

# RADIO Heatherwood

Patients Radio Request Service

Patients Smile



With Hospital Radio

League of Friends Broadcasting Service

League of Friends of Heatherwood Hospital Registered Charity No:- 900282

# Index

Welcome.....	3
Radio Heatherwood.....	4/5
Our Friends & Supporters.....	6
Inductive Loop ( Magic ).....	6
Patients Top Five.....	7
Music & Laughter.....	7
Physiotherapy for the Brain...8	
League of Friends 38 Years....9	
Loan Radio Service.....	10
Loan Radio Sponsors.....	11
Programme Details.....	12
Patients Record Requests.....	14
Record Donations.....	15
Loan Radio Maintenance.....	16
Bedhead Radio.....	16

Trolley Shop.....	17
Radio H Supporters Group.....	18
Radio Volunteers.....	19
Please Mr Postman.....	19
Radio Donations.....	19
Charity Buzz.....	20
What a Mug.....	21
I'm Very Well Thankyou.....	22
Broadcasting Complaints.....	23
Crossword Solution.....	23

Cover:- Presenter Kevin Donaldson receives a kiss from mug winner Sylvia Sargeant ( Ward 5 20.3.1993 ).

# Financial Support



The League of Friends is called upon by many different wards and departments to fund projects or equipment. The League has only limited resources.

The League allocates £10,000 every two years for the wishes of wards and departments.

The funds available to the League come from the sale of goods from the trolley shop, fundraising events, donations from members of the public

and revenue from capital investments.

We need the continued support of patients, their friends and their families to continue our voluntary work.

**If you would like to help: A donation made payable to the League of Friends Heatherwood Hospital Kings Ride Ascot SL5 8AA C/O League Secretary; will always be gratefully received.**

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Articles By Dave Smith, and Roy Ryman.

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# League of Friends

Heatherwood Hospital  
Kings Ride Ascot.

# Welcome

The League of Friends welcomes you to Heatherwood hospital and hopes you will have a pleasant stay and enjoy the services we provide.

The League was registered as a charity in 1988 ( 900282 ) although it has been carrying out it's charity work at Heatherwood since 1958.

We are a charity dedicated to providing those facilities, extra comforts and support for patients or staff of Heatherwood hospital.

We have two activities on the hospital which provide support for the patients. The first activity is our trolley shop which visits the wards every Monday Wednesday or Friday afternoons, it is there for those sweets toiletries or stationery items, which may be required by patients. The second activity on the hospital is our patients radio request service: Radio Heatherwood, which broadcasts most evenings. A total of over 50 volunteers help maintain these services each week.

In addition to providing these essential services, the League each year raises funds for the hospital, along with income from our investments we are able to allocate gifts of medical equipment, or offer monetary support for patient/staff projects.

If you would like to find out more about Heatherwood hospitals League of Friends and the services we provide, just turn the page:-

Look !!!! who provides a friend at the bedside

## League of Friends

## Fundraising For A Brighter Future

# Radio Heatherwood

*It's only a hospital radio service !!*

Established since 1976

It's only a hospital radio service, but the service we provide, must deliver a presentation style which is equal to any local or national radio station output.

The service you hear today is very much different from those early days; where if you could put a record on: you were automatically given the freedom of the airwaves. Today's presenters must undergo a comprehensive training on equipment and presentation, this will include the guidelines as laid down by the Radio Authority.

A trainee may have to wait 6 months before he/she is allowed to broadcast on their own. In the early days the quality of presentation output was unique; under today's guidelines from the Radio Authority: it wouldn't be tolerated.

One of the rules for all presenters is they must carry out ward rounds and collect requests before their program. This is strictly adhered to and makes Radio Heatherwood one of the few hospital radio services which is valued by the patients. Our early service prior to 1982 did not enforce this condition and therefore led to some very poor program content.

## **How Much Does It Cost ?**

The radio service is run as a self supporting member of the League, raising it's own running costs each year. This has steadily increased over the years from £250 to £3000 a year.

It's a hard task each year raising the running costs. The fundraising by the volunteers takes various forms from appeals for old records and tapes; to dinner dances ( Sweethearts ball ) charity

stalls at Bracknell market, annual grand draw, and charity coach outings. We also receive support for the service from local businesses, local trust funds and members of the public who all contribute in their own way.

The station relies on the commitment of 20-25 volunteers each year to maintain the radio service.

## **When & How Did We Start Broadcasting ?**

Radio Heatherwood first began regular transmissions in 1976 although a service was available prior to this. It wasn't until an injection of £6000 on equipment and bedhead units in early 1976, the first regular service was provided each evening on channel 3.

The launch of the radio service on the 10th June 1976 was officiated by Michael Parkinson who was then honorary patron.

After an ambitious start by the station, by the end of 1981, the station had fallen into the red and was in danger of being closed down.

In 1982 the present manager Dave Smith was appointed along with his brother Peter, to try and bring some discipline and turn the fortunes of the service around.

Over the next eight years the service went through a complete restructure of it's facilities and the way in which it is maintained and received on the wards. Large amounts of sponsorship from local trusts and businesses etc. All contributed to the service you hear today .



One of the major advances for the service came in 1987 when during this year over £10,000 was raised to provide the AM service, which is available today.

The introduction of the AM service and the need for this type of radio was prompted by the deterioration of the bedhead units, which are very costly to repair. Each replacement bedhead unit above your bed costs £70 to replace. The plastic headsets are also £2-3 a time. ( this system is maintained by the hospital ).

In February 1988 the AM service was switched on and a new era for the radio station began. Radio Heatherwood was the fifth hospital radio station in the UK to have this service: there are currently 24.

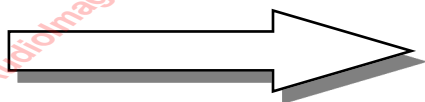
In 1990 the Sunninghill Fuel Allotment trust, one of the major contributors to the radio service: opened the second studio which allows production and training. It was the end of an era for the station, all the old bad practises had been thrown away, the station was very much in the black and the praise for the service from patients and staff, has vindicated the new set up.

This is by no means the end of the story: 1990 saw the launch of the loan radio service which today stands at 186 units on five wards. The period 1991 to 1994 saw the replacement of worn out equipment and some subtle changes to studio one.

In 1994 the trust management board allocated another adjoining

room to the studios, which has allowed us to provide proper reception facilities for visitors and allow wheelchair access to the production area. This was completed in July 1995.

It's a never ending story as the station strives to provide a quality service for the patients of Heatherwood. We mustn't forget the contribution of those people who in their own way, offered support over the years and allowed Radio Heatherwood to be truly a friend at the bedside.



## Our Friends

&

## Supporters

*Prince Philip Trust, Ascot Fire Brigade Trust, Victoria Hall Fund, Sunninghill Fuel Allotment Trust, Windsor & Maidenhead Council, Sunninghill Parish Council, Bracknell Baptist Church, Winkfield Parish Council, Castle Educational Trust, Bracknell Forest Borough Council, League of Friends, Heatherwood & Wexham Park Trust, Ascot Racecourse Authority, Mercury Communications, Honeywell, 3M, BMW, Racal, Theatre Royal Windsor, John Nike, Sirl's of Ascot, H Samuels, Shepherds, plus many more and members of the public and former patients.*

**999kHz AM**

### Radio Heatherwood

## How does it work & Can I get you at Home ?

The most popular question that we receive when we are on wards comes from those listening to Radio Heatherwood on a portable radio, " *can I get you at home* " ?.

**The answer is no:** our signal is only received on hospital property, once you leave the hospital site the signal fades away.

The system we broadcast on is very different to that of local or national radio, instead of a single aerial we have 31 aerials placed around the hospital. A radio within their boundaries will have a signal induced into them at 999kHz AM. The one advantage we have over other AM stations becomes apparent at night; when other station's signal drifts in and out, ours remains constant day or night without interference.

The system was installed in the hospital in an effort to provide quality radio and a system which is easy to maintain without continued expensive costs. It also allows the freedom of listening to the hospital radio without being tied to the bedhead. The £10.000

for this system was raised by the radio staff in 1987.

On Easter Saturday 1988 the then Mayor of Windsor & Maidenhead district council: Bill Cooley launched the AM service.

## Inductive Loop

### Am Radio For Hospital Patients



# Patients Top Five Requests 1995

1. Unchained Melody Robson & Jerome.

2. My Way Frank Sinatra. 3. Lady in Red Chris De Burgh.

4. Crazy Patsy Cline.

5. Love is all Around Wet Wet Wet.

Requestline

**25818**

It only hurts when I Laugh !!!!

Music & Laughter

A great healer of the mind

"Waiter! Have you  
got frog's legs ?"

"Certainly sir"

"Then leap over the counter and get me a drink"

Music on 999khz AM

**Radio  
Heatherwood**

Most Requested Artist 1995

**Jim Reeves**

"Waiter! There's a dead flea on my plate"

"That's alright sir it won't harm you"

"Maybe not, but thirty of his friends have turned up  
for the funeral"

Patient: "What's the best thing for flat feet ?"

Doctor: "Have you tried a foot pump ?"

Have You Made Your

**Request ?**

Laughter on 999khz AM

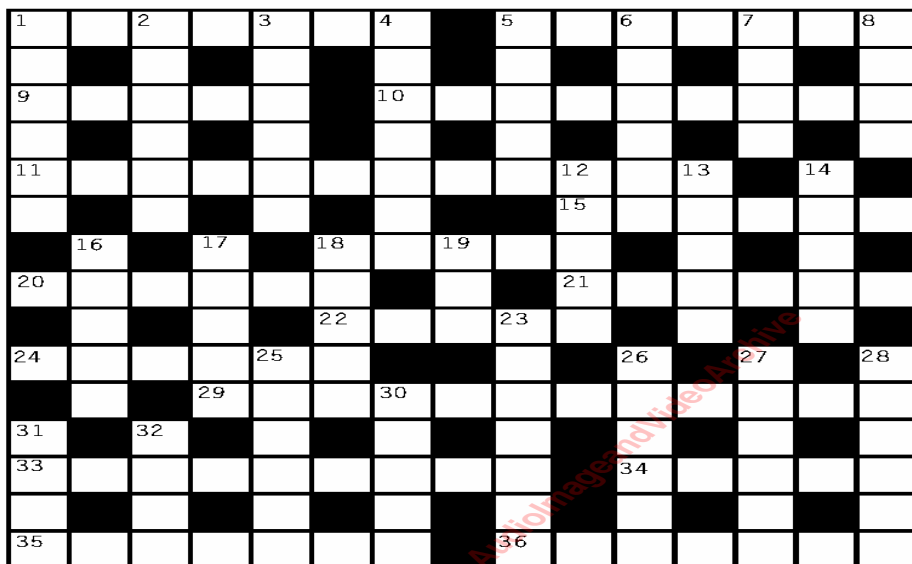
**Radio  
Heatherwood**

Who invented the five day week ?

Robinson Crusoe:-

He had all his work done by Friday.

# Physiotherapy for the Brain



## ACROSS

- 1: Chest of Drawers (7)
- 5: Coffee Dregs (7)
- 9: Oxford Charity (5)
- 10: Small Flute (9)
- 11: Increasing Speed (12)
- 15: Garden Molluscs (6)
- 18: Oyster Gem (5)
- 20: Photographer (6)
- 21: Dominion (6)
- 22: Sugary Treat (5)
- 24: Painter (6)
- 29: Sporting Contest (12)
- 33: Aromatic Mixture (3,6)
- 34: Vaulting Apparatus (5)
- 35: Theatrical Panorama (7)
- 36: Cetaceous Unicorn (7)

## DOWN

- 1: Composer (6)
- 2: Bring About (6)
- 3: Specimen (6)
- 4: Arbitrator (7)
- 5: Allowance (5)
- 6: King of 16 Down (6)

- 7: African River (4)
- 8: Work Place (4)
- 12: Small Island (5)
- 13: Baby Linen (5)
- 14: Officer Worker (5)
- 16: Dainty Being (5)
- 17: Physician (5)
- 18: Italian Dough (5)
- 19: Imitate (3)
- 23: Issue (7)
- 25: Pancake Tuesday (6)
- 26: Nautical Retainer (6)
- 27: Place of Worship (6)
- 28: Charitable Request (6)
- 30: Join Together (5)
- 31: A Composition (4)
- 32: Eyelid Blemish (4)

**SOLUTION**

# League of Friends Heatherwood Hospital

The League of Friends has been established at Heatherwood since 1958. In 1988 the Heatherwood league was registered as a charity ( No 900282 ). The League has celebrated 38 years of voluntary service at Heatherwood hospital.

The League is a dedicated group of local people, who aim to improve the facilities for patients and staff of Heatherwood hospital. Generous public donations, income from capital investments and ambitious fund-raising activities, have made possible the purchase of much

Armchairs

Microwave

Oxygen Tents

Special Mattress

Kings Fund Beds

Washing Machines

Chilled Water Filter

TV & Video Recorders

Ward Day Room Decoration

Adjustable Examination Couch

Tapes & Records for Music Therapy

Various Types of Orthopaedic Chairs

## 38 Years Service

Microscope

Exercise Bike

Hospital Chapel

Dressing Trolleys

Loan Radio Service

Cardiograph Trolley

Repairs to Equipment

Rehabilitation Equipment

Maintenance of Staff Laundry

Annual Christmas Gifts to Wards

Two Pocket Foetal Heart Detectors

Industrial Washing Machine & Dryer

**Trolley Shop Service Established Since 1972**

( Visiting The Wards Mondays Wednesdays, & Friday Afternoons )

**Patients Request Service ( Radio Heatherwood ) Established Since 1976**

( Visiting The Wards Each Evening: Providing A Friend At The Bedside )

**Radio Heatherwood Supporters Group Established Since 1990**

( Day Trips Holidays & Charity Coach Outings )

## 1958 to 1996

If You Would Like To Make A Donation And Help Support The Work of The League of Friends: Send Your Donation To:- ( Charity No 900282 )

**The Secretary League of Friends Heatherwood Hospital**

**Kings Ride Ascot Berks SL5 8AA.**

## Loan Radio Service



# How Does It Work ? How Much Does It Cost ?

The League of Friends & Radio Heatherwood have endeavoured to provide a small personal radio in your bedside locker. These radios are unlike other radios you may have encountered. They have some special modifications which allow you to tune into the hospital radio service, most evenings of the week ( Radio Heatherwood ). During the day time, this radio will allow you to listen to BBC Radio Two, which is transmitted on the radio stations frequency of 999kHz AM.

Each evening the radio staff will conduct ward rounds, taking requests from patients and ensuring patients have access to a loan radio.

Whilst you remain a patient at Heatherwood, this radio is available for you to enjoy the service provided by the volunteers of Radio Heatherwood.

***During your stay, you are free to use the loan radio in your locker.***

The radio does require a battery

( 9 volt PP3 ). The League of Friends offers a subsidised price for new batteries. A replacement can be purchased from the League of Friends trolley shop, Mondays, Wednesdays and Friday afternoons for the sum of £1. The batteries are also readily available each evening from the radio volunteers who collect requests from your ward.

***Batteries can also be delivered to your bedside during the evening.***

***A call to the radio station on:- 01344 25818 or ask a member of the nursing staff to call Extn 7606.***

***24 Hour Answerphone operates for all messages.***

## Loan Radio Sponsors

We are always looking for new sponsors to replace units.

The loan radio service was introduced in 1990 and over the last few years many different friends of Radio Heatherwood have come forward to sponsor 186 units. The friends and family of former patients as well as the League of Friends and Radio Heatherwood have all got units carrying their name.

The loan radios bring many hours of enjoyment to patients; sad to say

units do disappear or the unit becomes broken beyond repair. These we need to replace.

If you would like to sponsor a radio, a cheque made payable to Radio Heatherwood for £10 will ensure a unit is issued in your name. We also require your name and address.

***The following people with hearts of gold have donated £10 or more, sponsoring 143 loan radios for future patients to benefit from the service we provide.***

BETTY ABBOTT, GRACE AINLEY, PETE ASHTON, ELSIE BAKER,  
BERT BLOOMFIELD, WENDY CANLIN, ANNE COBURN, VIC COWAN,  
ORINA CUNNINGHAM-BROWN, CAROLINE DAVEY, A. C. ELLIS, TONY  
GARDNER, WILLMA GRIFFITHS, ALAN HOLDER, JOAN JAMES,  
RICHARD JOHN JONES, DAISY LATHAM, MURRAY LEWIS,  
SARAH LOADER, DOLLY MACRO, LES MAPLE,  
MARY PEARCE, PHOEBE PERCIVAL, DOROTHY PORTSMOUTH,  
PAMELA ROSE, JOHN WEBB, MS E WELCH, BABS WILLOUGHBY,  
AUBREY WREN, GORDON YOUNG,  
LEAGUE OF FRIENDS, RADIO HEATHERWOOD.

***In addition; another 43 radios were sponsored by  
friends and relatives  
In Memory of***

FRANK BAXTER, WINNIE BRETT, RON CHALLEN, CYRIL ELLIS,  
ELIZABETH GAMBRIEL, ROSE GILKERSON,  
BETTY LACINSKI, KATHLEEN LIDDEL, ZOLA NEWTON, MARY  
PEARCE, FREDERICK PORTSMOUTH, MEG PROBERT.

***Loan Radio Service - A Friend At Your Bedside***

# Patients Radio

Radio Heatherwood

## Monday To Friday.

### **19:30 - 20:00 Music To Music**

Music for all tastes taken from the radio library.

### **20:00 - 22:00 Patients Request Service**

All your requests and dedications, plus the great mug giveaway, provided by your hosts for the evening.

### **22:00 - 22:30 Under The Blankets**

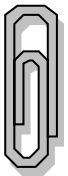
Music for the time of the evening, for all tastes and the odd chuckle now and then, or a time to start your dreams.

### **22:30 Closedown**

Return to BBC Radio 2 holding service, on our frequency:-  
**999kHz. A.M.**

## **Presenters Visit The Wards**

**To Collect Patients Requests Every Broadcast Day**



**Broadcast  
Licence**

**The cost of this years broadcasting  
licence was sponsored by**

**The Victoria Hall Fund.**

**Our grateful thanks go out to them for  
their continued support.**

**999 kHz AM Where 90  
is a patient r**

# Request Service

**Saturday.**

## **18:55 - 19:00 Station Opens**

A detailed look at this evenings broadcast.

## **19:00 - 19:30 Saturday Juke Box**

The best of the Radio Heatherwood library, over 40,000 titles to choose from. Not all the records would have been played on a juke box.

## **19:30 - 20:00 Comedy Break**

Good music with comedy between the records, or a full episode of a BBC comedy classic.

## **20:00 - 21:30 Patients Request Service**

All your requests and dedications, this weeks winning lottery numbers from Camelot will also be announced: plus the great mug giveaway, provided by your hosts for the evening.

## **21:30 - 22:00 Under The Blankets**

Love on a Saturday: soft slushie or sentimental music, something to put you in the mood for a good nights sleep, plus risky comedy.

## **22:00 Closedown**

Return to BBC Radio 2 holding service, on our frequency:-

**999kHz. A.M.**

## **Sundays - No Programmes**

This day is used for training & maintenance.

**100% of the music played  
request !!!!!!!**

## Patient Record Requests

Our radio volunteers visit the wards on a rotational basis, to collect your requests, once the time slots are filled, a note of where the staff have finished, is then left for the staff on the next broadcast night.

It usually means that a ward will not be visited on one evening a week, this does not stop anyone from calling the studio with a dedication, you may be lucky in finding an odd request slot is available.

When you are asked for a request and you decide to have one, you will be given a chance to have your request in a particular half hour time slot, I.E. 20-00 to 20-30, 20-30 to 21-00. Etc.

We play and hold an extensive range of all types of music, from Glen Miller, Artie Shaw, Bing Crosby, Mozart, Beethoven, Matt Monro Jim Reeves, right through to the pop chart, when you make your choice, ***pick your favourite song or artist, you might get a pleasant surprise.***

There is no need to be guided by the apparent age of our staff, when choosing your request, our staff do not have to rely on their memories for finding your

choose from: ensures we can find your music taste.

**Patients  
Request Line  
Ascot 25818**



## Patients Choice

requests, we have a little box of tricks to do that for us; better known as a computer. The computer provides us with an accurate library search for requests, When you give our staff a request, if you can avoid giving a type of music, it is always best to give an artists name, even if your not fussed over the actual track to be played.

A choice of over 45,000 titles to

**Answerphone  
Service  
24 Hrs a Day**

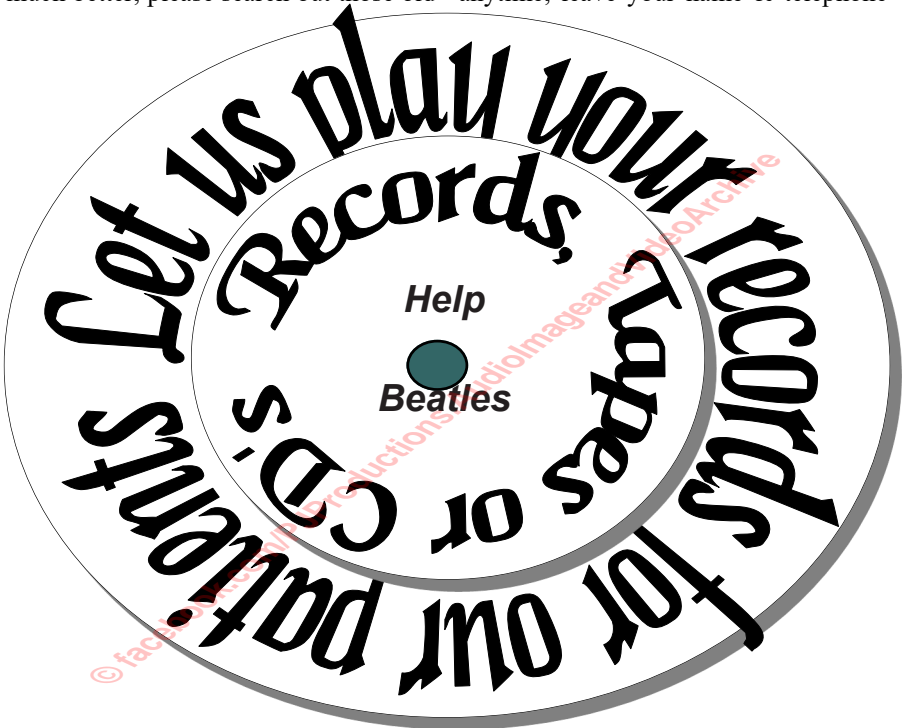
## Record Donations

About half the records you hear played on Radio Heatherwood, are from records that have been donated to us by former patients and their friends.

When you go home and your feeling much better, please search out those old

condition: we can put them to good use, it's a great way of helping us to continue our service.

If you would like to donate your old records, tapes or cd's: call the studio anytime, leave your name & telephone



records and tapes or CD's, ones that you don't play anymore, you know the one's: in the cupboard under the stairs, only collecting dust but still in playable

number, and we'll get back to you; to arrange collection.

## Record Donations

# Who You Gonna Call ?

01344-25818

# Loan Radio Maintenance

If the loan radio appears to be faulty and not working; please bring it to the attention of the radio volunteers who will investigate. It may be necessary to remove the unit. Our maintenance of broken units relies on your input.

***Don't return that broken radio to your locker:-***

Hand it to one of our volunteers.

Our staff will endeavour to find a replacement.

***Footnote:-*** Subject to availability, it

may not always be possible to provide an immediate replacement for a faulty unit.

**No;** these radio's are fixed to a frequency not used outside by any other

## Will my loan radio work at home ?

radio station. Once you leave the hospital the radio will become useless.

When you finish using your loan radio:-

***Please leave it in the bedside locker.***

Did you know ?

***A loan radio left on over night, will have a dead battery in the morning!.***

## Internal Bedhead Radio Channels

### Channel One

Radio One

### Channel Two

Capital Radio

### Channel Three

BBC Radio Two /  
Radio Heatherwood

### Channel Four

BBC Radio Four

## Bedhead Radio

If you are reading this booklet as a patient in bed on one of the wards of Heatherwood, you will find at the head of your bed on the wall, the internal radio system. Some are hand held selector boxes, others are fixed to the wall.

This system is not under the maintenance control of the hospital

radio volunteers. If you find the bedhead system is not working above your bed: you should direct your concerns to the hospital management.

We do broadcast on the bedhead system as well as your normal AM/MW radio.

If you find the internal radio at your bedhead is faulty, you can still listen to the hospital radio service on your own portable radio, ( 999kHz AM ) or on one of the loan radio sets which you may find in your locker.

***The loan radio service operates on wards, 1, 3, 4, 5, 10.***

The loan radio is also your entertainment during the daytime.

# League of Friends Trolley Shop

Established since 1972

**Down Your Ward  
Every Monday, Wednesday or  
Friday Afternoon.**



The trolley shop tries to cater for the main needs of members of the public who have been hospitalised. The trolley shop sells a variety of goods: essential toiletries, sweets and chocolates, soft drinks, stationery, stamps, batteries and much much more. On the trolley shop; space has to be used wisely and also we must remember, it can get too heavy to push around. Proceeds from the sale of goods swells the funds of the League of Friends.

The League of Friends trolley shop was started in 1972, by Mrs May Ettridge with the help of her late husband. Mrs Ettridge has given 24 years dedicated service to the trolley shop. At the sprightly age of 88; May is still concerned with the trolley shop today but has taken a back seat to allow the current manager. League Secretary: Mrs Marion Rathbone to continue the sterling work.

The day to day running of the trolley shop which involves organising volunteers arranging replacement stock is all carried out in the spare moments of Mrs Rathbone and her volunteers. The trolley shop has 27 volunteers ensuring the service continues on the wards each week; come rain or shine.

In 1996 congratulations are in order as the trolley shop clocks up 24 years service to the patients and staff of Heatherwood hospital. A tribute to the past and present volunteers who have worked on the trolley shop.

## ***In Need of Help.***

The trolley shop is always looking for helpers.

If you would like to help or would like to find out more: Contact

***Mrs Marion Rathbone for further details:- Tel No 01344 22695***

# R.H.S.G.

*Established since 1990*

## **Radio Heatherwood Supporters Group**

The supporters group is made up from the people who at one time or another have been on the annual Charity Buzz trips, or they are family or friends of these people.

During the South Wales tour of 1990 a questionnaire was given to everyone to answer. The result was very pleasing and led to the set up of the RHSG.

The main difference between the Charity Buzz and the Radio Heatherwood supporters group, everything is hired commercially, coaches, entrance fees, etc, all have to be paid for. The one thing that is the same as the Charity Buzz, all the profits from these trips go to the League of Friends radio station funds ( Radio Heatherwood ).

The first RHSG outing was to Minehead in Somerset in Sept 1990 returning home via the West Somerset railway from Minehead to Bishops Lydeard picking up the coach home. The cost to members for the Minehead trip £14. Members are picked up and set down at various points in the Bracknell, Wokingham & Ascot areas.

The most ambitious outing was in November 1990, a weekend in Perranporth Cornwall.

We left the Friday dinner time from Bracknell arriving to an evening meal. Saturday; a shopping and sightseeing tour. Sunday; Lands End via a sightseeing route.

Monday; return home via Dartmoor arriving home early evening. During our stay at the hotel it was at half board and evening entertainment was also

provided. The cost to members for the Cornwall break £70.

The total funds raised through the Charity Buzz & RHSG for 1990 is just a little under £1200.

In 1991 there was three trips.

In 1992 this was extended to 5 trips plus the annual Charity Buzz trip.

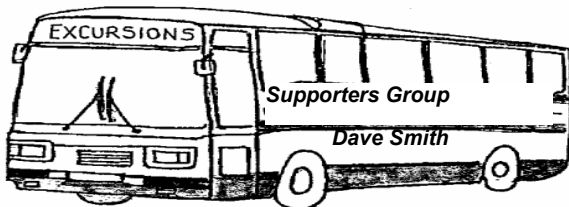
Each year the supporters group enjoys a wide variety of coach trips.

Whether it is the Charity Buzz or RHSG, the aim is the same, to have a good day out and enjoy ourselves, at the same time, raise funds for our favourite charity.

Since 1994, eight day trips and two holidays are organised each year.

***Members are not charged a membership fee.***

***Great Days Out & Away  
For Charity***



**Radio Heatherwood  
Kings Ride  
Ascot  
SL5 8AA**

# Radio Volunteers Please Mr Postman

We are always on the lookout for new presenters, they come from all walks of life. If you, or you know of anybody who could give one evening every week and likes meeting people, then this could be the job for you ( full training given ).

A good interest in music of all types would be helpful or a willingness to learn.

## **Duty Times**

**Mon - Fri 18:15 to 22:30**

**Sat - Sun 17:15 to 22:00**

## **Fundraising**

You would be expected to put in extra time during the fundraising season, this is usually 12 hrs during July to September each year. This would be your share of keeping the radio service alive.

## **Interested**

Call the studio on Ascot 25818 anytime giving your name address and telephone number; for an application form. The only barrier to joining is your age; you must be over 18 years of age. *If you are currently a patient in Heatherwood: Please wait until your discharge before contacting us.*

The radio station relies on feedback it receives from patients on the service we provide. A letter with your thoughts on the service, are always welcome.

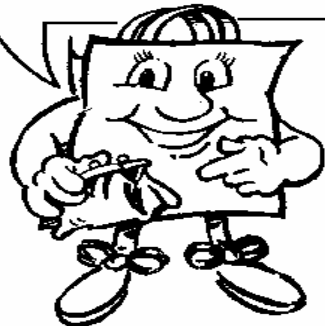
Donations to the radio service are

always greatly received.

*Cheques or P/O's should be made payable to Radio Heatherwood.*

# Radio Donations

**Remember, when you leave: to pack your personal possessions, but remember to leave the loan radio in the locker !.**



# Charity Buzz 1987 to 1996

Established since 1987

The Charity Buzz coach trips in aid of the League of Friends radio service ( Radio Heatherwood ); was born in 1987 as part of the fundraising events in that year. It was an attempt to provide something different, something that a good time was had by all and money would be raised in the process.

A very enthusiastic response was received from the Bee-line not only by them, but also my work colleagues gave their support for the venture.

## **Sept 87**

South Devon with one full coach and two volunteer drivers takes to the road. A tour of the south coast from Dawlish to Torquay, after dinner a trip over Dartmoor and a stop for tea, then home to Bracknell.

## **May 88**

A new regular departure for Charity Buzz also an increase to 2 coaches and two more volunteer drivers. A North Devon tour takes in Lynton & Lynmouth and on to Ilfracombe for tea.

## **Dec 88**

Special one off trip for the Charity Buzz to the West Somerset Railway a train ride to a station in the Quantock hills, sherry and hot mince pies.

## **May 89 Dartmoor Devon.**

## **May 90 South Wales Tour.**

## **May 91 Lynton & Lynmouth.**

## **May 92 Matlock Bath & Peak District.**

## **May 93 Gt Yarmouth.**

## **May 94 Southend on Sea.**

## **May 95 Dorset & East Devon Tour.**

## **May 96 Anniversary return to South Devon.**

The Charity Buzz trips are run with the idea of trying to get into one day as

much as we comfortably can. The trips are planned with rest or comfort break stops; traditionally a long day out but a comfortable one.

The atmosphere on the coaches has got to be tried to be believed, one large family enjoying themselves and supporting a good cause, 90% of our supporters always come back the following year. The tours do not include the cost of food in the price, you can bring your own food or buy it during one of the regular stops.

***These tours are not suitable for children, and all coaches are non-smoking.***

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I would like to acknowledge on behalf of Radio Heatherwood & the League of Friends our thanks for the support of Bee-line, the local management & colleagues at Bracknell bus garage, for providing the facilities to make this venture a success: last but not least, supporters of the Charity Buzz past present and future.

**David Smith**

**Organiser Charity Buzz & Station Manager Radio Heatherwood**

# What a Mug

Every radio broadcast you have a chance to win one of these mugs, sponsored by the League of Friends

Also available at  
£1.60 each from the  
radio staff or trolley shop

***All the requests we collect  
each evening are put into  
a hat and one lucky  
winner is drawn  
It could be you !***



*In recognition of 10 years fundraising from the Charity Buzz,  
these limited edition mugs have been produced.*



There is nothing the matter with me,  
I'm as healthy as I can be,  
I have arthritis in both knees,  
And when I talk - I talk with a wheeze,  
My pulse is weak and my blood is thin,  
But-I'm awfully well for the shape I'm in.

Arch supports I have for my feet,  
Or I wouldn't be able to be out on the street,  
Sleep is denied me night after night,  
But every morning I find I'm alright.  
My memory is failing, my head's in a spin,  
But - I'm awfully well for the shape I'm in.

The moral is this - as my tale I unfold,  
That for you and me who are getting old.  
It's better to say "I'm fine" with a grin,  
Than to let folks know the shape we are in.

How do I know that my youth is all spent ?  
Well my "get up and go" has got up and went,  
But I really don't mind when I think with a grin,  
Of all the grand places my "got up" has bin.

Old age is golden I've heard it said,  
But sometimes I wonder as I get into bed,  
With my ears in a drawer, my teeth in a cup,  
My specs on a table until I get up.  
Ere' sleep overtakes me I say to myself,  
Is there anything else I could lay on the shelf ?.

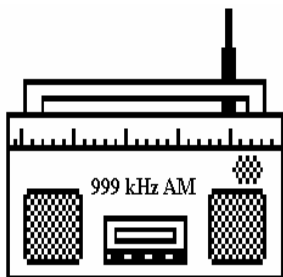
When I was young my slippers were red,  
I could kick my heels right over my head,  
When I was older my sleepers were blue,  
But I still could dance the whole night through,  
Now I am old my slippers are black,  
I walk to the shop and puff my way back.

I get up each morning and dust off my wits,  
And pick up the paper and read the "obits",  
If my name is still missing I know I'm not dead,  
And so I have breakfast and - go back to bed.

*Author unknown.*

My  
Youth  
Is  
All  
Spent  
And  
I  
Am  
Old  
Now

## Broadcasting Complaints



Our program content must be of a reasonable quality. If you feel that Radio Heatherwood has given you good cause to complain about the content of one of its programmes, ie decency and good taste etc. In the first instance you should write to:-

**Radio Secretary Radio Heatherwood  
Kings Ride Ascot SL5 8AA.**

Stating the day and time of the offending broadcast. The complaint will then be investigated by the station's management.

You will then be informed of the result of those investigations in writing; at the same time you will be informed of your rights with regards to the procedure, should you be dissatisfied with our written reply.

Radio Heatherwood is bound by law to forward to you, the procedure for registering your complaint with the Radio Authority.

**Radio Heatherwood can only deal with formal complaints in writing, within 42 days of the alleged offending broadcast. A formal complaint either verbally or beyond the 42 days limit cannot be entertained.**

Radio Heatherwood is issued a licence to broadcast by the Radio Authority and must abide by the guidelines set out, in that document.

Radio Heatherwood is treated no differently than any other broadcaster in the UK.

**The above guidelines is appertaining to the content of a transmitted programme, not the means by which it is received.**

## Crossword Solution

**ACROSS:** Dresser, Grounds, Oxfam, Flageolet, Acceleration, Snails, Pearl, Camera, Empire, Sweet, Artist, Championship, Pot Pourri, Horse, Scenery, Narwhal.

**DOWN:** Dvorak, Effect, Sample, Referee, Grant, Oberon, Nile, Site, Islet, Nappy, Clerk, Fairy, Medic, Pasta, Ape, Edition, Shrove, Anchor, Church, Appeal, Marry, Opus, Styte.

League of Friends Heatherwood

*Charity No.900282*

# Charity



# Buzz

1996

 **Beehive**