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**at the North Manchester
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IN CONVERSATION

with the chief Executive



The Pennine Acute Hospitals **NHS**
NHS Trust

Since 2004, Dr Fairfield has held three CEO posts, firstly at Rotherham, Doncaster and South Humber NHS Foundation Trust, then at Northumberland, Tyne and Wear NHS Foundation Trust, taking both Trusts sequentially to Foundation Trust status and achieving excellent ratings for quality of care.

Dr Fairfield took up post as Chief Executive of The Pennine Acute Hospitals NHS Trust on 1 April 2014.

In 2012, she was, in addition to her Chief Executive role, appointed by the Justice Secretary as a Non-Executive Board Member of the national Youth Justice Board for England and Wales.

Dr Fairfield is married to an anaesthetist and has three children. She is a keen skier, mountain walker and member of her local amateur dramatics society. She has a passionate interest in helping young people reach their potential and is an active volunteer for the Prince's Trust.

Gillian had a meeting with John Robinson and Joe Sambrook from Northern Air Hospital Radio and was very impressed with the work the station is doing.

She is also looking forward to visiting the station and getting some hands on experience.

After qualifying in medicine at The University of Birmingham in 1981, Dr Gillian Fairfield has held a variety of clinical, managerial and leadership roles in the NHS completing specialist training in both General Practice and Public Health.

In 1997, as a BMA Travelling Fellow, she studied managed care in Seattle and Harvard, USA. On return to England she worked as a Senior Policy Advisor at the Department of Health working on prison health reforms before taking on the role of Medical Director at a combined mental health and community Trust.

HOW TO CONTACT NORTHERN AIR

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WELCOME

to Northern Air Hospital Radio



Hello, may I introduce myself... my name is Joe Sambrook and I joined Northern Air Hospital Radio in 1990 after seeing an advertisement in the Manchester Evening News looking for volunteers to visit patients at their bedside and collect requests and have a chat and play their favourite songs.

I still collect requests from the patients and I find this the most enjoyable part of my volunteering.

Over the years I have met some of the most wonderful people despite the fact they are in hospital and quite concerned about their welfare.

A few years ago, a lovely lady called Alma, was a regular inmate; she would phone into the radio station and come on air for a natter and tell us about the



British Lung Foundation of which she was a member. On one occasion she persuaded me to do a sponsored bike ride inside the Velodrome in Manchester; it was one of the most exciting things I have ever done. I must add I managed to stay on the bike!

One of the roles which I did for about 15 years was Station Manager, it was something I really enjoyed. We now have a new Station Manager, John Robinson, who is doing a sterling job.

I recently took the job of Chairman from Marshall Gellman, who is one of our founder members since its inception in 1960.

I hope to fill Marshall's shoes and continue to make Northern Air Radio more successful than we already are.

Should you like to listen to my programme each Thursday evening between 8 and 9pm, it's called 'Simply Vinyl' and I play music from the 1960s.

May I take this opportunity to wish everyone good health and a speedy recovery.

Joe Sambrook
Chairman

Northern Air Hospital Radio

How to Contact Northern Air

If you would like to contact us, our 24 hour request line is **0161 740 7474** or call us **free** via your bedside unit by lifting the telephone receiver and waiting for the blue square appearing in the top left hand corner then press it to connect you. We have a website you can look through and see what a handsome bunch we really are! The web address is www.northernair.org.uk

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A MESSAGE

from the Station Manager



I have been associated with Northern Air Hospital Radio for about 30 years and during this time, working alongside committee members helping them as much as I could in my post as Hospital Manager.

I held a number of posts at North Manchester General Hospital during the 39 years I worked for North Manchester and Pennine Trusts, including that of Facilities Site Manager. I retired two years ago and I now hold the position of Station Manager at Northern Air Hospital Radio, looking after the day-to-day running of the station. I have a great team of volunteers who help me keep the station on the air providing music and entertainment to the patients and staff of both North Manchester and Salford Royal Hospitals.

The day-to-day running of the station can be varied: a typical day would be communicating with members about fundraising events, arranging training, attending meetings and generally acting as the Station's representative with members of the Trust and the general public.

In future months I would like to

promote the Station with younger volunteers, not to discriminate the older members, which includes myself but to bring the thoughts of younger people into the running of the Station.

One thing we have to commit to is playing the right type and age of music that the average patient age group will appreciate. The music of the 60s is always popular, although we have a broad selection of music requested during the request hour each night.

Every night and during the day we have volunteers going round the wards at each hospital collecting requests from patients and also helping them to get their bedside entertainment units programmed so they can receive programmes of their choice. We can provide free of charge headphones if they have none. Patients are able to use the free telephone line from both hospitals to phone requests into the studio and have a chat on air if they would like.

We welcome new members both young and old, you don't have to be a radio presenter; if you join we can always find you something to do. There are all sorts of things to do from going on the wards collecting requests to keeping our media status up to date on the web, Twitter and Instagram. We like to see all our members doing the full range of jobs both in the studios, on the wards and helping out at outside events.

We have a number of events each year including Quiz Nights, Bag Packs at our local supermarket and we have a stall at local carnivals. We also have nights out where we all socialise with each other.

Thank you for taking the time to read this article.

John Robinson
Station Manager
Northern Air Hospital Radio

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STAY FIT and eat healthily

Not everybody likes going to the gym or eating healthily. It can be tedious but to maintain a healthy lifestyle there must be a balance of running across the finish line to eating your cake and enjoying it.

Here I will explain some simple tips on how to Stay Fit and Eat Healthily.

Staying Fit

If you can't get to the gym, exercises like walking, cycling or running can be done with ease and accessibility. Local parks are great to stay fit, they're free and you can also meet new people.

Devise your own exercise routine at home. If you own an iPad or tablet, there are various websites which offer exercise routines that can be done in your own living room whilst watching your favourite soap. Grab some friends or relatives and make a night of watching Corrie and doing push ups!

EXERCISES

- Sit ups
- Squats
- Planks
- Leg Raises
- Push ups
- Lunges
- Burpees
- Jumping jacks
- If you don't own free weights, food cans are great to exercise with too.

Other people's motivation can help you succeed and reach your goals; taking a friend to the gym or go running in the park can boost your self esteem and catch up on gossip too. Staying fit doesn't have to be boring, mix it up and keep on your toes.

Motivation, Determination, Achievement

Eat Healthily

You can never resist your favourite dish or going to your desired restaurant and indulging in the greasiest burger and tasty desserts.

Don't deny yourself of these treats. You are allowed a cheat day. The body



craves sugar and carbs so go ahead, give your body what it craves for but in moderation.

Try and stay within your diet requirements and consume your five a day. Not only will you feel good from the inside but you're giving your body what it needs and will boost your energy before and after your workouts.

FOOD & DRINKS

- Fruit
- Nuts and seeds
- Fish
- Vegetables
- Red meat
- Water
- Green or Mint tea
- Coconut Water
- Almond Milk
- Smoothies

Supplements such as vitamins tablets are also highly recommended if you're not getting all the nutrients you need. Iron, calcium and vitamin D are also necessary for the body and can be difficult to consume in most types of food. Some foods may not be designed for your palate so taking vitamin tablets are another great way to give your body what it needs.

Remember sleep is essential for recuperation especially after working out. Your body is constantly on the go, repairing itself and storing energy. Always keep hydrated and your body and mind in focus.

Stay Fit, Eat Healthily and Live Longer

Huma Ahmed



NORTHERN AIR programme schedule



Monday

- Midnight **In The Drawing Room**
with Ken Anton
- 01.00am **Smooth Through The Night**
- 06.00am **Comedy Hour**
- 07.00am **Northern Air Breakfast Show**
- 09.00am Steve Martin
- 10.00am **Mystery Top 40**
with Paul Baker
- 11.00am Colin Daffern
- 12.00pm Helen Longman
- 03.00pm Howard Copitch
- 04.00pm **The A-Z Of Pop**
with Richard Smith
- 05.00pm Huma & Sian
- 06.00pm **Comedy Hour**
- 07.00pm Jeff Daniels
- 08.00pm Allan Shalks'
- Monday Night Mix**
- 09.00pm **Request Show**
with Helen Longman
- 10.00pm **In Concert**
- 11.00pm **Northern Air Smooth Hour**

Tuesday

- Midnight **On The Sunny Side**
with Ken Anton
- 01.00am **Smooth Through The Night**
- 06.00am **Comedy Hour**
- 07.00am **Northern Air Breakfast Show**
- 09.00am Steve Martin
- 10.00am **Mystery Top 40**
with Paul Baker
- 11.00am Colin Daffern
- 12.00pm Helen Longman
- 01.00pm Ken Anton
- 02.00pm Joe Sambrook
- 03.00pm Howard Copitch
- 04.00pm **The A-Z Of Pop**
with Richard Smith
- 05.00pm Allan Shalks
- 06.00pm **Comedy Hour**
- 07.00pm Howard Copitch

- 08.00pm Ken Anton
- 09.00pm **Request Show** with Steve Martin
- 10.00pm **In Concert**
- 11.00pm **Northern Air Smooth Hour**

wednesday

- Midnight **In The Drawing Room**
with Ken Anton
- 01.00am **Smooth Through The Night**
- 06.00am **Comedy Hour**
- 07.00am **Northern Air Breakfast Show**
- 09.00am Steve Martin
- 10.00am **Mystery Top 40**
with Paul Baker
- 11.00am Colin Daffern
- 12.00pm Helen Longman
- 01.00pm Ken Anton
- 02.00pm Ajay
- 03.00pm Howard Copitch
- 04.00pm **The A-Z Of Pop**
with Richard Smith
- 05.00pm **The Jewish Hour**
- 06.00pm **Comedy Hour**
- 07.00pm **The Irish Show**
- 08.00pm Phil, Sian & Huma
- 09.00pm **Request Show**
with Phil, Sian & Huma
- 10.00pm **In Concert**
- 11.00pm **Northern Air Smooth Hour**

Thursday

- Midnight **On The Sunny Side**
with Ken Anton
- 01.00am **Smooth Through The Night**
- 06.00am **Comedy Hour**
- 07.00am **Northern Air Breakfast Show**
- 09.00am Steve Martin
- 10.00am **Mystery Top 40**
with Paul Baker
- 11.00am Colin Daffern
- 12.00pm Helen Longman
- 01.00pm Ken Anton
- 02.00pm Allan Shalks

NORTHERN AIR programme Schedule



- 03.00pm Howard Copitch
 04.00pm **The A-Z Of Pop**
 with Richard Smith
 05.00pm Gabriel O'Rourke
 06.00pm **Comedy Hour**
 with Steve Woolfe
 07.00pm Dave Langer
 08.00pm Joe Sambrook
 09.00pm **Request Show** with John Bailey
 10.00pm **In Concert**
 11.00pm **Northern Air Smooth Hour**

Friday

- Midnight **In The Drawing Room**
 with Ken Anton
 01.00am **Smooth Through The Night**
 06.00am **Comedy Hour**
 07.00am **Northern Air Breakfast Show**
 09.00am Steve Martin
 10.00am **Mystery Top 40**
 with Paul Baker
 11.00am Colin Daffern
 12.00pm Helen Longman
 01.00pm Ken Anton
 02.00pm Huma & Sian
 03.00pm Howard Copitch
 04.00pm **The A-Z Of Pop**
 with Richard Smith
 05.00pm **Joe's Friday's Fabulous Oldies**
At Five
 06.00pm **Comedy Hour**
 07.00pm Kevin Hartley
 08.00pm Colin Daffern
 09.00pm **Request Show**
 with Colin Daffern
 10.00pm **In Concert**
 11.00pm **Northern Air Smooth Hour**

Saturday

- Midnight **On The Sunny Side**
 with Ken Anton
 01.00am **Smooth Through The Night**
 06.00am **Comedy Hour**
 07.00am **Weekend Breakfast Show**
 09.00am Kevin Hartley
 10.00am **Paul Baker On The Radio**
 12.00pm **Comedy Hour**
 01.00pm Ken Anton
 02.00pm **Northern Air Sports Show**
 06.00pm **Super Saturday 70s Mix**
 10.00pm **In Concert**
 11.00pm **Northern Air Smooth Hour**

Sunday

- Midnight **In The Drawing Room**
 with Ken Anton
 01.00am **Smooth Through The Night**
 06.00am **Comedy Hour**
 07.00am **Weekend Breakfast Show**
 09.00am **Power Anthems**
 with Paul Baker
 10.00am Howard Copitch
 12.00pm **Church Service**
 01.00pm Marshall Gellman
 02.00pm **The Jewish Hour**
 03.00pm **The Irish Hour**
 04.00pm **The A-Z Of Pop**
 with Richard Smith
 05.00pm Joe Sambrook
 06.00pm **Comedy Hour**
 07.00pm **In The Drawing Room**
 08.00pm **Halle**
 10.00pm **In Concert**
 11.00pm **Northern Air Smooth Hour**





Members of Northern Air take up the Eggheads challenge



On 15th January 2015, Northern Air Hospital Radio was invited onto the very popular BBC 2 quiz show 'Eggheads' which is recorded in Glasgow.

It was a very early start ... up at 5am to catch the 7am train from Piccadilly station for the four hour journey to Glasgow Central.

We had all been swatting over various quiz books for weeks to hopefully give a good account of ourselves against the might of the Eggheads.

Six of the finest brains from the radio were chosen for the task ahead! We had the combined intelligence of team captain Colin

Daffern, Hilary Bowick, John Bailey, Kevin Hartley, Steve Martin and Joe Sambrook.

We decided to name our team 'The Treaters' in line with our tag line, 'We put the treat into Treatment'.

On arrival at BBC Scotland, we were greeted by Rachel and Andrew who looked after us for the duration of our stay. We were taken to the Green Room, how very show bizi!

Each of us had to take four changes of shirts, tops ,etc. The Wardrobe team came along to choose which of our tops did not clash with the camera or the Eggheads!



Lambs to the slaughter ... the team wait nervously for their television debut



above: Steve and Joe in make-up; what an improvement!
right: the team at BBC Scotland



Then we all went down to the makeup room, which was hilarious. We have the photographic evidence!

Then into the lions' den where we were introduced to Jeremy Vine and the Eggheads team who made us so very welcome.

When we watch it on TV, we always know the answers and scream at the telly... but when the

spot light is on you it's very different.

We made a very good account of ourselves but unfortunately we are not allowed to tell anyone the result. You will just have to wait until you see us on the box.

The whole team had the most fantastic day... we can't stop talking about our amazing experience.

Northern Air in the Spotlight



Northern Air members celebrate
Red Nose Day 2014



Northern Air members attend the
Pennine Acute Hospitals' Trust
Chairman's Appreciation Night held
for volunteers at Middleton Arena

Northern Air in the Spotlight



Above left and right, a recent Northern Air Quiz night



Georgia Southall and Danielle Andrews, Northern Air members, at a recent Halle Orchestra concert at Bridgewater Hall



Northern Air members support the 2015 Prestwich Carnival

MEET THE TEAM at Northern Air



DANIELLE ANDREWS

I joined Northern Air in February 2015 and am really enjoying the experience. I graduated from media studies at Sheffield Hallam University

in 2013 and moved to Manchester to further my career (and the great night life). I have always wanted to work in radio and eventually it is what I would like to do as a career. I am currently working as an administrator and receptionist and enjoy my job as I never know what the day is going to throw at me. In my free time I like to go swimming and partying. I try to get back to Sheffield to visit my family and friends as much as I can; I'm a Yorkshire girl through and through. I'm a very social person and enjoy speaking to patients on the wards, hopefully cheering people up a bit. I like to know I am giving a little back to the community. I am looking forward to going through my full training and hope to get involved in fundraising activities and getting stuck into presenting and recording.



KEN ANTON

My involvement with hospital radio started almost 40 years ago when I read in the local newspaper in my home town of Dundee that the hospital

radio station run by Toc H was looking for new volunteers to help keep the radio broadcasts going. I went along to an open night and that was the start of a lifelong passion for hospital radio. For me, it's all about making your stay in hospital just a little bit easier and I know from being a patient how much your favourite music can help on the road to recovery.

My personal taste in music is wide-ranging, from the classical music played by my parents when I was young, through the pop of the 70s in my teenage years, to just about anything with a good tune for singing along to. I present three very different programmes: 'The Sunny Side Of The

Street', a varied mixture of good old tunes, which will bring back happy memories of the 30s, 40s and 50s. You may have heard the song before or perhaps I can just introduce you to some new melodies. 'In The Drawing Room' features light classical and chamber music for listening and enjoying and 'Snippets' on Tuesday is a mix of fascinating facts and good music, just about anything, leading on to your requests. Just one of the advantages of hospital radio is that it can bring a wide range of styles of music on one station but always aiming to play something that you will like.

I have been involved in hospital radio in many roles, as a presenter and producer but also doing some of the jobs in the background that are not related to programmes but are nevertheless very essential. It's hard work but very rewarding and a great way to make friends and learn new skills. I moved to Manchester when I changed jobs in January 2014 and found a friendly welcoming team at Northern Air, everyone doing their very best to entertain you during your stay in hospital. If you like what you hear on Northern Air, why don't you come along and join the team too and help us entertain people just like you!



JOHN BAILEY

I'm Jukebox John Bailey and have been a volunteer for six years. My interests are 60's music and quizzes. I am a former mineworker and worked

down Cotgrave Pit; my one wish was to work down Britain's deepest mine, Bradford pit in Manchester but to my dismay it closed whilst I was in my last year of school. I have also worked at the now defunct Belle Vue Zoological Gardens which had a fun fair and boating lake. Kings Hall, which in the 70's held the world snooker finals, also held wrestling every Saturday night. Pop concerts were also held there: The Jackson 5, Osmonds, T Rex, Beach Boys and Glen Campbell, to

name a few. In the winter they held the annual circus. Belle Vue was a great day out for all the family and it was closer than Blackpool. The Belle Vue Aces raced there on Saturday evenings; the away fans loved it as there was a fairground to enjoy after the match.

Talking to patients is my number one priority. Hospital can be a lonely place so my little chats help pass the time for. I am the Thursday night request show presenter and I enjoy doing the show as all the music played is what the patients have asked for ... from a classical number, heavy metal, country and up to date music all in one show.

I am currently Membership Secretary, meeting and recruiting new volunteers.



HILARY BOWICK

I've been volunteering with Northern Air for ten years. It's all been great fun but, like anything else, learning the ropes took some time. For a start,

there's learning your way around our huge library of vinyl, CD and, recently, computerised music and comedy (I'm sure some would say the music is pretty funny but that's another story). Then you have to get to grips with the technology of broadcasting. In theory, it's quite simple but putting everything together feels like patting your head whilst rubbing your stomach – get the idea?

Highlights? Well, there's meeting the patients and having a chat or talking to a patient who has phoned in to the studio from their bedside phone, finding out how we can cheer them up with a favourite piece of music on the radio. The best thing of all is seeing someone who has just arrived feeling quite poorly and then going back the next week to find them sitting up in bed ready to go home – if we've managed to help them feel better with a request on the radio, then our work is done. I've also been nominated twice for a Hospital Broadcasting Association award. Yes, we have our own Oscars and it's always a thrill to go to the annual dinner and meet

volunteers from other hospital radio stations around the country (around 200 of them) and see who wins the prestigious 'Station of the Year' award.

One of my other hobbies is singing and just before Christmas, I and some of my co-singers joined the rest of the radio volunteers to go round the wards singing Christmas songs, all dressed up in suitable attire, Father Christmas, Mother Christmas, Christmas Tree, Reindeer – you can work out the rest!

Northern Air are very proud to have a direct link to the wonderful Bridgewater Hall in Manchester and we regularly broadcast live concerts to our patients. Two of us are at the Hall and we have a presenter at our studio so we can describe the atmosphere in the Hall, talk about the music and any interesting features of the evening. At the last concert we did, the conductor was 90 years old – he was amazing. I hope I'm that energetic when I'm 90!

If you're reading this and think you'd like to have a go, do get in touch. If you're passionate about a certain era or style of music or you're mad about sport and want to join the sports show that's great but we need all sorts of skills and not everyone is brave enough to talk live on air, so if you're a technological whizz kid or a super-organised administrator and have a few hours a week to spare we'd love to meet you.



DAVE CATTERALL

I'm a recent addition to the Northern Air team. I started at the back end of 2014 having moved into the area and realised there was a radio station almost

on my door step. My love of radio came about two years ago when a friend was working for a local station in Leigh, near Wigan, giving updates on community issues and playing mainly soul music and Motown. As my day job involves event planning and marketing, I offered to help promote the station, to which he asked if I wanted to go on air. Initially, I was a little apprehensive as I'd never done anything

like it but I sat down, started talking with the other presenters and three months later, I had my own three hour show, which included music news, a mystery year hour, live tracks and a classic album of the week plus traffic and travel news. It was broadcast on a Tuesday night and cleverly called 'The Tuesday Night Show', it took me ages to think that one up!

I'm a lover of all music (except thrash metal, does anyone really like that?! My favourite artists include REM, Fleetwood Mac, Paul Simon and Scissor Sisters although I listen to everything from Carpenters, Abba, David Bowie, Paul Weller, Stone Roses, The Smiths to most recently, Jungle, an electro synth group who played live on the BBC 6 Festival early in 2015. My ideal show includes a mix of music from most decades, throwing in some wild card tracks you wouldn't always expect, like The Killers singing Dire Straight's Romeo and Juliette or Eric Clapton doing an acoustic version of Layla.

Being a part of hospital radio has been great. Initially it was all about what music I could play but then I found my favourite part is visiting the patients on the wards and chatting about what music they listen to and would like us to play. I love that everyone has a different taste and although we get a lot of 'My Way' and 'The Best' (which I love to hear), we get everything from classical requests, to 50's, 60's and 70's to a recent patient that asked if we had anything he could rave to, which we did. We play requests every night between 9pm and 10pm so if you see us on the wards, give us a shout and we'll play you whatever you want (except thrash metal, as I said no one really likes it). So, I hope you enjoy the music and the chat and remember; it's your station so let us know what you want us to play!



BERNETTE CLARKE

I work part time at the Manchester Royal Infirmary as a waiting list clerk and have been there over 17 years and love my job. In my spare time, whether in the evenings or weekends, I do various volunteering work.

My main volunteering is here with Northern Air Hospital Radio which I have been doing for over a year and love it, it gives me great satisfaction putting smiles on the patients faces visiting the wards. Having been in hospital myself I know the day just carries on but when a smiley face comes to the bedside it definitely cheers up the patient. I take requests from the patient then play them at the studio which is housed in the grounds of North Manchester. I've been on a documentary for ITV which I loved filming but doing this fabulous volunteering gives me most pleasure. Get listening on a weekday or weekend to Northern Air, we play all your favourite songs.



HOWARD COPPITCH

It's been a great journey for me and I have just received my tenth year Award. Just can't believe it. Our role is to visit the patients, having a chat and getting

requests. Northern Air Hospital Radio has given me the confidence to do more.



SIAN CRITCHLEY

I've been volunteering at Northern Air since August 2013. I'd been looking for a project to get involved with for some time before I discovered hospital radio

and found it the perfect balance of interaction with patients and fun with a great team of people.

I usually visit the station on a Wednesday evening with Phil and Huma or a Thursday with Joe and John. We start by visiting the wards and speaking to patients to find out their favourite song or take their requests. We set up the patient bed sets so they are able to listen to the radio and give out headphones. Some patients don't have any visitors, so it's nice to spend some time talking to them and taking a song dedication to cheer them up.

We get such a variety of requests, from classics like Elvis Presley, Frank Sinatra and Pink Floyd but also regular requests for classical music, hymns and pop songs

by Katy Perry and Take That. This has broadened my musical horizons and I'm loving learning about bands I had never heard of! Sixties' music is a big gap in my knowledge so this is where I am keen to expand. Every week we get at least one joke request for Stairway to Heaven or Bat out of Hell, it's nice to see the patients have a sense of humour!

Whilst I love visiting wards, I also enjoy studio time and joining in with the live show; this is always exciting as you never know what will happen live on air. I recently presented my first request show and although it was scary I hope to do it again soon! I look forward to recording some specialist shows and would like to develop my understanding of radio production and expand my technical knowledge of our systems.



JEFF DANIELS

Before I came to volunteer at Northern Air, I worked as a social development worker in the care industry for nine years helping people with

learning difficulties and mental health problems get back into society, which I really enjoyed.

I have since retired and am enjoying my time here at Northern Air as a volunteer since starting in December 2013. I love going round the wards meeting the patients, talking to them and playing their requests on the evening shows. I do two shows on the station, one on a Thursday afternoon 'Super Seventies' at 12 noon and on a Monday night at 7.00pm with a mix of 60s, 70s, 80s and 90s music. I also participate in one of the Tuesday night shows after collecting requests to play.



TONY GRAHAM

I have been associated with Northern Air since 2001. In my early days at the radio I was part of a team collecting request from the patients. The

best of this for me is spending time

listening and talking to the patients which I find is very rewarding. I am now co-presenter on the Saturday sports programme between 2pm and 5pm where we cover all aspects of sport, not just football. I am now registered blind, so my guide dog Bailey comes along to the studio as part of the team. Football is my great passion in life and I have supported Bury FC for more years than I can mention. Since retiring as a landscape gardener, Northern Air has been a wonderful addition to my life. I work with a great bunch of people who like myself get much enjoyment in what we do. Get well soon. Tony.



KEVIN HARTLEY

I'm of that age that I attempt different challenges for experience. I never saw Northern Air as a job or even a hobby, I went along for a couple of

weeks for the experience and have to confess I though the presenting part was a little dull. After a couple of weeks, I went on my first ward round meeting patients. Wow! I was hooked, meeting interesting people who were pleasant and polite despite the fact they would have preferred to have been anywhere other than talking to me. I have always found it a privilege and pleasure to visit patients and collect their requests. After a couple of years as we were short of presenters, I was asked if I would present for a couple of weeks. A pattern was forming: come along and look at the station for two weeks, present for two weeks I have now been a member of the patient station that puts the treat into treatment for over 15 years. As a presenter I have an unusual trait I hope the listeners have never heard me before and hope they never listen to me again, that will mean they've not been in hospital or if they do come into hospital they won't be coming back. Unfortunately that's not always the case and if you find yourself in hospital at 8pm on Friday evening just after the news, you will hear Louis Armstrong singing What a Wonderful World. As the song fades you

will hear 'Oh yes folks, this is the wonderful world show and I'm Kevin Hartley broadcasting live from your very own radio station Northern Air.



DOROTHY LE MOIGNAN

My primary task is to collect requests from patients on the wards during the day. I enjoy chatting to them while taking their requests and

find they enjoy the opportunity of talking to someone who isn't a doctor or nurse. I'm asked for all kinds of records from Frank Sinatra and Robbie Williams to bands I'm afraid I've never heard of. I recently took part in fundraising for Red Nose Comic Relief Day at Sainsbury's Heaton Park. We played records and I was surprised how many customers came up and said how much they enjoyed listening to the music as they shopped.

I've been involved in various volunteer projects over the last 40 years: starting a mum & toddlers club that frequently visited old people's homes; helped run a toy library for disabled children at Boothhall Children's Hospital; ran a 'Be-friend a Mum' scheme at Boothhall, which involved chatting to mums who were from out of the area and spent most of their time with their kids at the hospital. I spent many hours getting to know the mums of poorly children and babies and shared many tears together. I'd like to think there were times I was able to make them laugh and smile. I'm also on a local panel for Northwards Housing who look after council properties in Blackley and Charlestown.

When I am not busy volunteering, I enjoy eating out and visiting the theatre and I enjoy spending time with my nine year old Granddaughter who likes to keep me on my toes!



STEVE MARTIN

In previous lives I've been a computer programmer and a heavy goods driver, over the years because I have a condition known as Crohn's, I've been a

frequent in patient (please excuse the pun). During my many stays in hospital I have always put the radio on, for something to listen to, as we all know being in hospital can be boring; sometimes I would listen and other times it would be playing in the background but I always had Northern Air playing. My adventure with Northern Air started one Tuesday in December 2008; I was in hospital being treated for MRSA, so I had a comfy side ward all to myself. The radio was on, it was just after 7pm and a competition question was read out. I called the station with the answer, spoke to a chap called Howard Coppitch; we spoke for ten minutes, he invited me in when I was discharged from hospital. I thought I might give it a try, as the radio helped me pass the days a little easier whilst in hospital. I joined as a volunteer soon after teaming up with Howard on a Tuesday night. I was the other side of the desk for a few months and saw how Myriad was used. As I have been a programmer in the past, I know my way around computers and software, Myriad was a doddle; the actual speaking was different to say the least but over time I think I have improved a little.

In 2009 I became part of the executive committee together with John Bailey and Joe Sambrook. I help on the computer side of the station with Rob Gough, only a phone call away (most of the time). We, that's Phil Salter and myself, are updating our audio currently, to give our listeners, the patients a better listening experience.

Now, a little older and a little wiser, I've been with Northern Air since January 2009, progressing up the ladder of fame and stardom. Phil Salter, our Programme Controller and I still keep the music and software side of the station up and running, well most of the time!

We have been training presenters, old and new, on our latest playlist system and we never stop learning. We are now able to introduce live shows through the day; my theory is that it is nice to hear a voice when you are in hospital as you can feel alone and sometimes frightened. We try to make your day that little bit better.

We will be adding more daytime live shows as presenters become available. If you fancy joining out merry band you can call **0161 740 7474** or email John Bailey johnbailey919@hotmail.com

Recently we restarted the Saturday Sports Show, Tony, Bailey, Simon and myself, it's hard work as I don't follow football or rugby. Luckily Tony and Simon do; I operate the desk and technical bits, keep Tony and Simon in check as it can get a little manic at times. But we have fun and enjoy ourselves. We have a live feed from a selection of premiership matches, live guests and great music. If you are in hospital on a Saturday afternoon and like sport and great music, tune in, we are on Channel 1. We are trying to integrate other sports into the show, so if you have any ideas please get in touch studio@northernairradio.com.



GABRIEL O'ROURKE

I volunteer with Northern Air, having joined in January 2013 and am really enjoying my time here. I work as part of the Monday night team,

helping to present two shows, one of which is the Request Hour where we play music requested by patients. Collecting the requests is the most rewarding part of our role. We call in on a couple of wards to chat with the patients, explain what we do and take their requests. Patients are always happy to see a friendly face especially those with few or no visitors. It's nice to know we are helping to make their stay in hospital a bit more pleasant. I work in the travel industry and fit my time volunteering around my job. We are always looking for volunteers so if you have any time on your hands, even just a few hours a week, please give it a go. It's definitely worthwhile.

Travel and sport are two of my main interests. It's great to get away and experience different countries and their culture and people so my wife and I try to get away when we can. Our most recent trip was to Estonia which is a

beautiful country with its rich and varied history. The medieval old town in the city of Tallinn was a particular highlight. As for sport I enjoy most of them especially team sports. Coming from Ireland, I have a passion for Gaelic sports in particular. I played Gaelic football and hurling in the past and now take a keen interest in both. Another interest I have is in writing. As with most things it is finding the time to sit down and do it which is the hardest, especially when working. But I have recently started to take this more seriously so keep an eye on those bookshelves, you may see me up there among the bestsellers some day!



RICHARD SMITH

I first started out in hospital radio in my home town of Nottingham 30 years ago (blimey, am I that old?), thinking I was going to be the next big

thing. I soon realised that wasn't likely to happen but was enjoying myself so much going around the wards, meeting and working with loads of interesting and entertaining people, I soon forgot about that ambition completely.

After a stint at Nottingham Hospitals Radio, I moved on to become Station Manager at Radio Robin in Ilkeston, Derbyshire, where we started a station from absolutely nothing and had great fun doing it too.

I then moved up to live in Lancashire and was planning to get back into hospital radio when I suffered an accident in 2003 which reduced my mobility somewhat. However, with all that new found spare time on my hands, I felt obliged to do something useful with it and so The A to Z of Pop concept was born.

All these years later and the shows are syndicated to more than a hundred hospital, community and Internet-based stations in the UK and Ireland including here at Northern Air and I am very honoured to be part of this award-winning station.

And you can find out what all the fuss

is about by joining me every afternoon, whether it's 'A Walk In The Black Forest' to the 'Zambesi' or Abba to ZZ Top, I'll be looking at a specific letter of the alphabet on the next edition of The A to Z of Pop, right here on your favourite station. Look out for Programme Schedule in this magazine to see when you can listen to The A to Z of Pop.



ALLAN SHALKS

I have been a volunteer with Northern Air as a presenter since 2009. My first programme was on a Monday evening called the Monday Night Mix. Now I

have a Tuesday morning slot, titled My Type of Music. Sometimes I may visit the patients on the wards getting requests for our very popular music request hour each day. Hospitals can be very boring and lonely for many people but you can listen to Northern air 24/7. We regard ourselves as a friend at your bedside. The radio station is always looking for volunteers any age male or female. There are so many different things to do and being part of a great team is a bonus. Some of my other interests are theatre, last year I was in Evita with Marti Pellow and in 2013 I played the Russian constable in Fiddler on the Roof. I have been in films with Jude Law (Sherlock Holmes), The Iron Lady with Meryl Streep and a few others plus quite a few television parts. My most enjoyable television part was when the BBC did a documentary on me highlighting my other work as a wedding planner ('A Fronk') called a Very British Wedding. I am told people try and get into hospital just to listen to Northern Air Radio but I am not too sure how true that is.



STEPHEN WOOLFFE

I have been associated with Northern Air for over six years now. It all started when my daughter, wanting a career in music, asked if I could introduce

her to the station to get some work

experience. When she left to go to University I took over her slot and have not looked back since. I was involved in radio at University – but that was 40 years ago – and things certainly have changed. Well not so much, I still use a lot of vinyl in my shows. Talking of which my regular slot is on a Thursday with an hour of comedy between 6 and 7 although I have been known to swop it for an hour of Glam Rock! I also help out on the request hour and have presented the Halle live from Bridgewater Hall.

During my years with the station, I have taken on the role of Administration and Membership secretary and am currently the station's Treasurer.

I find volunteering for the station extremely rewarding, especially going round the wards and talking to patients about the radio and getting requests for the 9 till 10 slot each evening. And if those patients are too shy to ask for a request, I never give up on them – just threaten to eat all their chocolates!

I worked for many years in the NHS at Bolton Community and fully understand the role volunteers play within the NHS, whether in a medical capacity or, as we do, in a more communal role. The station plays a vital role in keeping patients entertained, especially as our volunteers maybe their only social contact during the day. Consequently I am very proud to be a volunteer and hope to continue for as long as patients are entertained by our shows.

When I am not radioing, I am Company Secretary with Conductix-Wampfler Ltd and my hobbies include motor racing, where I have had very limited success. I also help with live football commentaries from Bury FC to their local hospital.

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MY FIRST CAR by Joe Sambrook

My first car was a 1954 Ford Anglia. It was black with three forward gears and a reverse. I bought it in 1963 just a few months after passing my driving test, third time of asking. I had nine lessons with Arthur's School of Motoring; their vehicles were Mini vans. I worked my holidays to pay the £4 19s 6d (now £5 pounds) for my lessons.

I passed my test on 8th August 1962 at 4.30pm. What a memory! What a time to buy your first car! It was one of the coldest winters on record; I remember going to bed with more clothes on than during the day.

I had saved my hard-earned cash to buy a car and with £35 in hand off I went in search of this elusive vehicle. My pal, Eric Taylor, an apprentice motor mechanic, came along for moral support and his knowledge of cars. The first car we looked at was a three wheeler Bond which had no reverse, so you could drive these cars on a motor cycle licence. They were very light, you could pick up the front of the car and turn it around if you were in a tight spot, not the car of my dreams!

Eventually I came across Mount Pleasant Motors and there on the forecourt stood a 1956 Ford Anglia with a price tag of £75. But I only had £35! I asked for a test drive and fell in love with the car. The problem was I needed an extra £40. I took a deep breath and asked the salesman if he would accept £55. He said yes but this still left me £20 short.

After some discussion, the salesman allowed me to pay the balance at 15 shillings a week, providing my parents agreed. Being a teenager and not thinking things through, I still had to tax and insure the car. Mum and Dad helped me with the road tax and my Grandma gave me an early birthday present which went towards the insurance. And so I was the proud owner of my first car. My Dad took an extended dinner break and came with me to collect the car. When my Mum came home from work, she sat in the back of the car while we drove up and down Frederick Street. She told me later she felt like the Queen waving to all our neighbours.



I decided to change the appearance of the car. I was 17 years of age and completely barmy. I bought some white gloss paint from the local hardware shop and painted the tyres. I'd always wanted white wall tyres! To finish the new look, I put silver tape around the car; what a transformation! It had the look of a passion wagon. Sadly not much passion.

The car had a problem with the gear box; the selectors were slightly worn so when going up hills and trying to build up speed, it would jump out of second gear; the trick was to hold the gear stick in place.

I had lots of pleasure from the car, on a Tuesday evening I would pick up Morris Evens, my long standing pal, so we could go to night school. We joined the woodwork class as Morris wanted to make a bedding chest, I went along to give my expert advice on making firewood.

After the class, we would go into Manchester to meet Eric and Colin at the Oasis Night Club to see the pop bands of the day. On one occasion we'd been to the Court School of Dancing at Ardwick Green; on the way back into Manchester, we broke down outside the Queen's Hotel. I hadn't realised that I had driven for miles with the choke out, which flooded the carburetor.

It was like a monsoon rain bouncing off the pavement everyone had to get out of the car and push to get the car going again. The highlight of the week was going into Joe Estry's petrol station and asking for half a gallon of petrol, I can hear them now saying here comes the last of the big spenders.

Happy Days!

CUMBRIAN CHARMS



I think it was the final serving of orange sauce that did it! I use the term 'serving' very loosely, because 'lump' would really be more appropriate. We had been having 'lumps' all week!

'17th century farmhouse, own grounds, home cooking, overlooking lake'. So the advert had read and we had arrived at teatime on the Sunday. At first sight the house had lived up to its description. We marvelled at the ducks, web-footing it around the farmyard and gazed in awe at the seven doves perched on the dovecote, little guessing that by the end of the week we would be desperate enough to climb the ladder and see if they could squeeze us in for a couple of nights!

Our 'hostess' greeted us at the door, sleeves rolled up, muscles rippling, ready to take on Mike Tyson and after words of welcome, only Hitler would have found heart-warming, ushered us through the yard and into chaos! I was just about to offer my sympathy about the burglary and obvious ransacking, when I suddenly realised that this was probably the norm in a busy farm kitchen and bit my tongue. My beloved, however, is not used to the ways of countryfolk and was ready to beat a hasty retreat. In the end he had to admit that Wordsworth probably never pushed a Hoover round either, so he reluctantly gave in to the romantic side of my nature.

Our bedroom was surprisingly cosy. A deep, old-fashioned bed, with modern,

dark brown sheets. It's amazing how daft you can be, isn't it? It was only on our last day that we sussed out that the sheets 'did' for a few visitors, hence the serviceable colour. We had so many antiseptic baths when we got home, that Dettol has given us a mention in their staff magazine!

The house was in a time warp. The clock had stopped in 1953 and nothing had changed since then. The lounge was a shrine to the Coronation. Chairback covers were embroidered with the Queen's head, pictures were over every wall of the route to the Abbey, the Crowning, the Balcony scene, etc. etc. Everything was a tribute to the Fifties, including the TV. You haven't lived until you've seen Neighbours on a 6" x 6" screen. Needless to say, we didn't watch a lot of television over the next few days. You don't need reminding that you're the wrong side of forty and have left your reading glasses at home.

Our first meal in this rural paradise was memorable. We kicked off with 'Melon in a Bucket'. If you have never been fortunate enough to sample this delicacy before, permit me to enlighten you. First, take a melon the size of a football. Cut in half and find two suitable containers. (If you've been using the buckets for wallpaper paste, make sure they have been washed out thoroughly first). Serve chilled (leave the buckets outside the back door overnight, if possible) and you have an admirable start to any banquet.

Anyway, an hour later I was just about finishing the last cob of melon, which did nothing to improve the flavour of the cauliflower, covered in cheese sauce, that had been sitting on the sideboard the entire time, waiting to be served. It was almost, but not quite, as cold as the 'Iceland' gateau which although defrosted on the outside, really searched out the dodgy fillings when you reached the middle cherry!

To put the finishing touches to this

unforgettable culinary experience we were served tea in the 'Coronation Room' and with a mouthful of 'loose' tea leaves, we really did feel we'd travelled back in time.

To bring ourselves swiftly back to the present, we decided to make a fast exit to the local. It was then we discovered another quaint Lakeland custom. The art of after dinner conversation. Our 'hostess with the mostest' stood in the doorway barring our escape route and started talking ... and talking ... and talking. My beloved, full of country fayre and bored out of his skull, slumped back in his chair and fell asleep, head resting against the tiled fireplace. It was left to me to provide the small interjections of comment when she paused for breath. In fact, so deep was his slumber, that I had to shake him awake at 11 o'clock to get him upstairs to bed. She only let us go then because the phone rang. We spent the rest of the holiday learning how to escape after tea and how to avoid the third creaking stair up, when we came back from the pub or else the whole performance started again.

One night I wasn't quite so nifty and as a result, I can now perform any kind of female surgery, should any doctor want a day off. What I don't know about 'women's problems' you could write on the back of a postage stamp!

We tried everything you could think of to get out of the place. A phone call from home would have sufficed.

Something like the house burning down, squatters moving in, etc would have done it. But our daughter was in Spain and all our friends had decided to holiday at the same time, so we were stuck. We hadn't got the bottle to just pack, pay and go. Because she'd planned the menu for the week and took great pride in telling us what was in store, besides she was bigger than both of us put together.

I didn't actually see it as a blessing when she enquired if we like duck but it was. It was more than disconcerting, eating our 'Casserole au Donald' with all his relatives gathered round the dining room window, holding a wake and fixing us with accusing stares every time we left the farm but when he appeared on the table for the third night in a row (how many legs has a duck got?) they really reaped their revenge. After a very energetic night, spent between bed and toilet, we decided enough was enough. Pleading early departure to avoid the weekend traffic, we missed breakfast, threw our belongings into the suitcases and headed for the car, parked up all week in the barn. We couldn't find it. All that seemed to be there was a burst feather mattress. With panic setting in, we took a closer look, managed to scrape a windscreen out of the fluff and set off for home at a speed Donald Campbell would have been proud of.

As we left, in a cloud of feathers, I swear I could hear those ducks laughing!



Prestwich & North Western Housing Association Ltd
providing affordable accommodation to the residents of Prestwich
24 Rectory Green, Prestwich, M25 1BQ

Prestwich & North Western Housing Association provide affordable accommodation in the centre of Prestwich.

The Association has one and two bedroom apartments which are in low rise blocks around landscaped gardens. Once through the accessed controlled front door the apartments are accessed from central staircase, there are no lifts. All our apartments have recently had new bathroom suits installed and have a warm air heating system with a multi-point water heater, each flat has access to a satellite television connection, we provide the dish you provide the box. We provide accommodation for anyone over the age of 25 but due to the type of accommodation available we are unable to assist families with young children.

For an information pack please contact the office at the above address or by phone on 0161 773 5219.



If you want to live as independently as possible, you may need support to stay in your own home. The social services department at your local authority can provide a wide range of services that can help. For example, you may need help with cleaning or would find it useful if you had a bath rail fitted. You may be entitled to financial help to maintain your own home.

To find out what help you could get, you will need to have a health and social care assessment from your local social services team. This is your opportunity to tell social services what will make your everyday life easier.

You may also be entitled to 'direct

payments': local council payments available for anyone assessed as needing help from social services and who would like to buy in services instead of receiving them from the local council. For example, direct payments could be used to pay a home help.

Making your home easier to live in

You may find making adaptations to your home, like adding hand rails, draught excluders or bath hoists, useful. You can get advice from your local social services department and, in some cases, receive financial assistance to alter your home. Often local authorities have agreements with 'home improvement agencies' to carry out the work.

If you are a carer you may benefit from getting some help at home. Perhaps it would be useful if the person you care for visited a day centre

Time to enjoy older age

Abbeyfield House

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Sheltered Housing offers affordable, high quality living for people who want to be as independent and self-reliant as possible without the worry of maintaining their own home. We personalise our services to meet your needs so that you can enjoy freedom, security and peace of mind.

Call Joanne Painter,
Senior House Manager on 01744 22895
or email j.painter@abbeyfield.com
www.abbeyfield.com



for a few hours or you may benefit from some home help like cleaning.

Care in your own home

Care in your own home is offered to people who require assistance with personal care such as washing or other practical daily tasks such as help with domestic chores like cooking and cleaning, or in some instances, help in managing finances.

If you're looking for a care worker to

help you live independently at home, you may get one through your local social services department or a home care agency or you may choose to employ someone directly.



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Social activities are organised on a daily basis and visitors are welcome at any time with transport available.

Our attractive rooms are fitted with wifi, tv and phone points, and many have en-suite facilities. A nurse call paging system is offered for extra peace of mind.

A choice of tempting nutritious meals are available cooked by our own qualified chefs.

If you have any questions regarding our services or for further information, please call 0161 7926887.

SPIRITUAL top up!



I co-ordinate the Hospital's Spiritual Care Chaplaincy team for the Trust. As a team we say we are available for everybody, providing religious

care and emotional support for people from all backgrounds and beliefs.

For many years now we have had a healthy relationship with hospital radio, both Northern Air based at NMGH and Radio Cavell based at ROH. As well as recording several desert island discs

when I can dust down an old Jam single or select a classic Led Zeppelin track, we broadcast a weekly Sunday service.

There are four of us from our team who take it in turns to lead this service. After being broadcast live on Radio Cavell it is then repeated on Northern Air a week later.

If you fancy giving it a listen it is broadcast at **12 noon every Sunday**. You will be able to join in whilst listening in your hospital bed with prayers, music, thoughts and reflections as well as readings from the Bible.

So when you are feeling cut off from your own church if you go to one, or if you just want a bit of a spiritual top up when you are feeling low, why not try us out and tune in.

John Hall
Chaplaincy Co-ordinator

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PLANNING YOUR BIG DAY

Weddings can be very stressful but if planned correctly can be lots of fun and enjoyed from the moment you decide you want to get married until the last dance.

Forward thinking and paying attention to detail is the secret of a successful day. If you are on a budget, look at ways to trim the cost without spoiling the event.

The most popular time to get married is between May and September mainly because of the hope of better weather and photos that can be taken. This is also the time when venues are most expensive. Some venues reduce the cost if the wedding is on a Sunday rather than a Saturday. Bank holiday weekends are usually the most expensive.

Once you have decided the date, add up the number of guests you expect to attend, then you can look for a venue that will accommodate your numbers. Consider parking, overnight stay, convenience of location, as some guests may not have their own transport. Then check with ministers and the registrar to make sure they don't have prior commitments.

You will then need to book a florist, photographers, a disco or band and discuss the menu and cost of the meal you want with the venue. Extra items you may want to consider are wedding planners, balloons, fancy hats, table decorations, special lighting, etc. Then there are wedding invitations. To save money, you could have the RSVP with an internet reply or a text number to your mobile instead of a reply card, which

you would also have to put a stamp on. Both of these replies will be in word form, so you can look back as to who has and has not replied. Have the date for reply no later than three weeks prior to the wedding to give you adequate time to do a table plan and let the caterer know the final numbers. Florists can offer you very expensive flowers but you can get beautiful flowers very reasonably priced, they only have to last one day.

Then it's time to look for your wedding outfit. When picking your shoes make sure they are very comfortable, as you will probably be wearing them for at least eight hours. Once you have decided on your colours, make sure you let the florist and the venue know; it's so much easier for the groom when he chooses his outfit.

These plans should be done as soon as possible once you have decided on the date of your special day and try and let those guests you want at your wedding who live far away know the date in case they want to book into a hotel or arrange transport. Most importantly, take out wedding insurance, it costs less than £100 but can cover many mishaps.

Don't forget to haggle on the price of the people you are employing and don't forget to keep your parents in the loop; they have been your rock. What you are today is partially down to them.

HAVE A GREAT DAY

Allan Shalks

Wedding and event co-ordinator



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VOLUNTARY SERVICES ... a snap shot



Here at Pennine Acute Hospitals NHS Trust we are very proud to have one of the largest groups of volunteers in the UK with almost 900 volunteers. These volunteers offer their support in the following locations:

- Birch Hill
- Fairfield General Hospital
- North Manchester General Hospital
- North Manchester Community Health Services
- Rochdale Infirmary
- The Royal Oldham Hospital

Volunteers carry out 40 different roles ranging from providing activity programmes on the wards, meal support for inpatients, running a mini bus service, helping in theatres, cleaning out fish tanks and, of course, not forgetting running our radio stations!

Within the Voluntary Services office there are two staff: Lynn Butler, Voluntary Services Administrator and Mary Sunderland, Volunteer Co-ordinator. Mary is responsible for the recruitment, management, training, support and governance arrangements in place for all volunteers and is keen to support existing volunteers in any way she can to enable them to carry out their roles to their fullest capacity.

Mary is also responsible for working with different wards and departments to develop new roles for volunteers to ensure the Trust continually improves the experience that patients and their carers have when accessing our services.

Mary said: 'I have a really rewarding job working with lots of great people who give up their precious time to support the Trust.'

'I would like to take this opportunity to thank everyone for their dedication, the support that volunteers give really does make a difference to patients, visitors and staff alike'.

Volunteers are always welcome to pop in to the office (based opposite the A & E Department at NMGH and say hello. The kettle will be on!

Mary Sunderland and Lynn Butler



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Dingbats

Illustrated below are expressions, phrases or sayings.

Can you guess what they are?

MAGIC

ECNALG

Look
you



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BOJACKX

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21
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