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2022 EDITION

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Foreword

By Andy Field

In this, my fourth year as Chairman of Ashford and St Peter's Hospitals NHS Foundation Trust, I am delighted to write this foreword for the Radio Wey magazine.

The Radio Station is a very important part of our offering to patients and their loved ones and I am so impressed with the quality of the day to day broadcasting as well as those at the many special events they cover. It is always a pleasure to meet and talk to the Radio Wey team.

Our values of Patients First, Passion for Excellence, Personal Responsibility and Pride in our Team, can all be seen not only in our workforce but also in our volunteers who provide so much support to patients, relatives and their staff colleagues.

I remain humbled by the dedication of all our volunteers who give their time so selflessly for the benefit of others. Radio Wey is one brilliant example of this and the professionalism of the team has been recognised over the years by Gold and Silver awards at the National Hospital Radio Awards. I am also very pleased to see the team continuing to go out into the community with their PA services, highlighting their work for Ashford and

St Peter's Hospitals and spreading the word about our services and values.

So, do please listen to and enjoy Radio Wey during your stay in hospital and when you return home. Importantly in the age of Smart Phones and Tablets, it is also available via the Internet so do tune in at **www.radiowey.org** and listen live.

Andy Field
Chairman

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We are delighted to introduce a new and exciting international trial called Diasmoke. This study is investigating whether switching from conventional cigarettes to e-cigarettes reduces the risk of cardiovascular disease as compared to normal smoking in diabetics. The results of this study may help us to understand more about the risks and benefits of vaping/e-cigarettes use compared to conventional cigarette smoking.

Should you have an interest in learning more about the research we do, would like to take part in a research trial, or even start a career in research and development, please contact us on **01932723534** or email us on **asp-tr.research@nhs.net**.

Chairman's Welcome

Welcome to Radio Wey! We are a hospital radio station run by over 60 proud and selfless volunteers. Radio Wey serves to entertain and inform audiences of patients exclusively at St Peter's and Ashford Hospitals, as well as the wider community.

Radio Wey has always been passionate about its goals and duty of care to its prime audience, the patients'. Over the years as chairman I have overseen the continued growth of Radio Wey, ever expanding our reach – and the response as always has been both wonderful and rewarding for everyone involved.

Over the last few years, Radio Wey has grown tremendously with the continued help and support from the St Peter's and Ashford NHS Foundation Trust. Radio Wey now has more requests and music shows than ever before, broadcasting online and to patients in multiple wards. These shows get played out over 50 WiFi radios which you can spot around both hospitals. The patients and staff thoroughly enjoy the service we provide and are always happy to see some smiling faces when our volunteers collect requests.

Radio Wey is shaping up it's on air content. We have refreshed schedule; offering more request shows and health focused messages. This means you'll be seeing more request teams visit the wards to collect your song request to bring a smile to your visit. We have also continued to upgrade our studios; finishing a second phase of new radio consoles which continue to help us broadcast 24 hours a day. With all the outside broadcasts we have to offer, as well as the other range of shows on Radio Wey, we couldn't be more excited about what this year has in store!

We trust you will enjoy this year's edition of our patients' magazine and I encourage you to explore what Radio Wey is all about and the difference we make as a charity. Every member who volunteers at Radio Wey really enjoys their time, in any capacity in which they help out at the station. However, we are always looking for new members and support for our cause. If you are interested in finding out more, for looking for ways in which you can support Radio Wey, or would just like to listen - please take a look at our website: **www.radiowey.org**

Warmest Regards

Marc Bakos
marc@radiowey.org

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How to Listen

To Radio Wey

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We have placed internet WiFi Radios in the wards which are all pre-set to play Radio Wey. Ensure the power is switched on. The unit should connect to WiFi within a minute. The controls are on the top of the speaker. The four buttons are:

Play/Pause | Volume-Down | Volume-Up | Select Radio Wey

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Using your browser, go to https://ukonlineradio.com/radio-wey. Press the Play button!

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Programme Controller

Andy Brown

We offer a unique health related radio service for those in hospitals and care homes.

Due to the Covid pandemic and restrictions introduced at our two hospitals, a number of our shows and our programme schedule have had to be changed. Changes are still occurring as we ease out of lockdown and so our up to date programme schedule can be found on our website at www.radiowey.org

In the last issue, I said that exciting times were ahead and in the past twelve months we did upgrade our studio equipment in one of our studios and also roll out over fifty speakers around the wards at both hospitals in order to improve listening to our station output. Our planned move to be relocated at St Peters Hospital as part of the site redevelopment however did not take place and this is still ongoing. We do hope to be more visible to the patients and staff at the Trust and so it is key we are seen to be involved at all levels of the day to day running at both hospitals. I guess two out of three is not too bad!

We all realise that nowadays people have more choice; they can be entertained at home by the traditional means of television, radio and playing CDs or records on their stereo systems. However there is now the Internet, smartphones, digital media and the ability to download entertainment. You also get entertainment through laptops, computers and all sorts of gizmos. Looking to the hospitals, patients nowadays are not generally kept in for long periods of time and in most cases, certain treatments and minor operations are carried out within the day. Thus, Radio Wey has made changes to keep up with the other choices people can make. We continue to broadcast to the two hospitals [St Peters and Ashford Hospitals] and in the past twelve months, we have added more care homes to our audiences.

Prior to the Covid pandemic, on Tuesday afternoons, we took the Dance Party on the road and visit the residents and staff in six local care homes. These are the Burlington in Shepperton, Parklands Manor in Chertsey, The Summers and the Thameside homes in Molesey, the Glendale in Walton on Thames as well as Norfolk House in Weybridge. We

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Programme Controller

...continued

broadcast the show live for two hours from one of these residences and the requests are made by the residents and staff. A good time is had by all. We also visit the White Gates Nursing Home at Laleham, near Staines and play their requests on Monday afternoons. We may well extend this service to more care homes in the coming months. We also broadcast via the internet and you can hear us through any computer via our website **radiowey.org** or via the **TuneIn** app [search for **Radio Wey**] We can also be heard on smart speakers via the TuneIn app.

As the Programme Controller, I have the responsibility for the programme output at the station and we need to keep in mind our audiences and the different types of programmes we can offer. We realise that there is competition out there, not only from the national radio stations but also the commercial stations and the other local radio stations. And not forgetting all the other ways you can be entertained.

At the heart of our programme schedule are the ward request shows, where we visit the patients and staff and collect your musical choices. We then play them either later that day or the following day on air. Many of our ward request shows are also repeated the following day after broadcast. Meeting the patients and chatting to them is a key part of what hospital radio is all about and this makes us provide a unique service. You will see elsewhere in this magazine an article about the impact that Hospital Radio has with the patients and staff and we are grateful for the part we play in that. Our aim in the coming year is to be able to visit every ward at least once a week and play your musical choices on air. Our schedule is varied and extensive and we broadcast 24 hours every day with live shows each day from 9am to 10pm. We cater for all musical tastes.

In terms of our other content, we offer local football coverage on Saturday afternoons, providing live commentary from the games featuring Staines FC, Woking FC, and Hampton & Richmond Borough FC as well as local rugby from Esher. We have a sports preview programme on Friday evenings as well as providing religious programmes on Sundays. On the first Sunday of every month, we also broadcast the service from the St Peters Multi Faith Centre live from 10.30am. We also have guests from local charities, other organisations and groups as well as celebrities and stars popping into the studios and joining us on air during the day. So you can see we have a lot to offer and all the details and news of our programmes can be found on our website **radiowey.org**.

I appreciate all feedback, both good and bad, as we can only get better if we are serving our listeners as everyone has a choice and they can so easily go elsewhere. Contact via my email **andy@radiowey.org** or call the studio on **01932 874433** and leave a message for me.

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Hospital Broadcasting

An Impact Survey

The Hospital Broadcasting Association [HBA] commissioned an independent piece of research into the impact of hospital broadcasting on the health outcomes of patients. A UK wide study was completed involving over 250 individuals including patients, staff and hospital radio volunteers.

Here is a summary of what the Study revealed, in that there was evidence of hospital radio stations having an impact on psychosocial health outcomes in the following ways:

- Boredom reduced by entertainment
- Loneliness reduced by social interaction
- Anxiousness / frustration reduced by being calming and reassuring
- Disorientation reduced by creating a sense of belonging
- Depersonalisation reduced by making one feel like an individual
- Health and wellbeing awareness increased by providing information

Participants in the research recognised the positive impact of hospital radio on reducing

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Hospital Broadcasting

...continued

boredom, loneliness and anxiousness. Moreover, insight from the research revealed that hospital radio was actually positively influencing all of these psychosocial outcome measures.

Entertainment is provided by hospital radio through the playing of music along with other content that listeners like and that they feel is relevant to them. Social interaction via hospital radio comes from providing listeners with a virtual friend and through face to face interaction with volunteers from the station.

Hospital radio through the approach to broadcasting taken by presenters provides a distraction and is a calming and reassuring form of entertainment.

Hospital radio helps create a positive sense of belonging by familiarising patients with the hospital and allowing them a connection with their lives and people outside. Hospital radio helps people to feel like an individual by focusing on their personality and music preferences.

Hospital radio has the potential to increase awareness of health and wellbeing by delivering information and advice in an appropriate and sensitive way.

In addition to benefitting patients, hospital radio has a positive impact upon volunteers through making them feel like they are doing something worthwhile and by creating a sense of the community and belonging amongst radio station volunteers.

There is potential social value generated by hospital radio through the impact it has upon the psychosocial outcomes, and the links between them and both physical health outcomes and organisational priorities for the hospital, such as a positive patient experience.

Recommendations are made to increase the impact of hospital radio through raising awareness and promoting partnership working with hospital partners.

For the full report, and more information, please visit

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Your Award Winning Station

2020

The National Hospital Broadcasting Association Awards is an annual event which celebrates the excellent work of hospital radio stations in the United Kingdom. The awards recognize the excellence of an individual, programme and station. A variety of different hospital radio stations enter the awards where ten are shortlisted in each category. Out of the ten selected entries, three are nominated for Gold, Silver and Bronze. Each year, the HBA invites its member stations to submit examples and extracts of their programmes to be judged in various categories.

Hospital Radio Wey has been very successful over the years. This year made no change as we were very fortunate in winning 4 awards.

GOLD: The Young Wey [Katharine Mann and Maria Lopiano] in the Best Programme with Multiple Presenters category

The judges said this show had a real sense of fun and felt inclusive to the audience it was aimed at. One judge said that Maria and Katharine complement each other nicely, and you wanted to keep listening to them, throughout.

SILVER: The Young Wey [Sam and Eddie version] programme trailer in the Best Station Promotion category

The judges enjoyed this promo – hooking them in from the beginning, with an unexpected twist.

BRONZE: The St Peters Community Open Day in the Best Special Event category

The judges said this entry had a special warmth about it – a feeling of community. It was educational but also fun and the kids were lovely.

Recognising Innovation across Hospital Radio category for our entry, for 'Introducing the Wi-Fi speakers into our hospitals'

For many years the station broadcast on Hospicom to St Peter's and by air headphones at Ashford Hospital, however patients often complained that headphones were uncomfortable and navigating the last few screens that were working was difficult. Looking for a solution, the team at Radio Wey started working on a cost effective solution to stream the station from the internet and, after a bit of trial and error, they came across suitable Wi-Fi speakers, which, with the use of an App, could be locked on to Radio Wey and brought great sound quality too. 14 were purchased to trial the system and, it proved so popular, the hospital trust provided the station with a grant to enable more speakers to be purchased. They now have 60 such speakers, meaning every bay in every ward has one and staff and patients like having something in the background to listen too. Requests have shot through the roof as a result – as well their listening figures. A great way of using technology to keep themselves on air and to reach even more.

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Can We Broadcast?

Yes we can!

Bob the Builder asked "Can we fix it?" with the reply "Yes we can" and in a similar vein, that was the challenge set us at the end of March 2020. Monday 23rd March 2020 was when Boris Johnson announced that the UK had to go into lockdown to stop the spread of Coronavirus [COVID19] across the country.

Immediately we put our studios into lockdown and off limits to all our presenters and set about revising our schedule. A number of presenters had their own equipment at home and were able to record their weekly shows from there. We also looked at presenting shows live from presenters' homes as well as the wealth of standby shows we had on our computer systems.

Matt Richings with Request Stop on Tuesday evenings continued to present his show live from his home with engineering assistance from Marc Bakos. Matt too was able to contact the staff in his wards to get them to collect requests for him.

Though we are always able to play out music, we still wanted to have a variety of programmes and we certainly were able to do this. Our hospital request programmes we thought may suffer however Katharine Mann and Maria Lopiano with their award winning programme 'The Young Wey' contacted the children's' wards and established a way for the staff to collect requests. Despite the children's' wards being relocated to Runnymede Hospital due to the pandemic, the staff obliged. So using technology such as Cleanfeed with both Katharine and Maria in their individual homes they set about recording the weekly show each Thursday morning and then sending it via We Transfer to Andy Brown, the programme controller. He would then load it onto our playout system so it was broadcast on Thursdays from 3pm to 5pm and repeated at the same time the following day. This has to be done with all the home recorded shows and with assistance from Peter Bray, we have automated part of this upload process.

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Can We Broadcast?

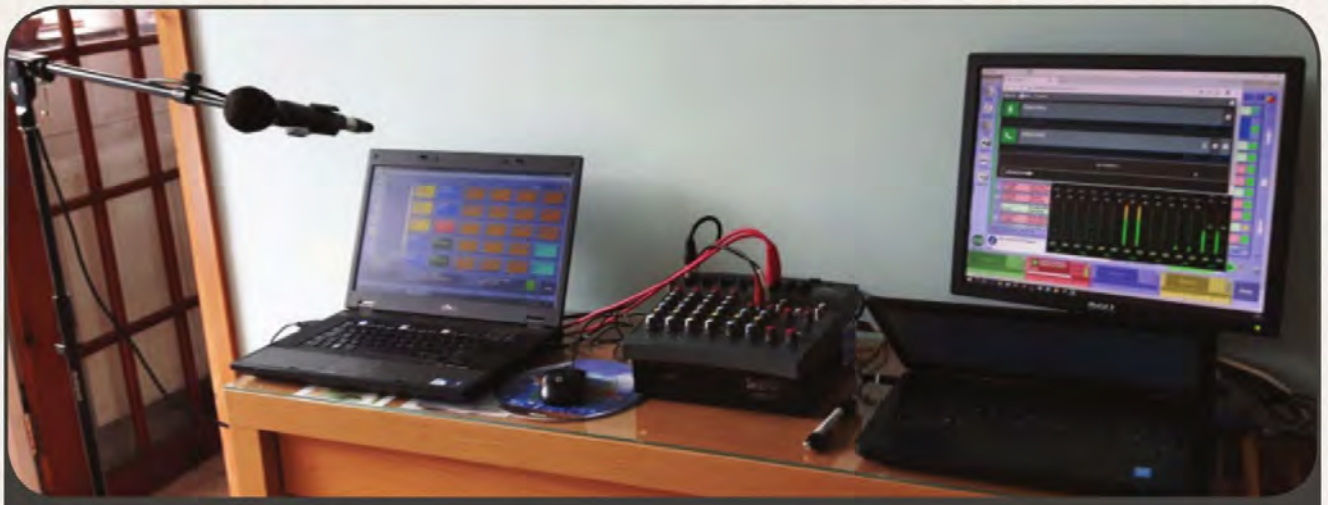
...continued

Our care home programme, The Dance Party on Tuesday afternoon which we presented live from a different local care home each week also had to be curtailed. However Pete Bray decided to present the two hour show live from his home each week and rename it 'The House Party' it even became The Garden Party some weeks due to the nice weather when Pete set up his show in his garden.

Marc Bakos and Chris Jones re-established 'The Chris and Marc Show' which is another live show and this can be heard on Mondays from 8pm to 10pm.

Steve Chambers who presented MiTunes had moved to Dorset last year however he too had set up a home studio and so he obliged and produced his weekly show again for us.

Maria Lopiano established a new programme due to her passion with the world of musicals and so 'The Magic of the Musicals' was born. Broadcast on Sundays from 6pm to 8pm and repeated Mondays 3pm to 5pm, Maria has also had interviews with musical stars and



Pete Bray Live Show from home 'Tuesday afternoon's House Party'

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Surrey Heath Borough Council

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Can We Broadcast?

...continued

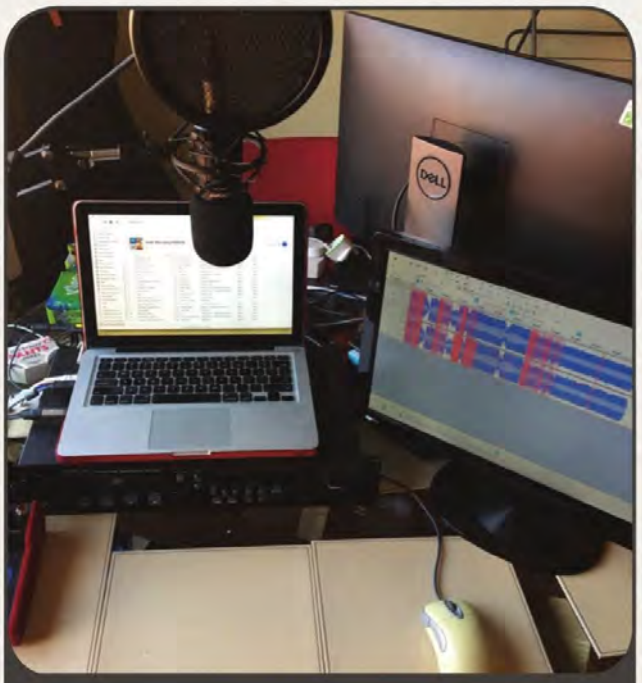
backstage crew such as Bonnie Langford, Jason Pennycooke and Murray Lane.

Helen Julia Minors who presents her classical programme also suggested a story time. She set about recording half hour programmes using the Sherlock Holmes short stories by Sir Arthur Conan Doyle and Winnie the Pooh stories by A.A. Milne. This is broadcast on Mondays from 7.30pm.

We usually cover the Easter Sunday Service held at the Multi-Faith Centre at St Peters Hospital however this was not possible. Laurence Gamlen, the lead chaplain however did record a short ten minute piece relevant for Easter and the circumstances we all in which we were able to share with our listeners on the Easter Sunday.

We cover the local news with the help of the Elmbridge, Runnymede and Spelthorne Talking News. They provide us with their recordings and we produce the News Hour. This is broadcast on Saturdays at 6pm and repeated on Sundays at 3pm.

Other programmes that we are presenting during the pandemic include Good News at 9am, Rob's Jazz Club with Rob Chantler at 1pm, Helen's Classical Journey at 4pm and the Chill out Zone with Ashley Duthie at 6pm



Alan Dolby Recording "Rock This Wey"

on Sundays. On Mondays, there is Musical Memories with Jan Brown at 5pm and Health Naturally with Tasch van Zyl at 7pm. Chris Ashbey has his Maternity Show on Wednesdays at 8pm. Thursdays sees Carla Brink with Inspire, our gospel show at 6pm. Fridays at 5pm, it is Remembering the Music with Carl Fraser, and Rock This Wey with Alan Dolby at 8pm. Saturday evening at 8pm, it is Soul Shuffle with Paul Clinch.

We have received feedback from the staff and patients both via social media and in person to

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Expires: 31st August 2022

Can We Broadcast?

...continued

Rob has been recording Rob's Jazz Club from home for about 13 weeks. His setup is very low-tech but sounds good. He researches and writes obituaries and finds examples of their music. He then selects all the tracks and gets enough to fill the first hour to allow for talking.

Rob then sits on his bed with a Tascam digital recorder and laptop with Wave Pad and puts the duvet over him and the equipment to deaden the echo! He records the obituaries and links. Rob says he usually shuts the window just for recording his voice as otherwise listeners will hear an assortment of birds and waterfowl!

say that they really appreciate the programmes and the music we are able to broadcast.

Now into July, we are not back in our studios as remedial building work was necessary due to water damage occurring during the pandemic and so we continue with our revised programme schedule.

I however feel confident that despite all the stresses and pressure the NHS has been under, we have provided everyone at Ashford and St Peters NHS Foundation Trust with our great output albeit with the restrictions that are in place.

Andy Brown
Programme Controller

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Walking Football

In association with the Middlesex FA and their JustPlay scheme, the Radio Wey Sports Team have set up Walking Football sessions.

Walking Football has become increasingly popular. It's exactly what it sounds like – a standard game of football where players walk instead of run.

Its designed to help people get fit or maintain an active lifestyle no matter what their age and fitness, as well as support people getting back into football if they have given it up due to age or injury.

Older people who play have seen many benefits: lower heart rate and blood pressure, less fat and more muscle, and better mobility. And it's not just health benefits - Walking Football also offers social benefits.

Participants can meet new people, avoid becoming isolated, and interact with individuals and small groups. This is one sporting activity that is suitable for all.

The sessions are held on the Astroturf pitch at the Staines & Laleham Sports Club on Monday evenings from 7.30pm until 8.30pm. The cost is £3 for the hour's session, and all the kit such as balls and bibs are provided by the Middlesex FA.

The rules are pretty much the same as the beautiful game that we see on Match of the Day week in week out. The only differences are that there is little or no contact, kick in's and not throw ins, and oh yes, NO RUNNING, either on or off the ball! For more information email ***sport@radiowey.org***

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Dancing in the Care Homes

As part of Radio Wey's aim to improve the health and well-being of people receiving support in the local community, we contacted a number of local care homes in early 2019 and proposed taking our popular 'Dance Party' show on the road to be broadcast live from the homes.

The Dance Party brings back memories of the hits from the 40s, 50s and 60s; perfect for residents, giving them an escape from the daily routines and an opportunity to have a favourite song our singer played for them, singing along too and even having a bit of a dance!

Our first Dance Party outside broadcast took place at Parklands Manor, the care home right opposite St. Peter's Hospital in Chertsey.

The team of Stu Jones and Pete Bray played the songs and engineered the transmission back to our studios so the show could also be relayed to the patients and staff in Ashford & St. Peter's, as well as to relatives and friends listening via the internet. It proved a great success and has become a popular attraction. We added a couple more care homes to the list and within a few months, word had spread and other local homes were getting in touch asking us to bring the Dance Party to them too! So now we currently have six care homes that we regularly broadcast from: Parklands Manor, The Burlington in Shepperton, Thameside and The Summers, in Molesey, Norfolk House in Weybridge and most recently, Glendale in Walton-on-Thames.

The pleasure it brings to the residents is clear with many singing along with the old songs, dancing in their chairs or up on their feet too… and there's no stopping the staff from joining in either who have just as much of a party with the residents whilst working!

We hope to expand our care home outside broadcasts in the future as the demand is clearly there and it makes such a difference. You're welcome to join in and can hear the Dance Party with Stu and Pete on Tuesdays between 2pm and 4pm. It's a date!

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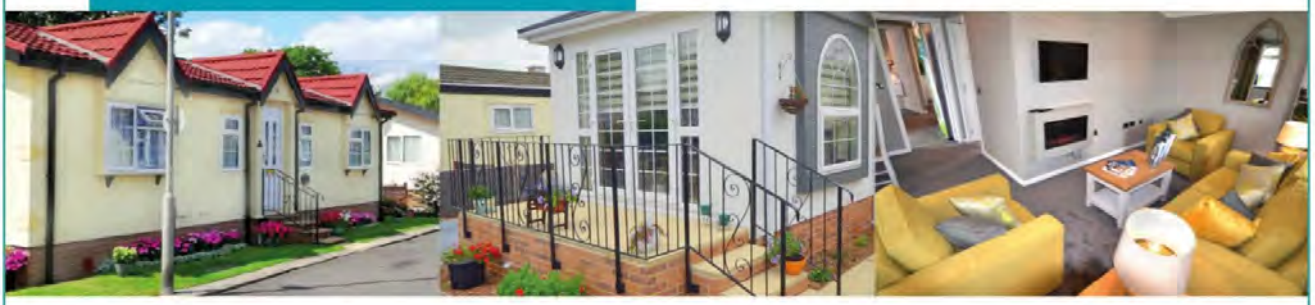

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Saturday SportScene

Saturday SportScene is an award winning programme, bringing the best coverage in non-league football to your bedside.

Every Saturday through the football season, many dedicated members of Radio Wey and officials of our nearby non-league clubs leave home in all kinds of weather and head for a local (and sometimes not so local) football ground to report on matches for Radio Wey's Saturday Sportscene.

The show has grown enormously in the last 20 years, from having just one match covered in the early 1990s to a record nine matches last season!

Broadcasting on the Internet has allowed many more non-league football fans follow our local teams from not only locally, but from all over the world. We have had listeners tuned in to our coverage from Stockholm, Tokyo and Nashville USA!

Modern technology has also meant that most will report live via their mobile phone, giving a match preview of the game they are covering, updates during the game and finally a full-time report.

But thanks to a combination of the Internet and some computer software called Skype, which vastly improves the sound quality compared to a mobile phone, two of our reporters will bring to your bedside live and full match commentary from the top local game of the day.

Back at base, there is just one person in our studio at St. Peter's linking all this altogether. The studio presenters do a fantastic job, because whatever problems we have at the grounds with our technical breakdowns, traffic jams or weather conditions, they have to keep the show running smoothly.

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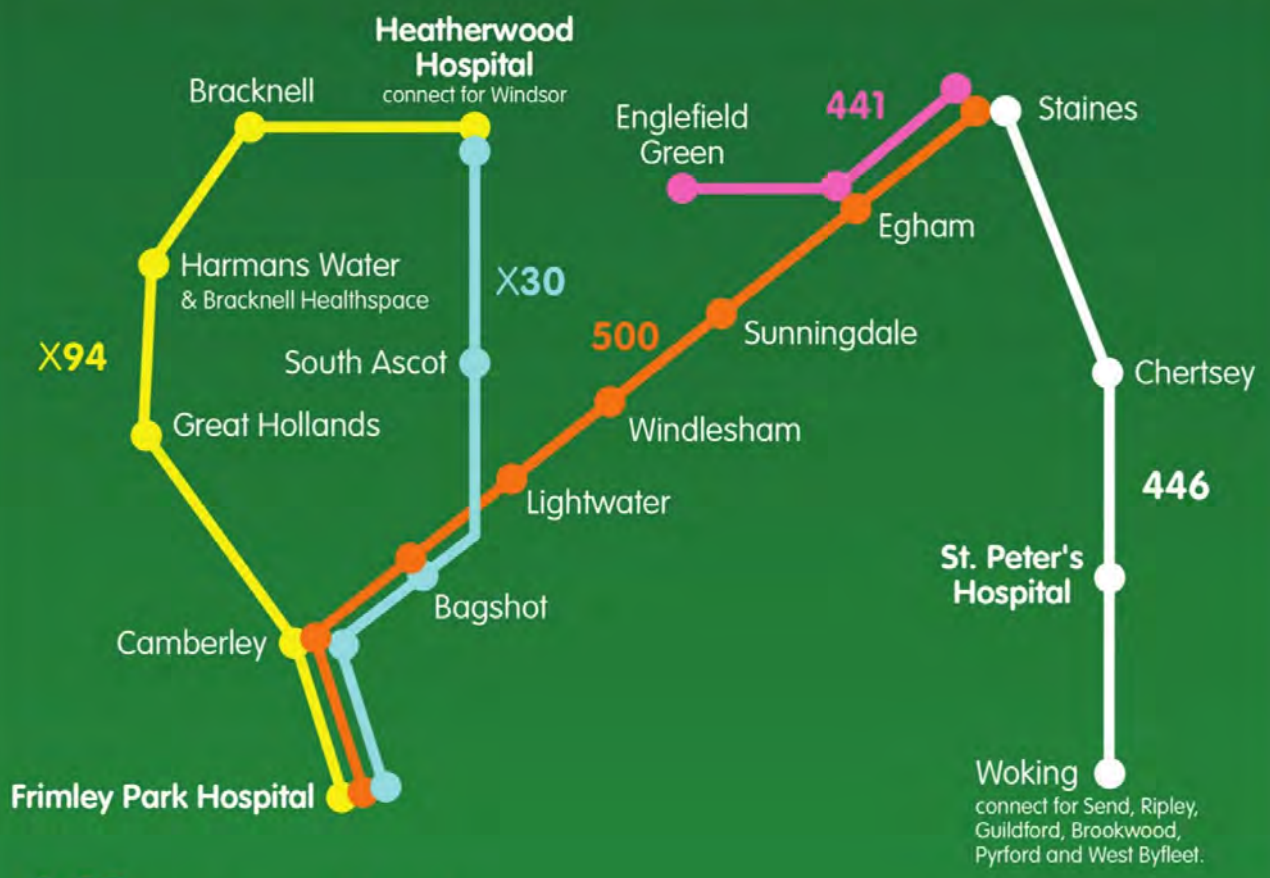

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Saturday SportScene

...continued

They also keep the commentary team up-to-date with the Premiership, the Championship, League 1 and 2, the Conference Premier and Conference South, plus any other sports results that are relevant to the day's action.

We currently have an excellent team of six or seven members who rotate each Saturday through the football season. Where would we be without them? A big thanks to the whole team who do such a brilliant job and make the show possible.

Apart from Saturday SportScene, we have other sport coverage during the football season on Radio Wey.

During Friday Night SportScene, between 6pm and 7pm Friday evenings, our team of reporters look back over the last seven days as well as forward to Saturday's matches. We interview the managers and other officials from our local sides and get the latest news and gossip from the touch-line. We repeat this programme at 9am on Saturday mornings so, if you miss it on Friday, you can catch up before the games on Saturday afternoon.

We start the season with midweek coverage of local games with Midweek SportScene on certain Tuesdays and Wednesdays. This is broadcasted separately to our normal offering via the internet. Full details are on our Radio Wey website at www.radiowey.org each week of what matches we are covering and how you can hear them. So whether you are by your PC, laptop, tablet or smartphone, you can hear these extra programmes.

You can also hear about our Sports coverage on Radio Wey by following us on Twitter @radioweysport or @radiowey for all our latest news and tweets.

The Wey We Were

The origins of Radio Wey go back to the mid-1960s when two friends, Alan Timbrell and John Best, spent some of their leisure time visiting patients in Weybridge Hospital and finding out what kind of music they liked. The patients' choices of music were then recorded onto a tape recorder in Alan's home. They then returned to the hospital with the tape recorder and played the music to the patients on the wards.

Once acceptance was gained, the hospital offered a room for the production of programmes. At that time there was no ready made equipment for a home studio, therefore it was necessary to construct equipment from kits produced for radio DIY enthusiasts.

A basic studio with an interviewer's desk and record storage was constructed which made it possible to broadcast live programmes to the wards over the patient headphone system, which were initially Bakelite, later to be replaced with the plastic tube Stethoscope system. The first live broadcast was on October the 5th 1967. The schedule at that time consisted of 13 Hours of programmes a week, presented by three Broadcasters.

The studio at Weybridge was then linked to other hospitals using (as it was then) GPO telephone lines, and eventually broadcasts were made to Weybridge, Walton, St Peter's,

Ellesmere and Ashford hospitals. There was also a link to Stompond Lane football ground, which enabled live 2nd half commentary on Walton and Hersham's home games. The first commentary was broadcast on 11th October 1970. At a later date the HRW network was extended to Woking Victoria hospital.

By 1971, Hospital Radio Wey had grown to 23 members who were presenting 30 hours of programmes a week. Programmes consisted of patient requests, collected by a Hospital Radio Wey (HRW) member visiting the wards. Each member would visit a specific ward and the requests would then be played at a specific time each week for each ward. There were also specialist music programmes such as classical music, country and western, big band and jazz.

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The Wey We Were

...continued

Early in 1973 the DIY studio equipment was replaced by a custom built mixing console. The re-opening on Sunday 8th April 1973 featured a day of special programmes by guest presenters from BBC and commercial radio. Those participating were Tony Brandon, Noel Edmonds, Terry Wogan, Johnnie Walker, John Dunn and Keith Skues.

Another landmark came in 1978 when Hospital Radio Wey, became a Registered charity. Its registration number being 275620.

The studio at Weybridge had become affectionately known as 'the shoebox' due to its small size and shape and it was not possible for HRW to develop it further. In 1984, HRW was offered accommodation at St Peter's Hospital and this presented an opportunity to expand beyond the cramped single room at Weybridge. The building that was offered had been the

hospital's telephone exchange and it needed considerable alterations to make it suitable for use as a broadcasting studio and record library.

Estimates for the new studio equipment amounted to nearly £7,500 with £2,700 being needed to refit the equipment being re-used from Weybridge into the second studio. With the Transfer to St Peter's complete, an official opening of the new studio complex was held with guest of honour Sir Cliff Richard.

To enhance its outside broadcast capacity, HRW invested in a new caravan. The events attended also offered fundraising opportunities. The van was fitted out specifically for Radio Wey use and gave excellent service until it was sold to another hospital radio organisation; a decision taken because so few members had cars with tow bars, needed to take it to events.

The Wey We Were

...continued

Changes in the NHS also affected HRW. With the closure of smaller hospitals, the service to Ellesmere, Walton, Woking and eventually Weybridge ceased as these hospitals closed or were given new healthcare roles. This left HRW just serving Ashford and St Peter's Hospitals.

One of our programmes is our Sunday morning, 'Good News' religious programme. The building of the new Accident & Emergency wing at St Peter's included a new chapel to replace the one on The Ramp, which was scheduled to be demolished. During the construction, permanent wiring was installed above the ceiling to enable non-intrusive microphones to be installed. Radio Wey now began to broadcast a live service from the chapel on the first Sunday of each month and this continues today.

Digital equipment for broadcast use continued to be developed. HRW adopted the use of a digital playout system known as 'Myriad.' Music tracks could be stored on a computer and accessed by a keyboard or screen. One advantage was the space saved in the music library which had become full of vinyl records and CD discs.

The development of Internet applications has also impacted on broadcasting. In 2007, HRW made its programmes available through its website. This made it possible for hospital staff to access the programmes and facilitated introduction of the service into nursing homes. Sports fans who were away from home also found it possible to keep in touch with the fortunes of local teams.

By around 2005, the equipment installed in the late 1980s was becoming time-expired and difficult to maintain. HRW's plans at that time were to get better premises and a new studio appeal was launched. Consultation with the hospital authorities began. Plans were drawn up for a replacement studio on the same site as the existing building. Planning permission was obtained. A lottery application to cover the construction costs of £100,000 was unfortunately unsuccessful and the scheme could not proceed. Other options were considered but none could be turned into a practical, affordable scheme.

In 2007, a decision was taken to refit Studio 2.

New studio furniture, mixing desk and other equipment was installed after redecoration. This was completed in September 2007. The following year, the mixer in Studio 1 which had seen service since 1978 failed and that studio was then completely refitted to the same specification as Studio 2. Having two identical studios made is easier to train new presenters. The refit of both studios cost £40,000 depleting the charity's funds.

In recent years, we have had presenters who have retired or work shifts and this has enabled us to offer daytime programming in addition to evenings and weekends.

What has made HRW the success it has been for the past 50 years has been the dedication and commitment of the members, all of whom are volunteers. There have been many over the period HRW has been operating – some have been with us a short while and some have never left. Some have used their training and experience to go on to careers in professional radio and television.

Today Hospital Radio Wey has 48 members with 16 associate members who work together to present 91 hours of live programmes each week. They also carry out all the roles necessary to run the station such as administration, maintenance of the equipment, and raising funds. As Hospital Radio Wey has no income or grant aid it needs to raise all money it needs to run the Station. This comes from member's subscriptions, donations and fundraising activities.

If you would like to assist we would welcome any donation you are able to make. Should you feel like getting involved and joining the Radio Wey team, please see our website for details. The web address is **www.radiowey.org** where you will also be able to listen to our programmes.

Feel Good Radio

We do hope you get the opportunity to listen to what we offer as we are all enthusiastic in what we do at the station. However Radio Wey does need to raise funds to operate – in order to do this, Hospital Radio Wey is a registered charity – **Charity No. 275620**.

We provide a radio service to the patients and staff in Ashford and St. Peter's Hospitals, as well as reaching out to our local community and organisations, especially those within the caring and support sector. We also have an appeal to people locally who are interested in a healthy lifestyle or may be recovering from illness.

A third of our annual running costs are covered by subscription fees paid by all the volunteers at the station and the rest is raised by the team by offering our services at local events and functions.There are a number of ways you may be able to help us:

- We can provide a public address system for local fetes and functions and 2018 has seen us provide P/A and entertainment facilities for many local events including the Staines Pancake Race, the Ottershaw May Fair, the Lyne Village Fair, the Hersham Village Fair, the Walton-on –Thames Heritage Day, the Runnymede Living Well Week, the Staines Christmas Fair, the Hersham Christmas Fair and the Walton-on-Thames Festival of Lights. We would also like to thank those organisations which have supported our charity during the year: the Woking Lions, the Rotary Club of Chertsey, Parklands Manor Care home in Chertsey, Greenoak Housing Association and Waitrose supermarkets. We can also attend sporting events and functions both indoors and out, providing music, commentary and announcements, so why not contact us to discuss your requirements.

- We offer a number of Sponsorship deals where we can help, promote your business, our most popular being Programme Sponsorship. Programme Sponsorship includes:

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- Email promotion Programme sponsorship starts at just £365 per year (£1 a day) and you can see some of the companies already taking advantage of our service in the 'Our sponsors' line on the home page of our website **www.radiowey.org**.

Thank for your assistance so we can keep offering this service to the hospitals and local community.

Radio Wey was at the opening of the Egham Orbit leisure centre in February 2019

"We provide a radio service to the patients and staff in Ashford and St. Peter's hospitals"

We are also grateful for the assistance and support provided to the station in providing goods and services by many other organisations. So, if you can help us or your business would like to sponsor Radio Wey or you are able to support us in some way, please get in touch. Either email **info@radiowey.org** or call the studio on **01932 874433**.

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Presenter Profiles

PETE BRAY

I have lived in Walton-on-Thames for over 25 years and been a Radio Wey member just as long! The day job sees me as an IT Consultant, and my outside interests have ranged from running a mobile disco to being a pilot! My musical tastes cover many genres and years, but I'm most often found bringing you the best from the national charts and working behind the scenes at the station.

ROGER MANLEY

Roger has been a member of Radio Wey since 1972 and has held the posts of Outside Events Co-Ordinator and Chairman. He presents a two hour show on Sunday mornings called 'Mid-Morning Mix'. His hobbies include tramways and light rail transit, steam trains, photography and travel. He retired from the railways upon privatisation. His musical interests are German Oompah music, and his favourite artists are Dire Straits, the Eagles and Shania Twain.

ROBERT CHANTLER

Rob has been with Radio Wey since 2007 and currently presents Rob's Jazz Club every Sunday at 1pm. A professional playwright, he trained as a counsellor and psychotherapist, and then as a teacher, and has a small theatre group that produces plays by new playwrights. He has also forged strong links with local am-dram groups, especially The Manor Players, who help bring some of his productions to life. He volunteers with St John Ambulance and enjoys as much quiet time as possible, enjoying nature and looking after the environment.

JIM COOMBE

I have lived in Surrey for the last 50 years. My time, now retired, is spent on model aircraft, steam trains and looking after my bungalow and grandchildren. I have now reached some 40 years plus on Hospital Radio Wey and look forward to as many years as possible. My taste in music goes right across the board from classic to pop!

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Presenter Profiles

...continued

ALAN DOLBY

Alan was born in Walton-on-Thames and lived there for his first 22 years. He says he somehow managed to get into management without anyone noticing and currently works designing medical devices in Windsor. Radio Wey joins his love of electronics, medical and healthcare all into one. Years ago he was into playing heavy metal but now has mellowed and likes to play a selection of 80s, 90s and quality tracks from the 00s. His interests include running, horse riding and eating chocolate - all mutually exclusive. Alan presents 'Rock This Wey' on Friday evenings sharing his passion for this musical genre. He has even taken up learning to play the guitar. He is normally also fixing things in the studio between playing tracks which sometimes catch him out!

STEVE CHAMBERS

Retiring after 34 years of living out of a suitcase while working for British Airways, my wife suggested I look into joining my local hospital radio station as a hobby in my newly-found freedom/retirement – but probably more as a way from keeping me out of the house for a bit. So, thirteen years on, I am still enjoying being part of a great station, now in its 53rd year, and working with a wonderful bunch of people. My personal tastes emerge on a Thursday afternoon at 5.00pm when I host MiTunes, an hour of laid-back music that could include some Jazz, New Age, Chillout or World Music. I was thrilled to win silver for this show in the Best Specialist Music Show category at the 2014 HBA awards. I have moved to Dorset with my wife and family and record MiTunes each week from my home studio. I love to read and I also belong to a writers' group, trying to bash out something readable every so often. I try to keep fit at the gym a few times a week and then ruin it all by baking my own bread. I am also a voice actor, having my own home studio where I record voiceovers, including some for Radio Wey.

CARL FRASER

Carl first joined Radio Wey in 1990. After spending many years with the station, he moved out of the area, but has recently re-joined. He presents 'Remembering the Music' on Friday afternoons. Carl spent 3 years at AA Roadwatch and could be heard presenting travel news on many radio stations across the South-East and nationally. He also worked for BBC Southern Counties' Radio, going out and about in the radio car, reporting from various local events. Outside of radio, Carl is a Community First Responder, and enjoys running and cycling.

Presenter Profiles

...continued

CHRIS HUSSEY

Chris has been involved with Radio Wey for 5 years and loves radio through and through; in fact, Chris would like to work on the radio himself one day. "My favourite presenters are Kenny Everett, Chris Tarrant, Tony Blackburn and, of the new brigade, most probably Chris Evans and Chris Moyles. However, I love all radio and have in fact applied to Radio Jackie for work in the past and I am keeping my fingers crossed". Starting his hospital radio career in 1989, Chris originally volunteered at Wycombe Radio. He now also volunteers at Kingston Hospital Radio but thoroughly enjoys his role at Radio Wey where he produces and presents 'Audio Feedback'. Listeners can get involved with requests and games with Chris playing 'Name That Tune' on a keyboard with listeners guessing the song title. There is also an instrumental break in which 3 instrumental tracks are played and then the show finishes off with 'Cheesy Tunes'. Chris really enjoys writing music and lives in Surbiton.

CARLA BRINK

Carla is Radio Wey's gospel and good news radio show 'Inspire' host by night, and by day a current trainee teacher at Oxford University. Carla has a love for all things community, including involvement in her local church, helping with their student work and music band. Her favourite hobbies include singing, travelling, great food, and of course, bringing positive news and a variety of gospel music to Radio Wey's listeners at St Peters and Ashford Hospital.

FIONA WARD

I joined Radio Wey in 1998 and trained with Clive Stevens. After a while I took over a programme called Rock 'n' Roll and All That Jazz, I have changed programmes and hours a couple of times since then. I'm pleased to present Soundtrack on Tuesdays from 5pm to 7pm. The programme comprises of music from the movies including the latest releases to the golden oldies

GAYLE NAYLOR

Gayle joins Chris Hussey on Fridays for the Friday Getaway covering the weather and catching up on local events and news. She is known as W.G.G. – Weather Girl Gayle and so we have our very own Gayle warning no matter the weather. Apart from Radio Wey, Gayle assists at StepGates Community School in Chertsey and, along with others, organises fundraising events to repair and refurbish the swimming pool at the school.

ROB DAY

Rob has been involved with Hospital Radio Wey since 1990 and is still very passionate about the radio station. Over the years he has presented many different types of shows which have given him an eclectic range of genre which he enjoys personally. He presents Monday's edition of the Brunchtime Breakfast Show covering a review of the daily newspapers and those quirky stories you may have missed. After 11am, he also plays the latest Artist Request Chart, based on the requests collected from the wards in the past week. [This feature is currently not broadcast due to Covid restrictions but will be resumed when we can visit the wards again to collect requests]. He has seen through the years different artists being voted No. 1; these are people like Sir Cliff Richard, Frank Sinatra, Perry Como and Status Quo and quite a few others as well!

RICHARD LIGHTBODY

I have lived in Surrey for 6 years after moving up from West Sussex. I currently work as Cabin Crew based at Heathrow traveling to different parts of the world. When I'm not at 38,000 feet, you'll find me cooking in the kitchen or washing my Alfa Romeo. I have an eclectic range of music from the 60s through to today. Some of my favourite artists are, Dua Lipa, Jamiroquai or The Rolling Stones. I have a show called Richard's Music Odyssey on Saturday's from 11:00-13:00.

PETER HARMAN

Peter is one of our longest serving members having been with us since 1969. During the 70's he presented his "Pop Parade" on Tuesday evenings. His other skill is engineering and he has had a large input in the construction and installation of our studios and assists in keeping them in working order. He led the project that led to us moving from Weybridge to St Peters in the late 1980s. More recently he has assisted in the installation of our first digital mixing desk. When not involved in Radio Wey he enjoys visiting industrial heritage sites. He is a member of both the Basingstoke Canal Society and the Wey & Arun Canal trust and has in the past owned his own Narrowboat. He is also an active participant in the local am-dram scene helping with sound and lighting at local productions.

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NHS

Presenter Profiles

...continued

ANITA REYNELL

I'm delighted to be joining the fabulous team at Radio Wey. It's been an ambition of mine to work in Radio: and I'm now finally able to live my dream! So, to my background – it's an eclectic mix of classical music education, working for an international airline, raising a family, to singing with a contemporary A Cappella band.

Way, way back, I studied violin, piano and singing at the Royal College of Music and then at Goldsmith's College, London University. Putting my German language skills to work, I then worked as a Flight Attendant for United Airlines, where I became a Purser.

Two decades later(!).... an opportunity enabled me to take a separate tack, singing for a touring Opera Company. I now teach all my instruments, focusing on singing. I also sing in a contemporary A Cappella band called Academix! Most recently, I've been helping my church keep their live-streaming going during Lockdown and we continue to strive to adapt to the changing climate. My latest skill learned is being able to sing and play piano at the same time!!...

Singing is what keeps me sane, but I love to chat too, as my friends will testify!
I can't wait to get to spend time with you, sharing my choice of music and lifting your spirits with some humour and banter. Bear with me as I learn the ropes and I promise that I will play your requests and spend time with you on the wards as and when we can.

BEN O'CONNOR

I have been involved with Radio Wey for over 15 years, firstly as a Reporter and now as a Presenter and Commentator as part of the Sportscene Team. I can be heard regularly commentating from games at either Woking FC, Staines FC or Hampton and Richmond Borough FC. I live in West Molesey with my long-suffering wife and my two boys and I work as an External Moderator for an Awarding Body. I am very proud to be part of the Sportscene family and to be involved in the broadcasting of the entertaining and exciting world of local sports.

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Presenter Profiles

...continued

ANDY BROWN

Andy has been involved with the station for over 30 years. His first programme was the St Peter's Maternity Request Show on Sunday afternoons. When collecting requests, he was once mistaken for a doctor by one of the new mums and asked why he was not wearing a white coat. He also presented a weekly show on Thursday lunchtime called the Wonderful Wacky Wireless Show. He presented this for five years and the programme included guest interviews about hospital events and health matters in the community. Currently, Andy is taking a break from regular broadcasting however he is on the rota for presenting Saturday SportScene as well as the Friday evening programme. These shows cover local sport in the North West Surrey and Middlesex area. He also enjoy presenting at our outside events that we attend as well as interviewing the crowds and personalities who turn up whilst we are out and about. When not on the radio, he enjoys cycling and walking and has been known to cycle to the studios from his home in Weybridge. He also is a keen baker and likes to travel. Along with his wife, Jan Brown, he compiles our weekly Artists Request Chart, based on all the record requests we collect at the station. Andy won the Gold Award for Best Male Presenter at the 2013 Hospital Radio Awards and he was also shortlisted in the same category the following year..

JAN BROWN

Jan joined Hospital Radio Wey in 1990, and underwent her training on the Children's Show. Members helping to train her included Will Kinder, who now works for BBC Radio. Over the years, Jan has presented request programmes for the patients and staff at St Peter's Hospital and The Artist Request Chart Show, as well as covering for other presenters. She now presents Musical Memories on Monday at 5pm. This weekly programme features the music and news headlines from a particular year from the 50s, 60s, 70s and 80s. She and Andy Brown met at Radio Wey and have subsequently married. Apart from Radio Wey, Jan's hobbies include travel, photography, exercise classes and cycling.

Presenter Profiles

...continued

JAMES FRIEND

James joined Radio Wey over 20 years ago from TLF Radio in Devon, started out on our request shows and has been a regular member of our SportScene team ever since. As a presenter of Friday Night SportScene, James brings together the very latest local sports news to whet your appetite for Saturday Sportscene where he divides his time between the live action and the warm studio. James lives in the Surrey Hills and is an active member of his local community playing cricket for his village team, as a member of the local authority and as churchwarden at a Grade One listed church. You can follow James on twitter **@friend_james**

SIMON FRATE

Simon has been involved in Hospital Radio for over sixteen years, and recently made his way upstream from Kingston upon Thames to join the team at Radio Wey. Other pastimes include squash and pool, but these would not transfer well to radio!

CLIVE STEVENS

Clive has been a member of the station for many years and is involved in parts of its operation both in front and behind the scenes. He has a passion for sport. He follows his beloved team Staines Town. He has recently been occupied full time with building his own house - Grand Designs indeed. He is affectionately known on the station as 'Uncle Clive'.

SIMON BOYLE

Simon is an ex-publican who has been presenting with Radio Wey since returning to Surrey 3 years ago. Surrounded by music and always involved in some way or another, he keeps up with the up and coming rock/pop guitar bands as well as his taste in classic 70s music. He is happy to play your requests on a Wednesday afternoon.

TASCH VAN ZYL

Tasch is the Managing Director of TaschMar Holistic Health, which was founded during 1993 in South Africa. She has extensive experience within the field of Complementary Therapies and Alternative Medicine and has been privileged to work alongside the leading pioneers within the field. When she is not broadcasting and working, she loves to spend time with her family.

STUART JONES

I'm Stuart Jones I was originally with Radio Wey from 2003 until 2011 during which time I was Chairman as well as being a presenter. I moved out of the area in 2011 and carried on broadcasting with other radio stations. Jen and I moved back and now live in Farnham so I was able to re-join Radio Wey. I am 76 years old and have been married to Jen for 53 years and we have 5 grandchildren and a very cute French Bulldog puppy called Daisy who keeps us very busy. Because of my era I have an in-depth knowledge of older music and am always happy to chat about it. Let me have YOUR requests and I will be happy to play them for you.

COLIN SPENCER

Originally from Leicestershire, Colin put roots down in Surrey and his two children were born at St Peter's. With broad tastes and a personal collection built over 35 years, any spare time that can be devoted to music is time well spent as far as Colin is concerned! His favourite record label is Mute because "they continually unearth and support engaging artists who are typically allowed to develop and share awesome music over many years, decades even." While Radio Wey was Colin's first time broadcasting, he has broadened his experience and enhanced his skills with other stations, and, before radio, was a student journalist (reviewing music, bands and gigs), had his own recording studio and record label, compiled albums of new and back catalogue music, organised advertising and sports event syncs and worked with artists from several genres who have enjoyed chart - topping success across the world.

TIM MITCHELL

Born at St Peter's, Tim first stepped into Radio Wey's Weybridge studio in 1986 for Ray Darrell's Saturday evening show. Tim says that that moment of collecting requests and presenting with Ray was a turning point in his life. This inspired Tim to train as a journalist in 1991 and since then he has spent his career in marketing and public relations. He currently runs a web-based company helping companies generate more business online. Away from the microphone, Tim plays the guitar, badminton and is a regular runner.

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Presenter Profiles

...continued

JUDITH ALLFORD

Judith qualified as a presenter in 2016. She is a member of the Radio Wey Good News Team, led by Vic Hatzfeld, and she presents a Good News Broadcast every month. She was previously Lead Chaplain at Ashford and St. Peter's and she enjoyed the opportunities which that role gave her to broadcast with HRW! Now retired, she says she is indebted to Roger Manley for his patience and perseverance in training her to engineer her own programmes! She is exceptionally proud to be part of the Radio Wey Team and she also makes the most of every chance to play the music of her favourite musician - Charlie Landsborough, whom she describes as "a wonderful singer-songwriter from Birkenhead who has played a huge part in the soundtrack of my life".

KATHARINE MANN

Hello, I'm Katharine and I'm a relatively new recruit to Radio Wey and have had the privilege of working with some fantastic people at the Station already – Pete Bray, Judith Alford and Roger Manley to name but a few. I've wanted to broadcast for a very long time but life kind of got in the way! I'm delighted to now be part of the Radio Wey family. I'm a huge music fan and have an eclectic taste spanning lots of eras and genres but love nothing better than to turn up the 90's tunes whenever my kids allow it! Listening to good music whilst engaging in some major banter is surely what it's all about, right?! My aim is to make as many patients and staff smile and forget their pain and troubles, by bringing them fun and fresh content through the Radio Wey airwaves.

ANN DORRELL

Ann has spent nearly 20 years in creative roles in Advertising and Marketing before being called to Chaplaincy and Mission work. Ann is part of two Chaplaincy teams here at St Peter's Hospital and at Bronzefield Prison, Ashford. She is also an Occasional Preacher in the parish of Walton-on-Thames – St Mary's and St John's. Ann joined the Good News Team in January 2016, trained by Team Leader, Vic Hatzfeld. Ann says that "Vic has been amazing. He has taught me so much and has always been encouraging and patient". Ann is in the final stages of writing a book on her Christian journey. She enjoys singing, films and musicals and contemporary worship music.

Presenter Profiles

...continued

PAUL CLINCH

I've been interested in music since I was a young child and started doing discos when I was still at secondary school. A good friend started at Radio Wexham and said I should go along and I was hooked. That good friend, Nigel Williams, has worked in independent radio for many years and now presents a weekly show for Jazz FM. I become a presenter and studio manager for Radio Wexham and found it very rewarding to go round the wards and meet the patients. Later, marriage and children led me to move out of the area and so my DJing was put on hold and I put my energy into other things. I led a Scouts pack for 7 years and ran a football club for boys and girls and eventually men's teams. I then moved back to this area and re-joined Radio Wexham where I was the secretary, Chairman, presenter and trainer and presented a three hour show on Sunday Nights called Soul 2 Love. Since then I have joined A1 Radio and Soulpower Radio and broadcast from home on the internet. I play mainly Soul but have just started a new show on A1 on a Sunday called the Sunday Shuffle, a mixture of all types of music. Now I have joined this great Station, Radio Wey, and look forward to many years of fun with the brilliant team here.

MARIA LOPIANO

Hi, I'm Maria and I grew up locally in the Ashford area, and now live in Staines. I present the Saturday edition of Brunchtime Breakfast and also with my passion for musicals, I also present The Magic of the Musicals broadcast on Sunday evenings; two hours of great music from the shows. My interest in music started at a very young age, with my dad's love of radio and with my love of dancing to all genres of music having had a big influence. My career is as a dancer, working in West End shows until settling down and having a family.

If you watch the first Mama Mia film you'll see me there too, dancing along to 'Money, Money, Money'. My children are grown up now and I teach and choreograph dance and am involved in many areas of performing. I am thrilled to become a part of the Radio Wey team.

MATT RICHINGS

I joined Radio Wey in late 2014 after searching for hospital radio stations in my area. Radio presenting has always been my dream. Originally from Berkshire, I have had many years' experience starting from my early childhood years producing stories and radio shows on cassette with a mix of music and jingles I created myself and with friends. My first experience of a real radio studio was in 1994 with a visit to 2-TEN FM in Reading with a friend and we had a go at our own news report and got our planes and trains mixed up! Later, I developed my skills and confidence as a mobile DJ for children's parties in the late 90s with a little help from my musical parents who already had the essential equipment to get me started. These days I find myself performing on the wedding and larger corporate events circuit in mostly posh hotels. My hobbies include film projects, having a good ramble, amateur dramatics and drinking real ale. I am thankful to have had my training with Rob Day and my first show was broadcast on Saturday's and called Pick 'n' Mix. Despite having a winning formula for my show I am always keen to innovate and try new ideas. I currently presents Request Stop on Tuesday evenings, broadcast live from my home. I appreciate the staff at St Peters Hospital for sending me in their requests as well as those of the patients. It is an entertaining two hour show with a few competitions and features. Whilst not my Idol per se, Steve Coogan's infamous Alan Partridge has given ample inspiration for what not to do in my role. I was very proud to be nominated at the 2016 Hospital Broadcast Association awards for best newcomer and was shortlisted within the top 10 in the country. I am also pleased to devote my time in other ways at the station and I like to be involved with other charitable events at live outdoor broadcasts.

CHRIS ASHBEY

I started with Radio Wey in April 2019 after 18 years of service as a Scout leader, and to be honest I don't miss soggy wet and muddy camp sites! I've lived in Staines and Ashford all my life and music has always been a big part of it. I learnt to play the Bass guitar at school and have also picked up other instruments like keyboards and drums. I think the DJ fascination started when I was about 19 and I started collecting 12" singles, mostly House music, and then got myself a pair of turntables and a mixer. At the time I was in a band with 2 friends and we managed to record and produce 2 albums in his amateur studio. I started my training with Matt Richings soon after joining and became a regular co-presenter on Tuesday nights Request Stop. I've also been part of the Hospital Open Day last year and the Walton Festival of Light events last year. During my training I was lucky enough to cover some other shows and I got my final big break on New Years Day when I covered Brunch Time Breakfast. I am presenting my own request show on a Wednesday night for the Maternity ward and am looking forward to other Radio Wey events too.

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Presenter Profiles

...continued

HELEN JULIA MINORS

Helen Julia Minors is School Head of Department of Performing Arts at Kingston University, where she is also an Associate Professor of Music. She is a trumpeter and singer, and she dabbles in many other instruments too (including piano, recorders, guitar, hurdy-gurdy, crumhorns, and much more!) She plays for the Aldworth Philharmonic Orchestra, based in Berkshire, and the Middlesex Yeomanry Concert Band, based in Hampton. Her musical passions are wide: professionally she is interested in music in its cultural context, music and dance, and has a particular enthusiasm for early 20th century music across Europe, though especially in Paris. Helen's first experience of radio, beyond being a listener, was being interviewed about her performance work on Resonance FM (2013) and then supporting the research for a Composer of the Week episode (BBC 3), before being the guest presenter on ABC Australia's The Music Show for a 2 hour special on Paul Dukas. Helen joined Radio Wey in 2018 and was trained by Matthew Richings, before being interviewed by him then co-presenting three shows with him (for Rock this Wey and Request Stop). Her new Show is her first solo show, Helen's Classical Journey. It will be aired on Sundays. Helen will take us on a journey through a wide range of classical music, including music for film and TV, concert hall, court, secular and sacred settings, with themed shows and some quirky composer quotes. In her spare time Helen loves to cook and she is currently learning Swedish at night class.

ASHLEY DUTHIE

I have been involved with Hospital Radio for some 24 years now, joining Radio Wey 5 years ago in 2015. In 1989 I started searching for hospital radio stations in my local area. Originally from Surrey, it has always been a dream of mine to be a radio presenter. When in my teens I used to record mix tapes (both music and voice) using a simple mixing desk, a pair of headphones, microphone, cassette player, and later a CD player. My dream came true when I found a station at the Royal Surrey County Hospital. I became a radio presenter for 18 years and received a 10 year voluntary long-service award. I can never forget the time when on my first broadcast show, after coming out of training, my first track played backwards. My trainer said, "don't worry Ashley, just play a couple of community news carts and a jingle and you will be okay." Of course, everything was OK... but nonetheless I felt a little embarrassed. Hospital radio broadcasting has made me a much more confident person. It has been one of my passions in life I thoroughly enjoy doing. My previous show on Radio Wey "80's I have (although I still have a soft spot for it especially as I love 80's music) has taken a back seat. However, I am excited to be broadcasting my new show called 'The Chill Out Zone' every Sunday from 6pm. I also enjoy helping the station raise vital funds by participating in outside events. My hobbies include radio (of course!), computing & technology, walking, some cycling, and in the past, amateur dramatics.

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Presenter Profiles

...continued

PHILOMENA EVANS

I have been presenting the Good News Programme for Radio Wey for the last 18 months and I am enjoying every moment of it! I had never been in a radio studio before, let alone speak into the microphone but during my time as a chaplain volunteer at St Peter's Hospital, I was asked to consider co-presenting a Good News programme and everything continued from there as I loved the experience and was keen to be involved. I am now all trained up and I write, present and engineer the programmes, thanks to the excellent support I receive from the Radio Wey Team, especially Roger Manley, Jim Coombe and Judith Allford.

The programmes that I am involved with are aired on the 3rd and 5th Sunday of the month but we have a new programme every Sunday morning from 9-10am, that includes worship music, bible readings, stories and prayers which are sure to lift your spirit's! Music is very uplifting and I have loved listening to music from an early age, so to now have the chance to hear new music and play wonderful tracks for others to enjoy is a real pleasure and I am very grateful for this opportunity with Radio Wey.

Outside of the Radio Wey studio, I am a mum to two growing teenagers and I work in a local health centre so my time at the moment is pretty busy! In my spare time I love nothing more than turning up the volume and dancing to some of the great dance tracks from the 80's and 90's, with Love Shack by the B52's being my favourite as it always brings a smile to my face! I also enjoy cooking, spending time with my family and friends and going out for long walks, whatever the weather! My Christian faith is also very important to me and I am actively getting more involved in my church and in the work it does within the local community.

We'd love to hear from you, so make a request by calling internal free number 2017 or 01932 874 433

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WORDplay

...answers on page 74

Can you solve the phrases in which a common word or saying is hidden in a cryptic arrangement.

1. MAN
BOARD

.....

2. ME JUST YOU

.....

3. M1Y1 L1IF1E

.....

4. 584SAFETY9482

.....

5. PePPermint

.....

6. SYMPHON

.....

7. CIRCUI

.....

8. SMOKE
G

.....

9. A W A K E

.....

10. JOB
AN

.....

11. STEP
STEP
PETS

.....

12. MACBETH
WORD WORD WORD WORD
WORD WORD WORD WORD
WORD WORD WORD WORD
WORD WORD WORD WORD

.....

13. POLMUMICE

.....

14.

LIVERPOOL	4 - 1	MAN UTD
SPURS	4 - 1	WEST HAM
MAN CITY	4 - 1	EVERTON
LEICESTER	4 - 1	CHELSEA
ARSENAL	4 - 4	WATFORD

.....

15. X I ST
N
G

.....

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Training & Recruitment

Two aspects of running any radio station which need to be considered are training and recruitment and these roles fall to me. I have been involved with Radio Wey for over 25 years and I have carried out various activities and roles for the station. Before I retired, I was a management trainer hence this role on the Radio Wey committee does suit me.

Looking at training first, this falls into two areas; training for the existing membership and training new recruits. Like any activity, training and coaching is important as you are probably aware. Footballers, athletes, in fact anyone who takes up a sport needs to train and be coached, and the skill of presenting a radio programme is no different. At Radio Wey, we offer ongoing training workshops which are open to all the members where we cover a specific topic each time. These topics range from how to prepare a programme, tips & tricks when presenting, interviewing skills, how to interact with people and all the different aspects of operating the equipment we use.

We also offer one to one coaching and feedback sessions. This training is also complemented by other sessions which are run by the Hospital Broadcasting Association both regionally and nationally as well as other courses offered by others. Though we are all volunteers, we do take our interest seriously and are keen to present to the best of our ability.

"For new recruits, we run a training course covering several weeks which covers all the elements of presenting a radio programme."

For new recruits, we run a training course covering several weeks which covers all the elements of presenting a radio programme. These range from the technical essentials of operating all the equipment through to programme preparation, content and presenting.

Turning to the other element of my role – recruitment. We do have a number of people interested in joining us and in terms of radio presenters we do have a waiting list. We feel it can be a waste of time of both the individual and those at the station if we do not have any vacancies that new recruits can fill once they are trained and hence we have ceased running regular training sessions.

Having said this, what are we looking for if you are interested in joining us as a radio presenter? We do not necessarily look for any

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Training & Recruitment

...continued

experience in presenting however we are keen to take on individuals who are enthusiastic and committed. Training someone from scratch can take in the region of six months. This consists of weekly training sessions hence the recruit needs to commit the time each week to attend and practice what is being taught. Each weekly session lasts around two to three hours. As we are a hospital radio station, the individual is required to complete a DBS check and other references which are carried out by the Hospital Trust. This is required as you will expected to visit patients and staff on the wards to collect requests and explain how Radio Wey operates and can be heard there. We also require everyone to get involved with other elements of the station such as fundraising and outside events, hence the need for a regular commitment is imperative.

If you are interested in assisting in other areas such as studio engineering, fundraising, public relations or a side we may find useful, please also consider applying to join.

Another couple of items regarding recruitment at the station: we consider anyone who is 18 and above. Unfortunately, as we are volunteers, we are unable to offer any work experience or similar at Radio Wey as we are unable to meet the criteria that these schemes require.

To apply or express an interest in joining Radio Wey, go to our website

www.radiowey.org

and look under the More.... section for the 'Join Us' section. There you will find all the details as well as our application form.

Hospital Information

PLEASE NOTE: Visiting arrangements have changed due to coronavirus so please ensure you always check before visiting the hospital.

Over the next four years Ashford and St Peter's Hospitals will undertake an exciting £100 million transformation programme. This will begin with a major project to change and improve car parking at St Peter's Hospital. The main outpatients visitor car park is closed and a new multi-deck car is being built. Please keep up to date with all changes on the Hospital website: www.ashfordstpeters.nhs.uk

Visiting

Visiting times vary from ward to ward, so please ensure that you know the visiting times of the ward you wish to visit before coming to the hospital.

Most in-patient wards at Ashford and St Peter's Hospital have visiting times between 11am and 8pm.

There are exceptions though, so for specific ward information regarding times and direct telephone numbers, go to: www.ashfordstpeters.nhs.uk/patients/visiting-times

We would ask for your help in limiting visitors to no more than two at a time and only bringing children under 10 years old when absolutely necessary.

Please:

- use the hand gel when entering and leaving the ward.
- respect other patients and keep noise to a minimum.
- no more than two visitors at the bedside and only bring young children if you really need to.
- help us minimise infection – don't visit if you are unwell, use the chairs and please don't sit on a patient's bed.
- do not use mobile telephones, cameras etc in patient areas.
- only bring in essential items for patients to keep areas clutter free.
- do not bring in flowers for patients (but fruit, chocolate and biscuits are fine).
- do not use physical violence, verbal aggression or threatening behaviour towards staff as this will not be tolerated.
- your relative or friend may have agreed for you to ask questions about their condition or treatment – if you wish to speak to a member of staff please ask at the start of your visit so this can be arranged.

Facilities:

Cafes

We have launched new catering and retail services at Ashford and St. Peter's Hospitals, with some major improvements to patient food, and a wider range of food and goods available to visitors and staff.

The new food offer for outpatients and visitors includes an exciting range of portable items, with fresh juices, filled wraps, salad pots, paninis and baguettes. All our facilities offer fresh bean to cup coffee, a range of fruit and herbal teas and freshly produced food.

Our vending machines offer a range of beverages, confectionery and ready meals. We hope you enjoy the new improved facilities and services, and make the most of our local area loyalty card offers.

WHSmith Shop

Situated in the Main Entrance, featuring grab-and-go snacks, sandwiches, fruit, snacks, cold drinks, newspapers, magazines, books, cards etc.

Mon to Fri: 8am to 7pm
Sat to Sun: 10am to 4pm

Vending facilities are available in the following locations:

- Level 2 main entrance:
  Costa coffee and cold drink.
- Level 3 Duchess of Kent opposite the lifts:
  Snacks, cold drinks & hot and cold food (microwave facility).
- Abbey Wing ground floor:
  Coffee, snacks and cold drinks.
- Accident and Emergency:
  Costa coffee, cold drink and food.
- Rowley Bristow:
  Cold drinks and snacks.

Parking

Like most hospitals, we have to make a charge for using our car parks – see below for full details. This also includes Blue Badge holders. However, we do have free 20 minute pickup and drop off points at the front of both hospitals and outside our surgical appliances unit at St Peter's Hospital. We also offer a number of concessions as well as a scheme for eligible patients to claim back their parking and travel costs.

Parking charges

For any parking queries please contact our Travel Plan Office on 01932 723675.

Our patient and visitor charges are as follows and include Blue Badge holders:

First 20 minutes	**Free**
Up to 2 hours	**£3.50**
2 to 3 hours	**£4.00**
3 to 4 hours	**£5.00**
4 to 5 hours	**£6.00**
5 to 6 hours	**£7.00**
6 to 24 hours	**£8.00**
Up to one week	**£20.00**

spotlight

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Please see **page 35** for more information.

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Hospital Information

...continued

Blue Badge Holders

All our disabled spaces are located close to the main hospital entrances and signs clearly direct the way for people with a disability. There is access on both sites for wheelchair users.

At St Peter's, there are automatic opening doors on Levels 1 and 2 of the Outpatient Department, at the entrance to the Duchess of Kent Wing and the entrance to Abbey Wing.

At Ashford, there are ramps at both the Main Entrance and the Outpatient Department entrances. Both sites have easy access to lifts.

For Blue Badge holders who may find it easier to pre-purchase parking tickets, we now offer the facility for you to purchase up to six 2 hour tickets in advance, at £3.50 each.

You can do this through our Travel Plan Office at St Peter's Hospital or from the Cashier's Office at Ashford Hospital.

For those with mobility issues who find it difficult to reach our clinics or wards, our porters can be pre-booked to help you on arrival. Please call **01932 722036** two days in advance and one of our team will make sure they are on hand to greet you when you arrive.We recognise that for some patients visiting our hospitals regularly car parking costs can be a burden. We therefore offer the following concessions which are applicable at both of our hospital sites:

- **Frequent visitors:**
  Weekly permit - £20.00
- **Patients attending Haematology/Oncology Day units:**
  Free for period of treatment
- **Patients attending long term cardiac rehabilitation clinics:**
  Free for period of treatment
- **Parents attending our Neonatal Intensive Care Unit (NICU) at St Peter's Hospital:**
  Three weekly permit - £20.00

Help is available to some people travelling to hospitals under a Healthcare Travel Costs Scheme. Patients may be able to claim the cost of travelling to and from the hospital, including car park costs, provided you use the cheapest mode of transport available, if you are on a low income or you receive one of the benefits listed below:

- Income support
- Income-based job seekers allowance
- Child tax credit
- Pension Credit guarantee
- Working tax credit
- NHS low income scheme certificate (HC2 or HC3)

For more information go to: **www.ashfordstpeters.nhs.uk/patients/getting-here/parking**

The Chaplaincy Team

Available at your bedside

You may meet someone from the Chaplaincy during your stay in Ashford or St. Peter's Hospitals. We are a Team of Chaplains and Volunteers who support the wider healthcare team in offering additional pastoral and spiritual care when our patients or their loved ones request it.

Both Hospitals have a Multi-Faith Worship Centre open daily for the use of patients, staff, volunteers, visitors and friends. At Ashford Hospital the Centre is to the left of the main Hospital entrance. The chapel at St Peter's has moved to temporary accommodation as the old chapel is undergoing change of function.

Each Centre has a Multi-Faith Prayer Room equipped with prayer mats, sacred texts and faith symbols. You will also find a Chapel and a Quiet Room. There are ablutions facilities for those who observe ritual washing before prayer and purpose-designed shoe racks for those who remove footwear.

The Centres are available for private prayer and quiet reflection. A warm invitation is also extended to our services of prayer and worship.

Ashford Hospital

Anglican Communion Services, festivals and other occasional services are held as advertised on the notice boards. A Roman Catholic Mass is held at 1pm on the last Thursday in each month. Fridays at 1pm there is a Roman Catholic Eucharistic Service. We plan to reintroduce a monthly United Service on the last Sunday in each month at 2.30pm. The Ashford Chapel has an area dedicated to the Remembrance of loved ones.

St. Peter's Hospital

United Services are held on the first and second Sunday of each month at 10.30am. We are grateful to Hospital Radio Wey for broadcasting our Sunday Service on the first Sunday of every month. Please join us by tuning in if you can't get to the Centre. An Anglican Service of Holy Communion is held at 8am on the first Thursday in each month and a Roman Catholic Mass at 3pm on the same day. Additional Services, including regular Services of Thanksgiving and Remembrance, are advertised on the notice boards. Friday 'Jum'ah' Prayers are held weekly at both Centres.

Also on Radio Wey, we broadcast Good News, our weekly programme of religious music and thoughts at 9am each Sunday morning, apart from the first Sunday of each month when we broadcast the Sunday Service from the Chapel at St Peters Hospital from 10.30am.

Many of our patients cannot visit the Centres but appreciate an opportunity to receive prayer, sacraments or blessing at their bedside. If you would like a visit from a Chaplain, please ask someone to leave us a message on **ext.3324** (**01932 723324** if calling from outside the Hospital). If your request is urgent, ask someone to contact the Hospital Switchboard (**Dial 0** from one of the internal phones or **01932 872000** from outside) to speak to the on call Chaplain.

As Chaplains we are proud to work with the Healthcare Team and with voluntary groups such as Hospital Radio Wey and our Leagues of Friends in supporting you during your hospital stay. Please let us know if we can help. We'd love to meet you. God bless you.

Wordplay Answers

wordplay on page 63

1. MAN
BOARD

Man Overboard

2. ME JUST YOU

Just between me and you

3. M1Y1 L1IF1E

For Once in my Life

4. 584SAFETY9482

Safety in Numbers

5. PePPermint

3 Piece Suite

6. SYMPHON

Unfinished Symphony

7. CIRCUI

Short Circuit

8. SMOKE
G

Go up in Smoke

9. A W A K E

Wide Awake

10. JOB
AN

An inside job

11. STEP
STEP
PETS

Two steps forward one step back

12. MACBETH
WORD WORD WORD WORD
WORD WORD WORD WORD
WORD WORD WORD WORD
WORD WORD WORD WORD

Play on Words

13. POLMUMICE

Mother in Law

14.

LIVERPOOL	4 - 1	MAN UTD
SPURS	4 - 1	WEST HAM
MAN CITY	4 - 1	EVERTON
LEICESTER	4 - 1	CHELSEA
ARSENAL	4 - 4	WATFORD

All for one and one for all

15. X I ST
N
G

10 Downing Street

Community Action

Hospitals	
St. Peter's Hospital	01932 872000
Ashford Hospital	01784 884488
Police	
Surrey Police	101 (non-emergency)
Crimestoppers	0800 555 111
Fire & Rescue	
Surrey Fire & Rescue Service	01737 242444
Councils	
Surrey County Council	03456 009 009
- Adult Social Care	0300 200 1005
- Children's Social Care	0300 200 1006
- Schools	0300 200 1004
Runnymede Borough Council	01932 838383
Spelthorne Borough Council	01784 451499
Help Lines	
Age UK (Surrey)	01483 503 414
Alcoholics Anonymous	0800 9177 650
Alzheimer's Society	0330 333 0804
Childline	0800 1111
Citizens Advice Bureau (Addlestone)	01932 842666 / 827187
FRANK (Surrey Drug and Alcohol Care)	0808 802 5000
Give Blood	0300 123 2323
Mind	0300 123 3393
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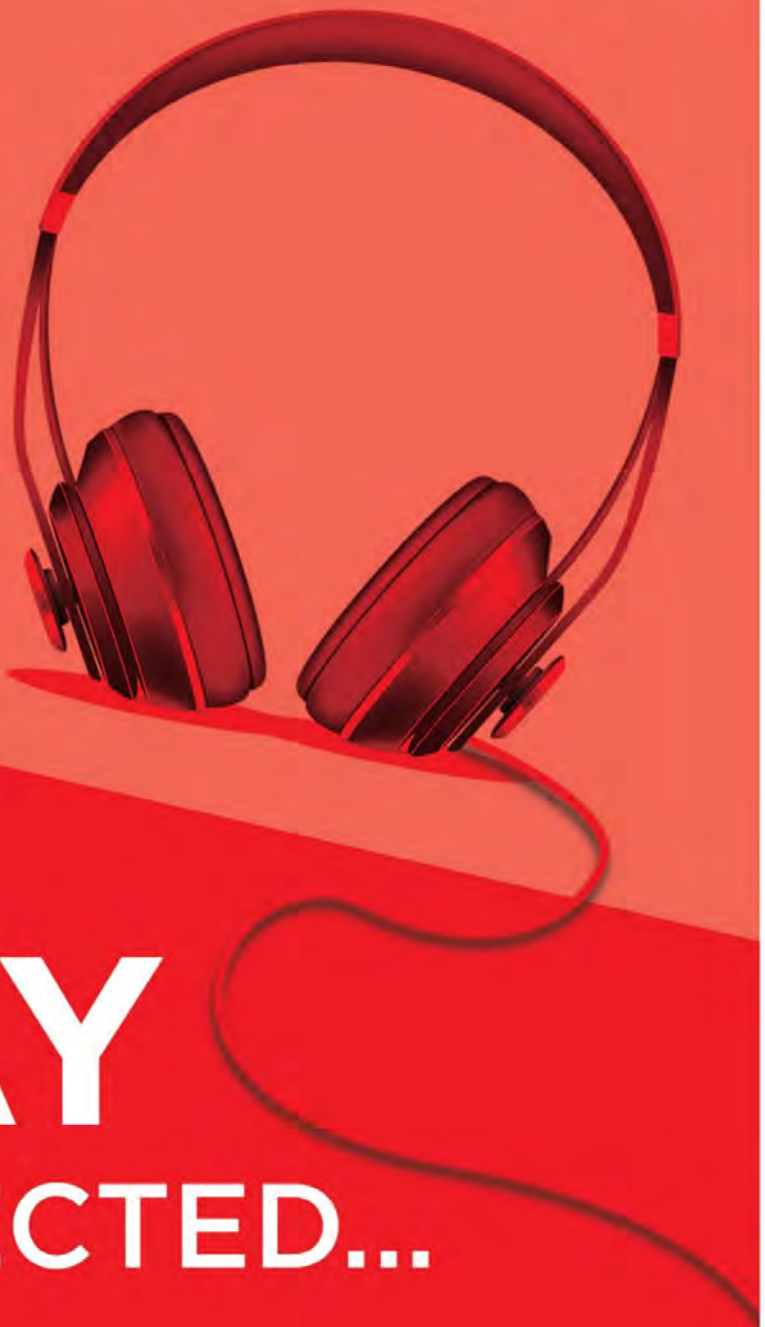

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