

RADIO RAMBLINGS

THE NEWSLETTER OF HARLOW HOSPITAL RADIO



CHRISTMAS 2025

PRINCESS ALEXANDRA
HOSPITAL
HAMSTEL ROAD
HARLOW
ESSEX
CM20 1QX

REGISTERED CHARITY
NO. 262709

www.harlowhospitalradio.com

Seasons Greetings

Welcome to the Christmas edition of Radio Ramblings, the festive season seems to have come round so much quicker every year.

Since the last edition we have been busy with another PAH Cultural Evening, a Sunday afternoon request collecting in the hospital entrance and supported the Armistice Service.

Harlow Hospital Radio was nominated for the Patient Panel Champion Award. Some of the Exec attended the PAHT "Our Amazing People Awards 2025" details and photos later.

As we enter the festive season the annual panto has been recorded, more details from Jonny later in this edition. Along with that there will be more seasonal programmes as part of the schedule this year.

Later in this edition we have pictures of some of the events we have been to this Autumn.

We have seen the team grow during 2025 with more presenters and shows. In this edition we welcome four new members to our family.

As we enter the new year, we have some exciting news of some equipment upgrades coming soon including new computers and studio equipment, more details to follow.

As I write this the smart speakers have just been delivered, they should be on the wards so staff and patients can hear our wonderful Christmas programmes.

I shall finish by wishing you and your families season's greetings.

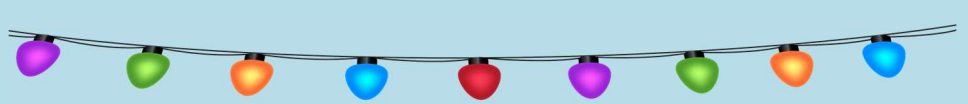
David

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**



Picture: Play Spot the HHR members somewhere in the group shot from the PAH cultural evening in September.



The most wonderful time of the year

Welcome to the final Chairman's Report of 2025. As the nights draw in, and the distinct aroma of mince pies starts wafting through the corridors, we reflect on an incredible, record-breaking year for Harlow Hospital Radio!

First off, a round of applause to the team. A hearty congratulations to Gareth, who has graduated to full membership and is now presenting the modestly titled "Probably the best radio show on the radio at the moment" every Thursday evening. If the show is half as good as the title, we're all in for a treat!

We also welcome our newest fully trained presenters, Khadija, James, and Irene. They have passed their training with flying colours and are now in the final queue for the dreaded hospital paperwork before they can unleash their fantastic shows.

Finally, a huge HHR welcome to Miracle, who has jumped into training sessions on Tuesdays with Bob. It takes true dedication to start training on these cold nights—Miracle, and we're thrilled to have you!

Speaking of stars, we are absolutely buzzing about our submissions for the Hospital Broadcasting Association (HBA) annual awards. We submitted a staggering 13 entries, which is the most HHR has ever entered! That's more entries than I have remote controls for various electronics I don't use anymore. The top 10 finalists will be announced in early 2026, so keep all your fingers and toes crossed for a win.

The annual Harlow Hospital Radio Panto is now safely in the editing suite, oh yes, it is (thanks again to everyone who took part). Tune in as always at 5 pm on Christmas Eve for some festive mayhem.

But the Christmas fun doesn't stop there. Our schedule is so stuffed with festive cheer that if HHR was any more Christmassy, we'd be covered in wrapping paper and put under a tree. Highlights include:

- Motown at Christmas
- A special Christmas Soul show
- The Alternative Christmas Music Show (think cover versions, deep cuts, and rarely played festive gems)

- The PAH Christmas show featuring songs sung by the incredible hospital staff.
- The HHR Favourites Christmas show
- Plus, a special broadcast by a certain someone direct from Lapland!

It's going to be a busy December. I've heard the festive period is so manic this year, even Santa is using self-checkout.

Finally, thank you, thank you, thank you to all our incredible members for your continued hard work and dedication over the last twelve months. It is your passion that keeps the station running and sounding brilliant, bringing cheer to the patients and staff at Princess Alexandra Hospital.

Please enjoy a well-deserved rest, and from me and the entire executive committee, we wish you all a wonderfully relaxing and Merry Christmas!

Andy

PANTO TIME

Oh yes, it is!

Once again, the Harlow Hospital Radio family has pulled together to create our annual Christmas Pantomime, and I just want to say what an absolute joy it's been to write it again this year.

"Robin Hood & The Babes in the Wood" was recorded back in mid-October over Zoom

As always, it reminded me just how lucky we are to have such a talented, enthusiastic, and game-for-a-laugh group of presenters and volunteers. Listening to everyone bring their characters to life, with all the laughter, daft voices and expression was an absolute privilege.

Writing the script is always a pleasure but hearing everyone run with it is what truly makes it special. The mix of heart, humour, and complete willingness

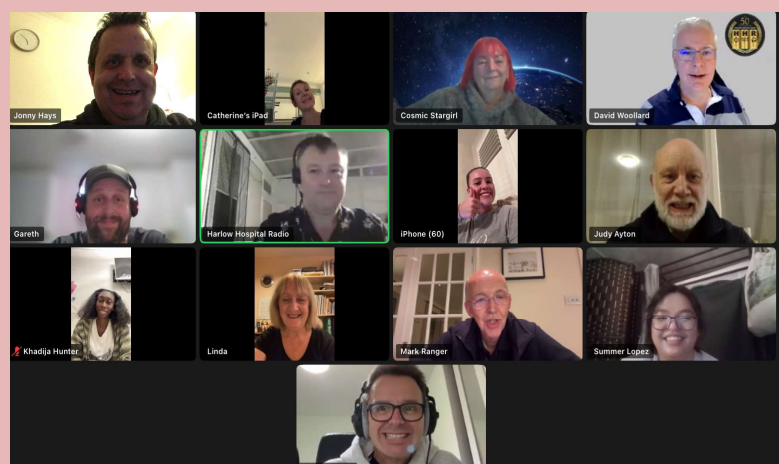
to dive headfirst into panto silliness is exactly what makes HHR what it is.

The pantomime will be broadcast on Christmas Eve at 5:00pm and I hope when you tune in, you'll feel proud of what we created together.

It's because of all our lovely members that we can offer something magical, comforting and joy-filled for listeners during the festive season.

Jonny

**Set your reminder and join.
"Robin Hood & The Babes in the Wood"
at 5pm Christmas Eve.**





2025 Armistice Service



Once again HHR provided the public address for the annual Armistice Service of Remembrance at 11am on November 11th.

This is a very moving service attended by a number of Hospital Staff, Senior Management and voluntary organisations at the main entrance.

We are pleased to support this service; it is greatly appreciated by all those involved.



Saturday 27th September Cultural festival, Lady Fatima Church Hall, Harlow.



The cultural event has now been going for four years and seems to get better with every event.

There were the usual music and dance performances from the staff all in their spectacular national dress.

We were able to debut the cultural jingle written by our very own Jonny.



There was a wonderful selection of foods to sample from around the world and some very interesting tastes and smells.

It's a great event with everyone enjoying themselves. This looks to be a regular event on the HHR calendar.

Sunday 12th October PAH Main Entrance, Request collecting

Another successful afternoon spent in the reception collecting requests from visitors and directing people.

Lots of requests and good to see so many of us taking part. It's a great way to get known.

It still looks like Elvis and Abba remain firm favourites.



Patient Panel Champion Award finalists



Harlow Hospital Radio were pleased to attend the PAHT "Our Amazing People Awards 2025" held on 19th November.

The trust recognises those who go above and beyond. The Chief Executive, Thom Lafferty, said in his opening address "From emerging leaders to unsung heroes, we honour those who go above and beyond."

The evening was attended by the Hospital Executive and nominees in all the categories, it was a good chance to network and get our name more widely known.

We were nominated for the Patient Panel Champion Award.

Ann Nutt, Chair of the Patient Panel said "What makes this award especially meaningful is the source of nominations: not only from colleagues, but also from patients and their loved ones. Their heartfelt words reminded us of the profound impact genuine care and Advocacy can have."



We were proud to be an award finalist among a large number of entrants although we didn't win it was very satisfying to be nominated. HHR was the only finalist who were not directly employed by the PAHT. As Ann Nutt said, "Every nominee was a worthy winner."

I think the one thing that stood out was the comments written about HHR (see below) and read out as part of the nomination. Something to be very proud of.

Harlow Hospital Radio

"Harlow Hospital Radio (HHR) has been a beacon of warmth and connection at the hospital since the 1970s. Entirely volunteer-run, HHR uplifts patients through music, conversation, and community stories. "For a while, I wasn't just a patient in a hospital bed - I was part of something." "What HHR offers isn't loud or flashy - but it's real, and it matters." Their simple acts, like taking song requests and chatting with patients, bring comfort during the most isolating moments. "They brought me comfort when I needed it most, and I'll never forget that."

Welcome to Khadija



I enjoy being on the radio because it gives me the chance to share common interests and brighten someone's day. Whether it's through a memory or a song, I love being able to make people smile or laugh.

Music has a unique power — it carries creative expression and healing, and often brings back memories that can comfort or inspire which I hope it does for those who tune in. That's what makes radio so special.

I hope to plan to continue with my 'what's in the news really?' segment about news around the world, I would like to have some mindfulness moments and to continue the 'What's the question?' game, that can get the mind active, along with some great 2000's R&B and 80s groove music.

Being part of this Harlow Hospital Radio has opened my eyes to the commitment that everyone puts in to keep everything running smoothly. Everyone is supportive and so lovely that it has helped boost a certain confidence in me that I didn't know I had.

Welcome to Gareth

I joined Harlow Hospital Radio last Summer. I quickly saw how amazing the team are and was welcomed in by all. I have since been pleased and proud to be a full member of the HHR team and present my own show!

I have (humbly) called my show Probably...the best show on radio right now.



If you aren't sure if you can believe that the show is live every Thursday from 5.15pm through to 7pm.

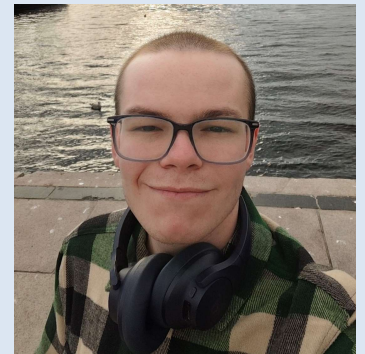
The show is full of all kinds of music so there is something for all music fans. I also love getting interaction from our listeners, so we regularly play games on air. Games such as the Musical Anagram Game, What's the Connection, and for Halloween an interactive on-air Trick or Treat!

I love being able to present on our wonderful radio station, because my favourite thing is being able to play a song that brightens someone's day. The thought that a song, or one of my jokes or chats in between songs puts a smile on a listener's face makes it all worth it and is the reason why I present.

Welcome to James

Being on the radio is special to me, not just radio in general but particularly HHR it's given me access to such a wonderful community of people and new found friends. It gives me a space to have fun, create and connect with not only my fellow presenters but all our dear listeners through our shared passion for music and chatting absolute waffle.

I run a segment on The Jam Session on a Thursday evening with our Chairman Andy as well as Mark, Gareth, Khadija and Hannah called The Marketplace Menagerie where we go through all the whacky, weird and wonderful things to be found on Facebook Marketplace. At the end we all decide what items we'd be most likely to take home



My own show will likely be a continuation of the segment with a few other bits and pieces thrown in for good measure with an open invitation to any of our other presenters who'd like to join me either as a guest appearance or even on a more full-time basis should they be interested.

I'm very excited to start running my own show but The Jam Session will always hold a special place in my heart.

Welcome to Irene



I like being on the radio as I feel that the music I play helps both the patients and staff to be happier.

Plan wise to continuing playing a variety of songs in English and Greek and maybe some new music

Hopefully I will be able to come in on a regular basis and day.

I'm currently studying British Sign Language level 3 and trying to squeeze in life things.

LATEST NEWS

Harlow Council Leader Interviewed by Mark



Dan Swords the Leader of Harlow Council, was in the studio on 28th November. He talked to Mark about Christmas plans and the regeneration of Harlow.

The chat was interspersed with some of Dan's musical favourites, showing a wide range of styles and influences.

Dan was telling us how many things have been invented or created in Harlow. You may have heard that fibre optics originated in Harlow, but did you know that Harlow is the world's first sculpture town with over 100 works?

And Dan re-affirmed that the Harlow Bandstand will re-open next summer after the devastating fire in September, promising a return to major events in the style of the Bandstand's heyday.

Jude retires from PAH.



Friend of the station Jude Cole has retired from the cashier's office after an incredible 27 years at PAHT, she now plans to do voluntary work for the hospital. We hope to see more of her helping with HHR.

Smart Speakers arrive.



The smart speakers which were funded by the hospital charity have now arrived, they will go up on the wards in the next couple of weeks.

DIARY DATES 2025/26

14th December 2025

Music and mince pies, we provide music and the patient panel provide the mince pies.
1.00pm and 4.00pm

22nd December 2025

Carols around the wards from 5pm

8th January 2026

8pm Executive Meeting

Late January 2026

The details for the post-Christmas gathering will be announced soon.

25th April 2026

Variety Show, more details to follow.

**All dates and times subject
To confirmation.**

**Your help with these events
would be gratefully received.**



STILL AVAILABLE THE ULTIMATE CHRISTMAS PRESENT!

Harlow Hospital Radio now offers an exclusive fashion item, anticipated to be this Christmas's most popular choice, available for order.

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.