A New 24 Hour Radio Service For Patients & Staff of Heatherwood. Hospital.



A Look Into The Future For Hospital Radio Heatherwood

Proposal By League of Friends Radio Service Radio Heatherwood Author Peter Davidson-Smith 22 March 2001

Note:- The work of the League of Friends of Heatherwood and Radio Heatherwood can be followed by Visiting the Following Web Sites

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1 Low Power AM Radio Project

In partnership with other interested groups, raise enough funds to update and improve the radio transmission system at Heatherwood. Hospital for the benefit of patients and staff.

The radio station will cease broadcasting on the inductive loop 999kHz AM service(33 aerials) and will broadcast on a new Low Power Freely Radiating Am service using 1 aerial mast

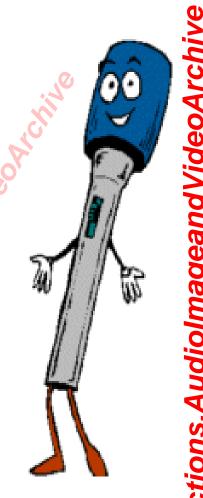


In addition the radio service will broadcast 24 hours a day offering entertainment, news & information using a computer operated program scheduler.

2 Background on the Introduction to Low Power AM

Over the last 20 years the National Association of hospital radio services has been pursuing the issue of a broadcasting frequency for which hospital radios could use.

On the 14th July 1998 The Radio Authority the body which regulates frequencies broadcasting for transmission services in UK: the announced the introduction of power freely radiating Am broadcasting hospitals/University for system all campuses outside the M25 corridor.



Test sites around the UK Stoke Manderville, Radio Tyneside have proved that a low power transmitter will adequately cover the hospital site without the need for the installation of expensive cable listening systems.

All cable radio systems including inductive loop systems are constantly generating financial burdens for their hospitals because of ageing cable networks, construction work and changing developments on hospital sites.

3 Radio Service (A Brief History)

3:1 Hospital Radio What is it all About?

Hospital radio has been established at over 350 hospitals in the UK since the 1950's established to provide entertainment for patients.

Almost 50 years of service to the NHS it has proven to aid recovery for patients and has been used to raise much needed funds for hospitals.

Each evening many volunteers around the UK will be visiting hospital wards to chat to patients and encourage them to participate in their programs. Thousands of volunteers have given time to the service over the years.

In addition it has provided the training arena for today's professional broadcasters.

3:2 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 inductive loop 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 the 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.

This is by no means the end of the story: 1990 saw the launch of the loan radio service which today stands at 246 units on five wards.

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.

In 1998 the station along with support from Crowthorne Rotary Club raised funds to replace the original bed-head system Amplifiers which were originally installed in 1976. (Some wards still rely on this system). The equipment was finally installed during March 1999 and the final cost was £3100.

After 24 years in the maternity unit in July 2000 the studios moved to new larger premises on the hospital.

4 Radio Heatherwood. (A Friend at the Bedside)

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.

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.



Left

Kevin Donaldson Presenter accepts a kiss from the first Mug winner in 1993 Sylvia Sargeant

Right

A grateful patient accepts the latest edition of the mug celebrating:-

25 Years of the League of Friends Trolley Shop.



Each broadcast evening, patients have the opportunity to win a prize.

5 Radio Heatherwood. How Much Does It Cost?

The radio service is a service funded for the basic running costs from the League of Friends. All other costs have to be raised by Radio Heatherwood staff. This has steadily increased over the years from £250 to an average of £3000 a year.

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

5:1 Radio Accounts 1999/2000

| <u>Income</u> | <u>1998/9</u> | Radio Heatherwood | 1999/200 |
|----------------|---|---|---|
| | 88.99 165.80 3.138.45 60.00 | Bank Account Interest Charity Market Stall/Bandstand Donations And Fund-raising Loan Radio Donations (Sponsorship) | 10.18 132.20 840.39 50.00 |
| Expenditure | 1.481.83 4.935.07 | Proceeds Draws And Raffles | 1.106.8© 2.139.570 |
| Experience | 56.40 250.44 3.427.04 125.00 108.18 252.63 50.00 37.00 144.73 425.00 492.67 457.35 5.826.44 | Advertising (vacancies) Computer Hardware & Software Engineering & Maintenance & Renewal Expenses Grand Draw Prizes Loan Radio Batteries Loan Radio I D Badges Long Service Awards National Association (N.A.H.B.O.) Phone Costs Radio Broadcast Licence Records & Tape Etc. Stationary Printing & Post | 293.48 212.67 120.00 140.22 117.50 20.00 108.58 225.00 482.54 191.57 1.911.56 |
| | <u>891.37</u> | Excess Income Over Expenditure Excess Expenditure Over Income | 228.01 |
| | 2.841.01 891.37 | Balance Sheet As At 30.4.2000 Balance Forward Add Excess Income over Expenditure Less Excess Expenditure Over Income | 1.949.64 228.01 0 |
| Represented By | 1.949.64 1.012.32 198.05 739.27 1.949.64 | Current Account Cash On Hand Deposit | 1.262.80 1.262.80 169.20 745.65 2.177.65 |

6 Radio Heatherwood's Mission



Be An Entertainment Service First.

Be An Information Service Second.

Increase Listener ship and Participation.

Make Radio More Accessible for Patients and Staff.

Raise Heatherwood's Profile in the Local Community.

Assist Heatherwood Wards & Dept to Raise the Profile of Their Fundraising Ventures.

The aim of the radio volunteers is to bring a visitor to the bedside of patients each evening and too provide a little light entertainment for those in need. We also aim to raise funds for the League of Friends ensuring continued support for Heatherwood. Hospital and it's staff.

7 How Can I Listen in?

It is well documented that music has proven to aid the recovery of patients.



If I was to have a stay in hospital what chance do I have of listening to a radio/music service at my bedside either local or national? As part of the charter for NHS hospitals it was the hospitals responsibility to ensure each bed had the choice of four radio services.

A survey into the answer for the above question could be quite a damning report against NHS trusts who over the years have had to neglect the radio services at the bedside using much needed cash for the essentials and keeping hospital wards to a reasonable level of decoration etc.

The available radio services at the bedside, has fallen upon the local hospital voluntary groups league of friends etc or the radio station at the hospital to maintain a presence on the wards.

Some hospital's have in partnership with their voluntary bodies have been able to maintain reasonable level of radio services at the bedside but at others, it has become non-existent

Surveys at Heatherwood in the early 1980's revealed similar problems with radio services severely suffering from a lack of maintenance renewal. What could be more frustrating, to spend time in a hospital ward recuperating only to find that no opportunity is available to be entertained by the hospital radio service.

8 What are the available radio options for the patients of Heatherwood?.

8:1 100 Volt Line Bed-Head Radio System (Old Style Plastic Stethoscope Headsets).

The oldest method of delivery which uses a cable between power amplifiers in an equipment room to each and every bedhead. Suitable for long cable runs. Each radio channel supplied to the bedhead would require 1 pair of wires per selection channel. Once at the bedhead, the system was either fixed on the wall or a flexible handset was available. A plastic headset tube would then be connected.

Damage to handheld units or units above the bed would be easily inflicted and each unit at the bedside would cost anything up to £70 each to replace. The plastic headsets also became expensive to replace (£3 each).

Heatherwood has this system fitted in most wards.

The bedhead radio system offering four choices of music services was introduced to the hospital in the late 1960's. but as at Sept 2000 only two wards are actively using the system because of damage, or no available plastic headsets. Wards 2,10,14,7 and assessment wards have no access to the bedhead service.

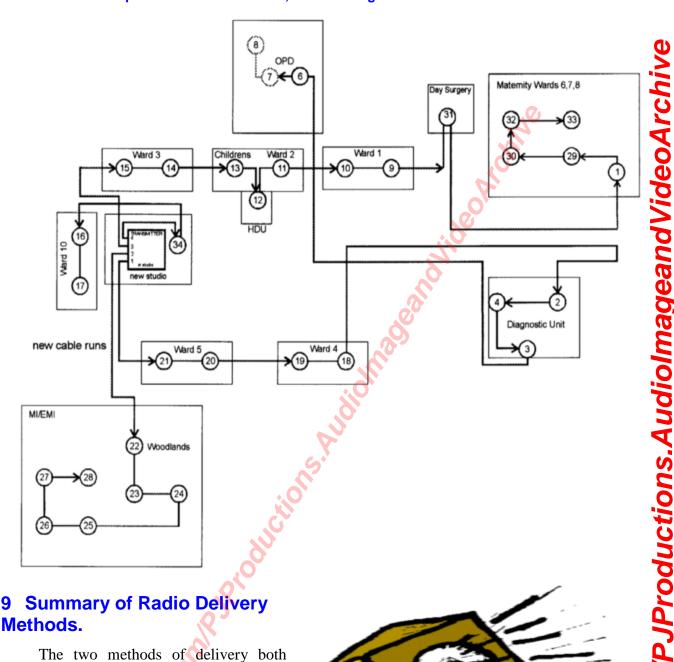
8:2 Inductive Loop

Introduced in the 1980's as one of the alternatives to the old style radios services. The inductive loop places active aerials in each ward. fed by coaxial cable runs around the site. Each Aerial will induce a signal into an am personal radio within 60ft of the aerial. This system gives the patient flexibility to move around the site and still listen to the radio, but relies on access to am type personal radio's.

The inductive Loop system was never installed to be the primary service at Heatherwood. It was there to be complementary to the existing bed-head system. Unfortunately that has now changed.

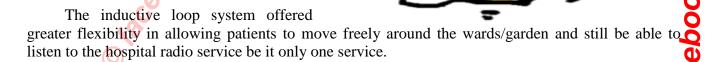
Radio Heatherwood was the fifth hospital radio in the UK to be fitted with the am inductive loop system. The service was installed in 1988. Heatherwood Hospital has 33 aerials around the site maintaining the service.

8:3 Inductive Loop Aerials at Heatherwood, 33 Delivering 999khz AM Service



9 Summary of Radio Delivery Methods.

The two methods of delivery both suffer from damage either inflicted by the users or the cables which are used around the hospital sites are damaged as hospitals go through various renovation programs.



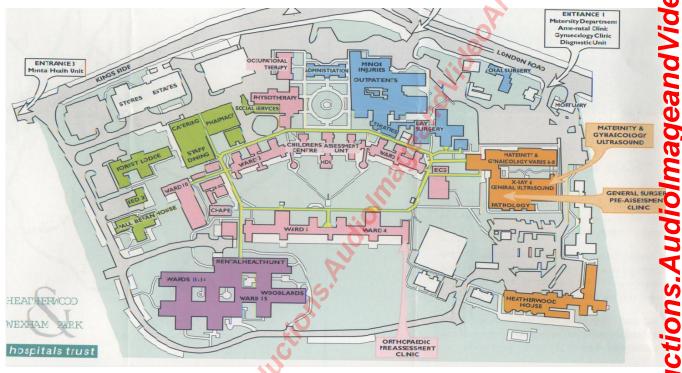
Ultimately each system had it's good points but all are very costly in maintaining because of the nature of long cable runs and constant hospital changes.

10 Heatherwood Re-development

Over the next ten years, the hospital site at Heatherwood. will undergo a transformation to cater for new health policies and medical treatments to be administered at Heatherwood.

A large proportion of existing buildings will be swept away and existing buildings modified. This will decimate the existing cable networks which support the inductive loop or bedhead radio services.

In the last fifteen years after any renovations on the wards. The bedhead system has been damaged and not re-connected after completion of work. Inductive Loop network has also suffered.



10:1 Inductive Loop Damages (Inflicted By Changes to Hospital Site).

Since the introduction of the inductive loop system, building changes around the site have caused damage to aerials or part of the cable network which supports the system.

| 21/05/93 A/E Dept - | £325.50 |
|---------------------------|----------|
| 01/03/95 Ward Nine | £339.67 |
| 01/02/97 Ward Seven - | £389.38 |
| 27/08/98 SCBU Repairs - | £105.20 |
| 16/08/00 Studio Move - | £1169.13 |
| 10/02/01 Maternity Unit - | £115.06 |
| Damage Costs | £2443.44 |

Inductive loop Re-cabling costs are expected to exceed £ 8,000

The future on-going changes at the site will always burden the league of friends with repair costs etc.

What is the Alternative?.

11 What is the alternative to expensive cable systems?.

A single aerial capable of delivering a signal to the whole site without the need for cables.

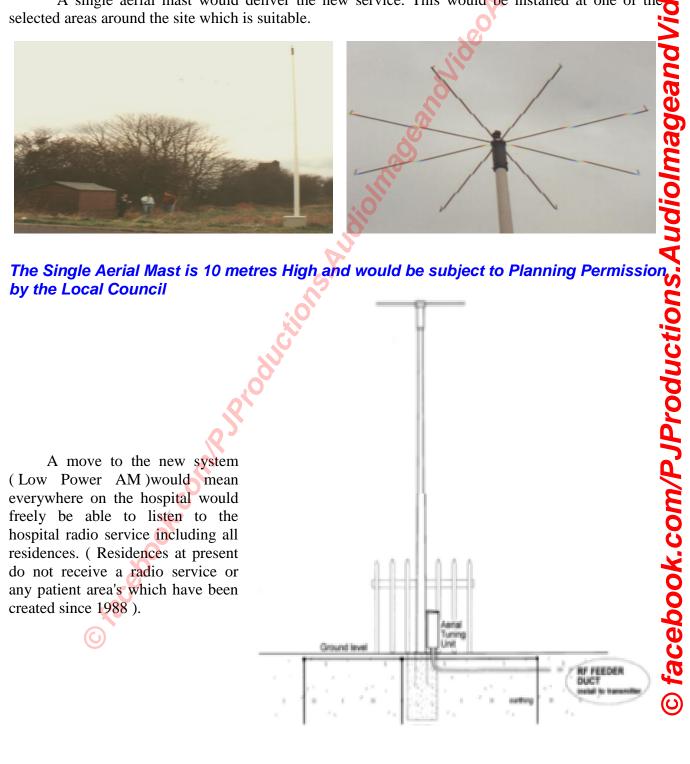
11:1 The System:- Low Power AM (LPAM).

In an effort to improve the radio services at Heatherwood. The League of Friends is looking a an alternative to re-cabling existing systems. The alternative which is favoured by the League of Friends is the installation of the Low Power AM Service.

A single aerial mast would deliver the new service. This would be installed at one of the selected areas around the site which is suitable.







12 Benefits of Low Power AM

12:1 Loan Radio Service

The league of friends and Radio Heatherwood. have been supporting the issuing of loan radios for patients since 1990. 246 loan radios offer an opportunity for patients to be entertained during their stay.

The new service will continue to use the existing personal radio's.



12:2 Minimal Chance of Damage



Any future remedial work carried out to wards/depts would not interfere with the broadcasting system causing any un-necessary financial burden for the league of friends/radio station.

Any future building work or changes made to the site would mean buildings could automatically receive the am service without the need for installation of a new cable/aerial network.

12:3 A Voice for Heatherwood.

The installation of the low power am service allows us to deliver an entertainment/information radio service to the patients and staff of Heatherwood.

The nature of the delivery of the radio service, means more people will be able to listen in to the transmitted signal. This gives us the opportunity to encourage more people to support the hospital in all it's activities, i.e. fundraising etc.

An opportunity to inform patients during their stay, of health education, after care services available once they leave, more information on services & charities working inside & outside the hospital for it's benefit and there's opportunities for promotion of involvement in these.

An opportunity to raise funds for the hospital through sponsorship of programs and raise the profile of the hospital trust, league and radio service.

12:4 Benefits of Low Power AM (Headlines)

A Single Aerial to Maintain, Not 33

An Opportunity to Reach a Wider Audience

Minimal Chance of Damage to The Installation

Existing Loan Radio's Can Still be Used with LPam

A Radio Service Dedicated to the Well Being of Heatherwood

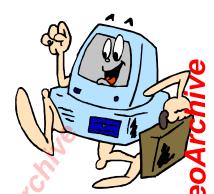
A Voice For Heatherwood and An Information Service 24 Hours A Day

13 Automated Transmission Computer & Software

13:1 Sustaining Service

When Radio Heatherwood. is not broadcasting its live programs using presenters we at present re-transmit Radio 2 on our frequency 999kHz A.M.

Radio 2 would be classed as our sustaining service. i.e. something on the airwaves for people to tune to.



13:2 Why Change to an Expensive Computer System to Deliver the Sustaining Service?

A requirement of the new low power am service licence is we don't re- transmit any existing radio service, which can be heard in our area on any other radio frequency.

This limits us quite considerably. Hence the use of a computer system..

The sustaining service does not do justice to the local requirements of the hospital and local community. We aim to change this failing.

20 hours each day are taken up with service from a national station. If we could utilise that time to get a more local message broadcast it would benefit the hospital league and radio.

13:3 Automatic Program Scheduler Computer & Software

The use of computers in radio stations is quite widespread and has been available for some years. The lowering of costs involved in computer hardware and the subsequent drop in the cost of the software makes it a viable option for which we can deliver our own sustaining service.

In effect broadcasting 24 hours a day, a program schedule which is tailor made to our own locale.

13:4 Benefits of Using the Computer/software

Apart from allowing us the opportunity to deliver the sustaining service, it also allows us use of the airwaves to carry information etc during the day which we would have not considered practical before. (Radio Heatherwood. is only available evenings and weekends at present).

This gives us the opportunity to encourage more people to support the hospital in all it's activities, i.e. fundraising etc.

An opportunity to inform patients during their stay, of after care services available, once they leave, more information on services & charities working inside & outside the hospital for it's benefit and there's opportunities for promotion of involvement in these.

We can deliver a more dedicated service to our patients other than relaying other stations output, a true 24 hour service of music and local information.

13:5 Computer/Software Contractor

The company who will be responsible for the installation of the computer network and software has been chosen from three possible's. Broadcast Computers & Software.

The software chosen is an American product which has a proven track record around the world. The company who are the nominated contractor are the authorised UK supplier and agents for the company.

13:6 Demo Software

A copy of the software chosen has been tested over the last six month's as to it's suitability. Below:- A screen capture showing a test program schedule.



13:7 Music Library

In preparation for the introduction of the service a selection of 7000 records has been recorded ready to be transferred to the computer for program scheduling. This has taken 6 month's to complete.

13:8 Timetable

The introduction and implementation of the new automated program schedule will be determined by the receipt of adequate funding. After all monies have been received it is envisaged introduction for a few hours a day can commence within three month's, building to 20 hrs within six month's.

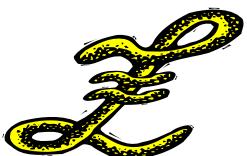
14 Questions & Answers on LPam

14:1 You are Broadcasting on Inductive Loop AM: Why Do You Need to Change to Low Power AM?

The inductive loop system has served us well and has provided the opportunity for us to develop the radio service at Heatherwood. It was the only option available to us in 1987. If Low power AM was available back in 1987 we would have opted for it because of the maintenance implications and the way the service is delivered.



The future doesn't look assured for the inductive loop installation, proposed alterations to the hospital site make it necessary for a change and we must make alternative arrangements now, if we are to continue broadcasting at Heatherwood.



14:2 How Much Will the New Service Cost to Install ?.

The system is divided into two costs the first especially for the low power am would be £12-£15,000 pounds. If you install this you must then make arrangements for the sustaining service which would be the computer/hardware etc. This would add another £10,000 to the cost.

The expected cost for the completion of the project would be £25,000.

14:3 How Will You Fund the Project ?.

We will contact local trust funds and fundraising groups appealing for grant aid and support.

14:4 Is It the Intention of the League of Friends to Fund The Project Entirely?.

No; The League has agreed to underwrite the project but this is unlikely to happen. The league recognises the long term benefits this could bring to the hospital and the prestige not only for it's self but also the prestige for the hospital and it's staff.

A deposit sum will be required to ensure the project is launched but this along with other monies will be raised through appeals to other interested parties.

14:5 Who Will Be Able to Listen to the Service ?.

The service will be available to any person with an am radio within the boundaries of Heatherwood Hospital.

14:6 If You Can be Listened too Outside of the Hospital Will You be Directing Your Programs at the Public ?

NO; One of the rules for the issue of the licence is we don't seek to provide a service for the general public. In essence we cannot take requests to play music for i.e. Mable at Haversham drive in Bracknell.

This doesn't prevent a member of the public making a request for a patient in one of the wards and being able to listen to it as well as the patient. In addition we are not allowed to advertise our service which extends beyond the boundary of the hospital.

More Questions & Answers on LPam



14:7 If you Install this new LPAM system will you be broadcasting adverts?.

There are lot's of implications of accepting adverts which could increase the running costs of the service, paying extra for music, vat etc. It would be our intention to take sponsorship of programs etc.

14:8 Are There Any Other Hospital Radio's On LPAM?.

At present since the introduction of the service 1 hospitals are now on the LPAM service:-

14:9 Existing Hospital LPam Radio Stations

| Hospital | Station | Frequency |
|---------------------------|--------------------------|------------|
| Basildon | Basildon Hospital Radio | 1287Khz AM |
| Bassetlaw District | Bassetlaw Hospital Radio | 1278Khz AM |
| Loughborough | Carillon Radio | 1386Khz AM |
| St Richards | Chichester Hospital | 1431Khz AM |
| Crawley | Hospital Radio Crawley | 1287Khz AM |
| James Paget | Hospital Radio Yare | 1350Khz AM |
| Hemel Hempstead | Hemel Hospital Radio | 1350Khz AM |
| Hull Royal Infirmary | Kingstown Radio | 1350Khz AM |
| Princess Royal | Mid-Downs Hospital | 1350Khz AM |
| Royal Oldham Hospital | Radio Cavell | 1350Khz AM |
| Rotherham District | Radio Nightingale | 1350Khz AM |
| East Surrey Hospital | Radio Redhill | 1350Khz AM |
| Royal Victoria | Radio Tyneside | 1575Khz AM |
| West Suffolk | Radio West Suffolk | 1350Khz AM |
| Stoke Mandeville | Stoke Mandeville | 1575Khz AM |
| University Hospital | Sunshine Radio | 1350Khz AM |

A large number of hospital radio stations around the UK are now actively seeking to move towards a LPAM service.

In addition 21 universities/colleges are also on LPAM.

More Questions & Answers on LPam

14:10 What If You Were to Leave Things as They are?

The Do Nothing Option: is Not an Option!

In 1987 when we were fundraising for the inductive loop system we were faced with the same dilemma do nothing was not an option. If we had not gone ahead at that time with our proposals we are convinced there would be no hospital radio service today.

We would consider leaving things the way they are, but development on the site has made us aware long term we could be forever raising funds to pay for re-cabling and reinstallation of one of the many

aerials around the site.

We must take this opportunity now, rather than later to embrace the new technology available to us and move to Low Power AM at the earliest.



15 Low Power AM Summary

The radio station at Heatherwood. hospital will cease broadcasting on the 33 aerial Inductive loop system and move to the new system of Low Power AM with the installation of a single aerial to transmit their signal.

In addition the radio station will broadcast twenty fours a day using a computer controlled program scheduler. This will allow the radio station to transmit more patient information during automated sessions. These will include aftercare services, charity information and health education and local hospital news and advice.

The new Low Power AM service will also allow us to reach a much wider audience improving our success in generating support for the work of the hospital and charity groups concerned for it's future.



The overall funding required for the new 24 hr service will be £25,230.85 pounds.

Any funds received will be used towards the project and any funds received over and above the target will be used to improve listening facilities around the site; including day rooms and the provision of additional loan radios.

This is a real opportunity for the radio service to continue its role as entertainment for the patients and staff at Heatherwood.

Radio Heatherwood. has always been known as a friend at the bedside. We aim to continue that role and our future as the voice of Heatherwood. can be assured with the introduction of the new Low Power Am service at the earliest.

Appendix 1 Contact Information

Contact Details

Author & Coordinator:-

Secretary & Engineer Radio Heatherwood

Peter Davidson-Smith

Tel No:-

Email:-

All Donations Made Payable to:-

Radio Heatherwood

Note:- The work of the League of Friends of Heatherwood and Radio Heatherwood can be followed by Visiting the Following Web Sites

Appendix 2 Why Has the project Not Gone Ahead:-

In Late 1998 the hospital trust were asked for their views on this service and initially were behind the idea. However by June 1999 the hospital trust were not assisting with the development of

the project and we were then advised the trust is looking at Patient-line as the preferred method of radio services. In January 2000 we were advised the project had been shelved and Patient-line was on the table.

The League of Friends & Radio Heatherwood considers the fact of Patient-line being installed as irrelevant. LPAM could never compete with Patientline but could complement it services. Existing hospitals have patientline and LPAM and these hospitals benefit from both systems.



Appendix 3 Patientline Info

A new system offering TV/Radio services/Telephone at each bedhead using a similar method of delivery as Bedhead System.

Heatherwood was surveyed in 1999 for the proposal of installation. The system was only viable on 5 wards.

Although not installed at Heatherwood yet. This is the reason LPAM has been shelved by the trust.

This is only fitted into wards where patients are compos mentis and have the ability to pay. The units do allow listening to the radio services but patients have to pay to use the TV and the phone at min 50p per min charging rates. A survey of wards at Heatherwood would reveal only five wards eligible for the service.

Appendix 4 What Happens Now To LPAM At Heatherwood?

The LPAM system is the only sensible way forward for hospital radio's in the UK if they are to continue attracting presenters, and encouraging outside support groups to support hospital's.



Those hospitals/radios who fail to move to the new LPAM will find recruitment more difficult for volunteers if surrounding hospitals offer a better opportunity to improve their broadcasting skills.

Closed loop systems like patient-line or any of the other methods of delivery are old technology and will continue to attract large repair bills. In addition they restrict the user to the immediate bedhead.

The LPAM system has the possibilities to reach a much wider audience. Hospital Stafformembers can play an active part as they too can listen anywhere. At present LPAM stations are not allowed to acknowledge the public in the listening area around the hospitals. In the meantime and audience listener-ship of the local population must enhance the value of the hospital radio station for those hospitals already on LPAM.

LPAM or Inductive loop for that matter will never be able to replace the cable systems but working together they can offer the best of choice for listeners. Sixteen hospital trusts can't be wrong.

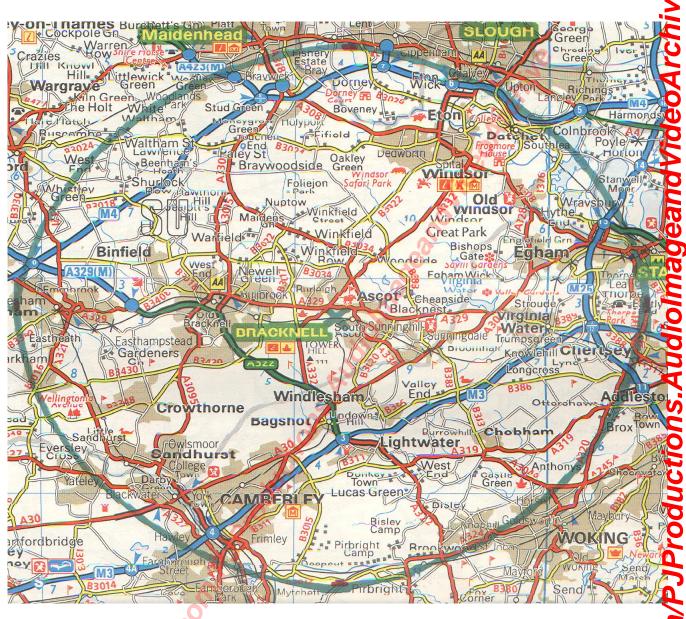
LPAM is not just restricted to hospitals it's a system which is available to college's universities and any large establishment which needs a communication method which is easy to install and not too costly. This means the frequencies available to be used are not endless and the longer the option is not taken up, the less likely in the future you will be able to obtain a frequency from the Radio Authority.

We can only hope that Heatherwood doesn't miss the boat and someone will grasp what the potential of this broadcasting system is and the benefits it could bring to the hospital trust, League of Friends & the radio service, before it's too late !!!!.



Appendix 5 Low Power AM Potential Listeners Area

An Eight Mile Radius is Possible



Although the radio service will extend beyond the boundary of the property. One of the requirements of the licence is, we don't seek to provide a service for the listeners outside or advertise the fact.

This however doesn't prevent them from listening in and catching up with all the news or listening to the request they have put on for their relative or friend who is in the hospital.

A radio station dedicated for the benefit of the hospital, can reach a much wider audience and offer greater fund raising potential for the hospital.

Foreword

The following pages are part of a project which is currently on the shelf due to an unwillingness on the part of the hospital trust to develop the idea.



We have published this project which details, what the future holds for hospital radio Heatherwood .We hope this will clarify the position of Radio Heatherwood and other hospital radio's who find themselves in similar circumstances.

Despite years of lobbying of the Radio Authority to allow a frequency for which hospital radio's could freely use, hospital radios are still being denied access to patients on wards through the improvement of the radio systems.

Hospital Radio's around the UK must now convince trust managements of the benefits of the services before they can be installed.