

# ON AIR



Meet the Award winners

*The Official Journal of the Hospital Broadcasting Association*



*Issue 142*  
*Summer 2013*

**HBA**<sup>TM</sup>  
HOSPITAL BROADCASTING ASSOCIATION

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Summer 2013

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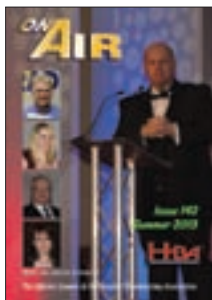
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## **FRONT COVER STORY:**

Sean Dunderdale introduces the 2013 Conference held in Blackpool.

In this issue you can meet all the winners and read the Judges' comments.



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## **Hi Everyone.**

It's celebrations all the way. Firstly, meet the winners of this year's Hospital Radio Awards held in Blackpool recently. You can read the judges comments and why they felt the winners deserved their awards. Our thanks to Andy Langford for the Award photographs.

John Murray from Victoria Radio Network takes a lighthearted look back at the Blackpool conference and how members survived the worst March in 47 years.

This year's recipients of bursaries for conference report on their thoughts of the Blackpool Conference.

And we must not forget Hospital Broadcasting Week – see how stations marked the event on page 9.

Our final celebrations are for our President, June Snowden, who has been bestowed the highest honour from the Rotary Club. Congratulations June and well done.

That's it this time, please keep sending in your reports.

*Michelle*

## **DIARY DATES**

7th July, 2013

Training Day, Wales & West Region, Bridgend

5th October, 2013

National Training Day, Birmingham

28th-30th March 2014

Conference, Marriott Hotel, Bristol

29th March, 2014

Annual General Meeting

29th March-6th April 2014 Hospital Broadcasting Week

## **Our Ambassadors**



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# Have Your Say

## Hospital Broadcasting Week

Does your station participate in HBW? The Trustees would like to hear your views on Hospital Broadcasting Week to ensure that HBA provide your station with the support, ideas and guidance needed to deliver an effective promotional event.

We've created a simple web-based survey for you to complete at your own convenience. Whether it's as an individual or on behalf of your station, your feedback and suggestions will allow HBA to focus on exactly what its Members need to deliver a Hospital Broadcasting Week.

We've made it easy for you to take part in the short survey, just access the HBA website at **[www.hbauk.com](http://www.hbauk.com)** for more details. You can also download and print the short questionnaire if you would rather send your views by post.

We thank you in advance for taking the time to provide your views and comments by 31st July 2013. Once received and collated, then the Trustees will be able to focus resources appropriately and address the needs of Member Stations.

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# Board Report

## Annual General Meeting

The HBA's formal AGM was held on 23rd March in Blackpool, during our national conference. Jim Simpson and myself were re-elected as Chairman and Secretary respectively. Dave Lockyer stood down from the position of Regional Manager and, as no-one was nominated to fill the position, it fell vacant and the Trustees can now appoint someone to the role until the next General Meeting. We have subsequently had two expressions of interest in the position and hope to be able to appoint someone at the July Trustee Board meeting.

On behalf of the Trustee Board, I'd like to thank Dave Lockyer for his work as Regional Manager over the last six and a half years.

## New Regional Reps

New Regional Reps have recently been appointed for the Home Counties and the South East. Welcome to Mel Ive ([homecounties@hbauk.com](mailto:homecounties@hbauk.com), 0870 765 9602) and Graham Medhurst ([southeast@hbauk.com](mailto:southeast@hbauk.com), 0870 765 9611) respectively.

If you're in one of those regions, Mel or Graham will have tried to get in touch with your station to introduce themselves. If you haven't heard from them, please do email or phone them.

## National Conference and Awards

Our national conference and the National Hospital Radio Awards ceremony took place in Blackpool at the end of March.

Although there was little snow in Blackpool, I know that many of us who attended had to trek through some pretty severe weather to get there – I hope you felt it was worth the trouble!

I'm sure there will be plenty more coverage of both the conference and the awards elsewhere in this magazine, so I'll just say congratulations to all the award winners.

The feedback forms from conference delegates have been analysed by the conference team and a summary presented to the May Trustee Board meeting.

It seems that the revised schedule of seminars and



*by Nigel Dallard, Secretary*

workshops was appreciated and your comments about the need for earlier release of information have been taken on board.

Next year's conference moves south to Bristol on 28th to 30th March.

## Hospital Broadcasting Week

Immediately following conference, as usual, there was Hospital Broadcasting Week, which culminated in the HBA Big Broadcast, a syndicated live 24-hour programme.

This was an experimental first attempt by the HBA to do something like this and your feedback would be appreciated. If your station rebroadcast the programme, what did you think? What did you like and what could have been done better?

If you didn't broadcast the programme, why not and what would tempt you to do so next year?

## Broadcasting Outside the Hospital

One topic which generated much discussion at the informal meeting, which followed the AGM, was that of hospital radio stations broadcasting outside the hospital. HBA issued some guidance on internet broadcasting a number of years ago.

Whilst the basic guidance holds, it clearly needs to be updated to take account of some of the latest developments, such as public wi-fi access hotspots in hospital wards.

We also had a presentation from the Charity Commission about five years ago on possible ways forward for hospital radio stations whose hospitals were shrinking, merging or closing.

A representative from the Charity Commission was at conference and heard the discussions. I am now in discussions, on behalf of the Trustee Board, with him as to what the possible ways forward are given today's circumstances.

It seems that there are likely to be few legal barriers to those stations that wish to widening or changing their remit to cover health promotion to the general public either in addition to or even instead of, the current role of hospital radio to entertain those that are ill.

However, there are some legal hoops to jump through. We're currently discussing possible model charitable objects that would allow stations to provide such services, with the aim of then providing guidance about what would and would not be acceptable practice by stations that adopted those objects and how to jump through those legal hoops to allow them to do so.

## Future Strategy and Direction of the Association

We are making slow and steady progress following the decisions taken in January and reported in the last edition of On Air. We have recognised that better communications are going to be fundamental to HBA improving the services it provides to its members.

Work is on-going to design a new website and initial proposals for a monthly electronic newsletter and a re-focused magazine were presented to the May Trustee Board meeting.

Suggestions have also been made as to how the Association can be restructured to better serve its members. I will hopefully have more to report on these topics next time.

# Hospital Radio Awards 2013, Blackpool

## Station of the Year

**Gold**  
**Whipps Cross Hospital**  
**Radio**



The judges said:

'This features the best start to an entry I've ever heard. The presenters have warmth and energy, whilst the station clearly has a lot of patient interactivity. Local sports and concerts feature heavily. In an age when there's so much radio out there, this station is really punching above its weight, and deserves to win the top prize.'

**Silver**  
**Radio Redhill**



The judges said:

'A great entry. A good variety of material showing all that's best about Radio Redhill. The concert, recorded especially for the station, was great. The Nicholas Owen interview was fun and informative, and the number of patient-led shows – often broadcast live from the wards – really stood out.'

**Bronze**  
**The Hospital Broadcasting**  
**Service**



The judges said:

'What this station provides is lovely – the usual hospital radio fare but really patient-focused, from requests to bingo. Lots of relevant and local content, such as music concerts, coverage of the Olympic Torch, interviews. The presenters have great warmth – perfect for the hospital environment.'

## Male Presenter of the Year

**Gold**  
**Andy Brown, Radio Wey**



Award collected by Neil Ogden

The judges said:

'Andy's upbeat style is just what the doctor ordered! Lots of energy, making an entertaining listen. The interview highlights are informative, with a good variety of audio showing off Andy's skills as a presenter. I felt better listening to Andy and I wasn't even ill!'

**Silver**  
**Dave Warren**  
**Hospital Radio Basingstoke**



The judges said:

'Dave is confident, entertaining and informative. It is great to hear the listeners so involved with the presenter – there's a clear connection there and he clearly understands his audience.'

**Bronze**  
**John Murray**  
**Victoria Radio Network**



The judges said:

'We loved John's presentation style and delivery. Warm, friendly, relaxed and inclusive.'

'His interview skills are also worth highlighting – direct questions, to the point, putting interviewees at ease but getting the best out of them.'

# Hospital Radio Awards 2013, Blackpool

## Female Presenter of the Year

**Gold** Laura Tremelling  
Sunshine Radio



The judges said:

'Laura clearly engages well with her listeners, the patients. Entertaining, with a good variety of material and clearly a lot of thought and preparation goes into what Laura does before taking to the microphone. A great example of how hospital radio should be presented.'

**Silver**  
Mandy Morrow, Radio Wey



Award collected by Neil Ogden,

The judges said:

'An engaging voice that you easily warm to, something hospital patients would find easily accessible and enjoyable. Enjoyable interview techniques, especially when covering a difficult subject. We'd like to hear more of Mandy – though don't want to go into hospital to do so!'

**Bronze**  
Louise Croombs Hospital  
Radio Reading



The judges said:

'Louise is enthusiastic, a great listen, bringing the outside world into the hospital. The entry shows a variety of presentational skills, showing off just what Louise does best. A great voice – and a good listen!'

## Special Event Award

**Gold**  
Diamond Jubilee Party  
Radio Tyneside Network



The judges said:

'A stand-out entry. A great team effort with a variety of voices. Hospital radio at its best. A real example of what a hospital radio station can and should be doing.'

**Silver**  
Dolmetsch Memorial Plaque  
Hospital Radio Lion



The judges said:

'A great listen, made even better by the presenter, bringing added warmth and colour. relevant, interesting and very entertaining.'

**Bronze**  
Olympic Highlights  
Radio Warneford



Award collected by Jim Simpson  
The judges said:

'The Olympic Highlights were of a high standard, including a message from Sir Chris Hoy and the volunteer who worked the Games and well-used within the entry.'

# Hospital Radio Awards 2013, Blackpool

## Best Speech Package

**Gold**  
**Chingford Model Railway**  
**Whipps Cross Hospital**  
**Radio**



Award collected by Ben Hart, HBA  
London Regional Rep

The judges said:

'A tour de force... for a very good reporter. This package did all that's great about radio. Sound effects, a variety of interviews, good descriptions and the reporter – you really felt you were there!'

**Silver**  
**Casper the Commuting Cat**  
**Hospital Radio Plymouth**



The judges said:

'Just a great listen. Interesting, engaging, informative – a truly fantastic piece of audio. I just didn't want it to end!'

**Bronze**  
**Stargazing Live 2012**  
**Scunthorpe Hospital Radio**



The judges said:

'Some lovely bits of radio, painting pictures – as radio should – and transporting the patients to the 'Stargazing' event, right down to the presenters having a mug of hot chocolate to warm up!'

## Best Newcomer

**Gold**  
**Rachael Dodd**  
**Hospital Radio Plymouth**



The judges said:

'It was the voice that won it! Rachael's style was friendly and informative – really good with more mature patients, with a good presentational style.'

**Silver: Argyll Duffy**  
**The Hospital**  
**Broadcasting Service**



Award collected by Niall Anderson,  
Hospital Broadcasting Services

The judges said:

'A fabulous voice. The requests were especially enjoyable, as were the added stats about requests included in the entry. Friendly and engaging – just what hospital radio presenters should be.'

**Bronze**  
**Wendy Sherer**  
**Radio Northwick Park**



The judges said:

'Wendy's voice is engaging, warm and entertaining. A joy to listen to.'

# Hospital Radio Awards 2013, Blackpool

## Best Specialist Music

**Gold**  
**I'm in the Mood for Love:**  
**The Story of Jimmy**  
**McHugh (1894-1969)**  
**Citybeat**



The judges said:  
'A fascinating programme. Well structured, featuring the perfect voice to narrate the story. Personal, engaging and enjoyable.'

**Silver**  
**The Georgie Hour**  
**Radio Tyneside Network**



The judges said:  
'Creative and original, with a relaxed, friendly and welcoming style to the presentation. Local and informative too.'

**Bronze**  
**Cover Me**  
**Hospital Radio Plymouth**



The judges said:  
'A great show concept. The presenter clearly showed a credible music knowledge. Much more than just 'that was.. this is' links and included an excellent interview too.'

## Station Promotion Award

**Gold**  
**Radio Wey**



Award collected by Neil Ogden  
HBA South Regional Rep  
The judges said:  
'Loved it. Witty, engaging and generally all-round good entertainment. Using the 'Carry On' theme was a fantastic way to promote the breakfast show with no fiddling... MATRON!'

**Silver**  
**Radio West Middlesex**



Award collected by Ben Hart  
HBA London Regional Rep  
The judges said:  
'Witty and original. Good use of sound effects and mix of music to highlight just what the show was about.'

**Bronze**  
**Nottingham Hospitals' Radio**



The judges said:  
'Concise and witty. Good use of sound effects and well scripted. Not your usual request promo.'

# Hospital Radio Awards 2013, Blackpool

## The John Whitney Award

Winner: Dave Nicholson Radio Tyneside Network



Dave joined Radio Tyneside back in 1973, making this his 40th year with the station. He initially joined as a presenter but within 18 months was asked to take over running the station and the rest – as they say – is history.

He's organised all aspects of the station from the day-to-day running to training new members in all areas.

Over the years, events he's masterminded have generated around £500,000! He's worked hard, most recently, with the NHS Trust to negotiate a move to a new building, which the Trust converted at no cost to Radio Tyneside. Those are just a handful of the many achievements by Dave – a worthy winner!

## — Best Programme —

### Gold: Wednesday Request Show Hospital Radio Reading

The judges said:

'As well as being a good programme with multiple presenters, this entry is what's great about hospital radio. It includes news and features about the hospital community, excellent rapport between the presenters – no egos or fighting for airtime between them – and the features within the programme made it shine with creativity and a real care for the listeners – the hospital patients.'

### Silver: Your Choice Nottingham Hospitals' Radio

The judges said:

'A great overall feel to this entry. A good rapport between presenters, with a variety of voices. Good mentions from the wards and good promoting ahead too.'

### Bronze Ronny & Joe's Wee Show Bridge FM

Award collected by Brenda Massie  
HBA Scotland Regional Rep

The judges said:

'Ronny and Joe have a great rapport, which really stands out. Creative features lifted the entry and made it an all-round good listen.'

## — Fundraisers of the Year —

### Scott Wall and Shaun Gill Harrogate Hospital Radio



Scott and Sean were named dieting DJs in 2012, after the pair, on a special weight-loss challenge, aimed to lose 35 pounds each – in time for Harrogate Hospital Radio's 35th anniversary. They teamed-up with a local gym, which provided free membership, advice and fitness programmes and set them challenges for the 19 weeks. As well as on-air updates, the pair cleverly used social networking to raise

awareness, gathering a great deal of local publicity for the station. They used a Just Giving page to raise funds and also took part in special events around town – ironically holding a cake stall and a special auction. The judges were impressed with their efforts which not only raised thousands of pounds for the station but helped raise its profile significantly. The pair also lost 7.5 stone in weight!

### Highly Commended: Elaine Craig, Radio Lollipop, Edinburgh



Elaine is a long-term volunteer with Radio Lollipop and a dedicated fundraiser. She heads up the Radio Lollipop Ball organising team with fellow volunteer Graham Barr; the event's been running for five years. Last year's was James Bond-themed and the judges were impressed with what they were told about the event, a flashmob choir, silent auction and other events raising over £20,000 for the charity. Elaine attracted sponsorship from local businesses. In the past year, she also worked hard to get Radio Lollipop recognised as a Community Star winner – again raising yet more money for the station.

# Celebrating Hospital Broadcasting Week



Radio Halton volunteers had an information afternoon on Thursday 28 March from 4pm till 8pm just inside Entrance 1 of Halton General Hospital to explain what the volunteers do to help patients. They had a supply of free pens to make a request for a song for someone in hospital

Volunteer Pam Eastwood said, 'Many patients don't realise the free service is there and music really does help people relax through stressful times.'

Find out more from the Radio Halton website at [www.radiohalton.org](http://www.radiohalton.org) or email Pam at [info@radiohalton.org](mailto:info@radiohalton.org)



*Volunteer Rob Carter chats with patient Kathleen Johnson*



Bedrock participated in Hospital Broadcasting week with a celebration of all things good about Hospital Radio, celebrating the work of their volunteers and raising awareness of Hospital Radio across the UK.

Over the week, Bedrock took part in fundraising and promoting their work in and around the hospital and local area. Thus included promotional stands to recruit volunteers to join the team.

For patients in Queen's Hospital, Bedrock provided regular request shows, with volunteers visiting the

wards every weekday evening.

There were a number of events over the week including Bedrock's Easter Raffle draw, Charity Collections at Romford Greyhound Stadium and also Lakeside Shopping Centre.

Around the Hospital Bedrock broadcast from the foyer to raise awareness of Bedrock Hospital Radio.

Bedrock Chairman, Mathew Watson, said, 'Hospital Broadcasting week is a fantastic way to celebrate the work we do within our local community. We provide a unique service to patients in hospital to help them through their stay and we are always on the look out for volunteers.'



To mark Hospital Broadcasting Week, Northern Air decided to hold an open evening with the hope of recruiting new volunteers.

We started with an introduction to our radio station about what is required in the running of Hospital Radio, ie the most important part is visiting the patients. The team had been onto the wards earlier collecting a great number of requests for the evening.

Patron and former Manchester City player Fred Eyre and now a sport's pundit with Radio Manchester, presented Ajay Ramtohul with a certificate for being short listed as Best Newcomer in the Hospital Radio awards.

We introduced a new innovation to the station this year with the introduction of 'Volunteer of the month' certificates to worthy members. Our first two certificates went to John Bailey, our membership secretary and Steve Martin, our programme controller for their sterling work at the station.

Dave Nicholson joined us on the phone line to tell us about the successful weekend at the conference for the awards to his station. Dave was very pleased to receive the John Whitney award for his dedication to hospital broadcasting over many years.

We then joined in the A to Z of Pop quiz organised by Richard Smith. What a fabulous job he and

his team did for the week. Our team managed to score 19 out of 20, apparently we came second because we answered the tie break question.

To round off the evening, we spoke to President June Snowden who was in France and she spoke about all the advantages of Hospital Broadcasting and the pleasure it gives to thousands of patients across the country.

Since the open evening we have had a great deal of interest.



Bridgend (BLFR) arranged a table for Hospital Broadcasting week in the main corridor and were able to take requests from patients, visitors and staff.

We also had leaflets printed with info about BLFR.

We were very fortunate to contact one of our local Welsh assembly members who came for a visit and ended up reading requests on our live show, which gave an insight to the advancements of technology we have.

The team rallied around during the week to produce additional shows which included an interview with local musicians who have toured with various big names together with a few specialist shows.

All in all it ended up being quite a successful venture and we are looking forward to next year's event with hopefully a few more new members on board.



# Blackpool Rocks

Blackpool rocks alright and that was just the blizzard conditions as the worst March in 47 years accompanied our Conference by the sea.

Driving from Scotland would be the first challenge as traffic reports advised not to travel at all but all too late to get the train now. Graham Sloggett from Audessence had already been posted missing due to the snow so he wouldn't be at the trade show and he hadn't missed a conference yet.

So off went our little delegation of three from Victoria Radio Network whose HBA Awards entries were hampered this year as a technical and fund raising drive towards streaming the broadcasts took up so much time. Always time for a Presenter of the Year entry though but I was the only entry to make the deadline and hey, received a nomination to the top ten.

Motoring south, I was aware of a 'beep beep' noise from the rear. This was Steve Anderson doing trials with his brand new camcorder. Not just your ordinary camera mind, this was state of the art HD recording to high capacity memory stick bought at no great expense for £99 from a well-known European supermarket.

'Not a Sony or a JVC then?' I remarked only to be rebuffed with 'Why pay £400 or £1000 when these are the same?'

It would be a long journey.

Further two hour delays on the M6 due to a lorry spillage didn't help but at least (beep beep) we would have the journey chronicled for a future documentary.

Blackpool hadn't changed much since our last HBA Conference seven years earlier. Sure they had new trams and still had a rare HMV store but the majority remained the same. As for changes in hospital broadcasting? Some development here though at our wee service. In 2002 we opted for LPAM to reach all parts of the hospital buildings on split sites but within the last two years the hospital has become one site with a new build and with it new bedside technology. Our friends in the NHS ensured our signal would be fed to all sets and welcomed the 24 hour service especially for isolated wards and private single areas. So we opted to upload our programmes via the internet which

## John Murray from Victoria Radio Network looks back on a memorable weekend



**John Murray receives his signed copy of John Myer's Book 'Team'**

would be picked up by hospital services for internal distribution.

So after 42 years on air through landlines, AM and plastic tubes the new bonus was that anyone with a laptop or smart phone could also tune in to the tailored programmes.

VRN Chairman Bob Small said, 'This marks an important day for the station. Months of work has been going on behind the scenes to prepare the studios for online streaming and it's great to see it all coming together.'

'Being able to listen to our output online gives hospital users even more ways to tune in and to interact with us. The new studio has a modern open layout and is terrific for having guests and live musicians in to entertain the listeners. We also hope it will encourage more volunteers to get involved with the station.'

Listeners can tune in by visiting <http://www.vrnkirkcaldy.com> and Neil Ingebrigtsen, our IT guru even managed the web player to have multi options to listen on multi-platforms.

Having joined a voluntary community radio station in Edinburgh, careful editing meant that guest interviews could be used at both locations and of course differing audiences. So guests on my hospital radio programme could

be heard later in the week on another station and vice versa with the common factor being me. Guests have welcomed this process as they reach more audience and I am sure that more collaboration between hospital and community radio is the way forward.

Launching his album on my programme, singer Bruce Davies was astonished to answer phone calls direct from the hospital. One caller was in the car park waiting for visiting time and asked where he could purchase the album.

In the past year, guests have included authors Ian Rankin and Val McDermid, the new Scotland manager Gordon Strachan and one of last interviews with jazz legend Kenny Ball.

The most response however, came from the visit of Stuart Wood who was known as 'Woody' in 70's boyband Bay City Rollers even before there were boybands. Until then he rarely spoke of his pop idol days but on this occasion he had been consultant on a new EMI compilation CD called 'I Grew



**John with Ian Rankin**

Up in the Seventies' so this was a promotional tour. Because we trailed the interview on Facebook, interest was growing before the show and emails came in from New Zealand to say 'we are waiting up for the interview' (I have an afternoon show and it was 2.30am down under).

At the end of the piece when Stuart left, a caller from Halifax Nova Scotia called to say how this had revived her teenage years – too good to miss. I put her on air to share her memories with her enthusiasm spilling over the ether.

All, well most of these experiences, had to be edited into my five minute Presenter of the Year entry and, of course, some

# Blackpool Rocks

programme content just could not be left out. I interviewed the chair of the NHS at his home for broadcast and he endorsed our radio service in the recording! He said that with the new streaming service, the hospital network could lift the link and send this to all available bed sets.

I had a great interview with support volunteers who were fund raising for Edinburgh Sick Kids Hospital with a sponsored event so that had to be in and of course I caught up with Alan Dedicoat at last year's conference and asked him about his own hospital radio days so I could not leave that out.

Finally, during one of the open days at Maggie's Centre (cancer day care), I interviewed the users, fundraisers and manager as we all joined in with the sales, raffles, tombola and music of the day.

The Adobe Audition software came in to play and already I had 20 minutes back to back recording. It took two days to edit down to 4 minutes 57 secs so a lot had to go.

Nominated as a finalist for the awards is recognition enough but this weekend what chances of a trophy?

Saturday morning at Conference and I was among the first to visit the Trade Show just as it opened and before many traders had set up. P-Squared were there though and as we have used Myriad playout software since it was invented, it was good to chat technical and see a full demo of the S6 Digital studio. At £12,999 (+ VAT) it would take a lot of fund raising but I like a challenge.

The Devaweb seminar was enlightening and lunch with Dave Nicholson was a good chance to catch up with all the fine work at Radio Tyneside. He would have an emotional Saturday night ahead too with his John Whitney Award well deserved.

But still time to explore Blackpool in brief. It must have been the most blustery of days but undeterred our party hit the town and even ventured along the South Pier, the only fools to do so as we almost got stranded as the gate was locked behind us when we braved the gales on the boardwalk.

All the old Blackpool is still there and memories of childhood of staying at the Imperial, Bedford Hotel and Butlins across the road



**Steve celebrates with a member of the Hilton staff**

came back to me and yes, we spent too much on rock to take home – but how can you not do so?

It's easy to get around the town and having missed the Friday night quiz we had sampled the nightlife too with a visit to Roxy's, hosted by a cross dressing DJ playing cheesy hits all night to hen parties or live vocals from the Motown years at Soul Cellar. We had time to buy a birthday cake too as it was Steve's significant 60th birthday and he was also celebrating half his life as a hospital radio volunteer too.

Soon it was time to polish shoes and dust of the tux for the highlight of the HBA year – gala dinner at conference. Always a spectacle, in previous years we have seen ice sculptures, dancing girls, radio industry personnel, celebrities, comics and even the exec in costume (from Coventry motor Museum). Question was – could we have a surprise over gala night dinner? I checked with the Exec and host Sean and the hotel staff who had to be in on the reveal. All was well and cake in place ready for the announcement during coffees but before the break. At the given moment President June offered congratulations and Sean cued the birthday song and right on cue came the waiting staff with cake and candles. They wanted photos too for their staff magazine so Steve had to proudly pose complete with Highland Dress in full kilted outfit.

Now for the Awards and if you have ever been nominated, you will sense the anticipation. Sure you

know you are top ten but trophies for bronze, silver and gold. I was ready as Paul Sylvester from Absolute Radio took to the stage to announce I had won bronze – this was a bonus to a wonderful weekend.

The party had started and well done Steve Allen and Rookwood Sound who took to the spirit in fancy dress.

In previous years us Scots have been known to party all night and still attend breakfast by staying up all night but in these advanced years 2am was long enough but not before a chat with radio legend John Myers and a signed book as souvenir.

Sunday arrives too quickly and farewell dinner a relaxing way to part company with so many radio friends made over the years.

Our birthday boy Steve was at church but left strict instructions to get him some raffle tickets in case he was late. He did arrive in time for the draw and won an early prize picking up a Roberts digital radio.

'You didn't take the One Directions tickets then?' I said when he returned.

'No use for them' remarked Steve happy with his prize.

'EBay would have been a good sale for the sold out show' said I but then my ticket came up. Torn with what to choose, I opted for a bag of DVDs which at least would make good radio prizes if I didn't like them.

Of course Steve had to retort 'No One Direction tickets then?' putting me in my place.

Reflecting on a vintage weekend as we prepared for our drive north, I asked Steve did he get any footage of me getting the award with his camcorder? 'It won't hold its charge' he replied, 'it's goosed'.

It would be a long journey.

**John Murray**



# 'I'm In the Mood for Love'

Attending this year's annual HBA Conference in Blackpool was a thrilling opportunity given to me by the organisers when they offered me a bursary to attend.

My one-hour radio documentary had also been shortlisted for the 'Best Specialist Music' category, so it was a whole new experience for me and quite a reward after volunteering at City Beat Radio Station (UCLH Hospital Radio) for the past two and a half years.

I arrived on Friday afternoon in Blackpool from London and once I'd settled into the hotel following a warm welcome by the conference organisers, I made my way to the foyer to sign up for some of the many trips available over the weekend – the first was to visit the local hospital radio station 'Radio Victoria' that afternoon. It was interesting to meet the team, see their set up and have a chat about the way they function compared with our station at UCLH. In some ways they were more advanced and that offered me new ideas to present to our station and in other ways it made me appreciate how lucky we are with our facilities and the ample space we have in our two studios.

As well as having an opportunity to visit a city I had never seen before, relax in the environment of a luxury hotel and be able to use their spa facilities, I was constantly bumping into other volunteers from Hospital Radio stations around the country and being able to talk to them about how and where they volunteer and their experiences. That was what was so great about everyone being in the same environment for the whole weekend because you really did get to know so many people without the formality of a one-off event you can sometimes have. For example I bumped into Paul Sylvester from Absolute Radio in the lift of the hotel on a couple of occasions and then attended his excellent seminar on Programme Preparation – Fail to Prepare, Prepare to Fail.

I took many notes during his seminar which gave me a much better insight into radio broadcasting as a whole, be it from a hospital radio perspective to a leading radio production company – we all have to function in a similar vein when it comes to preparing for your radio



programme and thinking about who your audience is.

My colleagues from City Beat radio station joined me later Friday evening for the Quiz and we divided ourselves over the weekend to attend the different seminars so that we could discuss them afterwards. These included station branding, fundraising, the AGM, learning your laws within broadcasting and seeing what was also on offer at the Trade Show and the different advanced studio equipment that is available to buy.

Of course, one of the main highlights was the Gala Dinner and Awards Ceremony on the Saturday evening which we all got dressed up for! It was a very glamorous occasion as it was laid out beautifully from the lighting on the stage for the Awards to the whole candle-lit dining experience. It really marked how important the Hospital Broadcasting Association is and how many people offer their services on a voluntary basis – including all the organisers.

It brought everyone together in one room and everyone in attendance was made to feel extremely special and appreciated. It also offered an opportunity to learn about all the other hospital radio stations and the various different styles of programmes they have produced throughout the year as we heard clips for each nomination.

When the category was announced for 'Best Specialist Music Programme' we were all on tenterhooks at our table as this was the one which my programme, 'I'm in the Mood For Love – The Story of Jimmy McHugh' had been shortlisted for. The Bronze and

Silver were announced and I really thought that was it and then they announced that the Gold went to 'City Beat' and I rushed up to receive the award with my extremely high heels on!

What was an extra bonus for me personally was being given a Sony Digital Radio to take home and therefore gave both the station and myself something to put on our mantle pieces! It was a real evening of celebration and excitement for everyone there and the music and dancing carried on until the wee small hours – again an opportunity to meet more people from all the other stations in a more informal context.

Overall I thoroughly enjoyed every part of the weekend as it was so informative and enjoyable with the added advantage of being in a relaxing and comfortable environment with lots of friendly faces.

I am extremely grateful for being given an opportunity to attend and for receiving my first award for something I am very passionate about. It's been a wonderful opportunity learning about hospital radio over the past two and a half years at UCLH and meeting all the patients. I have a much better insight about how beneficial these stations are for the thousands of patients listening in their beds throughout the country – it's a honour to be part of this organisation and I hope to contribute to it much more in the future. Thanks again to everyone involved!

**Hayley Redmond**  
**City Beat Radio Station**  
**UCL Hospital Radio**

# Over the Pond and Over the Airwaves

The past year I've spent volunteering with Radio Northwick Park in Harrow, north west London, has been entertaining, educational and personally fulfilling for a Yankee girl who moved to the UK to create a second career as a broadcaster. So I couldn't wait to represent my station – and have the pleasure of travelling with them – for my first HBA Conference.

As a Journalism Masters student with a limited budget, I was most grateful the bursary enabled me to make the journey to Blackpool. I didn't realize how seldom I get out of London until I was on a train speeding through the chilly English countryside dotted with sheep, rivers, farmland and yes – snow. The whole weekend was doomed to be frozen and so the warm welcome of the Hilton Blackpool was a relief indeed.

I could have spent three days just gazing out my hotel window at the sea. However, I would have missed the fellowship, food and festivities waiting for me at the conference. The first buffet dinner was quite educational as I had to ask my fellow travellers why the servers kept referring to the carvery ham as 'gammon'. Even after two years in this country, I've still so much to learn.

The weekend began well as my RNP team and I were fortunate enough to score the winning prize at Friday's quiz – two bottles of Champagne which we saved for the following night's banquet. My meager contribution was knowing the capital of Pennsylvania. Otherwise, my musical knowledge gained from growing up across The Pond made me a bit of an alien and I relied heavily on my team mates' expertise.

Saturday gave me an opportunity to tour Radio Wave. The station's editor showed us how they make the best use of their small but serviceable facilities and clearly provide an excellent local service to the listening public. The Saturday news journalist indulged our tour group and shared how she tailors her coverage to the community and then slipped smoothly into the booth to deliver her hourly bulletin. Morning presenter Hayley Kay kept us entertained as she interspersed live links with answers to our questions about



her broadcasting experiences. ('A bit of an inconvenience!' she joked about her narration being repeatedly interrupted by having to go on air). Her story was an encouraging testimony to knowing exactly what you want and creating opportunities and I was inspired to continue pursuing my broadcast dream.

At the Trade Show, I was fortunate to preview the new mixing board Radio Northwick Park has ordered and accept that we will all soon need to learn this new system. One thing I've noticed is that many stations (including my university campus) use the Myriad playout system and I'm wondering if that might be a direction for RNP to explore, as we're currently using Ot's. In any case, I'm eager to learn as many formats as possible.

The portion of the Programme Preparation seminar I was able to attend was helpful in suggesting ways to make shows more relevant and appealing to the hospital audience. Something as simple as including interesting facts about patients in their song requests made a bit more sense than the current forms we use, which only ask for 'hobbies.' We learn quite a bit about them in our conversations and sharing things beyond just gardening and classical music can really personalise the request show. Absolute Radio's Paul Sylvester offered many useful insider tips on presenting that can give our shows a more professional feel.

Saturday evening's banquet promised to be a grand event and I

was honoured to sit amongst fellow volunteers, both from my station and around the country. We enjoyed our fill of dinner courses, as well as an impressive taste of the talent scattered across the UK in our many hospital stations. Certainly the highlight of my night was receiving the Bronze Award for Best Newcomer and even more humbling was having it presented by the Mayor of Blackpool, Mrs. Sylvia Taylor, who was actually facing surgery the following week but still honored us with her presence and fulfilled her duties.

It was hard to believe how quickly Sunday arrived (I suppose we did stay up late to usher it in) but the final day of the conference actually afforded some decent weather in which to step outside the hotel and take in a little sea air. I also caught the rerun of the Risky Radio seminar about broadcast law and liability. Andy Carter's presentation was entertaining and extremely useful – a good review of the media law I studied last semester, using practical examples to test our knowledge.

The final dinner was possibly my first break from the tradition of eating some form of potato at every meal. Nonetheless I found it satisfying, even as I pondered how long it would take my stomach to revert to its normal size after so much food over the weekend. My RNP compadres were not as lucky with the raffle as we had been with the quiz but at least the money was for a good cause.

I again express my thanks to the HBA for enabling me to experience and enjoy this weekend where I was able to meet other volunteers and become closer with my own station representatives, especially those who work on different nights of the week. It was fun to escape London for a few days and gain so much that will be useful in my future volunteering.

I have a better perspective now of the unique enterprise which is hospital radio in the UK and I'm especially grateful as its equivalent does not exist in the US. It also strikes me that as a future professional who intends to focus her career on making a difference for people through broadcasting, partnering with the HBA and Radio Northwick Park already gives me the opportunity to do exactly that.

**Wendy Sherer**

# Noticeboard

## Highest Honour for June



HBA President and Rotarian June Snowden was recently welcomed into the Paul Harris Fellowship, the highest honour that can be bestowed within the Rotary Club.

June, a member of Ely Hereward Rotary Club, received her award from Mayor of Ely, Will Burton at the City of Ely Golf Club, with dozens of Rotarians from clubs around the district turning

out to support her.

June has raised hundreds of pounds for charities in the Caribbean and India.

President of Ely Hereward Rotary Club Gary Gardner said, 'June has worked tirelessly for the club as well as for charities overseas and at home. It is a privilege to give her this award in recognition of her outstanding service'.

*Photo courtesy of Ely Standard*

## Can You Remember the Beatles in Croydon in 1963?

Radio St Helier in Carshalton, Surrey has been approached by the Fairfield Halls in Croydon, a large popular venue for a variety of popular acts, who are celebrating their 50th anniversary this year and have made an appeal for photographs and memorabilia to use on their website to create memories of this period.

One photograph that has come to light is of John Lennon and Ringo Starr being interviewed backstage by a Mrs Kirby with a large reel-to-reel tape recorder, taken on 25th April 1963 when The Beatles were appearing at The Fairfield Halls as part of a 'Merseybeat Showcase'.

On the same bill were Gerry and The Pacemakers, The Big Three, Billy J Kramer and The Dakotas and John Leyton. The photo was taken by Andy Wright who was about 14 at the time and had permission to take some photographs back stage.

Mrs Kirby is no longer alive but it was believed she was doing the interview for the hospital radio station at St Helier Hospital.

As Radio St Helier did not start till

1970, the interview was not being done for us and I have contacted other local hospital radio stations but they unfortunately also know nothing of this interview.

The Fairfield Halls would like to know any further details of the interview and if the recording still exists for their archives.

Unfortunately the photograph is copywrited but it can be seen at [www.fairfieldat50.com](http://www.fairfieldat50.com)

Put 'Beatles' into the search archive with any word or year box, you get a page with 12 images on. The photo is the tenth from the top.

If anyone can give any further information about this interview, please contact Laura Roberts, Press Officer at The Fairfield Halls at [publicity@fairfield.co.uk](mailto:publicity@fairfield.co.uk) or contact me at [engineer@radiosthelier.co.uk](mailto:engineer@radiosthelier.co.uk)

**Paul Reynolds**  
Station Engineer, Radio St Helier

## Equipment Dispersal

Following the closure of East Herts Hospital Radio and to comply with our constitution, we have a small quantity of equipment to distribute amongst other hospital radio stations.

The major items are:

- Soundcraft Series 10 mixer<sup>1</sup>, with its PSU,
- Custom frame for Series 10 mixer
- Custom 19 inch rack for playback equipment
- 24U 19 inch rack
- Cabling & connectors
- CD, mini disc and cassette units,
- Marantz PMD222 mono portable cassette recorder and other studio equipment

We would like these to go to an active hospital radio station, we don't really want someone to take it 'because they can'.

There are a number of CDs and we haven't decided whether to give these as a single batch or as three or whether to sort them by 'classical', 'musicals', 'jazz', etc.

The recipient station will need to make arrangements to collect the items from Welwyn Garden City, Herts, at a mutually convenient time. We suspect the mixer, mixer frame, payout frame and 24U rack could be worth travelling for but much of the other equipment would only be of interest to more local stations.

Stations who would like to take this equipment should email: [sbarber@sis.tv](mailto:sbarber@sis.tv), explaining what they would plan to do with it. The EHHR committee will decide who has made the best submission and will make contact to arrange collection.

**COPY DATE ISSUE 143**  
**20TH JULY 2013**



## Date for your diary National Training Day

**Saturday 5th October 2013 Birmingham**

Training tracks 'Fundraising' and 'Presentation Skills'.

Further information and booking forms to follow soon.

In the meantime for further information about the training workshops and location contact **Jim Simpson** ([chair@hbauk.com](mailto:chair@hbauk.com))

# Shared Programming for Stations

These programmes are for hospital radio stations to use in their own schedules. All provided free, mostly as downloads. I have contacted most of the presenters/producers who are happy to give their go-ahead. I haven't received details from some but the list is quite comprehensive.

## **The Music Box**

Presenter: Gordon Low

60 x 30 minute programmes plus 4 Christmas specials. Download in MP3 format at either 128kbps or 256kbps or on CD-R or DVD-R.

More information [www.MBOnline.co.uk](http://www.MBOnline.co.uk)

## **The A to Z of Pop**

Presenter: Richard Smith

Generic programme with no mention of days, times or seasons, each programme playing artists and song titles starting with a letter of the alphabet or going through an A to Z of a particular year. 1 or 2 hour specials. Each show 57mins 30 secs with some 1 hour 57 mins 30 secs. Free on CD

## **Comedy Hour**

Presenter: Ray Oxley

Generic programme with clips from TV comedy shows with music. Ray Oxley appears at start and end of each show which last 56 minutes  
48 shows plus 4 Christmas specials  
Series has been re-edited since originally released in the 1990s.  
Contact [rayoxley@yahoo.com](mailto:rayoxley@yahoo.com) and link will be sent for downloading or send blank DVD.

Contact by post, 25 Ford Street, Delves Lane, Consett, Co Durham, DH8 7AE. Tel 01207 507286

## **In Concert**

132 shows featuring a concert from a different artist or group. Each show about 56 mins. Contact as Comedy Hour.

## **Golden Years**

Presenter Ray Oxley

Generic programme, featuring news and music from a specific year 1953 to 1995. News clips from BBC News and Pathe for the older years. Ray Oxley appears at start and end of each show lasting 55-56 mins. Contact as Comedy Hour.

## **The Chart Show**

Presenter Ray Oxley

Top 20 from 60s, 70s and 80s from specific weeks. All shows roughly 57mins  
Contact as Comedy Hour.

## **The Vintage Years**

Presenter: Jim Simpson

Music, facts and information from the 1920s, 1930s, 1940s and 1950s. Shows last 57 minutes 30 seconds  
Download via Dropbox as MP3 or CD  
Contact: 07715 050008 or [jim@thevintageyears.co.uk](mailto:jim@thevintageyears.co.uk)

## **Elvis Uncharted**

Presenter: Phil Smith

HBA Gold award-winning series, Phil Smith concentrates on Elvis Presley the recording artist. No track featured was a UK singles chart hit. Rock and roll, country, pop, movie songs and ballads from the early days in the 50s to live shows of the 70s. Format: mp3 (supplied on CD) 24 shows, 27 mins each. Shows do not mention a station name and simply refer to hospital radio and contain 100% unique track content, not repeated in other shows. Contact details: [rugbyhr@hotmail.com](mailto:rugbyhr@hotmail.com)

## **At The Hop**

Presenter: Iain Smith

Series of 25 pop shows from late 50s featuring big hits from the USA and UK and tracks you may not have heard before. Iain won Gold at the 2005 HBA Awards for his piece on Bobby Darin, Dream Lover, Mack The Knife and Things. 27 mins.

Format: mp3 (supplied on CD)

Shows do not mention a station name and simply refer to hospital radio and contain 100% unique track content, not repeated in other shows. Contact: [rugbyhr@hotmail.com](mailto:rugbyhr@hotmail.com)

## **On The Sunny Side Of The Street**

Presenter: Ken Anton

Series of one-hour programmes from the 1930s, 40s and 50s featuring the Crooners, Dance Bands, Big Bands, vocalists and soloists including the Andrews Sisters, Charlie Kunz, Bing Crosby, Doris Day, Al Bowlley, Henry Hall, Peggy Lee, The Manhattan Transfer, The Jive Aces. Exactly 55 mins. 52 programmes, more planned.

Programmes available free for use on hospital radio or community radio on the basis the station assumes usual liabilities for performance and broadcast licences and permissions. Programmes by post on a data DVD.

Some programmes available for download, eg Skydrive.

Cost: Just postage costs for DVD

Custom trailers can be recorded for stations mentioning specific days and times, if required.

Contact: Ken Anton, c/o BridgeFM Hospital Radio, Ninewells Hospital, Dundee, DD1 9SY. email: [ken.anton@yahoo.co.uk](mailto:ken.anton@yahoo.co.uk)

## **In The Drawing Room**

Presenter: Ken Anton

Series of one-hour programmes of light classical and chamber music for relaxing. Slow, thoughtful pieces and some lively ones to conduct your own orchestra to. Programme 56 minutes.  
Currently 40 programmes, though target is for at least 60.

Distribution: As on the Sunny Side.

## **Get Out These Old Records**

Presenter: Ken Anton

20 x 30-minute programmes of music from the British Dance Bands of the 1920s to 1940s. Originally recorded late 1990s, some tracks also used in Sunny Side programmes.

Format mp3 mono, 128kbps

Distribution: As on the Sunny Side.

## **National Hospital Radio Request Chart**

Presenter: Mark Snowdon

Combines requests from UK hospitals in second week of January, the only chart that counts all requests made by patients and visitors to hospitals across the UK. Full payout of Top 10 plus features songs of the year and their popularity, No. 1 requests at other hospital radio stations and interviews.

Distributed as downloadable MP3 or CD  
[mark.snowdon@radiogeneral.co.uk](mailto:mark.snowdon@radiogeneral.co.uk) or telephone 0772 544 7952.

<http://www.requestcharts.org.uk>.

## **Live Wire**

Hosted by Phil Ray. Produced by Steve Osborne Media. Networked music, talk and entertainment show hosted by Phil Ray. Show broadcast to syndicated radio stations on FM, AM, Online and hospital radio stations. Classic hits, chart music,

new artists, celebrity/personality interviews, Entertainment Express with the latest entertainment news. Call 0843 2893358 or e-mail [mail@steveosborne.info](mailto:mail@steveosborne.info) Hear interviews at [www.livewiretalk.co.uk](http://www.livewiretalk.co.uk)  
Updated weekly, available as 2 MP3 files around 55 mins each or 1 MP3 file of 2 hours via download from a web site.

## **The Chill Factor**

Presenter: Colin Hanslip

Two hours of eclectic mix of instrumental tracks and acoustic versions of well known songs. Updated weekly. Available to download in 4 segments (2 per hour) Available free of charge on Catchup Media syndication service. To register, complete subscriber form on [www.catchupmedia.co.uk](http://www.catchupmedia.co.uk)

## **The Pulse**

Presenter Matt Vaughan

Weekly updated 2 hour show via yousendit as 2 MP3 files per hour. Show biz and entertainment news and new and current chart music.

## **Catchup**

Presenters: Viv and Cat

Relaxing programme aimed to those who like light banter and a great music mix. Updated weekly Available to download as a 1 or 2 hour show in 3 segments per hour Available as The Chill Factor.

## **Back to the Year**

Presenter: Keith Martin

Music, memories and events of a different year each week. Updated weekly to download in 3 segments for hour long show. Available as The Chill Factor.

## **The Top 40 Showcase**

Presenter: Keith Martin

Review of what's new on the week's top 40 singles chart. Weekly update, available to download in 3 segments for hour long show  
Available as The Chill Factor.

## **Europe Rocks**

Presenter Miguel Da Silva

Anthemic tracks from around the world – from yesteryear to new releases of today. Updated weekly Available to download as hour long show in 3 segments. Available as The Chill Factor.

## **Oldskool**

Presenter: Stephen Daly

Furbys, Tamagotchis and Pogs. We love the 90s and 00s on the Oldskool Show. Stephen Daly digs through his old CDs and tapes and play songs you haven't heard in ages. Updated weekly. Available to download as hour long show in 3 segments. Available as The Chill Factor.

## **The R'n'B Show**

Presenter: Stephen Daly

A mix of the coolest new RnB tunes and old skool favourites, featuring artists as Chris Brown, Dr Dre, Flo Rida, Jennifer Hudson, Kalifa, Kesha, Loick Essien, Noyo, Shaggy, Skepta and many others. Updated weekly  
Download as hour long show in 3 segments Available as The Chill Factor.

## **New Music Show**

Presenter: Alan Rowett

New and future releases of singles and albums. Updated weekly. Sent out via yousendit as MP3 files. 1 hour show as 3 segments, segment 3 comes as a short version, long version or very long version. 1 hour MP3 is also sent  
Contact Alan at [rotationmedia@aol.com](mailto:rotationmedia@aol.com)

**Features and short stories in next On Air**



## British Sound Recording Association

I am a member of Radio Cherwell in Oxford and have been for 42 years, so I am well aware of the internal HBA competition. It seems to me though that wider exposure of the work of the Hospital Broadcasting network could be achieved with entries in the British Amateur Recording Contest.

Many years ago, Radio Cherwell entered the competition and achieved a top place in the then HBA and Talking News category.

Things have changed a little since then but the competition is still run annually and the winning entries in each category are sent to the International Competition. This is held in a different country belonging to the International Federation each year.

There are many categories within the competition and they cover music recording, speech based work, sounds from nature and electronic music, to mention just four. There is an annual set subject too, this year being 'Nature Experience – Experience Nature'.

The annual prize giving is held in November and trophies, certificates and prestigious prizes are awarded. This year the event will be in Banbury. It usually takes the format of a talk on an appropriate subject in the morning and then the playback of the winning entries and awarding of the prizes in the afternoon.

It is a really good opportunity to meet others with an interest in sound recording and to discuss methods and equipment.

Should any member reading this be interested, please contact the Contest Secretaries at 9 King George V Drive West, Heath, Cardiff, CF14 4ED.

barc@soundhunters.com

Should any member be interested in joining the BSRA or need further information on the association, please look at our web site [www.soundhunters.com/bsra](http://www.soundhunters.com/bsra)

**Peta Simmons**  
General Secretary  
BSRA

## Tunbridge Wells Provide Online Cricket Commentary

Patients in the Tunbridge Wells Hospital at Pembury and Tonbridge Cottage Hospital were again able to enjoy ball-by-ball coverage of the four day County Championship match between Kent and Leicestershire as part of the Tunbridge Wells Cricket Festival, thanks to the volunteers at Hospital Radio Tunbridge Wells.

The coverage was also made available to cricket fans online who were unable to get along to the Nevill Ground to watch the action in person via the charity's website at [www.hrtw.org.uk](http://www.hrtw.org.uk).

The station's commentary team of Chris Woodward, Chris Reed and Joe Mendell were based in the Pavilion to provide ball-by-ball commentary, whilst Chris Manser and Tim Godsolve were based in the Hospital Radio studio to provide regular updates on the scores from other games around the country and other sports news available during lunch and tea breaks.

Chris Woodward, who co-ordinates the coverage for Hospital Radio commented, 'we were delighted to be able to provide commentary on the four day match again this year, our thanks to Kent County Cricket Club for allowing us to attend'.

The team have been providing ball-by-ball commentary on matches from the Nevill Ground for the last seven years. Although coverage of the event originally started back in the mid-1970s when volunteers from the radio station had their own cricket commentary tower constructed at the ground and had to do the commentary by telephone.

Station Manager Chris Manser said, 'despite the fact the BBC have now followed our lead and started to provide online coverage of the matches in Tunbridge Wells, we still feel it's important for us to provide our ball-by-ball commentary for patients who cannot hear the BBC coverage. Cricket fans around the world can also get to enjoy the match online.'

'In the past couple of years we have had some very positive feedback on the quality of our commentary'.

## On the Move

Grantham Hospital's radio station, currently located in a Portakabin in the hospital grounds, will be moved to new facilities within the hospital during the next few months.

Radio Witham has been running continuously since 1977, when a small group of local volunteers set up the

service to broadcast the weekly church service from the hospital chapel to the wards.

The station is funded by the League of Friends of Grantham Hospital and provides programmes for the patients, visitors and staff. It recently received a donation of £500 from RAF Cranwell Craft and Gift Shop, for equipment for the new studio.

A spokesman for the radio station said, 'A great deal of work will be required to re-site the studio and we thank RAF Cranwell Craft and Gift Shop for their generous donation which will improve the quality of our broadcasting to our patients, staff and visitors'.

Radio Witham sold hundreds of vinyl records (albums and singles) and CDs that are no longer required, at the League of Friends of Grantham Hospital charity sale at Great Gonerby Social Club in April. There was also a tombola, bric-a-brac, books and clothes stalls.

## Birthday Broadcast for Radio Odstock

Salisbury District Hospital's radio station, Radio Odstock, celebrated its 60th birthday recently by broadcasting live across the city and surrounding areas over the Bank Holiday weekend.

The three day broadcast on the FM network started in the early hours of Saturday and carried on until late on Monday.

People who have previously been associated with the station, which has about 40 volunteers, were invited to visit and a raffle was held to raise funds for a new roof.

## Award for Young Volunteers

Tyler Skerton and Adam Walker were nominated by colleagues at Radio Northwick Park for going above and beyond the normal duties of a volunteer and were awarded £200 through the Jack Petchey Foundation for their hard work at the station.

Tyler was recently made assistant studio manager on the station's new requests show on Saturday mornings and Adam was given the role of assistant studio manger.

Tyler said he was honoured to be awarded the Jack Petchey award and it makes it more special knowing it was voted for by fellow volunteers.

Adam commented that he too was honoured and joining the station has given him a wonderful opportunity to help people in the hospital and brighten up their day when they visit them.

### Wales and West Region: Training Event

## Adobe Audition, Presenter Coaching and Studio Discipline

The intention of Wales and West Region Training Event is to focus on the above topics in a workshop environment and in particular to address the following;

- ❖ *Basic introduction to Adobe Audition.*
- ❖ *How to create a simple audio promotion.*
- ❖ *Using your own material, develop your audio in to an appropriate trailer or promotion ready for air play.*
- ❖ *Get the best out of co-presenting.*
- ❖ *Preparation techniques.*
- ❖ *Studio etiquette.*



This event will be hosted by David Hoffman, David began his career as one of the founders of Radio Nightingale, the hospital radio service in Rotherham. As a professional broadcaster, he has held positions with local and national radio and has hosted shows on around thirty different stations. David continues to present radio shows in East Anglia.

David is a consultant to Barrcode Ltd, and has assisted them to adapt their radio playout system for the industry. An author too, David published "Getting on Air", a book based on his 30-plus years of experience within the radio industry.

Share your experiences, get answers to your questions and take away new ideas from this excellent and interactive workshop. You have the opportunity to bring your own raw audio material with you in .wav or .mp3 format, so you can start working on your own project. There will be audio examples and some practical exercises for everyone to take part in.

**Sunday 7<sup>th</sup> July 2013**

**Lecture Theatre, Princess of Wales Hospital, Bridgend**

**Only £10 per delegate including lunch**

**Starts with welcome refreshments at 09.45 am**

*To secure your place on this event, complete and return the booking form together with your payment no later than Friday 28<sup>th</sup> June 2013. Booking forms are available on the HBA website – [www.hbauk.com/training](http://www.hbauk.com/training)*

***Alternatively contact [waleswest@hbauk.com](mailto:waleswest@hbauk.com)***

**BOOK NOW TO AVOID DISAPPOINTMENT!**

# Hereford Clocks Up 40 Years

It was during a hospital stay in 1972, that a young 20-year-old Dave Heggie, asked questions of the then hospital administration as to why the tubes on his bedside didn't have any music playing. It seems that the hospital had paid for the investment in the wards but didn't have any equipment.

Thus, a young Dave then approached the local Lions Club and Roy Romerill at the Herefordshire County Youth Service and Hospital Radio started.

Over the years, the service was extended to local hospitals in Leominster and Ross on Wye and to a number of old people's homes via BT landline. The Lions continued to be actively involved during the 1980s and provided the landline and commentary box and commentators at Edgar Street, where local side Hereford United play.

It was during this time that an unknown George and Myra Burton joined HHR and as well as spending their boundless energy in Hereford, found time to become actively involved in NAHBO (HBA former name).

George and Myra became well known around the UK, where they visited many stations and became the figurehead of hospital radio.

I only joined hospital radio in 1991, after my Nana stayed in



**George Burton 1992**



Hereford and I thought my love of music together with my knack of burning my skin with my soldering iron might come in handy! Some of you who know that smell!

My first trip to the studios found me underneath a Partridge desk within an hour and a few hours later, the Studio 2 was back up and working. Since that time we have managed to obtain over £35k in funding and have replaced the studios and upgraded and made our service more reliable and easier to use.

Over the last 40 years, Hospital Radio in Hereford has continued to grow although the audio lines to Leominster and Ross and the old people's homes have gone due to the increase in BT charges. However, it has an active membership and works with many organisations throughout the county helping it raise money to stay on air and entertain patients at the County Hospital.

For the last three years, thanks to help from the Hereford Lions Club, ([www.herefordlions.com](http://www.herefordlions.com) <<http://www.herefordlions.com>>) the station broadcasts its output via the internet, allowing patients

who are awaiting surgery to continue listening in via their internet radio, iphone or computer.



**Chris Hughes, Chairman of HHR with Ron Williams, President of Hereford Lions Club**

Just over two years ago, thanks to On Air, we acquired the old OB caravan from Hospital Radio Wey and we have had it sealed and resprayed and it is now our OB unit that we take to many local outdoor events.

About a year ago, I sat at my kitchen table and completed an application for the National Lottery; this was our first application and if I'm honest, it only took 45 minutes but within eight weeks, £10k was in our account and we spent this money with the guys at Vortex for some Comrex Access Hardware. I have to suggest if you are thinking of the Comrex solution, take advantage of their 'have an OB on us deal'. They will supply the hardware and Sim card for you to try. It was a lot of money to bid for so you need to make sure it does what it says on the tin!

Last October, our Award was mentioned during the Saturday Night Lottery Show (link is on our website). We have used this many times over the year and managed to get the local 'Three' store to donate a year's data SIM card, for a small sponsored message when we do our outside broadcasts.

It is right for me to mention Kidderminster Hospital Radio at this point, as for many years prior to my arrival in Hereford as engineer, an Andy Page from KHR was encouraged by George (he had a knack of that) to help out fixing the HHR studios.

# Hereford Clocks Up 40 Years

It was soon after my first NAHBO conference in Northampton, where George introduced me to the team from KHR, that Hereford and Kidderminster started to share some of their equipment to broaden the programming to its own patients. It also helped that I was Chairman of Hereford, and was courting their Chairman! Those were great times!

Some of you may not be aware that Kidderminster HR over the last couple of years has struggled in getting itself back on air, due to changes in healthcare in North Worcestershire and in mid 2012, the station closed.

However, there is some good news. Hereford was offered by the trustees of KHR the assets of the station and we have now merged these with our own and I'm pleased to say that KHR continues to help patients at our hospital.

We have a number of items that we are looking to sell, so if you would like to make a bid please let me know.

chris.hughes@hhr.org.uk

Items include Sonifex S1 Desk, Denon CD and Mini Disc players mounted in wooden pods together with a number of Technics 1210s deck and many other items.

Over the first weekend in December, we celebrated our 40 years by holding a non-stop 40 hour broadcast. Our first hour was actually a simicast with the local BBC Station Hereford & Worcester. We used the Comrex Access hardware to link our studios and publicised our work and even played requests for our patients at the County Hospital.

The local papers helped us get in touch with former members who came to the studios on the Saturday. We were very pleased to receive congratulations from Graham Burton, George and Myra's son and delighted that Dave Heggie, one of our founders, joined us at the studios and participated in our broadcast.

I have to thank John Myers who joined us by telephone during the day. He shared his thoughts with us on hospital radio past and where it will be in the future. This has given the team in Hereford a great boost to the work we do, Thanks Team!

One final note, this year in the



*Ian Bailey, Ben Coleman and Olle Grove, all members of Hereford Hospital Radio*



*The HHR team at Wyevale Garden Centre*

Wye Valley NHS Trust Annual Report, our work was recognised and we had a small article about our work and a photo of some of our presenters in our studios.

We know that our work at the hospital is valued and this recognition formally helps us to open doors.

Hereford is in a great place as we head into our 41st year and I'm

proud and privileged to be their Chairman.

Looking towards the future, the Trust directors are asking us to deploy Barix decoders at other Hospital Trust locations so they can listen to our output. They are, of course, fully responsible for any PPL/PRS fees that maybe required.

**Chris Hughes, Chairman**

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If you would like to get your hands on a RemoteMix-4, call **Vortex 020-8579 2743**.

# Birmingham Hospital Radio Still Making News



*Outside broadcast from Lewis's in Corporation Street*

A BBC2 documentary will show behind the scenes of the station as part of the eight-part series *Keeping Britain Alive: The NHS in a Day*.

It first went on air more than sixty years ago – but Birmingham's hospital radio network is still making the news.

The BHBN (Birmingham Hospital Broadcasting Network) was founded in 1952 by the Hon Alderman Mrs Freda Cocks, OBE.

Its most famous 'old boy' is Les Ross, MBE, who clocked up 25 years' service with BRMB on his way to becoming one of 40 original members of the Radio Academy's Hall of Fame.

The BBC's cameras visited the station last October when more than 100 camera crews were sent to cover all kinds of hospital stories throughout the UK.

Staff at Birmingham's new Queen Elizabeth Hospital were filmed at work, while the old QE Hospital became home to BHBN Hospital Radio after its former premises were demolished.

*Keeping Britain Alive: The NHS in a Day* will show why the hospital radio service exists and how BHBN supports patients with volunteers like Request Show presenter, Olly Brown and trainee Ciaran Fitzpatrick.

The station plays a variety of regular patient request, music and speciality shows, as well as

providing sports commentaries from Aston Villa, Birmingham City and West Bromwich Albion home football matches and Warwickshire's home cricket fixtures from Edgbaston.

Olly, who has worked as a volunteer at BHBN for two years, said 'The service we provide for patients is so important.

'As a Request Show presenter, I visit patients on the wards ahead

of my show to see how they're getting on.

'I have a chat and note down any songs they would like to hear as a dedication to them or someone else they know in hospital.

'It might not sound much to many of us outside those hospital doors but it can mean the world to some of the patients on the wards, who might not have had a visitor in a day or two.

'As volunteers, we have to give up our own time and commitment to doing it regularly is essential. You also have to be very sensitive to patients' conditions.

'If you visit a patient who turns out to be a little confused, you cannot just walk away. You have a responsibility whilst you're on those wards.'

The station's presenters are recruited by programme controller Colin Monnaf, who added, 'Our presenters and members work incredibly hard and the broadcasting they do on behalf of the patients is fantastic.

'I'm absolutely delighted that, through this documentary, some of that hard work will be credited and the general public will get to go behind the scenes and see the important parts of the job that often perhaps lie hidden behind the broadcasting itself.

'I'd like to thank the BBC for giving us this opportunity.'



*Birmingham's Hospital Radio*

## New Forest's Youngest Ever Presenter



**Joe Wallace**

Joe Wallace and his parents saw the Project 32 publicity in the Hythe Herald. Joe, just eight, presents on a school radio station at Blackfield Primary, broadcasting during lunch breaks and at playtime, also streamed on the school's website. As an eighth birthday treat, Joe's parents brought him in to our open day to see a 'real studio' in operation, with the hope that he might be able to have a go!

Unfortunately he arrived just as Jim was about to start his show with the Mayor, so Tony invited the family back on a Sunday morning when the studio was not in use. They did and spent over two hours in the studio! After an explanation and demonstration of Myriad and other studio equipment, Joe took his place at the desk and demonstrated what he had learnt by playing music and talking into the mic! He went on to conduct an interview with Tony, asking some prepared questions about his involvement with NFHR, then some ad lib questions to his parents. The interviews were punctuated by music tracks and Joe recorded it on Adobe Audition, similar to Audacity which he uses. It all made a 20 minute programme which Joe took away on a memory stick to be broadcast on his school's radio station.

Joe's knowledge of broadcasting and confidence with the studio equipment was amazing and he went away delighted by his experience! After seeing our studio and hearing of how we operate, his father Peter became interested! We could have two potential new presenters there although might have to wait ten years for one of them!

**Ian Bradbury, Chairman**

## ... And Redhill's Youngest Vice Chair



**Mel Ellis**

Radio Redhill Vice-Chairman, Alan Stidder, stood down at Radio Redhill's Annual General Meeting after over 25 years in the post. Mel Ellis was elected as the new Vice-Chair. Aged 22, Mel is the youngest ever to hold the position.

Alan had been a member of Radio Redhill's Executive Committee for several years before becoming Vice-Chairman and, during his career at the station, served in capacities such as Treasurer, Record Librarian and Head of Programming. During that time, he gave exceptional service to the station and at the AGM Radio Redhill's Chairman, Nigel Gray, paid tribute to Alan's contribution to the success of the station over the last 30 years.

Alan will continue broadcasting on Radio Redhill, particularly on the Sunday evening Classical Requests programme.

Alan said, 'I have thoroughly enjoyed my time as Vice-Chairman. I am confident that Mel will carry out her duties as my successor excellently.'

Mel Ellis joined Radio Redhill five years ago and has accepted increasing responsibility over that period. She has helped the station in many ways and was a winner of the Mayor of Reigate and Banstead's Young Volunteer of the Year Award in 2010.

Since leaving university last summer, she has served on the station's Executive Committee and its Programming Committee and made a great contribution to the work of both. Mel will also be taking on the role of Head of Training, having assisted in the



**Alan Stidder**

training of new members for the last year.

Mel said 'I am looking forward to working with the Radio Redhill team to make the patients' stay in the East Surrey Hospital that little bit better. My thanks to Alan for all his work for Radio Redhill and his support.'

## Gayle Braves Wind and Rain

Gale Cosgrove of Phoenix Hospital Radio braved torrential wind and rain in an arduous 60-mile bike ride to raise money towards a new radio studio.

Gayle said the journey, from Rockingham Raceway in Corby to the Queen's Hospital, in Burton was 'definitely the hardest thing' she has ever done and wouldn't recommend any other novice taking the route she did.

'At about 11am the heavens just opened and did not stop and everything seemed to be uphill. My legs were cramped and my back was sore. It's good I completed it but I won't want to do that distance along that route again in a hurry.'

Gayle completed the journey after members were asked to come up with original fundraising ideas.

She said, 'I can cycle and enjoy motorsports so I asked if Rockingham could help and that's how it came about. It felt like a long way but we knew we wanted to make the stops every 15 miles and we remembered to check traffic reports.'

'But I had been itching to get going despite the bad weather. I said even if there was a tornado I would still do it.'

Gayle, who has volunteered at the station for five years, said she has already raised more than £500 towards her target of £1,000.

To donate to Gayle's fund visit [www.justgiving.com/rr2phr](http://www.justgiving.com/rr2phr)

## Return of the Jedi



**Mike Edmonds on his recent visit to BHR1287 studios in Basildon**

Patients and staff were delighted when actor Mike Edmonds made a visit to the BHR1287 studios recently. Mike, an English actor with dwarfism, played the part of Ewok Logray in the Star Wars movie 'Return of The Jedi', as well as operating Jabba The Hutt's tail.

Mike is a loveable character and full of fun and regaled the listeners with tales of his exploits which were numerous.

As well as parts in films, adverts and television children's series, Mike also played a goblin in the film adaption of Harry Potter & The Philosopher's Stone.

When asked by Frank Toohey, who was interviewing Mike, which characters he liked to play, Mike's response was that he enjoyed playing baddies and could be anything the film producers wanted.

We all enjoyed Mike's visit and hope he calls in again soon with some more tales of adventure.

## Hospital Volunteers Muppet Around

Radio Lollipop volunteers handed out hundreds of Kermit the Frog backpacks to patients at the Bristol Children's Hospital as part of their annual 'Easter Giveaway'.

On 27th March, the volunteers of children's charity Radio Lollipop, dressed as Easter bunnies, took to the wards to give out Kermit the Frog backpacks filled with Easter



**The Radio Lollipop team at Bristol**

goodies and games.

The presents were also accompanied by a range of Easter themed arts, crafts and activities for those patients staying at the Bristol Children's Hospital that evening.

Lucy Phillips, aged four, was one of the first children to be greeted by the volunteers. Speaking of her surprise, her father Andrew said, 'Lucy was just so happy to see the Easter bunnies and chicks. She really liked the Kermit the Frog backpack and when she received it, could not stop jumping up and down. Lucy even put her Scooby Doo teddy bear in the Kermit the Frog backpack'. Lucy's sister Chloe, aged eight, also became the proud owner of a backpack which took pride of place on her hospital bed.

The Kermits were donated by Catherine Marsh, a Wednesday volunteer at Radio Lollipop. The volunteer of three years was given the backpacks by a work colleague who had thousands left over from another recent charity initiative.

Catherine said 'We were able to donate a couple of hundred Kermit backpacks to Radio Lollipop. They are really popular on the wards with the siblings, parents and even the nurses!'

The seasonal giveaway was accompanied by a themed radio show ready to take the children's song requests. The show was presented by Danielle 'Spinellie'

Harris and assisted by Bristol Radio Lollipop Chairwoman, Kate Harris. Danielle said, 'It's been an excellent show, filled with Easter themed topics such as Easter facts, jokes and trivia.'

The evening's activities continued into the hospital playroom where more Lollipop volunteers hosted a range of Easter activities. Specially made Easter packs were also given to children visiting A&E.

'This year's Radio Lollipop Easter Giveaway has been awesome. The Kermits especially have made so many happy faces' said Tom Lonsdale, a Radio Lollipop Volunteer.

To find out more about Radio Lollipop and how you can get involved please visit [radiolollipop.org](http://radiolollipop.org) or contact [Bristol@radiolollipop.org](mailto:Bristol@radiolollipop.org)



**Pictured, L-R, Chloe Phillips, Lucy Phillips and Kia Brown with their Easter presents**

## Chippenham's Relaunch



**Presenter Donna Liggins, Station Manager Simon Hyde and Chippenham MP Duncan Hames at Chippenham Hospital Radio's relaunch**

Chippenham Hospital Radio recently relaunched with a new website and new wireless speakers, making it easier for patients and staff to tune in.

Patients previously needed a set of headphones to listen in but now speakers have been placed across the hospital, including the minor injuries unit, the birthing centre and waiting rooms.

Chippenham is also celebrating its 30th anniversary this year and to celebrate, the radio will be playing music from 1983 to 2013.

Funding to install wifi points around the hospital was covered by insurance company Zurich, which donated more than £1,500 and Westlea Housing donated £1,000 to buy wifi radio units. Although the manufacturer had stopped making the particular model of unit, Chairman Ally Colley was able to find a supply at a fraction of the original retail price.

The new system will bring the radio to a wider audience. Staff can now listen in and, thanks to the new website, people at home can stream programmes online.

Station manager, Simon Hyde, said, 'It's been a long journey for us as this is something we have been desperate to achieve for a number of years but the technology and resources haven't been available until recently.'

## Hospital Radio Lullaby

A hospital radio station in Stirlingshire is to play recordings of birdsong, rain and snoring to patients to help them sleep.

Visitors to Forth Valley Royal Hospital will be able to tune into the soothing sounds through bedside radios.

Radio Royal's new arts station, Channel 604, will begin broadcasting the sonic 'therapy' from 27 April. The programme was created by the hospital's digital artist in residence, Mark Vernon.

Radio listeners at the hospital in Larbert will be treated to a range of programming; the first is called The Tonic Garden, which features relaxing sounds including rain, waves, birdsong and snoring.

Mr Vernon described the broadcast as 'a sonic survey of soothing sounds, designed to put even the most sleep-deprived patient into a slumber'.

He said, 'I have been trying to find out what sounds people find relaxing. Ironically sounds that actually annoy some folk are pleasing to others.'

'For example, one woman told me her favourites were her husband snoring and a loud clock ticking so I have included these. 'It's such a subjective thing but I have tried to make it as varied as possible.'

The digital artist interviewed Forth Valley Royal Hospital staff, Radio Royal volunteers, people from Falkirk and District Association for Mental Health and members of the public.

Mr Vernon added, 'I have tried the results out at on a small audience when I aired an excerpt at an event in Glasgow. The feedback was that it was a very restful experience – some of them felt they were actually drifting off.'

Future Channel 604 programmes include a soundscape of the hospital, featuring the noise of the mail and pharmacy robots, patients exercising in the physiotherapy gym and snippets from the neonatal ward, the renal department and the laboratories.

The 'Bedside Radio' series has been developed by Mr Vernon over the past year. Each programme will be played on a looped cycle, for a different kind of listening experience where listeners can drop in and out at any point and tune back in later.

## New Forest Marathon

Volunteers at New Forest Hospital Radio (NFHR), were delighted by the response to their recent open day and live non-stop 32 hour broadcast to commemorate 35 years of broadcasting to patients at the hospital.

Hospital staff and patients entered into the spirit of the event, designed to raise awareness of the services provided by NFHR and sponsorship of the event will help raise funds for hospital equipment called an Alice PDx Diagnostic system to tackle really bad snoring.

Many hospital staff members gave up time to be interviewed live about their role within the hospital and also selected their favourite music to be played. Hospital visitors also took the opportunity to view the state of the art studio and had their requests played for friends or relatives in the hospital.

NFHR presenters departed from their usual patients' request programmes to devise a series of special feature shows, such as love songs, brass band music, Motown, classical and country. Local musicians played live and the Mayor of Lymington popped in for her version of Desert Island Discs.

NFHR Chairman, Ian Bradbury, said, 'everyone in the team has made a sterling effort to make this an enjoyable and successful event. We hope that the funds we raise will go towards this much needed equipment.'

## First 'Live Lounge' Music Video

In what we believe is a first for hospital radio, Whipps Cross Hospital Radio have released the first of a series of live lounge music videos. It features a fantastic performance by talented Josh Kemp and was recorded in our music studio during a recent Sunday evening live music session. As well as writing some great songs, Nottingham-based Josh has recently been described as the 'King of the loop pedal' and you can see why in this video. Catch the video on the station's 'Youtube' channel:

<http://youtube/CSmivOMVBcg> or via links on the stations website: [www.wxhr.org.uk](http://www.wxhr.org.uk) Or on the stations facebook page here: [whippscrossradio](https://www.facebook.com/whippscrossradio) or on twitter @wxhr

## Winning the Battle

Hospital Radio Hastings started in the early 1970s in a broom cupboard when four enthusiasts recorded programmes at home and then broadcast them using a tape player installed in a cupboard at the Royal East Sussex Hospital. At about the same time, a similar operation began at St Helen's Hospital.

In 1976 the two groups merged and established a studio at St Helen's and the Hastings and Rother Hospital Broadcasting Service was born. Soon landlines were in use taking the station to the Bexhill, Buchanan, Royal East Sussex and Eversfield Hospitals.

In 1992 came the move to the Conquest Hospital and a new modern studio, from where it now broadcasts 24 hours a day.

Chairman, Wendy Butler, said, 'We have a very modern studio that we keep up to date with developments in technology. We transmit over the Hospedia system as well as through the original audio lines.

'Fundraising takes a variety of forms, the most successful are raffles held in the Conquest foyer. We participate in the Hastings Carnival playing music every year on our float which is kindly loaned by French's Haulage.

'We have a team of enthusiastic people who use technology alongside the more traditional equipment such as vinyl records and CDs. We are always looking for the right people to join us.'

Many members have been presented with long-service awards for their dedication including Michael Brooks, Philip Hamblett, Steve Wilson and Clive Gerrard.

Michael said he decided to help out at Hospital Radio Hastings as his brother-in-law had a friend who worked there.

He said, 'I had to give up work after having two knee replacement operations. I used to run discos at Bexhill Youth and Community Centre and was interested in music. Joining Hospital Radio Hastings was a way of getting out of the house and meeting people.'

Michael, 68, added, 'I have spent a lot of time in and out of hospital most of my life. When I was two I was in hospital for four-and-a-half years after getting tuberculosis in my hip. I had to have my hip

replaced eventually. Being able to listen to music while in bed in hospital is nice and I wanted to give pleasure to patients, many of whom cannot get out of bed.'

Hospital Radio Hastings currently has 40 volunteers and needs to raise around £1,000 a year to keep the station running.

It organises various fundraising events to raise the cash. In recent years the charity has had to pay an extra £100 fee a year for performing rights.

Volunteers, on many occasions, bring their own music collections in but the station has a library of music to suit all tastes.

One of the most famous visitors to Hospital Radio Hastings during Michael's tenure was singer Matt Monro's daughter, Michele, who spoke about her father's career. She has written a biography called *The Singer's Singer: The Life and Music of Matt Monro*.

BBC Radio 2 presenter Alex Lester, who has a home in Hastings, is one of the station's biggest supporters and was at the ceremony when volunteers were presented with their awards.

Jazz singer Chris Hutchinson, stage name Mellow D Man, joined Hospital Radio Hastings recently to say thank you for the treatment he received after being seriously ill a few years ago.

Chris, whose father was Leslie Hutchinson, one of the biggest cabaret singers and musicians of the 1920s and 1930s, said, 'The Conquest was brilliant and I received wonderful treatment. I have had a lifetime of music and decided to give something back to the hospital. I have nothing but praise for the Conquest. Music is a wonderful healer for patients.'

## Radio Glamorgan Celebrate Hospital Broadcasting Week

Radio Glamorgan celebrated Hospital Broadcasting Week in style this year. Mark Powell of 96.4 Wave/Swansea popped into the studio to join in the celebrations.

Mark has worked at many radio stations across the country including Red Dragon FM, Gold and Radio Glamorgan. He was the final voice on Valleys Radio and now presents Drive-time on 96.4FM the Wave in Swansea. Mark shared his favourite music

choices and spoke about his career. As well as Mark's visit a series of HBW-themed shows were broadcast by Radio Glamorgan presenters.

Commenting on HBW, Radio Glamorgan Chair Clare Sinclair said, Radio Glamorgan was delighted to be involved in Hospital Broadcasting Week and to welcome Mark to the studio.

'Without the dedication of our volunteers Radio Glamorgan would not function: their effort, knowledge, skills and enthusiasm enables us to broadcast the high quality entertainment service we offer to hospital patients.'

A special show featured BBC Radio Wales presenter Louise Elliott being interviewed by the late RG presenter Michael Boyce. Michael secured important funds for the charity and his conversation with Louise in 2009 and was a personal favourite of his many interviews for the station.

RG presenters contribute 69 hours of live broadcasting. One of the most popular presenters is Karlo King whose dulcet Cornish tones have graced RG airwaves for over 37 years.

Karlo said, 'When I started volunteering in 1976 there was a box of singles in the studio which we used to play. The studio was in the bowels of the Heath, where A & E is now. Porters used to wheel the laundry by the studio; it was quite desolate. It's much cosier now, it's great to see patients, doctors, nurses and visitors walking past our studio; there are always lots of friendly waves and smiles.'

Karlo, a retired hairdressing and beauty teacher, not only presents his show for Radio Glamorgan but takes part in fundraising activities. During Radio Glamorgan's 45th birthday celebrations Karlo staged three charity discos to raise much-needed funds.

'I think hospital radio is important because it cheers patients up. It gives people the chance to hear music they like and it helps patients know there are people out there who care for their wellbeing.'

When asked how many shows he's presented during his voluntary work over the last 37 years Karlo laughed and said: 'I'm not a mathematician: you can see by my hair style that I've been on air a long time!'

# Southern Sound's Five Year Plan

2012 saw Southern Sound (SOSO) return to regular broadcasting at the Southern General Hospital in Glasgow after an absence caused by a series of problems involving broken cables and failure of broadcasting equipment. This seemed like a long time ago at Christmas with an all day Christmas Eve broadcast yet it was only last summer that the station was silent.

However, with the continued commitment and dedication of the committee members, broadcasting now averaging around 39 hours a week and a thriving training programme bringing in fresh talent including experienced broadcasters with the likes of Elaine Berry former Radio Clyde Broadcaster, things are looking good up again for the station.



*Southern Sound at the Southern General Hospital Glasgow*

This set the scene for the radio station's committee led by Chairman, Frank Murphy, to review the next five years in line with the huge construction programme which will see the Southern General Hospital become one of the biggest and most modern in Europe in 2015. Last year the committee approved a five year strategy that would align the radio station with the new Southern General Hospital. This is the story so far ...

## **July 2012 Station commences broadcasting**

After a year of on air/off air issues, the station finally commenced broadcasting in July 2012 with the immediate need to recruit new volunteers, train them and introduce them to the weekly programme of shows. A decision had already been made to develop the last of three studios into a

recording studio. To commemorate the completion of the Studio 3 and the return to broadcasting arrangements were made by the committee for a re-launch and opening ceremony by a VIP. The Studio was formally opened by the Rt Hon Nicola Sturgeon MP Minister for Health in Scotland.



*Rt Hon Nicola Sturgeon MP with Graham Clark at the opening of studio three*

The Minister was greeted by members of the Committee, Senior NHS representatives and kindly agreed to a live radio interview which was conducted by newly appointed Programme Controller Graham Clark during his night time show. Station Secretary Alan Taylor said:

'We really needed something to re-launch the Station after such a long absence and what better a way than to have the Scottish Minister come back and visit us once again and open our recording studio. It was a great night well supported and set the Station alive once again'

## **August 2012 – Five Year Strategy Agreed**

During the course of August, discussions took place about the current position of the Southern Sound and what needed to be done to prepare the Station going into the 2nd decade of the 21st Century. One of the key drivers to consider was the development of the NEW Southern General Hospital – a new hospital development which will make the hospital one of the biggest and most modern in Europe by 2015 with an estimated turnover of 110,000 patients per year.



*Development at 2012 of the New Southern General Hospital due to open in 2015. Photo courtesy of the NHS Glasgow*

The Southern General Hospital, home of SOSO is deep in a programme of massive infrastructure development which will result in the hospital being recognised as one of the best in Europe.

In 2008, The Scottish Government approved the outline business case for the £840m project, which will see an integrated children's and adult hospital built on the site of the current Southern General Hospital. Brookfield Constructions UK Ltd was awarded the contract to deliver the new South Glasgow Hospitals complex – then the biggest design and construction project in Scotland. The super-hospital illustrated opposite via an image, is currently being built on the site of the existing Southern General Hospital site.

The development, scheduled for completion in 2015, will give Glasgow one of the most advanced adult acute services hospitals in the UK and will be the biggest critical care complex in Scotland.

The plans include the provision of a new Sick Children's Hospital for the West of Scotland which will replace the current Yorkhill Children's Hospital. The new facility will provide beds for 250 children, accident and emergency services and a full range of in-patient and day case paediatric services. The super hospital is illustrated below via an image and the view is from the west (Renfrew) looking towards the centre of Govan and Glasgow city centre.

The Southern General Hospital

# Southern Sound's Five Year Plan

site is in the background with the planned new developments i.e. the Adult Acute Hospital, New Children's Hospital, New Laboratory Facility and New Maternity extension.

Identified in the forefront of the plan is a vision of how future development of some of the surrounding area could be redeveloped to attract supporting scientific and commercial technology based businesses to



*Computer vision of the completed Hospital in 2015  
(Image courtesy of the NHS Glasgow)*

relocate into the Govan area.

## **September 2012 – Proposed Upgrade of Information Technology (IT)**

With this in mind, the SOSO Committee needed to develop a comprehensive strategy taking the station to 2015 and to set the scene for the year on year development plans of preparation taking them along with the new hospital development.

The strategy was agreed and immediately plans were put in place for a basic IT system upgrade comprising of the replacement of the stand alone desktop computers and replacing these with a single server.

The station was also very fortunate to have volunteers with the necessary skills to do the upgrade with minimal external assistance. Heading the team was Programme Controller Graham Clark. Graham said of his experience,

'SOSO always had a network but it was never really used to its full potential. As both broadcasting studio audio content grew, it became more awkward to keep audio up to date and all three studios synchronised, it often meant having to walk to each studio when free and manually add

the audio. The old server was replaced as it was a really just bank of hard drives and the station couldn't run anything from it. We chose a Dell Rack server, a tried and tested work horse in the computer world and purchased second hand.

'Our original plan was for a two-day installation turn round with a team of three. In reality, it took a week and a half of 12 hour days. It's been a great addition however and well worth the effort since it has made managing data much easier'.

The upgrade was finally completed in December and has been hailed by the SOSO Broadcasting Team as a big step forward.

## **October 2012 – Training Plan in place**

The long periods of being off air in 2011 and 2012 meant that the station had lost some of the trained and talented volunteers but the feedback from an initial survey involving them was such that most remained and it did not seriously impact the station's ability to broadcast.

It was clear however, that recruitment was needed and vacancies were again opened on the Station's website. The response was positive and provided a broad base of applicants from college to various industries but all with a similar aim to offer their services to the station.

The station has a strict regime of training with a minimal period of mandatory training with a selected mentor followed by a period of self development and assessment, then finally the production of a demo for acceptance by the programme controller. The training programme will see new presenters broadcasting early in 2013.

## **December 2012 – Charity Events and Christmas Preparations**

In the lead up to Christmas preparations, SOSO participated in an outside broadcast on 12th December at the ASDA Superstore in Govan collecting for the station's funds. This was followed by a Christmas Eve Cracker with a full day's broadcasting on Christmas Eve. Plans are in place to follow this up with a series of

charity events in 2013 to ensure the station is financially stable for the plans ahead.



*Charity Run by DJ Kara Berry in Glasgow*



*Southern Sound supporting the Govan Annual Fair in 2012*

## **Plans for 2013 onwards**

An Annual Development Plan will be produced by SOSO which will be used each year to focus attention to particular activities and 2013 has a number of key activities and events, one of which will be preparations for the 40th Anniversary of the station's existence in 2014. These events will hopefully prepare and align the station for the grand opening of one of the largest hospitals in Europe in 2015. There are lots to do and it's an amazing opportunity to be part of it and volunteers at SOSO are well prepared for the tasks that lie ahead! Chairman, Frank Murphy, said:

'We have come through a difficult period but the station is much stronger now and with a lot of effort from our team and some help from our friends, 2013 should be an interesting and very busy year. Look out for more news on Southern Sound!'

**John Brisbane  
Southern Sound**

# A Sparkling Idea



*Keith Reeve*

Radio Brockley, which has served the RNOH since 1966 and is London's longest-running hospital radio service, officially launched their free to listen webstream via service provider WiFi Spark in September 2012.

Long serving Radio Brockley volunteer, Keith Reeve, takes up the story, which may be of interest to other stations whose hospitals have similar wifi services.

We were approached by the Trust IT Director in July 2010 to see if Radio Brockley had considered webstreaming. At that time we had tentatively researched using an external host but costs and other technical factors prohibited it.

The Trust indicated that they were considering appointing a pay-for-use wifi service provider and we could be offered as the only free entertainment service on it; needless to say we jumped at the chance.

On behalf of the hospital, we conducted a survey of patients, visitors and staff to establish if people would use a pay-for-use wifi service and at the same time sought their knowledge and views of Radio Brockley's programmes. The response was favourable and eventually the Trust appointed WiFi Spark as their service provider.

Our challenge was that nobody else was doing anything similar in the UK; there are a lot of hospital stations webstreaming but none over a WiFi Spark provision.

However, with solid support from the Trust IT Department, the service became available in March 2012 but was rather unstable for the first few months, with software crashes, no compatibility with Blackberry smartphones or any device running an Android operating system. We also had issues with some Microsoft based products. Anything from Apple just seemed to work no matter what!

We made steady progress to eliminate these issues in the six months leading up to the official launch.

The change of software to Icecast and Butt (both freeware) in order to provide an MP3 format proved to be the key, making the webstream stable and compatible with everything we tested, e.g. smartphones, laptops, tablets and a desktop PC.

For the more technically minded, we have a fairly standard Windows XP Home PC which runs our output logging software. Using the Icecast and Butt software, we push the feed presented to this PC back out over the Trust LAN to a server which then provides a link on the WiFi Spark launch page. The link to Radio Brockley from their launch page is free to use, so there is no need for the user to pay or register for WiFi Spark. However, if they have already done, so we are available on the 'paid' side of the service too.

Although WiFi Spark could not offer any assistance with setting up the webstream, they have been

very helpful and prompt in implementing changes on their server when we changed the file format and also making our service very clear on their launch page.

The webstream allows our audience to free themselves from the bedside headset or AM radio and to listen in a location of their choice using their own equipment which is much more hygienic and provides better audio quality than the traditional bedside headset. Wifi is also how we shall most likely serve our audience in the imminent new hospital.

The other bonus is that the wifi coverage allows us to reach previously inaccessible areas such as public waiting rooms, outpatients, the restaurant and many other locations.

Significantly, we can now also be heard by the London Spinal Cord Injury Centre patients for the first time in nearly 30 years, so we now hope to involve them much more in our programming.

The wifi service was officially launched by June Snowden, HBA President, on Saturday 29th September 2012.

Keith is happy to answer any questions you may have on Radio Brockley's WiFi Spark webstream so if you have any please email him at [studio@radiobrockley.org](mailto:studio@radiobrockley.org) Information is also available from their website at [www.radiobrockley.org](http://www.radiobrockley.org)



*Paul Downer*

# The Radio Academy's '30 Under 30' 2013

## THE RADIO ACADEMY



The Radio Academy is looking for the brightest talent under 30 working in UK radio whether you are paid or a volunteer, Radio 1 or Hospital Radio, you are just as important to us. Last year we were inundated with amazing people and we want to do it again!

We want to find thirty young people who don't just do their job well but go the extra mile.

It doesn't matter which sector or discipline you come from. We want to hear from producers, sales people, journalists, presenters, production assistants, PAs, technicians, commercial producers and support staff.

The critical qualification is that you are exceptional.

You can nominate yourself or someone else. If you work unpaid or in the voluntary sector you are still eligible.

We want to hear about your greatest achievement in radio!

- If you work in programming, tell us about an exceptional piece of content. It could be a news report, music show, contribution, OB, built speech item, or something else amazing. Maybe you have done something amazing for a listener and made their day? Are you an ace ward visitor?

- If you work in sales, what did you do that pulled in that elusive client or achieved exceptional revenue figures? Maybe you are brilliant at fund raising?

- If you work in on-line, how have you used the medium to re-invent radio, enhance a radio show or build awareness amongst consumers?

- If you are technical, what have you achieved to set new standards, innovate or exceed existing practice?

If you work in another discipline in radio, the same principles apply. Maybe you have been an amazing leader or superlative team player who has achieved something very special. What matters is that your contribution is above and beyond just doing your job. It could be an exceptional piece of editorial, a compelling commercial, a terrific technical innovation or social action that really made a difference.

The Radio Academy's '30 under 30' is open to anyone who

has been 'working' (paid or voluntarily) in UK radio for no less than twelve months prior to 2nd August 2013, who is also under 30 years old on the 1st October 2013.

**To enter**, go to [radioacademy.org/30under30](http://radioacademy.org/30under30) and in no more than 250 words tell us why you deserve to be in the Radio Academy's '30 under 30'.

We'll also need a current pic, single page C.V. and the name and contact details of someone with whom we can verify your entry. You can enter yourself, or have someone enter for you.

The Chairman of the 30u30 is Paul Robinson who started his broadcasting in hospital radio at St Stephens Chelsea, London and then Radio Tyneside in Newcastle, has been a presenter on commercial radio, Program Director at Chiltern Radio, Managing Editor Radio 1, Head of Strategy Radio 1, Radio 2, Radio 3, Radio 4 and Radio 5L and CEO of Talk Radio. He hosted the HBA Awards for five years.

Entries will be judged by the Radio Academy's '30 under 30' team and will be announced at the Radio Festival in Salford in November.

The closing date is 2nd August 2013

**Good Luck!**

# Kings Lynn's Marathon Broadcast



**BBC Radio Norfolk presenter Nick Conrad visits Hospital Radio Lynn at the Queen Elizabeth Hospital as part of their 75 hour marathon broadcast. Pictured, presenter Anna Greyson with Nick**

Volunteers at Kings Lynn's Queen Elizabeth Hospital held a fundraising 75-hour broadcasting marathon recently with special guest, BBC Radio Norfolk's Nick Conrad.

Presenter Anna Greyson set a target to raise £2,500 for Hospital Radio Lynn by broadcasting to patients for 75 hours in exchange for sponsorship.

She said, 'At the time I thought this was adventurous but when we hit that, I extended it to £3,000 given that we have to raise £10,000 this year.'

'We thought we wouldn't make it but five minutes before the last programme of the marathon ended, Steve Kirman from King's Lynn Mobility Centre gave us a cheque for the outstanding amount.'

She added, 'A few more donations have arrived since so we have exceeded our target, raising £3,056.'

'It was a massive team effort from members and the community which has enabled us to do this.'

'My thanks go out to each and every individual who has made this event such a success.'

BBC Radio Norfolk's Nick Conrad took a break from his morning show to join the team at Hospital Radio Lynn for a live interview with Mrs Greyson.

She said, 'We were honoured to have Nick Conrad with us. I was

very nervous to be interviewing such a great professional but he is a nice, genuine man who puts you at ease and is easy to chat with.'

'Nick gave an account of his career in television and radio, starting at age 14 and his story was fascinating to listen to.'

Mrs Greyson said, 'I would like to thank BBC Radio Norfolk for their incredible support. They gave us air time in advance and throughout the Marathon which raised awareness and contributed to several donations.'

The interview went out live on air to patients and can now be found on the website [www.hospitalradiolynn.org.uk](http://www.hospitalradiolynn.org.uk) and Facebook page [www.facebook.com/HospitalRadioLynn](https://www.facebook.com/HospitalRadioLynn) with some of the other marathon programmes.

The radio station still needs to raise a further £6,944 over the course of the year and plans are now being made for fundraising events but organisers are now looking to get children involved by asking schools to help by holding events or donating non-uniform day proceeds.

The £10,000 appeal, which was launched this year, will help the radio station upgrade equipment, improve systems, cover day-to-day running costs and complete building work including sound-proofing, installing air-conditioning and a wheelchair ramp.

Donations can be made through the radio's website or by contacting Anna Greyson, fundraising manager on 07810 695747 or by emailing [fundraising@hospitalradiolynn.org.uk](mailto:fundraising@hospitalradiolynn.org.uk).

Mrs Greyson said, 'As well as fundraising help, we are looking for new members to join us. We like to have a balance of ages within our organisation so are looking for mature members and also some younger contributors.'

'We ask that members can dedicate a couple of hours one evening each week. We do not expect every member to operate the equipment or broadcast. There are plenty of jobs to be done such as ward visiting, preparing requests for broadcast and fundraising.'

'If anyone is interested in joining us they can go to our website and contact our personnel manager, David Hayter or they can call him at the station on Thursday evenings on 01553 613456.'

On Saturday, as part of the broadcasting marathon, ten of the longest serving members of the team were presented with certificates in the hospital foyer – clocking up a total of 181 years of voluntary work.

The longest serving member, of 37 years, was John Greyson who started working at the radio two years after it started in 1976.

He was joined by Kevin Hornigold who has volunteered for 29 years, Richard Tree who has given 27 years and Jonathan Watson who has been helping out for 21 years.

Hospital Radio is a wonderful charity and I'm delighted we have been able to support this worthwhile cause. It is highly regarded by patients and staff alike and plays an import role in hospital life.'



**Hospital Radio Lynn are presented with their long service certificates**

# View from the Basement

Our columnist, Brett Ellis, on lessons we can learn



I can think of few occasions when hospital radio should take a lead from a league football club. As a purveyor of both art forms, my association with football goes back further than with radio. I have photos of me, fully decked out in the Liverpool Hitachi kit, as well as the black and white stripes of the Geordies circa 1977, when football was great and those who played it weren't all tarred as overpaid, spineless renegades as they are in the modern era. In those halcyon days, footballers didn't bother with shin pads, snoods, diving, expensive tramp stamps, fancy piercings and egotistical haircuts. They were happy with kicking lumps out of each other, a ruck and a handshake, a quick wash of the superperm washed down by a couple of sherbets before doing it all again the following Saturday.

As time went on, I decided against the current in-vogue of glory hunting to following my local teams at the time, Hastings and Brighton. After moving to the smoke in the 90s and then Barnet, the Bees flirted with me and took over my affections. It is a rocky relationship but one which just about manages to stay together to this day. I remember my first trip to my mistresses' house, Underhill, in a pre-season friendly against Southampton. It was my girlfriend at the time (now wife) Laura's first football match. The score was 1-0 and she missed the goal as she was in the less than five star toilets. A few years later, I took her to her second (and last) football match to see Inter Milan at the San Siro. Milan won 4-0 and she spent the entire 90 minutes reading a book. I have not wasted money on educating her culturally since and have had no complaints either.

With my tempestuous relationship with Barnet in mind, it was with heavy heart that, on Saturday gone, I visited my mistress in the place where we have conducted our affair since we first met. This was going to be a farewell of sorts as she had decided to leave Underhill after living there for the past 106 years (age is no boundary to beauty in my book).

The scenario: Barnet's last game at the old ground also coincided with them being in the relegation zone at the start of play with two games to go. A loss would have certainly relegated them prior to a tough final day against Northampton away.

During the game, this was sold out with 6001 fans, Barnet's domination saw them deservedly take the lead in the 83rd minute. Cue party time until, true to form, Barnet shot themselves in the foot and gave away a penalty in the dying seconds of injury time. 106 years of history, their league status and a number of people's jobs rested to my mind on one kick of the ball. Miraculously the Barnet goalie, Graham Stack, pulled off a wonder save and the Bees fans went absolutely ballistic. One pitch invasion involving 2000+ fans later, they left the field whilst chatting amiably to the local constabulary. Although warned not to enter the playing area, the officials and everyone in the ground knew that the invasion was borne out of affection, not anger and even the Wycombe fans clapped and cheered. It was football and its peripheral elements, as I remembered it from my childhood.

The ethos of Barnet FC is simple. They sell themselves as a family club and are every neutrals favourite second team. It is not about money or tapping fans up in order to improve their bottom line and engineer additional revenue streams. It is about community and

enjoying the ride, just like any lasting relationship. They are small. Their record signing is £50,000: which wouldn't pay for a weekend out for an overpaid premiership footballer. You feel part of the club's fabric, tradition and future. You can shout at players and get rid of the frustrations of the working week. Admittedly the novelty for season ticket holders can wear a little thin on a freezing cold Tuesday night when you're 1-0 down at home to Aldershot but the sentiment and affection felt by the die hards remains true.

The ground, whose pitch slopes 12 foot from top to bottom, has graced a number of luminaries including Greavsie, Henry and Beckham (Ted ... who fixed the boiler system when it broke down a few years ago). There is old fashioned terrace standing and the toilets are like the type last frequented in your grandparent's backyard, complete with Izal medicated toilet roll.

Whilst at Barnet HR I was visited by a number of the football club staff for interviews. Denis Signy was my contact at the club. A kind man, with the role of PR consultant to the board, he was the football club lynchpin who sadly died a couple of years ago. He had been a newspaper editor and it would take but a phone call or two and Denis would arrange for a player to come into the show and be cross examined by the poor man's Paxman. I had defender Simon King, former managers Mark Stimson and Paul Fairclough, striker John O'Flynn and chairman Tony Kleanthous come in on more than one occasion. No questions were ducked, children's wards were visited on occasion and each interviewee, stayed for the duration of the show to give value to the listener.

On one occasion when I arranged an interview with Tony Kleanthous, he did not meet as arranged. I waited a while and realising I would miss the start of my show, proceeded to the studio. After the show I left the studio and phoned Tony who sounded a tad upset. He claimed he had waited for me and I hadn't showed up. After a brief discussion Tony realised he had been waiting at the A&E entrance and not the main entrance and apologised profusely. He made arrangements for a subsequent interview and asked if there was anything he could do to make amends? I asked him if he would mind calling my nephews Charlie and Jack (huge Bees fans) at home to say hi. Not only did he oblige but he gave us all tickets to the next home game and entrance to the clubhouse to meet the players after.

The DNA of such actions run deep. The current manager, legend and Champions League winner Edgar Davids exemplified this recently. After a loss away to Accrington Stanley, on a cold, miserable and icy Saturday afternoon, the team bus made its way home. On the M6 they passed a coach with 36 fans standing on the hard shoulder, miles from home, with the taste of defeat and the icy blast of an arctic winter biting into their cheeks. Edgar Davids saw this and ordered the driver to stop at nearby services. He proceeded to kick the team off the coach and then turned around and went back and picked the stranded fans up before dropping them off at the services to share a burger with the players as they awaited a replacement coach. Davids, a multi-millionaire, who was 'bored' so came to Barnet to manage, does not get paid a penny in salary and does it for the love of the game and club.

Denis Signy, after I commented for HR on the pre-season friendly against Arsenal, invited me to the dugout after the game for Arsene Wengers press call. A kind gesture greatly appreciated by myself which, again, was not asked for but treasured. My son's friend once made a matchstick model of Underhill and presented it to the club who showed it in the dressing room on club open days. These are but a few stories that I, as an individual fan can relay. No doubt there are countless others involving other followers of the Bees.

I will be there with Stephan, Damien and 1297 other fans in 48 hour's time to watch Barnet attempt to stay where they belong and teach a lesson in humility to other clubs in the football league.

There are five clubs who could go down and Barnet are one of the favourites to slip through the trap door this time. Quite simply put, better the result of AFC Wimbledon and they stay up. By the time you read this, Barnet will retain their league status against the odds, or face the catastrophe of going non-league. I for one am a great believer in karma. With their exemplary conduct over the years, they deserve nothing less than a thumping 5-0 away win on Saturday. It will be a lesson that kindness pays and that, in common with Hospital Radio, giving a little bears the fruits of respect, mutual support and a feel good factor that we may not achieve in many other areas of our unrelenting daily slog.

**Brettellis99@yahoo.co.uk**

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