

MY MEDIA DAY

For this exercise the group was asked to record "a day in their life" showing the influences of various media on them – TV, radio, favourite newspaper, music...

The sound of the alarm or my cat Suki's funny little noises wakens me most mornings. The time I rise depends on the office rota but is usually sometime between 5.30 and 6.45am. The cat is given breakfast first which brings silence, then I can boil the kettle and make some toast. Suki goes outside and I take my breakfast into the sitting room. The goldfish are given their breakfast then I can switch on the TV, sit back on the sofa with my feet up and find out what's been going on in the world while I slept that night. Breakfast TV also updates me on current stories and sometimes I like a bit of celebrity gossip.

After showering and dressing I may manage to fit in some housework then head for work. At the bus stop I can sometimes pick up local news and gossip from friends and acquaintances. Most days I pick up a Metro from a young man on South St Andrew Street in the capital but I don't usually read it until returning home at the end of the working day. I might read part of a book on the bus or just take in the view, especially as we move through Joppa. I scan the seashore for any dark objects which could be a porpoise – and which I've only been lucky enough to see twice in all the years of commuting.

Much of the office news comes via the e-mail these days, mostly City news items or updates on things like proposed changes to the justice system or the Council's new Oracle computing system. In my younger days "Jackie" magazine was a must each week, then I progressed to the New Musical Express, Woman's Own-type magazines and Essentials. These days I very rarely buy newspapers or magazines as the TV supplies most of the information. Occasionally I may pick up a local paper like the Courier or East Lothian News to keep up with local "goings on", like the opening of the long-awaited swimming pool being built in Prestonpans. If I do buy a magazine it's likely to be on gardening/decorating or the likes of National Geographic.

The time I finish work varies because of that rota again. Then I finally get home, I put away any shopping, then feed the cat – for peace and quiet again. I rustle up something for myself to eat and Suki will want out at some point while I'm doing that. Then it's back on the sofa in front of the TV to watch Neighbours or another news update while relaxing till the food settles. I like watching old films with stars like Bette Davis, Charlton Heston, Joseph Cotton... films like biblical epics, Arabian Nights type fantasies, Disney, Restless Natives-types about believable people but with humour and some true stories. One I watched recently was about the journalist Veronica Guerin who was killed in Ireland. Sometimes I just play CDs while catching up on the housework. My music collection is varied – from Fred Astaire to 60s, 70s and 80s rock and pop, country and western and some classical. There are some treasured vinyls of Led Zeppelin, Deep Purple, Budgie, Poco and Rory Gallagher but I also like modern music from the likes of Travis, Oasis, Blue and Stereophonics. Yes, quite varied tastes really.

I absolutely love any programmes about ancient times, especially with Egyptians, and have been lucky enough to visit the Pyramids at Cairo. Also watched with much relish are documentaries and the like on Roman, Greek and prehistoric ages. While loving to watch, hear and read about the world's ancient history, I have to admit that I also like imagining what the future might be like and I'm hooked on Star Trek and other sci-fi TV shows and films and documentaries on theories about the cosmos.

Well, the world needs dreamers too, doesn't it?

Moira Walker

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My routine starts at 6.00am. I put on the TV for GMTV and I doze until 6.30am. Then I make sure my husband is awake and about to get up.

I drag myself out of bed at 7.15 and go into the shower. When I come out, I'm still listening to the telly. Once dressed and make-up on I switch it off, go into the kitchen and switch on the radio – it's always on Real radio as I like the pop music and the wind-up call. While I'm having my breakfast I turn the TV on to Channel 4 to watch Everyone Loves Raymond – it's an American sit-com where the mother in it is very like myself (so my sons tell me). I love her carry-on.

Then it's rushing to hang out washing and put the food into the slow cooker for our dinner at night. I am at work between 8.45 and 9.00. The first thing I do is the call-round, to make sure all my tenants are ok. From then on it's a constant stream of people coming in and out, such as bath/district nurses, GPs, tenants, friends – you name it, they all come for one reason or another.

Before I know it, it's lunchtime and I always go to my sister's so that I can get away from the complex, as I get no peace otherwise. She is a childminder so I go to help her feed the babies (from one extreme to the other!). Then it's back to work for the afternoon. I work on things like application forms until all the ladies appear for afternoon bingo or tea and chat, so it usually starts off with talking about who has died and invariably ends with them talking about sex! A bright lot, I've got.

At 5.00 I am back at home. My husband gets in just before me and likes to have a glass of red wine poured for me coming in, to help us unwind, he says. Then it's dealing with dinner. I try to watch the Six O'Clock News to catch up with what's been happening in the world.

At some point I go for a soak in the bath, sometimes I take whatever book I'm reading or just lie and relax. If Coronation Street is on I try to watch it, and catch up on other bits and pieces like DIY and home programmes. If I'm doing my ironing I put the CD on and listen to whatever takes my fancy that night. I get through the ironing quicker if I'm singing!

When I go to bed I read the obituaries to make sure my name is not on there and then cuddle up to my husband between 10.30 and 11.00pm.

Elaine Leitch