

RADIO RAMBLINGS

THE NEWSLETTER OF HARLOW HOSPITAL RADIO



Spring 2025

PRINCESS ALEXANDRA
HOSPITAL
HAMSTEL ROAD
HARLOW
ESSEX
CM20 1QX

REGISTERED CHARITY NO.
262709

www.harlowhospitalradio.com

Newsletter Editor
David Woollard
dwoollard@btinternet.com

This newsletter is for the members and friends of Harlow Hospital Radio, its contents are not for general distribution. Any views expressed are not necessarily those of the charity or trustees.



Scan to listen to
Harlow Hospital Radio

Welcome to the first edition of Radio Ramblings for 2025, it seems the year is flying past.

At last, we have received some news regarding the new hospital (see the news release from January later in this edition). It's disappointing that the building work will not start until 2032 at the earliest. Even if it starts promptly, the time it will take to build means we are likely to be in the same location for the better part of ten years and possibly longer.

This extended stay on the current site does allow us to plan for the future. We cannot wait until we move to upgrade our equipment even if it was to last that long. So now is a good time to fundraise and decide on how we will upgrade our studio but keeping in mind that we will be on the move at some point.

The executive will be looking for ideas of how best we can upgrade the studio and how best to fundraise for this. We will of course need plenty of help to get this organised.

Elsewhere we had a successful few hours of meeting and greeting visitors to the hospital and playing requests, (see photo above) hopefully we will repeat this later in the year.

In this edition of Radio Ramblings we have the usual comment from Andy, we meet new presenter Brandon Ward. Linda looks at the work she does bringing music to the patients.

Don't forget to look at the diary dates, the dates are filling up quickly please join in if you want to.

David

What's Going On

(Marvin Gaye-1971)

We are a quarter of the way through the year and have already done so much.

We did our outside broadcast at the hospital entrance in February which went well. We collected loads of requests from patients, family, and staff from around the hospital. The sound quality from our new speakers was brilliant and being able to broadcast live from the studio to the entrance way worked well. Thank you to everyone who helped.

We currently have 4 trainees, Irene with Bob on a Tuesday, James and Khadija with me and Mark on a Thursday and Summer with Johnny and Tim on a Saturday, we also have

Gavin who works in the hospital on the waiting list.

Brandon and Graham have both completed their training and gone through all the PAH paperwork to become a full member. Brandon has started his new show The Smile Squad, along with James (who is doing well with his training) every Monday 7pm - 8.30pm.

Graham is just finalising when he will be doing his show, but it will probably Wednesday evenings.

We also welcome back Martin to the airwaves on Sunday afternoons with the Sunday Selection. This means we now have live shows 6 days a week,



which has been a long time since that happened.

Over the next few months we have a lot of events planned, and hopefully some exciting technology news, but for the time being thank you for all your hard work. The station really wouldn't be the same without everyone's help.

Best Wishes
Andy

Annual General Meeting Thursday July 31st

The Harlow Hospital Radio AGM will be held in the KAO Building at 7:30pm on 31st July 2025.

The AGM is an opportunity to get involved with the running of the station, there are a number of executive posts you can stand for.

As a reminder to everyone, the annual subscription is also due before this date.

There will be an official mailing with all the details including how to stand for the executive, nearer the event.

NOW AVAILABLE THE FASHION ITEM OF THE YEAR

You can now order what is expected to be the most sought after item of fashion this year, made exclusively for Harlow Hospital Radio.

Order either the classic polo shirt crafted from cotton and elastane fabric or the Thor III fleece. Both come in Navy Blue with The HHR 50 logo sewn on the left chest.

To order contact AVM workwear
Sales@AVMWorkwear.co.uk
Or call 01279 653816.

Polo shirt	£11.99
Fleece	£17.99
Postage per order	£5.00

Just give them your size and that you are with Harlow Hospital Radio.



Government confirms funding for the new Princess Alexandra Hospital



The government has confirmed the funding and timetable for a new, state-of-the-art hospital for Harlow, following a review of its New Hospital Programme (NHP). The NHP will now be delivered in waves of investment, with The Princess Alexandra Hospital NHS Trust (PAHT) falling into wave two. Schemes in wave two are expected to begin construction between 2030 and 2035. PAHT has been advised it can plan to begin construction in Harlow from 2032.

In October 2019, the government first announced that PAHT would receive funding to build a new hospital in Harlow for its patients, community, and people. Since that time, PAHT, along with other trusts, has been working closely with the NHP team to develop a framework for the building of all the new hospitals in the national programme, including design, the procurement of contractors, and how to best use modern methods of construction so the new hospitals can be built faster, better, and more efficiently.

Yesterday's announcement (20 January) is a significant delay to the original plans for a new Princess Alexandra Hospital, but it does provide certainty that there will be a new hospital during the next decade.

PAHT will continue to work closely with the national programme team to ensure plans for the new hospital are robust and that the necessary land is acquired.

Hattie Llewelyn-Davies, chair of PAHT, and Thom Lafferty, chief executive at PAHT, said: "We are pleased that the Secretary of State for Health and Social Care, the Rt Hon Wes Streeting, has confirmed the government's commitment to a new hospital for Harlow. His statement provides much-needed certainty to our people and our patients.

"The new hospital will provide an incredible opportunity to transform the care we deliver to our local populations, responding to local need.

"In the meantime, our ageing hospital estate continues to face significant and ongoing problems. Now that the start of construction for our new hospital has been delayed until 2032, we will work with system and NHS England colleagues to ensure we can maintain safe and effective facilities for our patients and staff across our current sites in the meantime.

"We would like to thank our people, our patients, our partners, and our local communities for their continued support."

The Princess Alexandra Hospital NHS Trust

News release – 21 January 2025

WELCOME TO BRANDON WARD



I'm Brandon, I have had a big passion for music ever since I was young.

I have a big collection of CD's and Vinyl, I enjoy wide range of music from Pop to indie rock from all different decades.

I joined Harlow Hospital Radio as it would be a great place for me to start out learning about broadcasting as I would like work within radio and broadcasting.

What you can expect from my show is lots of great music, music news, song themes I pick around different topics, I will also be joined by James, trainee presenter at Harlow Hospital Radio.

DON'T FORGET

Harlow Community Lottery

www.harlowcommunitylottery.co.uk

Harlow Hospital Radio is registered as a good cause.

Support us and WIN!



MUSIC FOR MEMORIES

Linda looks at how music and singing helps patients



If you happen to be at PAH on a Friday afternoon, you may see the unusual sight of a keyboard on a hospital trolley, complete with fairy lights, being wheeled along the corridors en route to the wards, bringing music to patients with dementia!

In 2019, Caroline Ashton-Gough, Admiral nurse and dementia clinical nurse specialist at PAH, asked if I would like to help her organise musical afternoons for patients with dementia. We did and we call ourselves 'Music for Memories'.

It has been shown that music can bring many benefits for people with dementia, including helping to reduce anxiety and lifting mood.

Initially, we led sessions in Gibberd ward, a palliative care and dementia care ward. We wanted to create a warm, friendly environment, where patients, families and staff could relax and express their emotions through music. With the help of other volunteers, these afternoons soon developed into 'Fun Friday' with simple chair exercises, familiar songs from various decades, with lots of clapping and swaying and of course no afternoon was complete without tea and cake!

Family members were often delighted and visibly moved to see loved ones participating and remembering all the words of a song!



The social effect of music in a group is clearly evident. A song may trigger a memory, perhaps a family event, going dancing on a Saturday night or singing in a choir at the Royal Albert Hall.

Patients have also asked to sing a solo ... 'Scarlet Ribbons' was one which was particularly moving and stands out in our minds. It was wonderful!

During lockdown, we continued our sessions as best we could on zoom and I played the piano at home.

Since then, we have had to adapt our sessions, as patients with dementia are now located all over the hospital.

Our afternoons have become more patient led. We choose a bay of up to four patients and are able to spend more time focusing on individuals.

Talking one to one with them may trigger a memory of a person, an event a song, which

we then sing. We often search for a particular song/music on our phones too. It's all very spontaneous, often moving, we never know what our afternoons will bring... but it really does work! It is interesting to observe how staff also benefit from our sessions. They often come searching for where the music is coming from and will join in for a few minutes if they have time!

Caroline and I often say how privileged we feel to be allowed into patients' lives, at such a difficult and challenging time for them. Hopefully, we are able to create some happy moments for them and their families.

**'Music for Memories' 🎵
Friday afternoons.
Come and join us! 😊**

Linda Ranger (Hospital Liaison and Publicity)

NATIONAL REQUEST CHART

Every year Hospital Radio stations are invited to submit their request lists from which a national chart is compiled.

The chart for 2024 brought at least 7244 requests across 11 hospital radio stations.

For many years “My Way” by Frank Sinatra was number one but he is dropping down the chart in favour of Abba who are number 1 again for 2024.

When we were request collecting in the Hospital Entrance Abba was certainly very popular.

Pos.	2023	Artist	Song Title
1	1	Abba	Dancing Queen
2	21	Bob Marley	Three Little Birds
3	2	Neil Diamond	Sweet Caroline
4	3	Frank Sinatra	My Way
5	11	Queen	Bohemian Rhapsody
6	4	Pharrell Williams	Happy
7	71	Kenny Rogers & Dolly Parton	Islands In The Stream
8	38	The Eagles	Hotel California
9	17	Elvis Presley	Suspicious Minds
10	12	Elvis Presley	Love Me Tender
11	31	Cliff Richard	Summer Holiday
12	37	Tom Jones	Green Green Grass Of Home
13	212	The Beatles	Here Comes The Sun
14	28	Katrina & The Waves	Walking On Sunshine
15	10	Elvis Presley	Blue Suede Shoes
16	13	Ed Sheeran	Perfect
17	NE	Teddy Swims	Lose Control
18	NE	Noah Kahan	Stick Season
19	18	Simon & Garfunkel	Bridge Over Troubled Water
20	39	Louis Armstrong	What A Wonderful World
21	125	Elvis Presley	The Wonder Of You
22	50	Celine Dion	My Heart Will Go On
23	155	Stevie Wonder	Happy Birthday
24	15	Queen	I Want To Break Free
25	74	Dolly Parton	Jolene
26	87	Johnny Cash	I Walk The Line
27	26	Johnny Cash	Ring Of Fire
28	64	Gerry & The Pacemakers	You'll Never Walk Alone
29	30	Abba	Mamma Mia
30	164	Jim Reeves	Welcome To My World



The Hospital Broadcasting Association President awarded a BEM



On receiving her nomination, June Snowden said: “I am delighted, thrilled and humbled to accept the BEM Award.”

“My passion for hospital broadcasting in whatever form it moves forward will always continue. It is and will continue to be a major part of my life.”

Harlow Hospital Radio has welcomed June to our Annual General Meeting in past years where she gave out long service awards, photos in the studio.

The Hospital Broadcasting Association (HBA) is delighted to share the news that its President, June Snowden, has been awarded a British Empire Medal (BEM) for services to Hospital, Health and Wellbeing Broadcasting in HM The King’s New Year Honours List 2025.

June has been a loyal volunteer, supporter and advocate for hospital, health and wellbeing broadcasting for over 50 years, devoting much of her life to the national cause.

June met her late husband, Brian, who was one of the founding members of the National Association of Hospital Broadcasting Associations in April 1970 (NAHBO). Today, it is known as the Hospital Broadcasting Association (HBA).

New Therapeutic Garden

New therapeutic gardens are being developed at PAHT thanks to a grant of £88,000, thanks to a successful bid to NHS Charities Together, match funded by the PAH Charity.

The plan is to develop a number of gardens including:

A sensory garden, near Oslo House. to support patients living with dementia and other sensory needs. A garden of reflection, at the back of the Sanctuary. Also a Garden for our people, near Parndon Hall. An open space for staff working at the hospital to re-energise and reflect.

Following a successful bid to NHS Forestry, over 130 trees and 2,000 shrubs, have also been secured for PAHT, some of which will be used for the therapeutic garden developments.

Hospital Trust Chair Leaving

The Hospital has announced that Hattie Llewelyn-Davies the Trust Chair will be leaving PAHT on 28 March.

She commented “I have immensely enjoyed my time as chair of the Trust Board and it has been wonderful to meet many of you since I joined in September 2021”.

She will be leaving to join Essex Partnership University NHS Foundation Trust (EPUT) as their new chair from 1 April.

Darshana Bawa will take over as interim chair of PAHT for the next year

DIARY DATES 2025

17 May
Charity Car Park, Harlow College
9am -3.30pm
Lots of help needed

5 June
Executive Committee Meeting 8pm

21 June
Great Get Together, Harlow Town Park
11am - 3pm

28 June
St Michael’s School Summer Fête,
Apton Road, Bishop’s Stortford CM23
3SN. 12 noon - 3pm

5 July
Opening of PAH Sensory Garden
Time tbc

31 July
Annual General Meeting 7:30pm

20 September
Cultural Event : Our Lady of Fatima
Church Hall, Harlow
4pm to 9:30pm

10 October (Provisional)
Request collecting & OB in Hospital
Entrance

Future Event
A collaboration with the Patient Panel
has yet to be finalised, possibly a joint
Quiz or 60/70’s disco. Shared proceeds.

All dates and times subject to
confirmation

THE LATE LATE CHRISTMAS MEAL

Nine members of Harlow hospital Radio spent a very nice evening at the Harlow Mill Beefeater on 24th January. Thanks to Cosmic for arranging this and to Andy for doing the complex calculation of our bills. Hopefully we can do something similar later in the year.



