

Over the summer holidays we ran lots of great workshops including Gruesome Murders, UP for becoming a Radio DJ? Science and Sport, Funky Fashions and UP for Hockey. I think those of you who came along will agree that we all had a fabulous time, apart from the unfortunate cancellations due to the weather.

We asked a couple of our members to tell you what they thought of them.

UP for becoming a Radio DJ

Reviewed by Phoebe Sellence (aged 12)

On Wednesday 1 August, 19 lucky members got the chance to present on the radio at Express FM. We arrived at Purple Door and were lead straight to the room we would be based in. We then met some workers and volunteers from Express FM.

We were put into groups and we had to write the script for our broadcast, choose songs from the studios' play lists and asked members of the public and University students questions about our chosen topics. Some of the topics included sport, Portsmouth, desert islands and fast food.

'It was exhilarating and gave me a great adrenaline rush.'
Melissa Blaikie

Each group also got a tour of Express FM studios. We were shown how the music and microphones are controlled and heard all the different jingles that the station uses. We even found out what all the confusing buttons and switches do.

After lunch we had to finish our scripts and put in some well-needed practice. But we didn't have long before we went on the radio, live.

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'It was challenging and hands on.'
James Atkin

Then it was time. It was so nerve-racking. Each group had 15 minutes to present their scripts. When the song before had faded out and the 'Mic Live' sign lit up, it was our cue to start.

I think that it was a great, once-in-a-lifetime opportunity. For me, I felt that it was an amazing experience. I learnt what it's like presenting on the radio and how much fun it is. I learnt some brilliant scripting, performing and broadcasting skills and I would recommend this workshop to people who like performing or speaking. I would also recommend the workshop to people who are interested in the media or radio.

'Knowing loads of people were listening to me was cool.'
Alice Brett

Workshops – your views

Science and Sport

Reviewed by Naomi Temull (aged 14)

Science and Sport was a truly fascinating workshop for me and I'm sure for everyone else! We started the day with a tour of the facilities at the Spinnaker Building and got to experience a few of them first hand, such as the temperature controlled rooms ranging from conditions for a polar bear to a camel! These facilities are of course used for many reasons including testing sports equipment and clothing, testing and training athletes, as well as conducting research into their bodies under different types of extreme conditions.

'I learnt about how your body works.'
Rose Anderson

During the day we got to see how many of the sporting computer games are made such as FIFA. This process involved someone volunteering as a model to wear reflective tags that are picked up by a computer and then translated into a stick figure on the screen.

Later on in the day, we carried out some self testing to find out some very interesting statistics. Firstly, a clever little machine told me I was 51 per cent water and then a basic-looking ruler told me my height was 168.8 cm.

Next was a heart rate monitor giving me a rate between 65 and 73. After this, something fitted snugly round my arm before being inflated and cutting off my blood supply!



'Unlike most science lessons, you got to physically do everything and not just watch.'
Katie Jenkins

This told me my blood pressure, which was 110 over 69. After my hand returned to life I was given a hand-held device to test my grip strength, which turned out to be 22.8 on my left hand and 18.3 on my right. Next were tests to see how far I could jump, how flexible I was and how good I was at balancing. One of the last but most noticeable machines was one which told me my lung volume. A large plastic bag accompanied by a mouth piece and two computer-like things beeped and flashed as I was instructed to insert the mouth piece into my mouth and breath for the remainder of a minute. On removal I was told I had a lung volume of 28.2 litres – no wonder I can talk so much!

'The testing on all the machines was really interesting.'
Calum Stockley

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