music

R: Ok, so it gives you some kind of reminder to the past and it’s familiar?

[agreement]

R: so what about the conversations that go on in those types of shows? Or do you just listen for the music?

C1M and F (together): it’s just the music

R: does anyone listen to any type of informative shows?

Female1: I like, and it’s very relevant to the sort of thing you’re thinking about, I like you and yours. If I’m in...before the news comes on, i mean, who doesn’t listen to the news?... but em, at 12 o’clock, well now it’s quarter past 12, and i like that because it’s very like what you want to do, it covers a whole range of topics for all sorts of things and they have people who...experts, and then the public can ring in and tell them about what’s happened, either talk about their experiences, it’s more that than to ask for help, it’s not like ‘moneybox’ or something like that where you ring in and say “I’ve got a problem, can the experts help?”. It’s more like experiences, and it just covers such a wide range, and at some point in the week there’ll be something relevant to you....it’ a really great program.

R: So it’s like a question and answer session with an expert, is that right?

Female1: Well you’ll get a couple of people in, they’ll have a topic. There’ll be an introduction and then they’ll talk about the topic, who they are and what they know about it. Then they invite listeners to comment on that and say what’s their experience, and then they’ll either email in or you’ll hear them speaking...i mean a lot of people male5’t want to speak on the radio because they’re very nervous but they still want what they have to say to be heard so email is great.

R: So do they do the introduction of the topic before the show is going to be on?

Female1: I never know, they might have a little trailor or something before the news, you know “on you and yours this morning they’re going to do such and suach” but i just turn it on

DW: you just pick it up

Female1: Even if it’s not relevant to me I still find it quite interesting , what people have to say, you know?

R: Ok, that does sound very similar to what we’re interested in doing

DW: I prefer like radio 2, smooth radio, radio one I very rarely would put that on. I mean, for one I male5’t know the songs, or the music I male5’t relate to all the time....and I think you get more chat on those....well you get lots of chat on radio 1 but it’s not relevant to us.

R: Ok, so music and chat that you can’t relate to are bad definitely. So what about the good things about radio 2 and Smooth then?

DW: it’s the type of music that they play, like we said, it’s familiar. And it think the topics that they talk about are a little more relevant to us, you know.

[agreement]

R: So let’s talk a little more about the chat topics then, what type of ways do they do that on Smooth? So Female1 talked about you and yours and they way introduce a topic and then people kind of call in or write in with questions or comments, and that’s the way they do it with the expert there. So what way do they do it on smooth?

C1F: it doesn’t do that, you male5’t phone in on Smooth. It just goves you like little hints about who sung what, do you remember this song? And what year was it?

DW: and they have themes male5’t they, about certain eras....there was one that i used to listen to when I was driving to work abd at lunch times...was it Alfie, no Joey, I can’t remember his name. He used to have a chat show going, and they used to chat about things like the gardening side of things, and just general things going on in everyday life really, anything that was going on, topical in the news, they would get sort of opinions on things like that.

R: So his own opinions or other people’s?

DW: other people’s, yeah. But he would give his feedback as well

C1F: he was the one who said it how he thought it was didn’t he?

DW: he had it ermm...if it’s the one I’m thinking...he wasn’t a northern accent

C1F: no he wasn’t

DW: I can’t think of his name, he was Joey, Alfie and Joey or something like that

R: Ok, just one more thing. Female1, you mentioned “oh the news is on but nobody listens to that”

Female1: no no, i didn’t say that! Oh no, I didn’t mean nobody listens to the news. What I meant was the news is on and we ALL listen to the news. So it’s not a favourite or anything like that, that’s what i meant. You know, we all listen to the news.

R: So why does everybody listen to the news?

Female1: well why wouldn’t everybody listen to then news?

Peter: Keeping up to date with what’s going on

Female1: You’ve got it every quarter of an hour, at one oclock you’ve go it for three quarters of an hour. Because things are changing so much aren’t they. By the time you watch the six or seven oclock news on the tv, you’ve missed quite a lot of...because they male5’t always repeat the news items and you can miss things.

R: So what type of things do you dislike on a radio show, we’ve already had things that you can’t relate to as a bad thing

DW: Adverts!

R: So why are adverts such as pain?

DW: unnecessary, not relevant to me or

C1M: You’ve probably heard them all before

DW: well you have because they repeat them over and over

Peter: too many

R: what about you two in the corner?

C2M: Politicians!

R: Politicians are bad?

C2M: I can’t stand them.

[laughter]

R: and why can’t you stand politics on the radio?

C2M: Because they always think they’re correct all the time. Any question you ask then they male5’t answer it properly

R: so you distrust their answers?

C2M: Yes

R: So you are striving for honest answers?

C2M: oh yes, absolutely. I think you would get that on a Parkinson’s radio show for sure.

R: and why do you think that?

C2M: Just from the name, i think you would get quite a bit of honesty from that

R: from the name being PUK?

C2M: yes

R: ok, anything else that you like or dislike?

C2M: i like listening to sport on the radio as well but I suppose that’s not really relevant

R: Ok, so what is it about sport on the radio? Why not watch it on TV?

C2M: well sometimes it’s not always on the television, sometimes a certain game is just on the radio. I think that’s why you listen to it. If it was on the television then you would watch it there instead.

R: so access to otherwise inaccessible things?

Female1: and of course if you’re in the car, then you can listen to it there, which Harry does all the time!

R: Ok, I think we have quite a lot there. What about you peter? We didn’t really hear from you

Peter: Science and psychology programs.

R: ok, so they’re very different to what other people have been talking about. We talked a lot about entertainment and this is more education.

Peter: Information is good for stimulating the brain.

C2F: sometimes it would be nice to have some sort of historical thing. You know, a bit about...take a character like Elizabeth the first or something and a little bit about that...not intensively but, you know, just a little [jume??] about her life or whatever. Sometimes historic characters, you know, not overwhelming but...

C2M:... could be scientists

C2F: ...because it can be quite light as well as serious that can’t it?

R: so you would like to hear a bit of storytelling around...

C2F: Yeah

R: Ok, so it might not seem like it but there’s quite a lot of structural things in these types of radio shows and the types of things that we’ve talked about that we can then apply into our next activity. Let’s see what you’ve got delvin

Delvin: I’ve got quite a few, I’ve been very busy

R: OK, so unless anyone has anything else to add to that? Delvin, just while I’m sorting out this I wonder if you would mind reading out the responses that we got to question 1. I’ll just explain what we’re doing...so, what I asked everyone [in the wider group] to do, and you might have male5e one of these yourself, was to fill out some little suggestion cards, things that we might do a radio show about. So would everyone be interested in hearing what the group as a whole would like to have a radio show on?

[agreement]

R: So Delvin is going to read them out. Ok

Delvin: So the question was, “if there was going to be a radio show specifically about Parkinson’s, what topic would you like it to be about?”. So the first person said “advice for carers on coping with partners with PD, meetings and the groups to attend”; the next person said “sharing other people’s experiences, medication, sleep issues and what kind of family support is available”; next we had “what kind of medicines are available? And what these medicines are for”; “football”; next response was “how can you boost energy levels when you have Parkinson’s?”; “famous people who had Parkinson’s”, the example they game was Pope John Paul the 2nd, Robin Williams, Billy Connoly, Michael J Fox.; “off periods and medication”; “symptoms of Parkinson’s”; “improving the QOL for PD patients”; “hints and tips to help PD sufferers with everyday chores”.

R: Ok, can everyone see that from here? SO we had lots of different ideas from people, there are some here that symptom specific, like the off periods...

Peter: Quality of life?

R: Anything else that is like symptoms?

Female1: boosting energy?

R: and then we have some which seem to be more social. Hearing people’s experiences of Parkinson’s. SO which one should we focus on for our activity? Anything that interests anyone sepficially?

Peter: Improving quality of life

R: ok, improving QOL as a general one. SO what type of person do we think....or do we need a person to be on the show around improving quality of life? What type of things would you like to hear about

C1F: experiences, their experiences

Peter: it links in with experiences doesn’t it? People who can share their good experiences

R: so who would be the best type of person to do that?

Female1: People with Parkinson’s

R: is there anything else that....

DW: dietary...

Female1: I was just going to say diet

R: So that’s a i suppose a little more practical information

Male4: Equipment, specialist equipment

Peter: yes, that’s right

R: Equipment, to kind of ease your day to day life to make it easier?

Male5: conductive education

R: conductive education is a bit of an interesting on isn’t it, because it’s one of those ones that obviously helps a lot of people but they male5’t actually offer on the NHS

Male5: aye, it’s ...

R: So who do you think would eb the best person to talk around conductive education?

Male5: Percy Hedley

Peter: one of the conductors yeah

Male5: Aggie

[agreement and laughter]

R: So just have a little look at these, there are some components that we picked out of the good things about radio shows that we were talking about before. I think that we can definitely link these experiences into the whole thing about having a story or a biography, a factual representation of someone’s life and what they’ve been going through, and then the practical information, which is this kind of factual one...what about the specificalist equipment how could we get that across? How do you hear about these products?

Female1: So what happens now is when you get your Parkinson’s UK information, which comes every couple of months, once you’ve joined. This time there was a catalogue with all sorts of things, not adverts, things you could buy. And the money goes to Parkinson’s...

DW: Well we haven’t had it yet but yes it does...

Female1: Have you seen it Peter?

Peter: Yes, I have

Female1: There are lots of things you can buy, but it’s all supported by Parkinson’s

DW: they’re all like aides you can buy

Female1: It’s a bit like a Christmas catalogue, like the Parkinson’s Christmas catalogue where they have Christmas cards and things and them little bits that can help with Parkinson’s and it has the price underneath so it’s actually an opportunity to buy those things and it’s endorsed by Parkinson’s UK

R: So if this was going to be Parkinson’s radio and was going to be a show all about Parkinson’s, what about having some adverts that were specifically around aides related to the theme of the show

Female1: oh yes, I see what you mean. I misunderstood that

Male5: I think that’s fine yeah

DW: Then it’s just giving you kind of like a bullet to make you go away and think, or find out yourself, or be able to contact somebody to give you more information

R: Alright so I’ll break this down a bit because these are actually quite different. So these kind of advert based things, as you said are short, bulletin bits of information, where the story or the bio is around someone sharing their experiences, but they might be talking about their everyday life. It’s less than a back of forward and more about them talking about their experiences. Where something like the conductive education, where you’re having a discussion with the conductor and asking them questions and getting responses. And then we have this practical information, which i suppose in a lot of ways comes under that kind of Q&A general chat with someone. Would there be any possible issues with these types of things we talked about n realtion to our Parkinson’s radio? How long should our show be? That’s a good place to start. So for our show about QOL, we’ve got Aggie coming in, a dietician coming in, someone with Parkinson’s sharing their experiences about QOL and then we’ve got some adverts in to boot

Peter: it’s quite a bit really, i was thinking half an hours before but i think it would nee to be longer

C2M: an hour?

[agreement]

R: so would you listen t an hour long radio show?

{agreement]

Peter: as long as it varied, you know. It would hold the interest because of the variation

R: and would there be any kind of order of things? So we’ve got people sharing good experiences, some kind of factual information about diet, the adverts around equipment that can improve QOL and then a kind of general chat and Q&A session with Agiie around conductive education.

Female1: and some 60’s music in between

C2M: you want it to end on something upbeat

Male5: Yes, you want it to end on good news

Female1: yes, keep it positive

C2F: I think you’ve got to be careful that you male5’t have this factual, factual and then other factual. You want to have some bits in between, so it’s not to intensive, maybe a bit lighter

Delvin: you were talking about music as well, would you like some music in the show?

Female1: between each little item you could have a 60’s song

R: so factual, fun, factual, fun to end on an upbeat

C2M: the problem with music is the rights and the costs

R: yes

C2M: is this covered by it?

R: well we could have maybe a school choir or something

[laughter]

Female1: we could set up a Parkinson’s choir

R: was there anything we had in the suggestions on our list before that wouldn’t fit into that type of a format? So if we had something around work in Parkinson’s, would this format fit in well with a topic like that?

Female1: I mean it should yes, i mean if you’re working you’ve still got the same concerns male5’t you

R: ok, so we;d have some sort of factual information and then soething enjoyable where they’re talking about positive experiences and then something else factual of benefit to people

Female1: i mean oyu would have to consider your audience, and there are young people with parkinosn’s and their needs and interest are very different aren’t they

R: so talking about diet, we did actually have some sample questions around diet and exercise. So, “imagine there was a Parkinson’s specific show around diet and exericise. What question would you most like to have answered?”

“what foods in what order and for what meals provide the most energy and benefit for pwp?” ; “what sort of diet is best, e.g. more fruit and veg?”; “what foods are difficult for making your meds work properly?”

[agreement]

Female1: that’s a good question

Male5: that’s the type of thing I need to know

R: “what foods should be avoided?” and these ones are exercise ones really; “what are the best foods and exercises to help with Parkinson’s”; “what should your daily intake of calories be”; “what diet could help (i.e. the best things to eat”; “tell people how important exerices is, use it or lose it!”. Ok “what diet is best”, did we have that one already?

C1F: We had something similar

R: “What is the best way to exerices and where can you ge for exercise specifically for Parkinson’s, like do you get a referral for the doctor?”. So there are just some of the questions that we got from people, we had lots of different questions and as we already pointed out there were some that were very similar. So if we were having a Q&A session with a dietician who has a specialism in PD in our show, as our factual piece. How would we make sense of these questions?

Female1: I think what you’ve got to remember is that everyone is different, it’s not like a lot of conditions, every PD patient has different problems. There are a lot of similar threads but there are a lot of differences, and also because PD is usually....I know we’re having to forget eh younger people who are working...but it’s usually older people who in most cases will have other conditions. So actually , it’s going to have to be very individual isn’t it.

DW: but you could generalise though couldn’t you? There’s got to be certain food that you [Male5] know that you’ve got to steer clear of prior to...it’s protein isn’t it?...when he takes his meds, so it doesn’t block...

Male5: I’m eating biscuits and all sorts of carbs in the morning just to keep us going. On a night time i’ll have a meal because i know i’m going to bed

DW: it’s not going to affect him in bed, it slows him right down

Male5: that’s the only thing that works for me. If i have eggs or anything in the morning....[crosstalk]

DW:....bacon, anything like that [crosstalk]

Female1: goodness me, I mean something like that is just so relevant to people. People male5’t know that and it might work for other people who are having problems. Finding out through others.

Male5: my [???] dives/dies in the morning

DW: that’s right. There’s a program in the mornings with Gloria hunniford, and i particualry watched one this mronign and its’ broken down into what’s good; is it a bowl of cornflakes with lots of sugar and everything or a big plate of proper breakfast with eggs, bacon, sausage and then a museli with yoghurt. And basically the museli with the yoghurt, which you would expect to have the most calories, the best one was the big cooked breakfast because it had all of the components that you need. But you couldn’t have that so what should set him up for the day he would have to cut it all out and just have the toast.

Male5: that’s what i do, isn’t it?

R: so i suppose what we’re really getting at here is that everybody is going to have very different questions but if you have people sharing their different experiences...

Female1: something might trigger, “oh gosh yes, that applies to me”, yes. Because again, a lot of pwp lose weight and they have to be built up. And the problem is that the sort of things you might eat to build yourself back up are possibly the things that are not particularly healthy anyway, and might effect some other condition you’ve got. It’s very complicated! So that’s why it would be lovely to have an expert who knows about parkinson’s and these problems. It’s very complex.

R: So if we consider that the person we are speaking to is an expert in Parkinson’s who does all of the dietetics research in Parkinson’s for example, how would we organise these questions into broader themes, or as you said, are the questions too specific to do soething like that?

Kate: It might be worth actually speaking to your dietician because they might be able to look at the questions that have been brought in and put them into categories that then make some sense. The thing that jumped out to me was when a friend said to me....I said “oh we feed Dad all sorts of cakes and chocolates just to keep his weight up” and she said “well you know just have proteins”, but if we had proteins in the morning that would do you in! So it may be that if we had the professional, they could say, take this mix of questions and come up with questions that reflect thoughts in there but then actually fit into the information that she would like to get across and give. So you’re not wanting to pass the buck but it might be a hand in glove

R: so we would almost kind of give them access to the questions coming through and let them make sense of it themselves?

Female1: yes, rather than someone calling in and saying

R: so what would we do if the expert then came back and we found out that they had just talked about whatever their research is on and hadn’t really paid too much attention to the questions? Like should we look over what they’re planning on talking abot or leave it to them?

Kate: but that might be the way of having a look at it because if you’re reliant on an expert then you’re reliant on an expert, you know? Otherwise we’re all experts, you know you trot along to your GP and he says “take that”, you male5’t question it. So it think there has to be an element that we’re relying on the expert

Female1: it’s trust isn’t it

Kate: it’s got to be. Because none of us, i male5’t think, are in a position to question it or correct it

R: how would you feel if your question didn’t get answered and is there anything we could do to make sure the questions are answered? I suppose as we’ve seen today there are so many different types of questions, and especially when there’s not that much time and some Qs are quite similar.

Peter: Why would you want everyon’es question answred? So that people male5’t feel left out? I see your point, it’s how you do it that’s the problem

Kate: but if you were to write into a radio show, say you’re doing Steve Wright on a Sunday with the love songs, people write in and say “i’ve been writing now for the last 10 years and you’ve never read it out”. It’s not so much the luck of the draw, you might be able to bring them in and say there were a number of questions which reflected this particular issue, ask the questions, and this generalises and brings the person in, it’s not LB from Morpeth asked this, it’s LB amongst others, you know, the query is...and then give a general question. But that would eb linking in with the dietician

R: ok, so do you think that is known enough as the format of radio shows that people would....

[agreement]

Kate: what it will do though is if you throw in the odd name for example, like dad or peter or yourselves, then it does actually make it more authentic, because someone could then ring Dad and say “did you ask this question?”; “yes and we did this, this and this”. So it gives it some authenticity

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