

Hospital Radio Glamorgan Magazine

Broadcasting



FREE - YOUR COPY TO TAKE AWAY

DECEMBER 2017

ISSUE ONE



Listen on-line and on your mobile

www.radioglamorgan.com

@radioglamorgan



Registered Charity Number: 504534

CURV-i-CURE

LADIES ONLY GYM!

nice and easy!

no special clothing required

Curv-i-cure is a 30 minute session on Pilates based toning tables. The tables increase cardio vascular fitness, muscular strength, endurance and flexibility.

- Help with reaching & maintaining ideal body weight
- Requires only 30 minutes, so no excessive time commitment
- 3 Exercises in 1
- Complete physical conditioning programming

Ideal for all ages, power assisted machines provide no pressure on joints, back pain relief and the ability for elders to maintain their mobility.



£30
membership,
10% off for NHS
workers,
or hospital
patients.



Call now to book your free trial:

02920 491633

14 The Globe Centre, Wellfield Road, Cardiff CF24 3PE



The revolution in the fight against cellulite

Vacu weight loss - devices that enable weight loss 4x times quicker, particularly fat around the abdomen, thighs and buttocks.

blood circulation & defoxification. Effects are persistent for many hours after the session.

Negative pressure use enables lymphatic drainage, infrared lights improve skin condition, clearing broken veins, & cellulite, in conjunction with improved

£99

10 sessions with 11th FREE

10% off for NHS workers, or hospital patients.



07450 808013

www.vacuweightloss.co.uk

14 The Globe Centre, Wellfield Road, Cardiff CF24 3PE



South Wales Mobility

Independent Stairlift & Mobility Supplier

Why choose us?

- Installation, upgrades, maintenance, service and repairs.
- New, rentals and reconditioned stairlifts
- Covering South Wales, Gloucester & the South West of England
- Your one stop stairlift shop
- Free no obligation quotation
- Free surveys, access equipment
- Disability lifts

Makes Of Stairlift

- Brooks
- Lincoln
- Lift Able
- Cumbria
- Thyssen
- Homeglide
- Minivator
- 950
- Homeadapt
- Elite
- Bison Bede
- Acom Stairlifts



Rental Stairlifts

Do you need a lift but don't want to buy?

Our rental stairlift solutions could be the answer.

With us you can be sure of getting the best quality and comfortable stairlifts at competitive prices. We guarantee to beat any written quotation on a like for like basis.

www.southwalesmobility.com

info@southwalesmobility.com





About us

South Wales Mobility have over 10 years of experience in sales, repair and maintenance of stairlifts throughout the UK.

As a family run business, South Wales Mobility do not ever operate as a hard sell business. You will never be visited by a salesperson, only the engineer will visit you, in order to make sure you are given the most up to date and relevant advice to match your situation.

Whether your requirements are a bespoke curved or straight stairlift, or you would prefer to consider our reconditioned options we have access to all leading manufacturers with multiple variations on style and design.

Often, our straight stairlifts are available for immediate fitting if required (subject to survey), and all surveys and consultations we offer are free, with no obligation to purchase.

We even offer a rental service if that is better suited to your needs.

PRICE MATCH GUARANTEE

We guarantee to beat any written quotation on a like for like basis. See website for latest deals and offers

Cardiff:	02920 868096
Newport:	01633 530580
Bridgend:	01656 360676
Swansea:	01792 721676
West Wales:	01269 597676
Chepstow:	01292 606150
Pontypool:	01495 400170
Pontypridd:	01443 606560
Caerphilly:	02920 868096

Opening Hours:

Mon- Fri: 8:30-5pm



GET IN TOUCH
FREE, NO
OBLIGATION
SURVEY





Contents

Introduction	6
Who are Hospital Radio Glamorgan?	8
Listen to Us Live	12
Get Involved	14
Meet The Volunteers	18
Our Schedule	20
50@50 Radio Marathon	22
My Story - John Wilce	25
Health Promotion @ Hospital Radio Glamorgan	28
Volunteering	30
Meet The Volunteers - Nigel Moore	32
Meet The Volunteers - Jason Manly	36
Live Music in The Studio	38
Contact Us	40



Kare Plus supply experienced high quality Care Professionals to work in NHS Hospitals, Nursing and Residential Homes. If you're looking for a flexible career to fit around your lifestyle, we could have the answer. We provide healthcare staff to a range of organisations across South Wales, and are always on the lookout for great staff to join our team.

In return for working for us, we will give you:

- Ongoing training and development opportunities
- Staff Reward Programme giving discounts to online and High Street brands
- Weekly Pay
- Pre-Booked Work
- Free KP Uniform
- Fast Track Recruitment Process (you can be out working in a matter of days)

ROOM 5 | MACKINTOSH HOUSE | 136 NEWPORT ROAD | CARDIFF | CF24 1DJ

Tel: 02920098899
E: kpcardiff@kareplus.co.uk
W: www.kareplus.co.uk

Introduction



Hello

Welcome to your copy of the first edition of Hospital Radio Glamorgan's listener magazine. It is produced in an exciting year for us – our 50th anniversary; a big milestone for the Charity and one that all our volunteers are very proud of. Read about our history and how we are celebrating 50 years of broadcasting later in the magazine.

As we move into our second half century we are excited to embrace more opportunities and challenges. We exist in a fast-changing medium that is reliant on our team of dedicated and skilled volunteers who give very generously their time, expertise and energy. Recruiting, training and supporting new volunteers has been at the core of our success. Read more about the different aspects of running a radio station charity and how you could become involved - from presenting, producing, fundraising, engineering, communication, ward visiting, charity administration and trustee positions – all are key to ensuring we stay on the airways to make patients', staff and visitors' time at the University Hospital of Wales as pleasant as possible.

Have a look at our schedule inside – there is something for everyone. From smooth Sunday morning show tunes to chart topping number one classics. We broadcast online 24/7 so we're always around to keep you company. Why not download our app and send us a request on Twitter? @radioglamorgan

*From the heart of the Heath, we are **your** hospital radio station.*

Thanks for listening!

Clare Sinclair

Chair, Hospital Radio Glamorgan





Toybox
DAY NURSERY

Are you looking for a warm and welcoming nursery for your child? A nursery that treats your child as an individual? Then look no further than The Toybox Day Nursery.

Located in a leafy residential area close to central Cardiff, The Toybox Day Nursery provides day care for babies from six weeks old to children up to five years old, welcoming children from all cultures and faiths.

At The Toybox Day Nursery we want to make sure your child settles in as easily and comfortably as possible. Following consultation with the parents, we offer and encourage introductory visits and a free settling in period before proper attendance commences. For reassurance, we also welcome parents to stay with their child before leaving him/her at the nursery for the very first time.

Our nursery is open from 8.00am to 6.00pm, Monday to Friday. We offer two sessions each day - 8.00am to 1.00pm and 1.00pm to 6.00pm as well as full days. If you wish, we will be happy to provide hourly rate details.

HEALTHY DISCOUNT FOR NHS STAFF

For more information please call: 02920 451700

33 Oakfield Street, Roath, Cardiff, CF24 3RE

www.toyboxdaynurserycardiff.co.uk

Who are Hospital Radio Glamorgan?



Hospital Radio Glamorgan first broadcast from Cardiff Royal Infirmary in 1967 when a small band of music enthusiasts got together to deliver a broadcasting service for the main hospital in Cardiff. At that time there was a lot of activity around radio, with the BBC discussing the launch of their new stations Radio 1 and 2.

The hospital broadcasting movement had been gaining momentum since the 1950's and after much fundraising the station in Cardiff, became a reality and started broadcasting in 1967.

Hospital Radio Glamorgan was established as a charitable organisation, run completely by volunteers, with a remit to provide entertainment to the patients, staff and visitors of the hospital. It quickly became an integral part of the hospital and the patient experience.

In the early 1970's a new teaching hospital in the Heath area of Cardiff was being built and it was decided that Hospital Radio Glamorgan would benefit a greater number of patients by broadcasting from this new site. In 1974 the station moved to its new home, with a larger room for a record library, studio and meeting space.

Broadcasting direct to each bed via an internal hard-wire system, the station continued to grow and new volunteers joined to help deliver a variety of programming content.

In August 1997, an appeal was launched to update the equipment within the station and generally revamp the office area. At around the same time the hospital trust were looking to relocate the Accident and Emergency unit, and it was agreed that the radio studio would be moved to a new, more prominent location within the University Hospital of Wales.

This would mean major capital expenditure for the charity station, so the fundraising campaign was increased to cover the cost of the new studio and office accommodation. Through many events, lots of bucket collections and grants from a variety of organisations, including the National Lottery, the new Hospital Radio Glamorgan studio was completed in 1999 and opened by Rupert Moon, international rugby player.

The new location gave the station a much higher profile and the volunteer base grew considerably. The station, which is part of the national Hospital Broadcasting Association (HBA), started to become more active on a national level building relationships helping other stations across the UK.

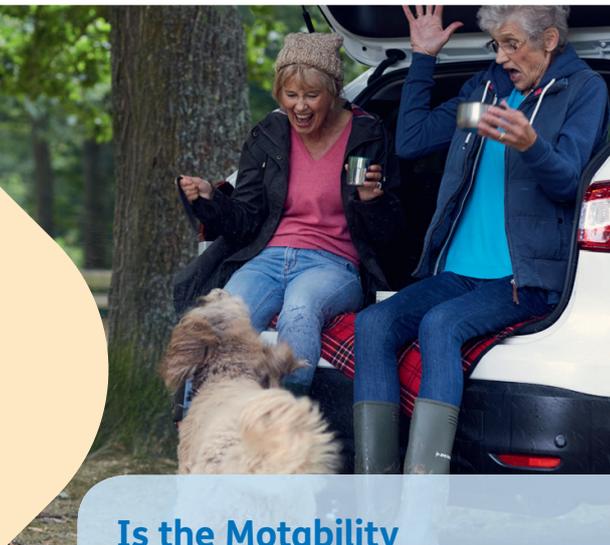
With ever changing technology the studio went through another refit in 2014, and launched its broadcast service via the internet, one of the first hospital stations in the UK to achieve this.

The station was at the forefront of the change in hospital broadcasting, with a greater emphasis on promoting health and wellbeing and each show now featuring patient information.

The Station has had a number of memorable moments in recent years, including many awards from the Hospital Broadcasting Association, a simulcast with BBC Radio Wales and recognition of a number of our long serving volunteers, some of whom have been with the charity for more than 30 years.

Hospital Radio Glamorgan continues to grow and innovate and at the heart of what we do are the patients, visitors and staff of the University Hospital of Wales.

Enjoy more everyday freedom with the Motability Scheme



The Motability Scheme has a range of options to help you get out and about, making it easier to do the things you need and want to do.



Named drivers are people you choose to drive your Motability Scheme vehicle. Up to two named drivers are included as part of your lease; from carers to friends.



Our range of over 400 car adaptations can make accessing the car or stowing your wheelchair easier to do and your journey more comfortable.



If getting into and out of a vehicle is becoming more difficult, we have over 500 Wheelchair Accessible Vehicles that can make a difference. So, you can travel in a vehicle without having to transfer out of your wheelchair.



Scooters and powered wheelchairs are great for daily trips to the shops or down the road. We have over 300 options to choose from, starting from as little as £12.50 a week.

Where to begin?

Finding and leasing the right Motability Scheme vehicle can be daunting. That's why we help every step of the way. Simply give us a call or visit us at motability.co.uk and we'll be happy to assist you.

Is the Motability Scheme right for you?

The Motability Scheme is simple, reliable and affordable. Leasing through the Scheme means you can have a brand new vehicle every three years, your insurance is included and you are covered for breakdown recovery, battery and tyre replacement, servicing and maintenance. And, best of all, there are no unexpected costs to worry about.

Are you eligible?

You can lease through the Motability Scheme if you receive one of the following allowances and have at least 12 months remaining:

- Higher Rate Mobility Component of the Disability Living Allowance
- Enhanced Rate of the Mobility Component of Personal Independence Payment
- War Pensioners' Mobility Supplement
- Armed Forces Independence Payment



Call **0800 093 1000** quoting **Radio**
Visit motability.co.uk

For more information please see page 24

Who are Hospital Radio Glamorgan? contd.



- **1920s** Hospital Radio pioneered in York
- **1950s & 60s** Hospital Radio movement takes off
- **1967** Hospital Radio Glamorgan founded at Cardiff Royal Infirmary
- **1974** Move to University Hospital of Wales (basement)
- **1997** Appeal for new studio launched
- **1999** Lottery grant part funds construction of a purpose-built studio in fantastic location
- **2014** Studio rebuilt, Internet broadcasting, dedicated App





Enhance Your Independence At Home



My Care My Home provides a Choose Your Own Carer /Personal Assistant service which would enable you to receive a tailored service within your own home; an individual dedicated to you, carrying out the tasks you need when you need them.

The cost is similar to using a care agency and the service can range from 10 hours per week to 24 hour live-in care. Choosing your own Carer/Personal Assistant can be daunting so we can manage each stage of the process for you, allowing you to live independently, regardless of whether you receive direct payments or are self-funding.

For further information please call to speak to a Care Advisor on

Freephone 0800 731 8470

www.mycaremyhome.co.uk



@mycaremyhome



mycaremyhome

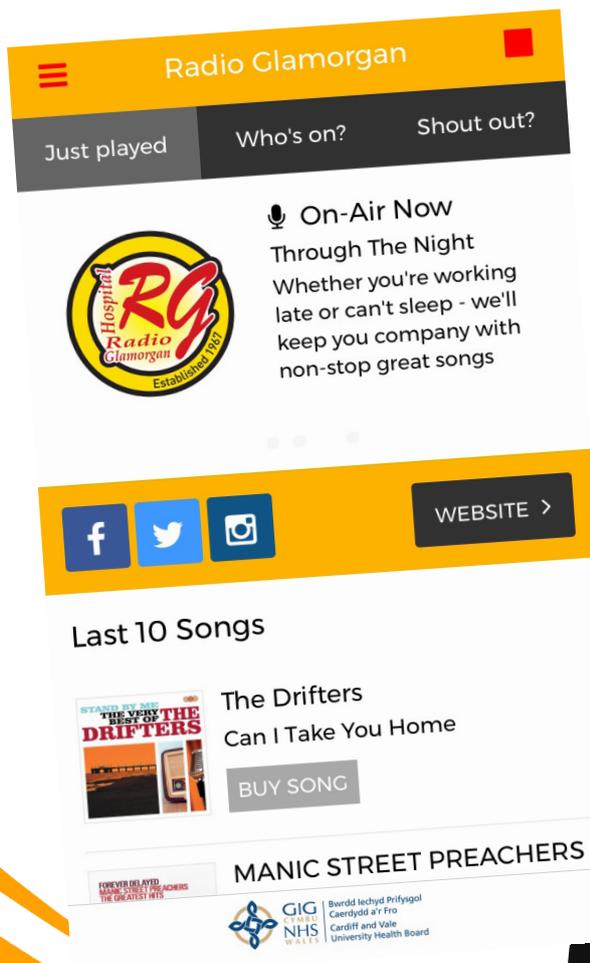




Listen to Us Live

As well as being able to listen to us in University of Wales Hospital in Cardiff, you can also catch us online wherever you are in the world. We have our own dedicated app which you can download and listen to us on the move. You can also find us on the TuneIn app by searching for 'Radio Glamorgan'.

If you're at your laptop or desktop, just head over to www.radioglamorgan.com and you can stream us live via the homepage. ***It couldn't be easier!***





St John's College, Cardiff

A leading independent day school for boys & girls aged 3-18

Choir School to Cardiff Metropolitan Cathedral

Top performing secondary school in the UK - 2017

(The Times - A*/B attainment)

Open afternoon Friday, 8th December 2017 - 2.00 to 3.30pm



Exceptional A level results 2017

A*/A - 83% A*/B - 98% Pass Rate - 100%



Nursery & Infants - Junior - Seniors - Sixth Form

Wraparound care - 8.00am to 6.00pm - Mon to Fri

Please contact Admissions to rearrange a visit:

029 2077 8936

www.stjohnscollegecardiff.com



@SJCCardiff

Charity No. 701294



Get Involved

Have you enjoyed reading about all the different connections Hospital Radio Glamorgan brings to listeners and volunteers? Would you like to get involved? We need people who are committed, willing to learn, and have a passion for music and people. New volunteers are always welcome!

Will I need particular skills or experience?

We are looking for people who want to connect with patients, staff and fellow volunteers within the University Hospital of Wales. You need to be a good listener and communicator. By making a stay or visit as pleasant and stress free as possible, the charity provides an opportunity to enhance the patient experience through music and company. If you think you would like to join the team there are many activities within the radio station to get involved with, including ward visits, fundraising, presenting and writing & producing shows, all of which is trained and supported by Radio Glamorgan Volunteers.

I've never done hospital radio!

Over half of all our volunteers had never stepped inside a radio station, so all you need is the willingness to learn. There are many aspects to the charity that require support behind the scenes and so your volunteering will never be exclusive to presenting. We

aim to provide a diverse and enriching opportunity, engaging with many different people and nurturing your individual skills at the same time. You bring the kindness and we can teach you the technical bits.

Interested?

Head to www.radioglamorgan.com and click on 'Get Involved'!

All through the year we run meet and greet sessions where we introduce the charity and explain the volunteer role in more detail. These are no obligation sessions and provide an opportunity for you to understand the role and decide whether you would like to apply. Successful applications are subject to reference.

We are looking forward to hearing from you.





Innovation • Opportunity • Outreach

A UWC Atlantic College education is the beginning of a life-changing journey. Based in a 12th Century castle on the coast of South Wales, a diverse international student body studies for the IB Diploma.

Students focus on a lifelong commitment to service in the community and develop a sense of personal initiative and skills of leadership.

Find out more about the opportunities available for 16 -19 year olds by visiting:

www.atlanticcollege.org



“Hospital Radio is such a wonderful resource to patients, visitors and staff.

The information, support and entertainment it provides to those in our care is invaluable.”

Maria Battle — Chair of Cardiff and Vale University Health Board

St Nicholas Fields

VALE OF GLAMORGAN

A peaceful countryside setting on the edge of the village within easy reach of Cardiff and the M4



Part Exchange your way up
— to a new Waterstone home —



Built for life 
WATERSTONE HOMES

01656 644 440
sales@waterstonehomes.com
www.waterstonehomes.com

Keep an eye out for more information on our forthcoming developments in

BROAD HAVEN & LLANISHEN

Meet The Volunteers



Andrew Lawman-Jones



Andrew Jenkins



Aron Jones



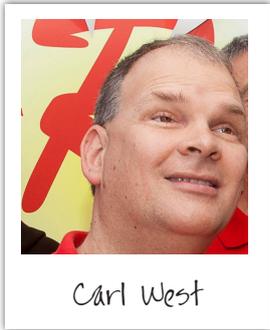
Ben Gallivan



Bill Cummings



Byron Brain



Carl West



Cerys Ephraim



Clare Sinclair



Claudia Hamilton



Denzel



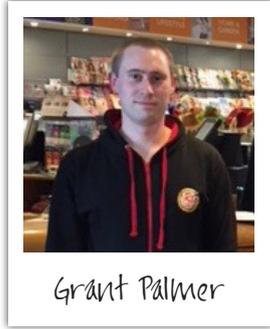
Emma Stone



Gareth Rowlands



Garry Jones



Grant Palmer



Helen Ward



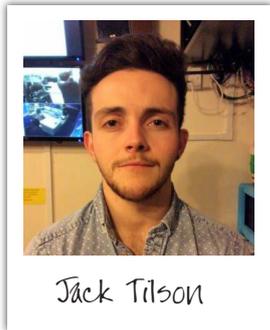
Howard Jacobson



Ian Edwards



Ian Webber



Jack Tilson



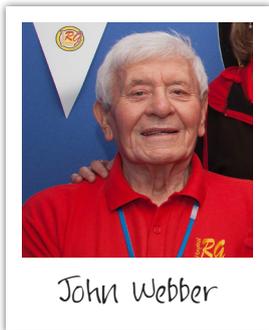
Jamie Pritchard



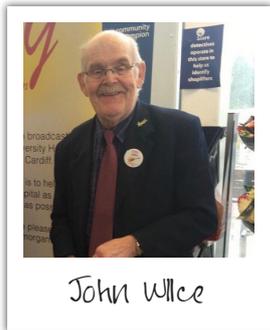
Jason Manly



Javid Gilani



John Webber



John Wilce

Meet The Volunteers contd.



Joshua Walbey



Joshua Williams



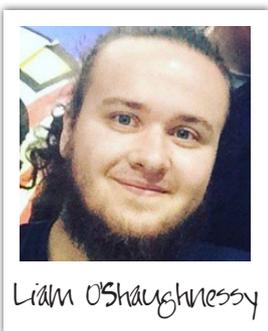
Justin Evans



Karlo King



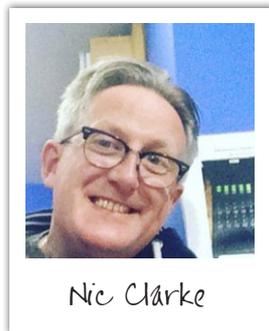
Kristian Watkins



Liam O'Shaughnessy



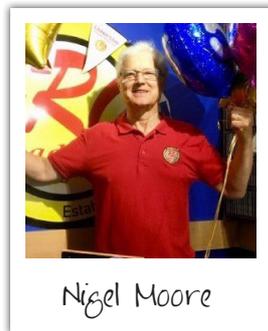
Luke Davies



Nic Clarke



Nicky Cook



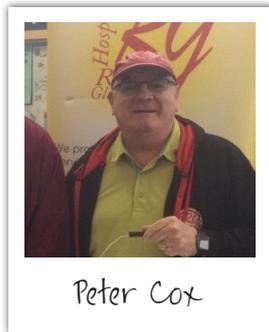
Nigel Moore



Nuri Khan



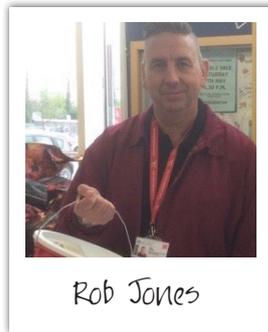
Paul Rogers



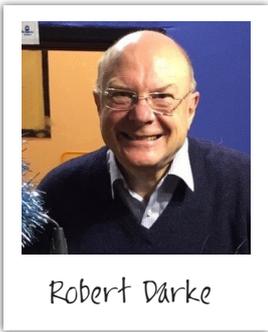
Peter Cox



Richard Manning



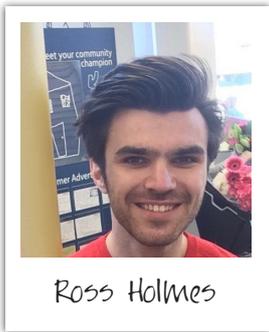
Rob Jones



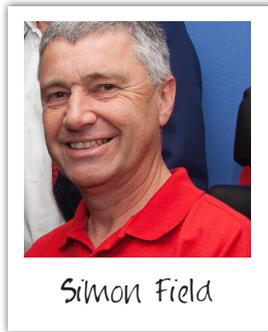
Robert Darke



Roger Thomas



Ross Holmes



Simon Field



Stuart Reilly



Zoe O'Shea



Our Schedule

At Hospital Radio Glamorgan, we pride ourselves on providing a 24/7 music service for those in UHW Cardiff, patients and staff alike. Our dedicated volunteers present live shows on a regular basis as well as pre-recorded specials which we also slot into the schedule. We believe these shows provide more of a personal service to our listeners and we are always on the lookout for new volunteers and new ideas to make this listening experience even better.

You can check out our live show schedule below – tune in via our app or online via www.radioglamorgan.com

MONDAYS

10am – 1pm
JOHN WEBBER

3pm – 6pm
ROGER THOMAS

8pm – 10pm
KARLO KING

TUESDAYS

2pm – 4pm
JUSTIN EVANS' MUSICAL MEZE

4pm – 6pm
CITIZEN'S BAND WITH BILL CUMMINGS
& BEN GALLIVAN

6pm – 8pm
RIGHT HERE, RIGHT NOW WITH
GRANT PALMER

8pm – 10pm
NIC CLARKE & THE DAYDREAMERS

WEDNESDAYS

10am – Midday
NIGEL MOORE'S GROOVY MUSIC SHOW

4pm – 6pm
GARETH ROWLANDS

6pm – 8pm
GARRY JONES

8pm – 10pm
ANDREW LOWMAN-JONES'S TOTAL 80S

THURSDAYS

Midday – 2pm
PAUL ROGERS

4pm – 6pm
STUART REILLY

6pm – 8pm
CELTIC GALS

8pm – 10pm
IAN EDWARDS / ROB JONES
(ALTERNATE WEEKS)

Our Schedule contd.



FRIDAYS

7pm – 9pm
RICHARD MANNING

SATURDAYS

8am – 10am
ANDREW LOWMAN-JONES
& CARL WEST

10am – Midday
LUKE DAVIES

Midday - 2pm
JOSH WILLIAMS

SUNDAYS

9am – Midday
GOOD MORNING RG WITH LUKE DAVIES

Midday – 2pm
TEENAGE CANCER TRUST TAKEOVER

2pm – 5pm
SUNDAY SOCIAL WITH BYRON BRAIN

5pm – 7pm
NICKY COOK

7pm – 8.30pm
JOHN WILCE (INCLUDING THE
ALBUM CHART SHOW)

8.30pm – 10pm
SIMON FIELD

Broadcasting 24/7

We entertain right through the night – with pre-programmed music and shows.

We have special programming during bank holidays so keep up-to-date by visiting our schedule page on the website:

www.radioglamorgan.com

50@50 Radio Marathon



In 2017, Hospital Radio Glamorgan (RG) is celebrating its 50th birthday and to celebrate we have been organising fundraising events to help the station keep going for another fifty years and beyond. Early in the year, we began planning our biggest fundraiser to date; a fifty-hour non-stop radio marathon featuring all our volunteers where we celebrated music from every year that RG has been broadcasting. An hour was dedicated to every year from 1967 to 2016 featuring music hand-picked by our volunteers and listeners. One of our newest recruits – Nigel Moore – kicked off proceedings at 9am on Saturday, June 3rd and we partied right through until Ben Gallivan and other members of the team closed the marathon at 11am on Monday, June 5th.

The volunteers all performed amazingly well – battling through the traffic (thanks to the Champions League Final being held in Cardiff) on the first evening, keeping awake and alert at 4am on a Sunday morning (without coffee!) and hula-hooping their way through the night to Grace Jones’ ‘Slave to the Rhythm’ in the wee small hours.



The five decades in which Radio Glamorgan has been in existence have seen many music and fashion styles come and go. All the volunteers pitched in with costumes and many different ways to make their broadcasting stints come alive with the sights and sounds of the era.



50@50 Radio Marathon

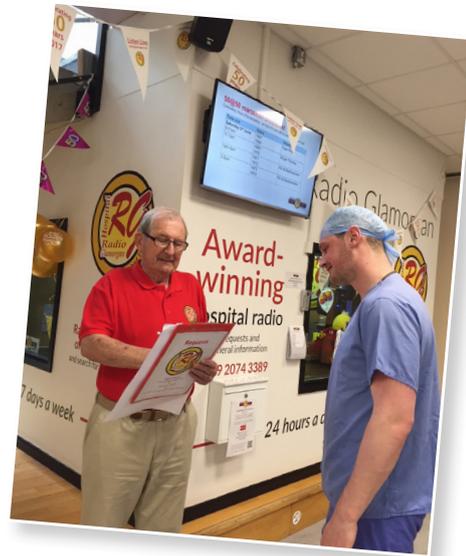


Many of our volunteers took to the corridors of the hospital to drum up support and awareness of the radio marathon and took turns to quiz patients, staff and visitors about their favourite music and to take requests.

Some of our volunteers prepared and presented their shows by themselves, but many teamed up to really set up a party atmosphere in the studio. John Wilce teamed up with Kristian Watkins and Josh Walbey in the early hours of Monday morning to cover the years 2003-2006 – no mean feat!



Our longest serving volunteer, Karlo King, took to the airwaves to cover 2001 and 2002. Karlo has been with RG for almost forty of its fifty years, so he definitely knows a thing or two when it comes to putting together a great playlist.



Thanks to all of the kind donations, we raised well over £1,500 for the charity. This will go towards improving equipment in both of our studios and help us keep entertaining the patients and staff at UHW Cardiff for years to come.



Scooters and Powered Wheelchairs

Scooters and powered wheelchairs are a great way to make getting out and about easier. The Motability Scheme has over 300 options to choose from starting at just £12.50 a week.

You can lease through the Motability Scheme if you receive one of the following allowances and have at least 12 months remaining.

- Higher Rate Mobility Component of the Disability Living Allowance
- Enhanced Rate of the Mobility Component of Personal Independence Payment
- War Pensioners' Mobility Supplement
- Armed Forces Independence Payment.

Benefits of the Motability Scheme

As well as a brand new product every three years, the lease includes breakdown recovery; battery and tyre replacement; servicing and maintenance; and insurance. So, you won't have any unexpected costs to worry about. Simple, reliable, affordable.

The Motability Scheme also offers leases for cars, including adaptations if needed, and Wheelchair Accessible Vehicles.



Choosing the right product

Here are some key points to find a scooter or powered wheelchair that suits your lifestyle and needs.

Your typical journey

Consider where you will use it and the types of surface you usually travel on. Also, think about how far you would want to travel and check the battery range.

Comfort for longer trips

If you make regular or long trips you will want to be comfortable and feel totally in control.

Transportation and storage

Some scooters can be folded for easy transportation. Whichever product you choose you need to be sure you can safely store and charge it.



Call **0800 953 3060** quoting **Radio**
motability.co.uk/scooters

For more information please see page 9



My Story - John Wilce

In this issue, we focus on one of the busiest and most helpful volunteers at Hospital Radio Glamorgan (RG)– John Wilce. We asked John to tell us about his time with the charity, which has now spanned almost fifteen years.

John joined RG back in the summer of 2003. He initially got on board in order to help his friend's son who had a huge passion for music and in particular the medium of radio. That young boy was Jamie Pritchard – just twelve years old at the time – and John thought it would be a great way to introduce Jamie to the world of broadcasting. "I thought joining Hospital Radio Glamorgan would prove to be a worthwhile and rewarding interest for Jamie, which it certainly proved to be..." said John.

There's no denying that it did prove fruitful for Jamie, who is not only still very active on RG, but also contributes hugely to other local and national radio stations. "John was instrumental in getting me into Radio Glamorgan back in 2003 after noticing my love of music", he says. "He taught me how to use a record player, drove me to and from the studio before I could drive and has wholeheartedly supported me in my time as I've progressed from Hospital Radio, to now appearing regularly on Community and Commercial radio stations across Wales and the South West of England, either presenting full radio shows or reporting travel bulletins".

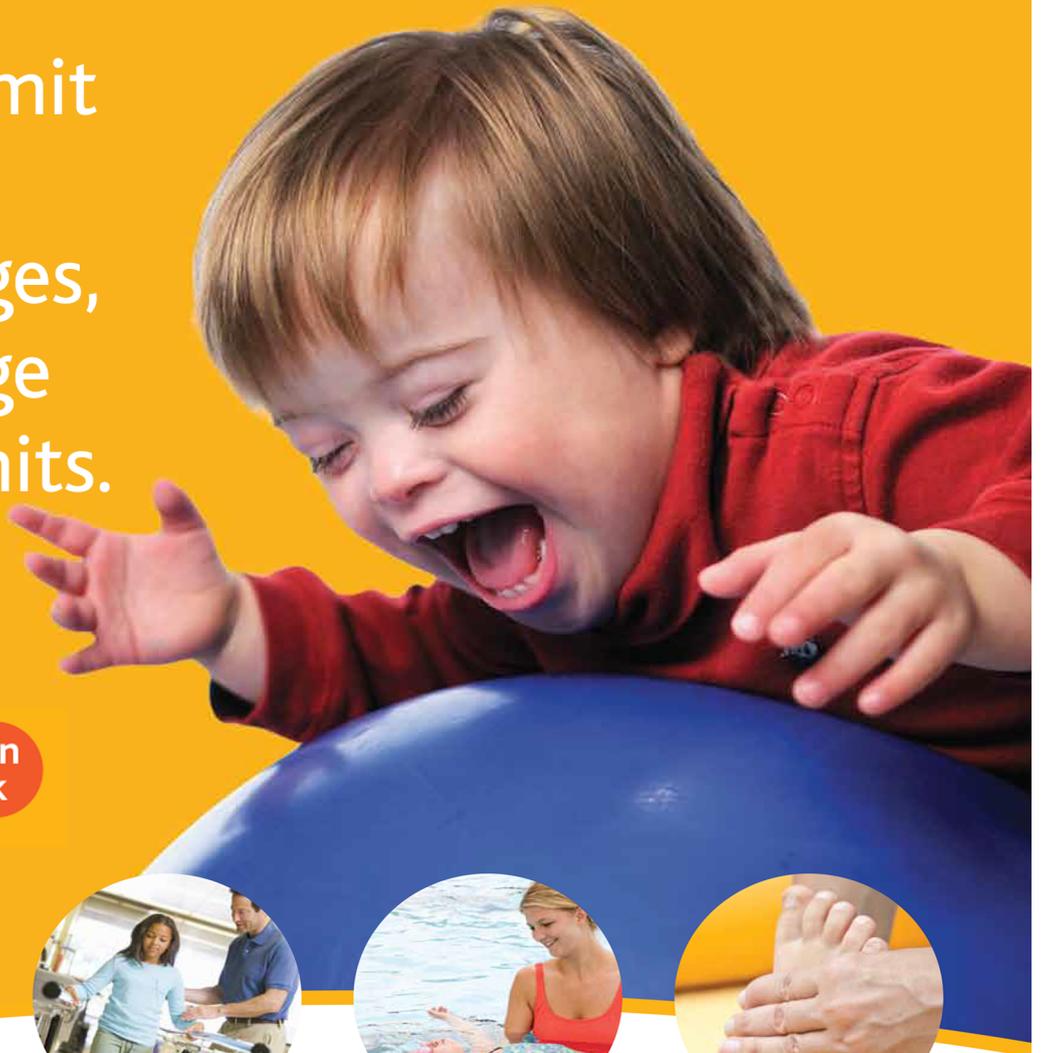
John has been involved in many ways across the Charity - he has taken on the role of Studio Manager and been a Trustee during his time as a volunteer. He has been a great contributor to the fundraising activities and many of the tasks that keep the radio station broadcasting. From helping volunteers locked out of the studio to major re-furbs - John has provided many volunteering hours to support RG. Over the years in this role he has probably experienced more frustrating situations than the rest of the the volunteers put together. However, his mild



manner and perseverance has always won out and has led to RG establishing some important working relationships within the hospital support teams like Estates and Security.

It's fair to say that may be enough for one person, but John also presents weekly shows at the station. "I present Sunday Select and the HRG Album Chart. Both shows are broadcast on a Sunday evening between 7-9pm. During 'Sunday Select', I play requests from patients and staff and music with a difference. I try to

Don't limit
your
challenges,
challenge
your limits.



New Horizons Children's Physiotherapy

A private specialist children's physiotherapy service for babies, children and young people in Cardiff and surrounding areas. New Horizons aim is to aid all children achieve their physical potential whilst realising their personal goals.

Conditions treated include:

neurological & genetic conditions, musculoskeletal, co-ordination difficulties/dyspraxia, hypermobility and development delay.

Home visits, nursery and school visits can all be arranged. For more information or to see if I can help phone: 07961 649 995 or email: newhorizonsphysiotherapy@gmail.com



MCSF & HCPC Registered

My Story - John Wilce contd.



play a variety of music which isn't mainstream. The Album Chart is slightly different, as it's dependent on the music currently in the charts, but I still try to play tracks which the listeners wouldn't be too familiar with."

John's love for music covers many different genres, but there's one band that will always be close to his heart. John is something of a Beatles fanatic having grown up listening to them as a teenager and is still passionate about their music to this day. Although hard-pressed to come up with favourites, he lists 'In My Life' as his favourite song and 'Abbey Road' as their best album. The reason being? "Abbey Road' contains such a great variety of music", says John. And given the content of his Sunday Select show, his choice is understandable!

John has had his fair share of requests too and there's one in particular that sticks with him.

"A lady wanted to propose to her boyfriend, who was a patient within the hospital. Myself and a fellow volunteer (Nic Clarke - HRG Membership Secretary) managed to make her wish become a reality. We arranged to broadcast her proposal live from the ward her boyfriend was on. Fortunately, he said "Yes!". The lady was naturally thrilled to bits."

There have been plenty of other memorable events during John's years at the station.

"When Jamie (Pritchard) was still in school he arranged several fundraising events. The events were called "Up & Rising". The aim of the events was to prompt unsigned music talent. Proceeds from the events were shared between HRG and Teenage Cancer Trust. They proved to be a great success. Jamie and I had great fun broadcasting the event live from a converted church in the docks area of Cardiff."

With his amazing volunteer work for RG as well as his day-job, John does still somehow find time to unwind in his spare time. He is a huge music fan and goes to as many concerts as he can. His recent shows include The Australian Pink Floyd and indie-folk trio Wildwood Kin. Still keeping his finger very much on the pulse!



Health Promotion @ Hospital Radio Glamorgan



As part of our commitment to health promotion we revised our strategy to include a monthly information document that could be easily incorporated into programming. Now in its second year, it has become an invaluable starting point for volunteers to learn more about health campaigns and also gain confidence in talking about health topics.

Every month using a combination of planned campaigns via other organisations and our local NHS Health Board, we collate information that can provide every volunteer with an overview of current health promotions that they can include within their individual broadcasts. On top of this they are encouraged to invite health professionals into the studio for interviews, engage with

social media, re-tweeting and exploring different health and well-being organisations. It also stages a comfortable learning tool for volunteers who are less familiar with social media platforms, opening up another avenue for patient engagement.

Following on from the HBA's Impact Report, we have focussed on the value the station has to reach out with messages that empower people to make healthy lifestyle choices. Through education and patient support mechanisms our health promotion aims to reach everyone who engages with the charity and by promoting a positive level of well being, the station remains upbeat and relevant to everyone.





Amici's Italian Restaurant, Cardiff

Amici's Italian Restaurant is based in Cardiff and has recently been refurbished under new ownership. The restaurant has created an enviable record amongst Italian restaurants within the capital city of Wales. In addition to the excellent customer service given and superb Italian cuisine, Amici is on track for a Trip Advisor certificate of excellence. The restaurant is located in the middle of the town centre on Churchill Way and within a very short walk from the St. David's Hall.

The Motorpoint Arena and the Millennium Stadium are some of the main entertainment and event locations within the Capital City of Wales. The food at Amici's is freshly made and each dish is created individually using the finest and freshest ingredients, this coupled with excellent customer service has made Amici's a well frequented restaurant as well as the recipient of numerous reviews and commendations.

Amici's Italian Restaurant
24 Churchill Way
Cardiff CF10 2DY

Email: info@amiciscardiff.co.uk

Phone: **02920 343424**

Web: www.amiciscardiff.co.uk



Volunteering



Cardiff and Vale University Health Board Volunteer Service supported by Health Board and Third Sector volunteers.

Volunteers can play a vital role in supporting service delivery in the Cardiff and Vale University Health Board (UHB). Their contributions enrich and extend the range of support provided to service users, carers and families by providing practical help and support to enhance the patient experience. Volunteers work side by side with paid staff complementing, not replacing their work, and adding value to it.

Volunteers can support and enhance existing services, provide alternative approaches and solutions to health and wellbeing and contribute to the improvement of public health, through health promotion initiatives.

There are plenty of fantastic volunteering opportunities throughout various locations within the Health Board, from Meet and Greet Volunteers, hospital radio, to helping with Peer Support Groups and Ward Befriending

Volunteering – there’s a role for anyone and everyone:

- **University Hospital of Wales Heath Park**
- **University Hospital Llandough**
- **Hafan y Coed - Adult Mental Health Unit**
- **Barry Hospital**
- **Rookwood Hospital**
- **St David’s Hospital**
- **Iorwerth Jones Centre**

If you’ve got some spare time on your hands, and feel you could make a difference to our patients’ and visitors’ experience of hospitals, then please get in touch with:

Michelle Fowler, Volunteer Service Manager
on **029 2184 7867**.

For Mental Health Volunteering Opportunities, please contact Edward Daw at edward.daw@wales.nhs.uk



Nicola Taaffe @ West Grove

We are an award-winning private dental practice based in the heart of Cardiff, committed to excellence when it comes to the quality of treatment and care we provide.

Our predominantly all-female team continuously strive to provide the level of courtesy and comfort for patients that we would expect for ourselves, in a relaxed, comfortable and safe environment.

We understand how fear affect patients and will help you every step of the way; taking time for you to talk about any concerns or apprehensions you may have.

We will do our utmost to ensure any treatment you receive with us is carried out at your own pace. You are in control.

We always include you in key decisions – treatment should happen *with* you, not *to* you.



Dr Nicola Taaffe B.D.S

Proud winners of

Best in Health



Struggle to find time to visit the dentist?

The practice is open from 8AM to 8PM on selected dates.

Dr Taaffe is Dental Phobia Certified



dentalphobia.co.uk

Find us at:
2 West Grove, Roath,
Cardiff, CF24 3AN

Visit:
www.nicolataaffe.co.uk

Contact us on:
surgery@nicolataaffe.co.uk
(029) 2045 3346

Meet The Volunteers - Nigel Moore



Nigel has the proud claim to having started off our 50@50 Radio Marathon in June of this year with his music choices from 1967, the year Hospital Radio Glamorgan started broadcasting. Nigel is a relative newcomer to the charity and we thought it would be great to get to know him a little bit better.



How long have you been an RG Volunteer?

I've been a volunteer at RG since the autumn 2015, and I started broadcasting after I'd completed my training - around May 2016.

What made you decide to become a volunteer at RG?

Strictly speaking I was volunteered by my wife, Judith, who probably wanted me out from under her feet, as I'd retired from work the year before! I've always had a passion for music and had always been interested in radio and thought it would be nice to entertain the patients at UHW. So, it's down to her really, and I'm very grateful as I'm enjoying it enormously.

What is the name of your show, when is it on and what sort of music do you play?

My show is called the Groovy Music Show and it goes out between 10am-Midday on Wednesdays. I play all sorts of music provided it meets the 'Groovy' test. I tend to focus on the music of the Sixties and Seventies, my era, which means a liberal helping of The Beatles, The Rolling Stones, The Beach Boys, The Kinks et al as well as artists who are still producing great music today like Van Morrison and Randy Newman. There's also space for hits, misses and album tracks from the Eighties, Nineties and even some stuff from this century. You'd be bonkers to miss it. Be there or be square!

Nightingale

Putting Patients First

Your local Home Delivery Service for Continence Appliances



Benefits include



Delivery within 24–48 hours from receipt of prescription



Convenience of receiving your goods to your front door



A dedicated Customer Service Team



Discreet delivery of your goods



Team of independent Nightingale Nurse Advisors



Complimentary products and services



Contact us:

For your free Nightingale Information Pack, please return this coupon to:

Freepost RRKC-BRRB-AZCG, Nightingale Home Delivery Service, Unit 1 Lambourne Crescent, Cardiff Business Park, Cardiff CF14 5GF

Name:

Address:

E-mail: Telephone:

Alternatively, please email your details to marketing@gbhl.co.uk, referencing NG INFO UHW

NGUHW OCTOBER 2017

Meet The Volunteers - Nigel Moore contd.



What are your favourite albums?

Ah, now you're really in trouble; this is a list that could go on and on and tends to change on a daily basis. 'Sgt Pepper's Lonely Hearts Club Band', (but sometimes its 'Revolver') by the Beatles, or 'Pet Sounds' by the Beach Boys, or 'Moondance' by Van Morrison, or possibly 'The Band' by The Band! Oh!

I've forgotten 'Highway 61 Revisited' by Bob Dylan and 'Good Old Boys' by Randy Newman. And let's not forget 'Innervisions' by Stevie Wonder - see what I mean?!

What has been your favourite request from somebody at the hospital?

It's always nice to be asked by staff, patients or visitors passing the studio for a request. Often something will be playing and while passing they break into a little dance which is always enjoyable, or sometimes it's a pleasure to get a simple thumbs-up. That's when you know you're playing the right stuff.

What are your aims as a volunteer for 2018?

Just to make anyone's visit to the hospital a little better; after all music is one thing that speaks to everyone and can bring us all closer together.

And finally... What do you enjoy doing in your free time?

When I'm not listening to music I relax by travelling mainly in Europe & visiting museums and art galleries (we've got a great one here in Cardiff!). I love reading - often biographies or thrillers - and watching old films from the 50's, 60's and 70's. I also enjoy eating out and swimming, but not at the same time!

You can catch Nigel Moore's 'Groovy Music Show' on Radio Glamorgan each Wednesday between 10am and Middyay.

**QUALITY
KITCHEN
FACELIFTS**

**The simple way to a
new kitchen**

**Est.
1999**



Before



We're a local,
family run business

DREAM DOORS®
NEW LIFE FOR OLD KITCHENS

*why replace when
you can reface?*

- Low cost with minimal hassle and disruption
- Save £1000s with a makeover
- Door swaps to full kitchens - tailored to your needs

Proud members of
Checkatrade.com
Where reputation matters



Call Us Now For A Free Quotation:

029 2132 1077

www.dreamdoors.co.uk

See the extensive product range in our
showroom at 146 Whitchurch Road,
Cardiff, CF14 3NA

Meet The Volunteers - Jason Manly



Jason Manly is one of the newest members of our team of volunteers. What's he been up to so far and what are his plans with RG for the future? Let's ask the man himself!

How long have you been an RG Volunteer and what made you decide to join RG?

I made first contact around five months ago. I had been toying with the idea of setting up my own internet radio show and then I saw the RG team doing a bucket collection at Tesco in Penarth, and had a chat and thought it might be fun to actually do it in a proper environment and also help people whilst I was doing it.

When you volunteer in the studio what sort of music do you play?

I'm currently being trained to be a professional by long-time volunteer Grant Palmer along with Howard Jacobson. I like alternative, rock, punk, metal, movie soundtracks; whatever else floats my boat at the time of the show (and hopefully will float listeners' boats too!). Basically, a big old leftfield mix of stuff that may not necessarily be played during other shows, and of course not forgetting Kazooaoke!

What are your favourite songs and albums?

Albums:

- 30 Something – Carter USM
- Come Find Yourself – Fun Lovin' Criminals
- Everyone Deserves Music – Spearhead

Songs:

- Holiday in Cambodia – Dead Kennedys
- Gary Gilmore's Eyes – The Adverts
- Wonderful World – Louis Armstrong



Meet The Volunteers - Jason Manly contd.



What has been your favourite request from somebody at the hospital?

A member of theatre staff at the Heath hospital (who shall remain nameless) was really keen for me to play 'Touch Me' by Sam Fox!

What are your aims as a volunteer for 2018?

I would love to get involved more, maybe with some outside broadcasts, etc, and just help out however I can.

What do you enjoy doing in your free time?

I am a huge music fan, and go to a lot of gigs. I also love the cinema, and in between all that am an avid reader of books and graphic novels. Oh, and also a season ticket holder for the Cardiff Devils; I've been lucky enough to catch a few games abroad, including the NHL.

Any funny/entertaining stories?

Many unsuitable for publication! However, I do appear to be a massive star in Japan if one family's reaction to me is anything to go by. 3 generations of a family walked passed me sat on a bench in an airport and they all proceeded to have their photo taken with me, each generation in turn then they collared a passer by to take a group shot with me. No words were spoken to me at any time, but somewhere a family is proudly displaying their photos they had taken with Clint Eastwood (or more likely Eddie Large!)

Thanks to Jason for speaking to us and intriguing us with teasers for his upcoming show (Kazooaoke, anyone?). Keep a listen out for Jason and all our other volunteers by tuning in via our dedicated app, online via www.radioglamorgan.com or via the TuneIn app.

Live Music in The Studio

As part of the Citizen's Band Radio Show on a Tuesday afternoon, presenters Ben and Bill often invite local artists to perform live sessions in the studio. These live performances often draw a crowd who can both watch and listen to these amazing musicians at their best from right outside the studio. The studio is equipped with everything the artists need to perform a great acoustic set, and they also have a chat with the presenters about what they've been up to and where they're performing next.

Bard of Ely

Steve Andrews (aka The Bard of Ely) popped into the studio to perform for Citizen's Band in early 2017. Since then he has been catapulted to stardom thanks to his appearance on Britain's Got Talent (including a stage invasion by the crowd!).



Eleri Angharad

Eleri is a bi-lingual singer-songwriter from Swansea and she's so good that she was invited back for a second performance. Eleri was the first live performer to appear on Citizen's Band on its second show back in July 2016 and she plays a mixture of folk and pop.



The Vega Bodegas

Jimmy and the boys came into the studio in late 2016 to perform a much more 'stripped down' set compared to their usually loud and raucous live sets. They played a set of four songs, including the hilarious 'Welsh Music Prize' and Marc's great cover of 'Ziggy Stardust & The Spiders from Mars' by David Bowie who had passed away earlier that year.



Bel Blue

Bel Blue visited the studio in 2016 to play several songs from her then upcoming album 'Our Places'. She was joined by producer and engineer Kevs Ford (formerly of Welsh-language legends Llwybr Llaethog) for a set, including the gorgeous folk number 'Wild Dog Rose'.





medimotion

GET MOVING EVERYDAY...



RECK MOTOmed
MovementTherapyDevices

For daily movement

Passive, motor assisted and active therapy

Muvi

- Simultaneous arm and leg training
- Touch screen technology
- Optimise therapy time

**INTEREST FREE
HIRE/BUY PLAN
AVAILABLE**
Call now for a **FREE**
demonstration.
**01559
384097**

Leg trainer



Arm and leg



Light model

Viva 2

- Training programmes and analysis
- Spasm detection
- Monitor muscle tone

MOTOmed training loosens and strengthens muscles.

Improves circulation, endurance and cardio vascular function.

Used extensively in UK hospitals, therapy centres and private homes.



**NEW
INNOVATION**



Symmetry training

Interactive gaming



Parkinson's



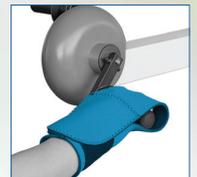
Children's



Bed Model



Wide range of arm and leg adaptations



tel: 01559 384097

sales@medimotion.co.uk www.medimotion.co.uk

Contact Us



There are many ways in which you can get in touch with Hospital Radio Glamorgan.

You can request a song at any time by filling in the online form on our website (look for 'Request A Song')

Calling the studio direct on **029 2074 3389**.

You can email your requests to:
studio@radioglamorgan.com.

If you're a patient at the hospital or are visiting a loved one, you can also pop a request sheet into the letterbox outside our studio. You can find us on the left of the main corridor through the hospital – if you see one of us in the studio, give us a wave!

We're also on all the main social media platforms, including Facebook, Twitter and Instagram. Follow us on all of them to be kept up-to-date on what's on, our fundraising activities and much, much more.

Follow us by using the tag **@radioglamorgan** on all the services above. Let us know you're listening in by using the hashtag **#radioglamorgan**.



The Amber Project



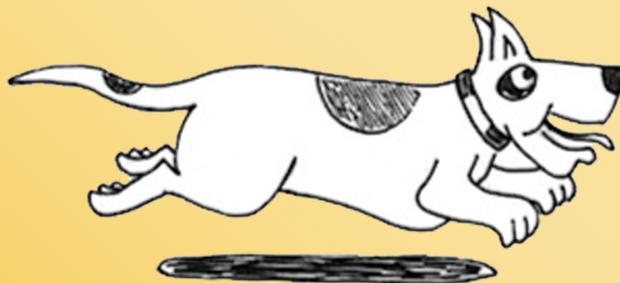
Do you or someone you know need support with issues around self-harm?

Support is available in Cardiff for young people aged 14-25.

We offer a counselling, one-one support and a range of workshops.

**For further information see our website
www.amberproject.org**

**Or contact us on 029 2034 4776.
Text 07450 069022.**



The Amber Project is a Church Army Project working with young people who self-harm.

Church Army is a Registered Charity No 226226

CHURCH ARMY
ESTD 1882



HELP for
HEROES
Support For Our Wounded



HELP for HEROES

DO YOUR BIT TO HELP OUR HEROES

Web: www.helpforheroes.org.uk

To donate by phone please Call: 01725 514 130 or by
Mobile: Text 'Hero' to 70900 to donate £5*

Registered charity number 1120920

*You will be charged £5 plus your standard network rate. £5 goes directly to helping our heroes Telephone Helpline: 01494 750 500



At St Jude we aim to deliver a service where our residents are supported, valued and are at the heart of our care.

Our service provides care and support to adults and people living with dementia who require support with their everyday needs. At St Jude we are passionate about care, and aim to provide care that is of high quality and standards.

Through our mission statement we aim to provide a service that is user led and focused. Providing the right care and support is essential to each person, which is why our service puts the individual at the centre of their care. We do this by:

- Treating the person as an individual with regard to their needs
- Promote personal independence and choice at all times
- Ensure that personal dignity and privacy are respected. By providing quality care we ensure our staff are well trained, friendly and have the necessary skills to provide good quality care.

For further information please contact us at
60-66 Stacey Road, Roath, Cardiff. CF24 1DW
Tel: **02920 485498** • enquiries@stjude.care

www.stjude.care



**CONTACT
THE ELDERLY**
**CYSWLLT
Â'R HENOED**



Be Our Guest! Dewch am De!

Do you know someone aged 75 or over who lives alone and finds it difficult to get out and about?

If so, change of scenery and regular afternoons of conversation and laughter with friends of all ages could be just what they need. Our groups meet monthly on a Sunday afternoon, thanks to our volunteer hosts and drivers who provide transport. The service is completely free.

If you know someone who might benefit from a tea party, or for more information, including how to volunteer, please call our

Freephone number 0800 716 543

Alternatively, you can visit our website

www.contact-the-elderly.org.uk



Contact the Elderly is a registered charity in England and Wales (1146149) and in Scotland (SC039377) Company Number (07869142)



Cymru Fostering Service

Cymru Gwasanaeth Maethu

We are looking for ordinary people, to do something extraordinary.

Rydyn ni'n chwilio am bobl gyffredin i wneud rhywbeth anghyffredin.

If you believe in children like we do and could provide a loving and stable home for one of these children we want to hear from you.

Os ydych chi'n credu mewn plant fel ni ac os gallwch chi ddarparu cartref cariadus a sefydlog i un o'r plant hyn, rydyn ni eisiau clywed gennych chi.

We provide:

- Enhanced support
- Extensive training
- An opportunity to grow
- Financial support through allowances

Rydym yn darparu'r canlynol:

- Gwell cefnogaeth
Hyfforddiant helaeth
- Cyfle i ddatblygu
- Cefnogaeth ariannol
drwy lwfansau

T: 02920 493387

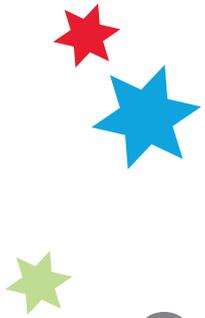
W: www.barnardos.org.uk

Barnardo's Registered Charity Nos. 216250 and SC037605 19095SO17

**Credwch
mewn plant
Believe in
children**



**Barnardo's
Cymru**



Cardiff Half Marathon 2018

Sunday 7th October



Join Team Health Charity

and support your local hospital

We are looking for as many runners as possible to form Team Health Charity for this year's Cardiff Half Marathon

Be part of Team Health Charity and receive;

- Cardiff & Vale Health Charity T-Shirt -
- Support from Cardiff & Vale Health Charity Fundraising Team -
- Dedicated cheering squad on route - Commemorative certificate

Be part of our special team, raising funds for patients across Wales.

Tel: 029 2184 1802

Email: fundraising.cav@wales.nhs.uk



www.healthcharity.wales
Registered Charity No: 1056544



#TeamHealthCharity
Find us @health_charity