

Hospital Radio Glamorgan Magazine



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AUTUMN 2018

ISSUE TWO



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Welcome



Hello

Hospital Radio Glamorgan celebrated it's 50th Anniversary last year and 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



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

NGUHWOCCTOBER2017

Who are Hospital Radio Glamorgan?



First broadcasting from Cardiff Royal Infirmary in 1967, Hospital Radio Glamorgan was set up by a small band of music enthusiasts to deliver a broadcasting service for the main hospital in Cardiff.

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

Hospital Radio Glamorgan, was established as a charitable organisation. Run completely by volunteers with a remit to provide entertainment to the patients and staff, it soon became an integral part of the hospital.

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 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, so the fundraising campaign was increased to cover the cost of the new studio and office accommodation. Through many events, lots of bucket shaking 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 charity a much higher profile and the volunteer base grew considerably. The station, which is part of the Hospital Broadcasting Association (HBA), started to become more active on a national level, building relationships and helping other stations across the UK.

With ever changing technology the studio went through another refit in 2014, and launched it's broadcast service via the Internet, becoming 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 health and wellbeing information and each show now features information with every hour of live broadcast.

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

In 2017 Hospital Radio Glamorgan celebrated it's 50th anniversary with a number of events to mark the occasion. Including a 50 hour live



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Jameela Kotawala	Angela John
Managing Director	Registered Care Manager

Heritage Healthcare Cardiff were awarded 'Franchisee of The Year 2017' at the Heritage Healthcare Annual Conference & Awards Dinner held last year, beating off 19 other offices to take the title home.

Recently receiving an exceptional inspection report from the Cardiff City Council and receiving a full 100%, helped lead Jameela and her Care Team to place in the Top Ten Home Care Providers in Wales in 2017 and the Top 20 this year.

"Our team at Heritage Healthcare Cardiff are 100% dedicated to all our clients making sure real quality service is provided 24/7" says Jameela.

CALL OUR TRUSTED SUPPORT TEAM TODAY **02921 111026**

Who are Hospital Radio Glamorgan? contd.



broadcast featuring; news, entertainment and music from 1967 up to 2017. A time capsule and tree were planted in the grounds of the hospital by Maria Battle, Chair of Cardiff and Vale University Health Board, who also awarded special pin badges to all of the volunteers. The first edition of our free Listener Magazine was produced and

appropriately decorated cakes were enjoyed by all!!

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

- 1920s Hospital radio pioneered in York
- 1950s and 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 - main corridor, opposite X-Ray
- 2014 Studio rebuilt, Internet broadcasting and a dedicated App
- 2017 Hospital Radio Glamorgan celebrates its 50th birthday





Since opening in Cardiff in June 2000, demand for lessons at Forte School of Music has soared, with hundreds of music-mad youngsters now regularly attending lessons at the school, which specialises in teaching piano and general musicianship to young children in a fun and varied way.

The Forte method puts the emphasis firmly on fun and is designed to build confidence at the same time as teaching music skills. Learning music at Forte means that students learn in a dynamic, nurturing, musical environment, filled with enthusiastic people who love music and sharing it with others.

At Forte, students learn how to understand the language of music. Their musical senses – hearing (aural), feeling for beat & time (rhythm), music reading and writing (theory) – will develop along with the knowledge of how all of these combine together to make music.

Learning with others in a family or group is the most natural way for young children to learn, and there are many delights and benefits from learning with others in this way. For this reason we recommend a small group learning environment, where children are immersed in a whole range of activities designed to develop a broader range of musical skills than would otherwise be offered in traditional private lessons. Through their musical development at Forte, students discover a broad base of sound musical skills, which are a great foundation to move on to any instrument in the future.

Private tuition is also available at the school on a wide range of instruments for older children and adults.

Come along and see how much fun learning music can be – book a trial lesson NOW.

If you would like more information please contact us:

Tel: **029 2063 1340**

Email: fortecardiff@fortemusic.co.uk

4 Radyr Court Shops, Danescourt Way,
Llandaff, Cardiff, CF5 2SF



web: www.fortemusic.co.uk



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The care team at Ty Llandaff Care Home believe everyone should be given the time, comfort and support to help in the transition from hospital to home. Offering Nursing, Residential and Respite care for individuals aged 18 upwards; the team provide everything you need so that you have time to focus on your recovery without the stresses of daily life.

Located in the leafy suburbs of Pontcanna, Ty Llandaff is unlike any traditional Care Home... here you can catch a film in the Cinema room, enjoy delicious fine dining created by their in-house Chef or relax with friends and family in the Cafe/Bar. Should you need a little pamper, the Salon offers a range of services from a cut and blow dry to manicures and pedicures – helping you to feel a little more like yourself again.

If physiotherapy is part of your recovery there is complimentary access to a fabulous gym full of equipment to help build your strength and promote recovery. Your physiotherapist is welcome to work with you in the gym and help guide you through the best exercises to get you back on your feet.

When you're in need of some quiet time then the Library is the perfect place for you to relax with a good book and some delicious home baking. There are several lounges and dining rooms available to socialise in with the other guests and a range of activities on offer ensure that each day holds something new and interesting for you! Sometimes a dose of fresh air is exactly what the doctor ordered and the mobility adapted mini-bus regularly heads out on day-trips to local attractions.

The home has been likened to a 5-Star hotel with such fantastic features available to all their guests, there's even a chauffeur on hand to help you get around. Your friends and family are welcome at any time; guests are invited to make use of the Private Dining Room to host a celebration or a dinner with friends.

When you are in recovery it's important that your focus is on getting better, so why not get better and enjoy a little luxury at the same time! The team at Ty Llandaff will look after you every step of the way, helping with rehabilitation and taking care of the little details whilst you relax. With such a friendly bunch it's likely you'll even make some new friends along the way!

If you're interested in finding out more information about Ty Llandaff please visit their website www.tyllandaffcare.com.



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.



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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](https://www.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. We even take care of arranging payment directly from your allowance. 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 us on **0800 093 1000**
Visit **[motability.co.uk/info](https://www.motability.co.uk/info)**



How to Listen to Us

As well as being able to listen to us in the hospital, 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!***

We broadcast 24/7 online and can be heard on speakers in some areas of the hospital.

If you are being cared for or visiting the University Hospital of Wales you can use the FREE Cardiff and Vale UHB Wifi Service to listen to us.



To use the service just connect to it through your mobile or other wifi enabled device, sign into the service and connect for FREE.

If you require any further assistance please call the Helpdesk on 0344 848 9555.





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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. We have a diverse team of volunteers that includes health professionals from within the Heath Hospital and further afield, all adding their valuable experience in understanding patient care. 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.





“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



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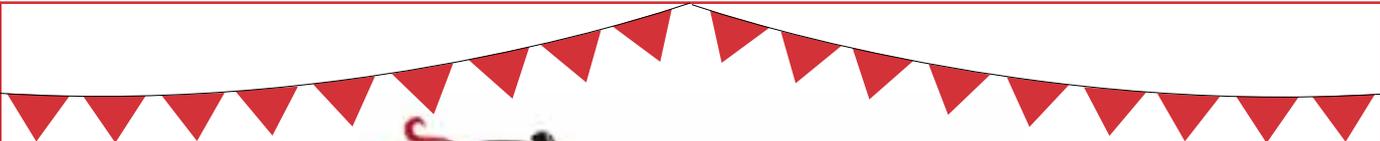
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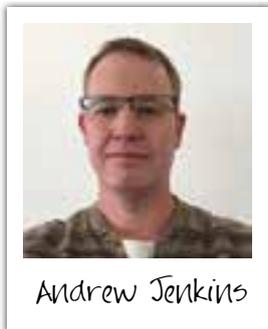
Victoria House, Cardiff Street, Abercare, CF44 7DG



Meet The Volunteers



Andrew Lawman-Jones



Andrew Jenkins



Ben Gallivan



Bill Cummings



Byron Brain



Carl West



Cerys Ephraim



Clare Sinclair



Claudia Hamilton



Denzel



Emma Stone



Geraint Niblett



Grant Palmer



Hattie Balzanelli



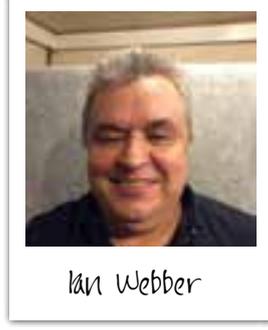
Helen Ward



Howard Jacobson



Ian Edwards



Ian Webber



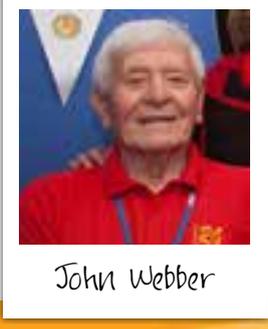
Jack Tilson



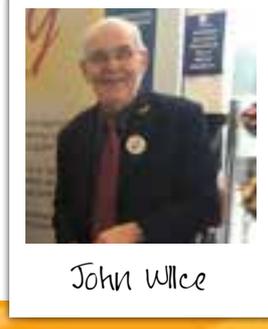
Jamie Pritchard



Jason Manly



John Webber



John Wilce



Juliette Lamden



Joshua Williams

Meet The Volunteers contd.



Justin Evans



Karlo King



Luke Davies



Nic Clarke



Nicky Cook



Nigel Moore



Paul Rogers



Peter Evans



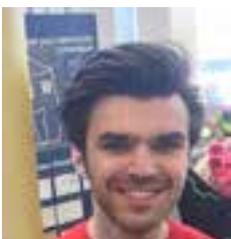
Richard Manning



Rob Jones



Roger Thomas



Ross Holmes



Simon Field



Stuart Reilly



Zoe O'Shea

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Volunteer go to:
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Huge demand at St Edeyrns Village

St Edeyrns Village is proving to be one of the fastest-selling developments in Persimmon Homes' history, the builder has announced.

The 1,020-home development off junction 30 of the M4 has been "incredibly popular" with first-time buyers, re-locaters and upsizers.

There is a stunning range of two, three and four-bedroom properties still available at the development in both semi-detached and detached options, as well as three-storey family homes.

A primary school, convenience store, café, allotments and community orchard will also be built at the site.

Victoria Williams, sales director at Persimmon Homes East Wales, said: "St Edeyrns Village is proving to be one of the our most popular developments ever.

"Our sales advisers have been extremely busy and already hundreds of people are enjoying living in this fabulous location on the outskirts of Cardiff.

"Good quality, affordable housing is in short supply in Cardiff, so we are delighted to be helping to meet that demand."

Victoria said there are many reasons to buy new-build rather than delving into the second-hand market.

These include massive energy savings due to new energy efficient heating systems, no need for DIY, a blank canvas on which to work, a 10-year warranty and high spec living.

Persimmon Homes also offers customers the chance to take advantage of its Part Exchange and Home Change schemes.

The Part Exchange scheme helps people move up the property ladder without the hassle of putting their home on the market.

Victoria said: "By utilising our Part Exchange scheme we can arrange valuations on a customer's existing home, agree a price and then purchase the property, freeing them up to move into their new home.

"There are no hidden costs or chains to break down as our hassle-free approach ensures the smooth running of any move."

Similarly, with Home Change Persimmon will arrange two valuations for the customer's existing home based on the market value.

A competitive marketing price is agreed, allowing the customer to part-reserve the plot for an agreed period while Persimmon goes about selling the old home.

Meanwhile, Persimmon's sister brand, Charles Church, is also selling at St Edeyrns Village.

The River Walk development offers executive style four and five-bed homes in a range of stunning styles.

A beautiful five-bedroom Marylebone style showhome is coming soon.

For more information, visit www.persimmonhomes.com or www.charleschurch.com

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

MONDAY

10am – 1pm
Magic
JOHN WEBBER

3pm – 6pm
Relaxing with Rog
ROGER THOMAS

6pm – 8pm
Powered by Howard
HOWARD JACOBSON

8pm – 10pm
Disco Crazy!
KARLO KING

10pm – 11pm
The Decades of Hospital Radio Glamorgan
RG VOLUNTEERS

TUESDAY

6pm – 8pm
Right Here, Right Now
GRANT PALMER

8pm – 10pm
Nic Clarke & The Daydreamers

10pm – 12 midnight
Nightowls
JASON MANLY

WEDNESDAY

10am – Midday
Groovy Music Show
NIGEL MOORE

8pm – 10pm
Total 80's with Jonesy and Westy
ANDREW LOWMAN-JONES & CARL WEST

10pm – 11pm
The Decades of Hospital Radio Glamorgan
RG VOLUNTEERS

THURSDAY

12 midday – 2pm
Midday Madness
PAUL ROGERS

4pm – 6pm
Star Trekkin'
STUART REILLY

6pm – 8pm
Celtic Gals
CERYS EPHRAIM, CLARE SINCLAIR,
EMMA STONE, HELEN WARD & ZOE O'SHEA

8pm – 10pm
Soul Hours / Let It Rock
IAN EDWARDS / ROB JONES
(alternate weeks)

Our Schedule contd.



FRIDAY

7pm – 9pm
The Beat Goes On
RICHARD MANNING

10pm – 11pm
The Decades of Hospital Radio Glamorgan
RG VOLUNTEERS

SATURDAY

Midday – 2pm
Saturday Shake-up
JOSH WILLIAMS

SUNDAY

9am – Midday
Good Morning RG
LUKE DAVIES

Midday – 2pm
TCT Takeover
JAMIE PRITCHARD &
TEENAGE CANCER TRUST (once a month)

2pm – 5pm
Sunday Social
BYRON BRAIN

7pm – 8pm
Sunday Select
JOHN WILCE

8pm – 9pm
Album Chart
JOHN WILCE & SIMON FIELD

9pm – 10pm
Slipped Disc Show
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

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 provides 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.



Left to right: *Sue Bickerton, Theatre Nurse. Jaimee Rae, Endometriosis Awareness (with Celtic Gals). Cath Perry, Nutrition and Hydration Week.*



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Terraced property

Additional bedrooms can be achieved in the majority of terraced properties. If the existing height in your loft is adequate, then this becomes a great option. Roof windows can be used to service bedrooms, bathrooms and the new staircase. Planning permission is generally not required for this type of conversion, unless your property is a listed building, within a conservation area or National Park. Converting the existing space is a very cost effective method of achieving that additional room



Semi detached property

A rear dormer utilises the lofts available space to its fullest. This allows you to walk into both corners of the conversion at the rear of the property, enjoying maximum ceiling height. This option often proves the most cost effective method of achieving more living space, up to 80% of the original property's footprint. This common form of development on semi detached properties, maximises the available space within the roof scape.



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Bungalow

Steelwork in conjunction with strengthened roof rafters follows the traditional method of achieving your extra space. Alternatively the roof can be "re-trussed" which involves replacing the existing trusses with new attic trusses specially designed and manufactured to provide an attic room.

Particularly useful if the existing property is of timber frame construction. Another advantage of this method of re-trussing your home becomes clear if the existing ridge height is not sufficient and the ridge line needs to be raised.



Detached property

A hipped roof may restrict head clearance and available space in an existing loft. However, the roof can be extended either by a hip to gable or side apex dormer roof extension. Generally this type of roof extension can be carried out under the properties permitted development rights and does not require full planning permission.

The additional height and space achieved is often used to accommodate the staircase and/or bathroom.



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Music Quiz



Quiz 1

We all know the words to our favourite songs, but what happens when the internet gets hold of them. These famous songs have been translated to various languages and back again - but can you guess what songs they are?

Find the answers on page 51

Need a clue? See the small print on the next page

- 1) Long long ago
I still remember how
That music makes me smile
I know if I have the opportunity
I can let these people dance
Maybe they will be happy for some time
- 2) At the club, it just broke up
I am doing my little thing
You have decided to swim, and now you
want to travel
Other brothers noticed me
I am above him, he is above me
Please do not pay attention to him
I cried out my tears for three years
You can not get me angry
- 3) I think love is the truth of fairy tales
For people other than me
Love is for me
How is it?
I disappointed all my dreams
- 4) She seems to be smiling at me
Reminding memories of childhood
Where is everything good
Fresh and fresh as bright and blue sky
Sometimes I see her face
She took me to that special place
If I am looking at something too long
I may be crying and crying
- 5) Your boy's partner caused a
great sensation
One day I will be a big guy and I will play
on the street
You have dirt on your face
You are a very sorry person
You can kick your can anywhere
Singing
I will definitely shake you
- 6) Well, I can judge by the way I walk
I am a female male. I do not have time
to talk
Music is loud, women are warm,
I was kicked
Since I was born
It's not a problem, it's not a problem
You might see another way
We can try to understand
Impact on the people of the
New York Times
- 7) So shake your lady now
Distorted and shouted
Come and come to my baby now
Now do it outside
Okay, dear
You know you look good
You know where I am going now
Like I know you

8) I feel it with my fingers
I think with toes
Love is with me
So, I feel like growing up

9) Just a little girl in a small town
Living in a lonely world
She brought back midnight trains every
where
Only boys in this city
Born and raised in southern Detroit
He had a train full of trains at midnight

10) If you like gambling and say that I am
your person
You have something, there is the same
person for me
Happiness is playing, you need to say
I do not agree with your wishes. The only
card I need is a spade card.

Jason Manly

You can listen to Jason live on Tuesdays
from 10pm - Midnight

 @nightowlsrg



Clues

Quiz - If you need a hint we have included handy anagrams / hints to the artists for each song:

1) Condem AI (anag)

6) Be The Geese (anag)

2) Bye Cone (anag)

7) Ethel Beats (anag)

3) See The Monk (anag)

8) Got soaked 3 times (hint)

4) Nurses Song (anag)

9) Let's travel (hint)

5) Elizabeth II (hint)

10) Dam hooter (anag)

Local Community Fund #TheCoopWay



We are delighted to have been successful with our grant application to be chosen as a local cause and partnered with three Co-op stores. It is a yearlong initiative which helps support lots of charities across the country.

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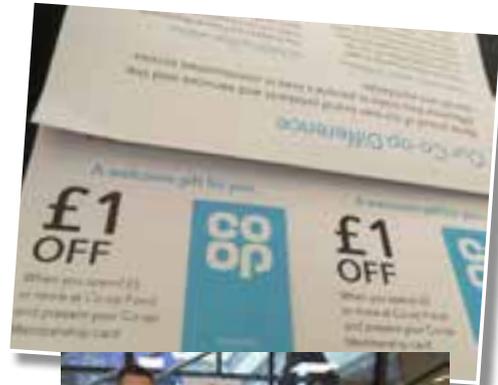
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During 2018 we have had opportunities to work with the local stores. A special thank you to Llandaff North store on Station Road who recently let us have a bucket collection there and also donated a beautiful Easter Hamper for us to raffle.





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Meet The Volunteers - Rob Jones



Meet Rob Jones! Rob presents a bi weekly show on a Thursday from 8pm to 10pm, alternating on the airwaves with the “King of Soul”, fellow volunteer Mr Ian Edwards. Rob is a passionate fundraiser and champions the opportunity to meet new people and connect with patients & visitors to the hospital, past and present.

How long have you been an RG volunteer?

My taster session was in late 2015. At the beginning of that year I set myself two goals. Either to become an extra for film/TV work or appear on the radio. Sadly the contract for the next Avengers movie is still in the post, so it was Hospital Radio Glamorgan for me!



What does your volunteering role involve at RG?

I really enjoy bucket collections and am always humbled when strangers share their stories with you. I remember being moved to tears when a lady of 88 told me that she had just had a double mastectomy. Instead of being bitter at this turn of events, she was at pains to say how fortunate she was to still be alive and was enjoying life to the fullest. It really made me think that sometimes I don't realise how lucky I am!

I also present a live bi weekly show on a Thursday night from 8pm. Each week I have a theme for the show and am fortunate to have a reasonably loyal band of listeners who both request suitable songs and share their attached memories. This makes me sound more professional and entertaining than I really am.

As a volunteer, what part of your role do you most enjoy?

I am really touched when people reveal heart wrenching stories in connection with their requests. Only recently I had someone ask for a song that reminded her of her brother who had died at a tragically young age of cancer. Similarly, a lady requested a song that she had heard just before she went into labour to deliver her son, after many heart-breaking years of not being able to conceive. It's these kind of stories that make the hard work of putting the show together worthwhile.

Meet The Volunteers - Rob Jones contd.



You play lots of requests, but what music do you choose for the show?

I enjoy playing rock music in all its formats - punk, post-punk, indie, Britpop, ska, grunge, heavy metal, Madchester, alternative, electronic, rock'n'roll, rockabilly, etc - whilst making inane, but vaguely entertaining, comments between the music. I like The Clash, The Ramones, The Damned, Manic Street Preachers, Towers of London, XTC, Rancid, Sex Pistols, Ordinary Boys, Adam Ant, The Courteeners, Street Dogs, Futureheads, Green Day, Jerry Lee Lewis, T Rex, Stone Roses, The Smiths, Joy Division to name but a few!

Music is at the heart of Radio Glamorgan's service, what does music mean to you?

I would love to say I have an eclectic taste in music, but I haven't! My formative years were the late 70's, so punk rock will always be the closest to my heart. Whilst I know I should have matured by now, sadly I haven't and have just returned from a four day punk festival in Blackpool where most of the bands played 3 minute songs using only 3 chords.

I have attended close on 400 live gigs spread over 40 years, with the vast majority by groups that show no obvious signs of musical talent... and I still love it! (although my hearing isn't what it used to be).

Do you have any hobbies & interests outside of RG?

I like knitting, making my own jam and welding.

You can listen to Rob live on Hospital Radio Glamorgan alternate Thursdays at 8pm - 10pm.



Meet The Volunteers - Helen Ward



Meet Helen Ward! Helen is a trustee with Hospital Radio Glamorgan, and leads on the health promotion within the charity. Helen co-presents a live show with other volunteers on a Thursday evening from 6pm, and is a keen fundraiser. Helen also assists with the recruitment process, so if you are thinking of joining, chances are you'll get to meet her too!

How long have you been an RG volunteer?

I first came into Radio Glamorgan in about 1987, when a school friend invited me to see the studio and listen to her show. I thought it looked fantastic, but didn't have the courage to put myself forward. That changed in 2013 and finally I applied to become a volunteer. I was fortunate enough to experience so much in my first year, fundraising, outside broadcasts and live shows to name just a few. This is my fifth year and I am still learning so much!

What does your volunteering role involve at RG?

Currently, I prepare and distribute a monthly health promotion document. This supports all volunteers to ensure health promotion remains central to our programme content. I



help everyone deliver a positive and confident health message using social media and scheduled broadcasts.

I am passionate about recognising the skills and effort that go into the running of the charity, most of which happen 'off-air' and behind the scenes. Presenting a show and playing music for patients, visitors and staff within the hospital is the reward for that hard work, and we get to do it through each other's support and efforts. I help with the recruitment process, assisting the Secretary Nic Clark at meet & greet evenings, and I am also a trustee, helping to oversee many policies and processes that enable the charity to run well. I also co present a show on a Thursday evening from 6pm.

Meet The Volunteers - Helen Ward contd.



As a volunteer, what part of your role do you most enjoy?

The opportunity to make a difference. It could be playing a request, spending time with another volunteer who needs some

precious and very much loved and played. From my lovely Nan I credit my love of rock 'n' roll, my Mum the melodic life lessons of Abba, my brothers the guitar led angst of Led Zeppelin and my Dad the cool travels of UB40. Music is to be shared and can be a really powerful gift you can give to someone, and in Radio Glamorgan you get to reach people you will never even know about with that gift. As Greg Lake said, the greatest music is made for love not money. I believe that volunteering often offers the same equation.



Do you have any hobbies & interests outside of RG?

I have recently discovered the garden and am enjoying learning how to care for it. I also love trees as I am fascinated by time. I can often be found with my head in a box of old magazines, letters and photographs reminiscing and sharing laughs with my friends and family - always accompanied of course by an album or track I had 'forgotten about'!

help, vacuuming the office, organising the refreshments at volunteer meetings, anything that contributes to making someone's day better. The opportunity to be able to do this I view as a complete privilege.

You can listen to Helen live on Hospital Radio Glamorgan on the Celtic Gals show Thursdays 6pm - 8pm.

 *@RGMusicWard and @CelticGals*

Music is at the heart of Radio Glamorgan's service, what does music mean to you?

I was lucky enough to grow up with a huge variety of music influence. LP's were

Celebrating NHS70 by Going Live on the BBC



Hospital Radio Glamorgan and BBC Wales celebrate NHS70 together!

We were thrilled to help celebrate the NHS big birthday on the 5 July by taking part in a simulcast with BBC Radio Wales. The BBC flagship radio shows were live from a number of locations around Wales giving a unique snapshot of the NHS.

Wynne Evans marked the 70th anniversary by broadcasting his 11-1pm show from the University Hospital of Wales. The whole two hours was dual branded BBC and Hospital Radio Glamorgan (RG) with the final hour broadcast from our own studio. He chatted to patients, doctors, nurses, support staff and volunteers; including Cerys Ephraim a volunteer at RG and also a member of NHS staff – ‘I’m very fortunate to experience the fantastic RG service from both sides. I’ve been a volunteer for six years. The interactions with patients and staff has shown me the importance of music and how it, and the service we provide, supports at a time that can be scary and lonely. I started at RG when I was 17. I was very shy and the

volunteering has helped bring me out my shell and be comfortable about being in a hospital environment. So much so that I got a job here as a House Keeping Supervisor just over a year ago!’

Jamie Pritchard, who has volunteered for over ten years said, ‘I’m so proud to be part of RG and be involved in the celebrations for NHS70. I’m fortunate to present a monthly show on Sunday afternoons with the Teenage Cancer Trust. The idea is to give the patients an opportunity to escape and do something different. We play great music, chat about what’s going on and generally have lots of fun.’

RG’s Chair, Clare Sinclair said: ‘We’re delighted to have been involved in the NHS70 celebrations and the BBC radio event. As a charity run entirely by volunteers, it was great to hear Wynne take many opportunities to thank and reiterate the contribution of all NHS workers – including volunteers. He reminded listeners of the many benefits of volunteering, including the transferrable skills that can be developed and enhanced to support other areas of life.’



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Making Lives Better



My Story - Grant Palmer

Hello!

My name is Grant Palmer. I was born in 1991 and live in Pontypridd. I've been a proud volunteer of Radio Glamorgan since early 2008.

That means 2018 is my tenth anniversary of being with Radio Glamorgan... woo hoo! (tin and / or aluminium gifts are welcome :))

I've loved the past ten years of being a volunteer and all it has involved. Like many of my fellow volunteers, one of the biggest reasons I joined RG is my love and passion for music.

But it is amazing how rewarding my volunteering role can be. Just one song or message can really change a listener's day. After all, music plays a huge part in everybody's life - so if I can cheer them up, put a smile on their face or just give them some positive vibes for that moment...then I'm happy to help. It's fantastic when you get good feedback from a listener - whether it's from a tweet to say 'thanks' or just a simple thumbs up while they pass the radio station.

For the majority of my time at RG I have presented a show on Tuesday evenings between 6-8pm called 'THE RIGHT HERE RIGHT NOW SHOW.' The show is live and really is UNMISSABLE (if that's a word!). It features the random entertainment news of the week as well as plenty of great music, such as current chart hits as well as the classics from the past.

As I mention - the show is live and it is a format that I really enjoy, as it feels more interactive with the patients, staff and visitors at the hospital. There's nothing more rewarding than receiving a request or dedication from a patient while live on air, searching for it, then playing it pretty much straight away. You won't get that anywhere else!

A big part of being a volunteer is fundraising for the charity. One of the ways we do this is through bucket collections at local stores, shops, events,



etc. This is a great way to meet face to face with the public and really interact with people. As radio broadcasting interests a lot of people, you find yourself having some great chats with them while out and about promoting our service. People think it's great that the local hospital has its own radio station for the patients, staff and visitors. While doing these collections we also meet people who want to join RG to help volunteer.

I've also taken part in outside broadcasts for the station - from interviewing runners at local fun runs, to recording live bands / acts. All while trying (very hard) to sound professional to make the edit that bit easier later. The most interesting question I can ever come up with while trying to interview a runner is,

"So what did you have for breakfast this morning?" To which the best reply I've ever got is,

"Two bags of Haribo and a piece of toast."

My Story - Grant Palmer contd.



I became a trustee in 2015 for RG. This has been an interesting role for myself and I've definitely enjoyed it so far, as I feel I learn something new every time. Of course, at times it can be challenging, but making sure Radio Glamorgan is the best it can be is what we aim for.

I would encourage everyone to volunteer if they can, just a couple of hours every week can be very rewarding. In my experience I have found it a big confidence builder, also meeting new people from all walks of life can be fascinating. Of course being a volunteer at RG means you can also share your love of all different kinds of music with fellow volunteers as well as the listeners. Learning new skills through working with others is a bonus as you can pass on what you've learnt to others too.

Outside of RG I like going to music gigs and discovering new bands / music. I also enjoy comedy gigs, the Glee club in Cardiff is my favourite place for this. I'm a massive car fan. I can sit through hours of different car reviews on youtube and not even let the cat videos distract me!

In my spare time I like to produce my own music at home:

Although no singing involved on my part. Trust me, no one wants to hear that! I'm a big fan of sports. Formula 1 is my favourite. In fact it's what I dreamed of doing as a kid. I also enjoy football (Barcelona FC supporter), tennis and rugby.

Favourite band of all time:

It's between Aerosmith and Fleetwood Mac, can't choose between them!

Favourite band seen live:

Probably 'Kiss' at Download festival in 2015. They definitely lived up to my expectations.

Favourite comedian seen live:

That one is easy to answer - Russell Howard. Hilarious human being!

Interesting fact:

I once met and chatted to Jon Bon Jovi. A very pleasant bloke he was.

Grant Palmer

You can listen to Grant live on Hospital Radio Glamorgan on Tuesdays 6pm - 8pm.



@grantpalmerRG



Cardiff and Vale University Health Board Volunteer Service



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**
- **Drug & Alcohol Services**
- **The Primary Mental Health Support Service**

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





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Supporting the NHS70 Bed Push 5k and 10k Event



When Hospital Radio Glamorgan were asked to cover the first ever Bed Push, none of us knew what to expect, but it was truly uplifting, inspiring and a lot of fun. When we arrived at Cardiff Bay Barrage on a sunny Sunday just before 8am there were already teams setting up their beds and getting changed into some fantastic costumes. The atmosphere was amazing from that moment on. The Radio Glamorgan team consisted of seven of us in total, with two in the studio the whole time broadcasting a live show and connecting us in to the radio show with live updates and interviews straight from the event. The creativity that went into the beds and the costumes was like something from a fashion show, everyone really made an effort. We interviewed most of the teams and they were all so happy to talk on Hospital Radio and share their reasons for taking part. They usually had a great cause or charity they were passionately supporting and told us how their efforts actually made a difference in the day to day lives of other people.

'We have come today to raise money for our own charity which goes back in to our occupational therapy department ward. So far, we've raised money to fund a new day room a karaoke machine, a film projector and a garden area,' said the Rookie Rehabs from Rookwood Hospital.

Many of the people taking part worked in different parts of a hospital which wouldn't require pushing a bed, but you wouldn't have thought it! All 16 teams performed really well and despite being competitive, everyone was very supportive of each other. The highlight was interviewing teams dressed up as the Spice Girls, the cast of Alice in Wonderland, 101 Dalmatians, dragons, sailors, nurses and heroes. One team commented:

'Our name is 'Thoracic Park' and we've come as dinosaurs as we all work on the Cardio Thoracic Ward in the University Hospital of Wales. We've raised 1,075 on our just giving page and we had a bucket on the ward.'

Sixteen teams of five competed for the prize titles of Fastest, Best Dressed and Most Funds Raised, while the results were fed directly into the studio and broadcast live to our listeners. We then covered the start of the 5K and 10K and interviewed the first over the line, after giving them a minute to catch their breath of course! All in all, it was a great event, celebrating the hard work our NHS does and raising money for some important causes. The weather and the atmosphere were fantastic, as was the team work from all race participants and of course the Hospital Radio Glamorgan volunteers in providing an exciting and professional live show.

Claudia Hamilton

You can listen to Claudia Live on Tuesdays on the Daydreamers Show 8pm - 10pm  @RadioDaydream



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For more information please contact:

Kristian Cousins – Registered Manager

Jeanette Phillips-Green - Principal

Craig y Parc School

Heol y Parc, Pentyrch, Cardiff CF15 9NB

Tel: 02920 890397

Email: Kristian.cousins@ambitoeducation.co.uk

Jeanette.Phillips-Green@ambitoeducation.co.uk

Web: www.salutemhealthcareltd.com



Hospital Broadcasting Association (HBA) Awards



“It was a fantastic weekend for Radio Glamorgan” between March 23rd and 25th 2018. We were nominated for three awards and came home with two. One Silver and One Gold. Its been my fourth award I attended, but I have to be honest it was the best.

The whole weekend was a ball, the conference held some amazing seminars – such as sessions in Broadcasting Law and trips to other Hospital Radio stations. On the Friday we were treated to an audience with Radio 1 legend Mark Goodier who talked about his life on the air. Saturday included a seminar on the art of voice – hosted by the big man Alan Dedicoatt and a trip to another Hospital Radio Station Radio Reading.

The awards night was brilliant. I’ve been attending these awards for four years and I’ve seen many great entries we entered win Gold, Silver and Bronze, but the reasons this one

has been my favourite is because we’ve had an amazing team this year. For Promo we took Silver and The Teenage Cancer Trust Takeover won Gold for best show with Multiple Presenters. The reason I feel we took two out of the three awards is because we demonstrated what Hospital Radio is meant to be about. Promo told a story about why volunteers loved to volunteer and what the benefits about volunteering have been. TCT deserved the Gold award, not only because it’s a fantastic and well prepared show, but it raises awareness to all young adults and teenagers who are suffering with cancer.

I felt extremely pleased and delighted with how Radio Glamorgan performed at the HBA Awards and I look forward to more success to come.

Luke Davies

You can listen to Luke live on Sundays from 9 – midday



@TheLiveLuke





A Book Shop with a Difference

Who we are

BOOKS Plus Cardiff is a Christian Bookshop with a difference on the concourse at the *University Hospital of Wales*. Christian books and related material are presented alongside popular fiction and goods of general interest in an easy environment for people to browse and enjoy.



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Developing the work

The staff and volunteers are there to serve and give help and find appropriate literature when requested. In addition to the shop where people can visit, new initiatives such as a trolley service for wards has been trialled and is being considered.

A new website has been launched: cardiff.books-plus.org.uk

Please feel free to browse our blog and sign up to our newsletter, or to make a purchase. If you would like to contact us, please phone the shop on 029 2075 2800 or extension 42694, or email on cardiff@books-plus.org.uk

We are open Monday—Friday; 08:45-18:30 and Saturday; 11:00-17:00.

Get 10% off your next purchase in store or online. Present this page to the shop staff or for redeeming online use the Code: RadioOffer in the basket, next time you purchase. Offer only valid once per customer. Offer expires 31st December 2018. Offer Excludes Fairtrade foods and drink.

Sunday Night at the Capitol Theatre



Some time ago ... make that a very long time ago, nestled on the corner of Churchill Way at the beginning of Queen Street, there was a cinema and a theatre. But this wasn't any old place, no this was the Capitol Cinema and Theatre.

It took three years to build and opened on Christmas Eve 1921. Seating capacity was 3,158, which, at the time, made it the largest cinema in Europe. There were several other cinemas in Queen Street, as it was then, but they all had one thing in common, they were all closed on a Sunday. So were the pubs, and there were not many restaurants open either. In the midst of this very quiet, peaceful and totally deserted landscape there was a bright, shining beacon of light in the form of Capitol Theatre Sunday night concerts.

Starting promptly at 8 pm, and finishing just as promptly at 11, the cream of British bands and their singers played to packed out houses.

These were not variety concerts, in these shows, the bands and their singers were kings. Among the bands appearing were Teddy Foster and his orchestra, the Eric Winstone Band, Tito Burns and his Sextet and the Ray Ellington Quartet (who, by the way, were also the resident "house band" for the legendary Goon Show with Spike Milligan, Harry Secombe and Peter Sellers).

Whilst well attended these acts were very much the B sides in terms of their status. On the A sides you had the very best of British bands of the time. Bands such Johnny Dankworth (with Cleo Laine), Billy Cotton and his band, on rare visits, the great Geraldo and his Orchestra, and still together after being formed in the war, with service personnel, the Squadronaires and the Skyrocket Bands.

If you fancied a change of style there was Edmundo Ros and his Latin American Band or Felix Mendellson and his Hawiian Serenades.

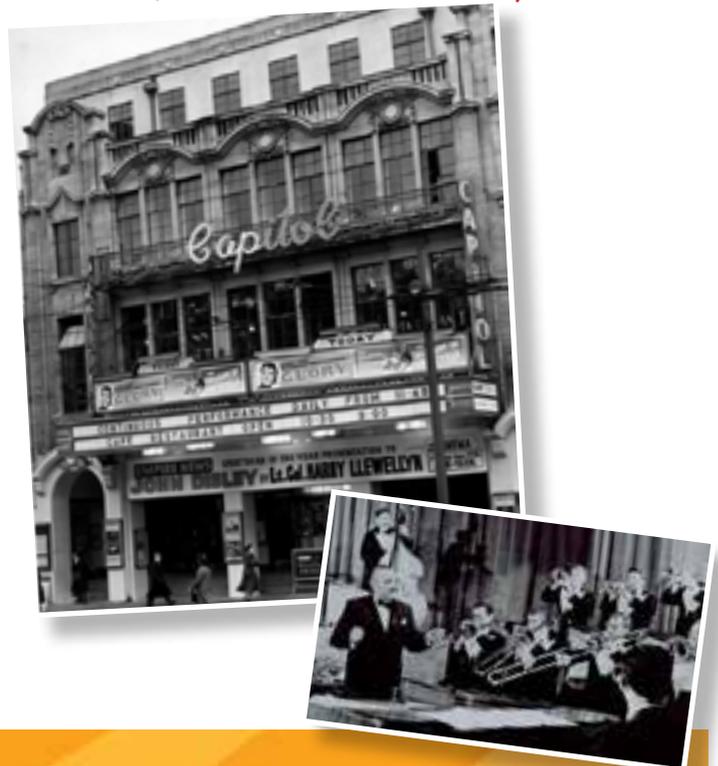
There was one very innovative band for the time, and that was George Evans, with a band that boasted ten saxophones, five trombones, trumpets and a full rhythm section. They could be heard all along Queen Street, even with the theatre doors shut !!!

The cream of the crop however, was the Ted Heath Orchestra. They played the best of the big band sounds of the day, with great drive, precision and timing. They also had four excellent singers Dennis Lotus, drummer Jack Pars, Lita Rosa (a recording star in her own right), and Dickie Valentine.

The Sunday Night concerts were, for many people the highlight of the week. Great bands, fine singers and brilliant music, now still kept alive by Radio Glamorgan presenters...Happy Nights indeed.

John Webber

You can listen to John live on Mondays from 10am - 1pm





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Request a Song



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')

You can email your requests to:

studio@radiogramorgan.com

Or call studio direct on **029 2074 3389**.

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

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





Request Form

Complete and tear out this form, pop along to our studio and drop in our **post box**.
(We are on the main thoroughfare of the hospital - up the stairs from the concourse and across from the X-Ray department and Aroma Coffee Shop outlet).

Your Name:

Patient's Name:

Ward:

Artist and Song Title:

Date/Time request to be played*:

Message:

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* Please note that Hospital Radio Glamorgan is run entirely by volunteers. Every effort will be made to play your request at the date/time you request. If we are unable to do this, we will play your request when there is a volunteer presenter in next.

Other ways to request a song:

Email: studio@radioglamorgan.com

Tweet: [@radioglamorgan](https://twitter.com/radioglamorgan)

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Music Quiz Answers



Quiz 1

- 1) American Pie
- 2) Single Ladies
- 3) I'm a Believer
- 4) Sweet Child O'mine
- 5) We Will Rock You
- 6) Stayin' Alive
- 7) Twist and Shout
- 8) Love is all Around
- 9) Don't Stop Believing
- 10) Ace of Spades



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- Opportunity to complete QCF Level 2 in Health & Social Care.
- £50 Introduce a friend scheme. "Terms & conditions apply"
- CAREGiver Recognition Awards

We offer part-time hours up to 30 hours with competitive pay, paid mileage and paid travel time. You are required to be a driver with access to your own car.

If you would like a career where you can make a difference then contact our Recruitment Team to discuss further.

To read more about Home Instead Senior Care follow the link to: <https://www.homeinstead.co.uk/cardiff>
 Or please call Recruitment on 029 20569483/07523 796762 or: Apply by email to: recruitment.cardiff@homeinstead.co.uk
Home Instead Senior Care is an equal opportunities employer, our policy is designed to ensure no job applicant or employee receives less favourable treatment on the grounds of gender, disability, sexual orientation, religion, race or age.

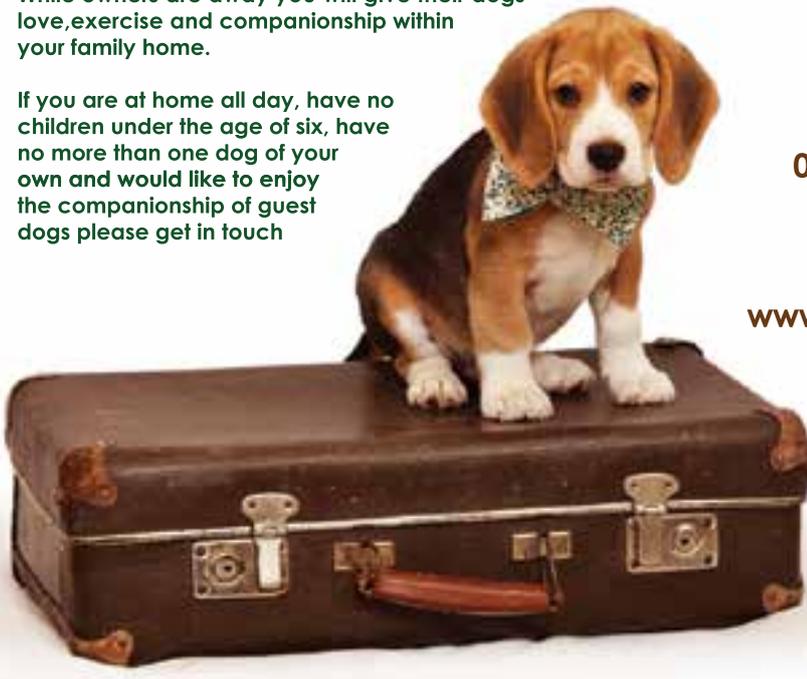
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Email:

cf@waggingtailsuk.co.uk

Website:

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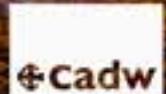


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