

Narrator Question 5. You hear someone talking about their favourite situation for listening to music.

Man I had a CD player fitted in the boot a few months ago. It takes six CDs at a time. So you get your favourite CDs, put it on random, and off you go. The good thing about random is you don't know which CD or which track you're going to hear next. **You get to listen to different kinds of music without having to stop or take your hands off the wheel.** And you can have the volume turned up as high as you like. It's brilliant on long journeys.

Narrator Question 6. You will hear someone talking about a common human experience.

Woman It's very strange, you just have to hear a certain sound or catch a whiff of a particular smell and everything comes flooding back. I mean, I can remember exactly where I was when I heard Madonna's first hit. It was a winter evening. I was in my mother's kitchen making myself a cheese sandwich. I only have to hear that first guitar chord and I'm back in my mum's kitchen. Another example is the smell of suntan lotion. It always takes me straight back to a holiday in Spain when I was four years old.

Narrator Question 7. You hear a man talking about somewhere he has just been.

Man It's something I've always been terrified of, but it was absolutely killing me. In the end it got so bad, I just had to have it seen to. **Actually, it only needed filling,** which wasn't as bad as having to have it taken out. **Anyway, I was sitting there in the chair, feeling very nervous, waiting for the drill,**

when this wonderful Indian music started playing. It was incredible – my anxiety completely disappeared and I relaxed my whole body.

Narrator Question 8. You hear someone talking about the beneficial effects of music.

Woman We now use music to help them recover – especially if they're here for a long stay. Experimenting with different kinds of music, we've found that certain sounds have the power to change moods and emotional states for the better. Many of them come to us shattered, angry and full of pain, both physical and mental. They've had their lives reduced to a bed and a locker. We try to bring peace to their body and their mind.