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NHS

Patients' Magazine

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CLINIC

Welcome to Radio Addenbrooke's



Hi, I'm Richard Saunders and I am the Chairman of Radio Addenbrooke's, the Hospital Radio station based here at Addenbrooke's NHS Trust, Cambridge.

This is the latest edition of our magazine which we use to inform you about us and to provide you with useful information, whether you are a patient or a visitor.

Radio Addenbrooke's provides a **free** service to patients of Addenbrooke's Hospital and is run entirely by volunteers. It is delivered at the bedside on Radio Channel 5 on the Hospedia bedside (tv, radio, telephone) units. You will find full details of how to sign up elsewhere in the magazine.



From inside the hospital, you or your visitors can call us **free** in the studio by touching the blue rectangle (call hospital radio) on the screen of the Hospedia bedside unit to make a request. If you are really keen, we can even broadcast your telephone call 'live over the air' if received during a programme.

From outside the hospital, you can reach us on **01223 217181** to make a dedication or simply leave a message.

Once again we would like to thank all our advertisers for their support, for without them there would be no magazine.

All of us at Radio Addenbrooke's hope you enjoy reading this magazine and hearing your requests.

Richard Saunders, MBE
Chairman – Radio Addenbrooke's



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Located in the popular area of Trumpington this development of 52 studio and one bed flats is close to local amenities and open farmland.

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From the Chief Executive



I am delighted to have the opportunity to write a few words for the Radio Addenbrooke's magazine.

I joined the Trust as Chief Executive in November 2015 and it is a privilege to lead this organisation. I am interested in the experience of our patients and in ensuring that we do our best for them at each and every interaction. I am interested in the experience of our staff and in working with our partners on our site and in the wider health economy to collaborate on the great opportunities which exist in Cambridge for research and development. I enjoy regular visits to departments and services all over the hospital and listening to the views of our patients and our staff.

The Trust has been through a difficult time over the past year. In July 2015, two of our key regulators; the Care Quality Commission (CQC) and Monitor rated the Trust as Inadequate for quality of services overall (CQC) and imposed a number of enforcement undertakings (Monitor) due to the Trust's financial position. This is a great



organisation, steeped in history and with a world-wide reputation for excellence and these ratings have therefore been extremely concerning for both patients and our staff.

The implementation of our Improvement Plan, to tackle the issues the Trust is facing, is progressing well and staff throughout the organisation continue to deliver the Trust's values of Together; safe, kind and excellent, as we ensure Cambridge University Hospitals remains a great organisation.

The Trust is looking to the future as it develops its Five Year Strategic Plan, which will detail how we ensure that the great progress the organisation has made in terms of quality and financial performance become '*business as usual*' – making the right thing to do the easy thing to do wherever possible and ensuring that together we can face the ongoing challenges in healthcare both locally and nationally.

At the same time, I am keen that we play a leading role in the development of collaboration around health and social care locally. This is something that is very important to the future of a whole range of services and it is important that we all continue to work together to deliver the best care, in the right setting, for all our patients.

My job here has only just begun and as you can tell, there is lots to do! I am looking forward to continuing to speak with patients and staff as the organisation continues on its path to recovery and maintains its worldwide reputation for excellence.

Roland Sinker
Chief Executive



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Thank You ... from the Patients

'On bad days, when I was feeling down, the thought of Radio Addenbrooke's coming on air was a great tonic for me. Listening to the music, jokes and general banter between you all was great fun.

Also being able to phone and talk to you was fantastic.

Keep the good work going and make many more patients happy.

Norman Harrison

**Thanks to the
Radio Addenbrooke's
crew for keeping me
amused and upbeat
during my stay in
hospital.**

**Keep up the good
work!**

Daniel Searle

'One Tuesday evening, two young men visited with pen and paper. They approached every patient laughing and joking and informed me they were 'Mick and Rick,' (the Gruesome Twosome) and would I like a request?

I was thrilled to hear my name mentioned and my record played.

This marvellous service made my long stay in hospital more endurable. Three cheers for Radio Addenbrooke's!

olive Davill

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NCP



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How to Listen to Radio Addenbrooke's



All patients have access to Hospedia's easy to use bedside system, giving access to telephone, films and internet. What's included:

- **FREE** radio including Radio Addenbrooke's
- **FREE** unlimited outgoing calls to 01, 02 and 03 BT landlines
- Films and internet
- Bundles range from 2 hours to 30 days to suit patients needs.

CREATING YOUR BEDSIDE ACCOUNT

Patients can sign up from their hospital bed. If you know you are going to spend time at hospital, it is possible to register from home, by calling the Hospedia customer care team on **0345 414 1234**.

Please note: it is not possible to make international telephone calls from Hospedia's bedside system. There are public pay telephones situated in the main concourse.

WAYS TO PAY

Payment is by cash or credit card.

To pay with cash, you will need to purchase a Hospedia card. There are five vending machines within the hospital:

- near ward A3,
- in the main concourse
- C&D lifts on level 2
- Rosie level 2 on the corridor between the Rosie Hospital and ATC
- near ward L

To pay by credit card at the bedside simply:

- press the pay with your credit card icon on screen and follow on screen instructions
- pick up the phone, press the customer care team icon on screen and they will be happy to help

If you wish to buy credit for yourself or for someone in hospital from home, call the customer care team on **0345 414 1234**.

MOBILE APP

The new Hospedia app for iOS and Android devices helps manage the patient's bedside account, call the bedside, add credit and buy entertainment packages and can be downloaded anytime; the link to the patient's bedside unit and account must be activated from the bedside unit or by calling a Hospedia advisor from the bedside or on **0345 414 1234**.

CHARGES

- Calls to mobiles cost 25p/min
- Incoming calls cost 50p/min and may include additional network charges
- Entertainment service charges start from £5 per day.



To register to listen to Radio Addenbrooke's, press the screen on the button 'TV & Phone' and then complete the details. On the screen that follows, use the on-screen keyboard to enter the initial of your first name, the screen will then jump automatically to the next box where you can enter your surname, then press the continue button. Finally, enter your date of birth and press continue. Your screen will now be registered for you to listen to Radio Addenbrooke's free of charge.



From the main menu, press the button that says 'Listen to Radio'



Radio Addenbrooke's is on Channel 5, titled 'Hospital Radio'. If it says you are listening to a different radio station, use the channel up/down buttons on the screen in the bottom right or one of the buttons just below till you come to Channel 5.

'He Saved My Life'



Dr Emmanuel Huget with Wilko Johnson

Dressed all in black, clutching his prized 1962 Fender Telecaster guitar, Wilko Johnson strides confidently across the forecourt at Addenbrooke's Hospital. The first person he picks out among the crowd gathered outside Addenbrooke's Charitable Trust is oncologist Dr. Emmanuel Huget. The two men greet each other warmly, before Wilko turns and says: 'He (Dr. Huget) saved my life.'

'Saved my life,' is a profound expression the veteran singer-guitarist will use a few times more, before his afternoon visit to Cambridge is out.

Early in 2013, Canvey Island's most famous musical son announced he'd been diagnosed with terminal pancreatic cancer and given just ten months to live. Stoically, Johnson embarked on a sold-out 'farewell' tour, with trusted musical sidekicks Norman Watt-Roy (bass) and Dylan Howe (drums).

But it was whilst playing Oxfordshire's Cornbury Festival that Wilko was approached by a fan Dr Charlie Chan. Dr Chan referred the seasoned musician to Addenbrooke's and oncologist Emmanuel Huget, a specialist in pancreatic cancer.

Dr Huget informed Johnson that as the form of cancer he had contracted was not aggressive, it was operable. This though came with a caveat: there was a mere 15% chance of surviving the lengthy, involved surgery.

On April 30, 2014, Dr Huget's skilled team of surgeons performed an 11-hour operation, successfully removing a neuroendocrine tumour from Wilko Johnson's pancreas. Also extracted were the pancreas itself, spleen and part of the stomach and intestines.

Six months later, in October 2014, Wilko was given the all-clear from cancer. It had first been anticipated, don't forget, his time was to finally run out over Autumn 2013.

'What Addenbrooke's did was an incredible thing,' relates Johnson, 'I have very pleasant memories of a dedicated staff. I admire them so much. I mean they saved my life.'

He continues: Addenbrooke's is one of the best hospitals in the world. Everyone working there is a hero for me – consultants, nurses, cleaners, everyone!

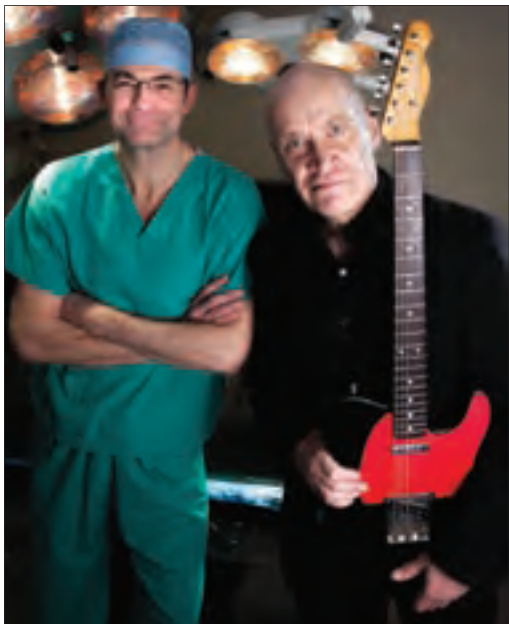
The 68-year-old looks back on the whole life-threatening, life-defining experience, with humour, literacy reference and great powers of description. (A particularly bookish rock 'n' roller, Wilko gained a BA in English Language and Literature, from Newcastle University during the 1960s.)

'There's nothing like being told you're dying to make you feel alive. I felt a surge, an energy. I went outside and the grass took on an extra shade of green. I saw the colour, the real beauty of the trees and the nature around me.'

Johnson jokes that before the tumour – the size of a baby – was removed, 'I'd rest my guitar on it!'

'On the day of the operation I can't remember leaving my hotel,' he tells, having now walked back to the very theatre where it all took place'. Arriving in the operating theatre for such an operation, felt like something out of a Kafka novel'.

Dr. Emmanuel Huget adds. 'Wilko was a brave, stoical patient. He didn't have an easy



time in hospital but he handled all the experiences well. He listened to everything. He made it as easy as possible for us. He's a loveable character, with an incisive sense of humour.'

Today, in 2015, on a sunny afternoon in Cambridge, Wilko Johnson pronounces himself 'As fit as a fiddle!'

Wilko, Norman and Dylan didn't incorporate that particular instrument into their guitar, bass and drums set for the 2015 Cambridge Folk Festival. Earlier in the year, the rocking trio had also played a charity gig in Cambridge, at The Junction, raising £5,000 for Addenbrooke's Hospital.

Their's is a rousing set, incorporating class 1970's r 'n b numbers like 'Down by the Jetty,' 'Roxette' and 'Back in the Night,' from Wilko's hugely influential Dr. Feelgood years; later material includes 'Dr Dupree,' 'Goin' Back There' and 'Keep on Loving You'. The acknowledged encore has come to be Chuck Berry's rock and blues mixture 'Bye, Bye Johnny.'

Wilko jokes 'I don't know how someone like me, in the music business by accident, comes to play with two such accomplished musicians as Norman and Dylan. Plus we really get on.'

There's a certain musical pedigree within.

Diminutive Indian-born Norman Watt-Roy played those distinctive bass lines on Ian Dury and the Blockheads 1970s hits – notably No 1

'Hit Me With Your Rhythm Stick'. 'I listened to this great bass playing', explains Wilko 'and when Ian Dury approached me in 1980 to join the Blockheads, Norman's playing was a determining factor in my joining'.

Johnson appeared on Dury's fourth single hit 'I want to be Straight,' before leaving after 18 months to re-form his first post-Feelgood group, Wilko Johnson's Solid Senders, who had first surfaced during 1977. Solid Senders' new bass player was Norman Watt-Roy, whose musical union with the group's leader endured through to today.

Drummer Dylan Howe, is in Wilko's words, 'A rock 'n roll baby'. The son of Steve Howe, guitarist with 1970s prog-rock giants 'Yes', Dylan is as skilled a jazz drummer as he is playing rock and r 'n b.

Outside his own trio, Johnson recently worked with another great old rocker, Roger Daltrey on their 2014 album 'Going Back Home', which the former didn't originally think he'd live to see released – let alone go top 3!

There's also been an debut acting as mute executioner Ilyn Payne in HBO series 'Game of Thrones.' Producers first unearthed Johnson in Julien Temple's 2009 Dr. Feelgood film documentary, 'Oil City Confidential'. Wilko tells he fitted Payne's character of: 'Somebody really sinister... looking daggers at people... it's like second nature to me!'

Another singer known to look 'really sinister and daggers', John Lydon enthusiastically writes in recent autobiography 'Anger is an Energy,' of catching Dr. Feelgood live in the 1970s.

'Wilko Johnson – what a guitarist', recalls the former Sex Pistol. While vocalist Lee Brilleaux: '... looked like a vagrant trying to look classy, a great image. They were outside of the agenda'.



What odds Wilko for the same title, six extraordinary, traumatic years on from the release of the film? We should at the very least be grateful he's still knocking out great music – plus some great quotes – as well as very much still living.



*Author
Mark
Dobbin
with
Wilko
Johnson*



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Kenny Unveils New Logo



Radio Addenbrooke's hit a high note when jazz legend Kenny Ball unveiled the station's new logo in March 2008. The new logo was devised by graphic design student Stefan Strichen, as part of a collaborative project with the Cambridge School of Art at Anglia Ruskin University.

Stefan says, 'I am really pleased. It has been a great experience working with Radio Addenbrooke's and has given me an insight into how to tailor my creative skills to clients' needs.'

Logo project co-ordinator, Jim Carrington, explained the need for a new logo. He says: 'The station has reinvented itself over the last ten years and we wanted to reflect this by launching a new look.'

The launch of the new logo provided an opportunity for our sponsors and contributors to learn more about our service and to meet the volunteers who collect the patients' record requests and broadcast the shows as well as cataloguing and updating the collection.

Guests included Dr Mary Archer, then Chairman of the Cambridge University Hospitals and friend of Radio Addenbrooke's

and BBC Radio Cambridgeshire presenter Andie Harper.

Andie says: 'It's a modern design for the 21st century. Hospital radio is so important, because the people who run it are volunteers. The patients know that they really care.'

President of the Hospital Broadcasting Association, June Snowden added that Stefan had done 'a wonderful job' and former Radio Addenbrooke's presenter Gordon Ridgeon from the Ridgeons Group said of Stefan's design, 'It is bold and also reflects the quality of Addenbrooke's and its broadcasting.'

The new logo has been added to Radio Addenbrooke's volunteer tee shirts. So if you see somebody walking around your ward wearing one, be sure to speak to them if you can. The volunteers are always keen to chat and will do their best to play a song of your choice on their show.

Officially unveiling the new logo, Kenny Ball said, 'This evening has been a great opportunity to celebrate the success of the station and to commend the brilliant design of this new logo. Addenbrooke's Hospital is a fantastic organisation and we are so lucky to have it.'

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In April 2004, fifty years after producing its first ever show,

Radio Addenbrooke's reached the pinnacle of hospital broadcasting when it was named 'Station of the Year' by the Hospital Broadcasting Association

Over fifty of the 250 HBA member stations competed for the top award, which involves submitting a 15 minute documentary about your station. We were announced as winners at the 2004 National Hospital Radio Awards ceremony in Leeds. It was the first time that we had submitted an entry!

The judges were impressed by our focus on patient interaction and our efforts to foster a sense of community spirit in the hospital. They also commented on the professional production quality of our documentary.

As well as winning a trophy and a cash prize, we are hoping that the award will attract sponsors to help us maintain the service.

We are always looking for funding to keep the studio equipped and to supply prizes for patients who win competitions.

We couldn't have become 'Station of the Year' without your involvement and support.

An outstanding feature of our award-winning entry was the number of patients, visitors and staff who featured in the documentary. Putting your voices and messages on the air is part of what makes hospital radio so special.

Even more reason to pick up the phone and get involved with YOUR Hospital Radio Station!

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Have We Got It?

When a Radio Addenbrooke's volunteer asks you for your request, there is a good chance we will have what you are looking for. We are lucky enough to have built up a large and varied collection. However, we started out with nothing...

The Early Years

by Mike Brown

When the first record request programme started in 1956, Radio Addenbrooke's had no studio, records nor equipment.

The early shows had to be tape recorded in a local record shop, Millers Music Centre in Sidney Street, Cambridge and then replayed to the wards at the old Trumpington Street Hospital.

Millers then kindly agreed to lend us the records. We took the request list to the shop just before the start of each programme and returned the borrowed records the next day.

Gradually, mainly through donations, the station began acquiring records of its own.

The growing collection meant an index was needed. At first, the index took the form of a school exercise book with a home-made alphabetic thumb index along the edge of the page. We listed each track by its first letter to make them easy to find. One exercise book grew to several and as each new track was added to the list it became increasingly difficult to keep them in alphabetical order.

Eventually, we decided to number the records and brought books of different coloured raffle tickets for the job ... but this was still not enough.

In 1980, we approached the Cambridge University Computer Laboratory. They generously let us use space on their IBM mainframe computer to index the records. The computer enabled us to keep a clean and up-to-date list of all the record artists and titles sorted in alphabetical order. We were also able to search the index for keywords, such as names.

Radio Addenbrooke's had entered the computer age and none too soon as, by this time, our collection had blossomed to 16,000 titles.

More Recent

Developments

by Mike Turnbull

Every cloud, they say, has a silver lining. So when Radio Lions – the radio station at Newmarket Hospital – closed in 1992 after 16 years on air, it represented a significant benefit to Radio Addenbrooke's.

Some of Newmarket's volunteer presenters, together with a superior mixing desk and other equipment, plus their entire music collection, joined Radio Addenbrooke's. This collection was catalogued using both manual listings and a computerised database, under such headings as vinyl, CDs and tapes and sub-divided into the musical genres of popular, classical and films and shows.

At the time of this merger, the existing Addenbrooke's collection comprised over 2000 singles and over 500 albums. We still have the two music collections but since 1992, new acquisitions have only been added to the 'Newmarket' system.

In addition, we have a selection of around 2300 items of popular music on the studio computer's hard disk and these can be played over the air entirely without the need for manipulating records, CDs or tapes.

However, in recent years our member Mike Brown has been adding substantially to this number by converting all our CD collection into MP3 format required for this purpose.

Our experts have merged the two collections, plus the 'computerised' music, into a single database, which presently lists over 108,000 entries by both title and artist/composer.

More recently, our music library has been substantially augmented, as in 2006/7 a number of large donations of music were



Mike Brown and Mike Turnbull

received, the major one being the entire vinyl collection of BBC Radio Cambridgeshire, for which we are extremely grateful.

This influx necessitated the construction of additional shelving to accommodate this volume of new material, a job undertaken and completed by Radio Addenbrooke's members.

Incidentally, we would always welcome donations of CDs but regrettably cannot currently accept any more vinyl due to lack of available storage space. If you have any unwanted CDs, please get in touch with Brian Woods on 01223 217181, or Ext. 3181 from within the hospital, to make arrangements for collection.

All this music, apart from the tracks which are held on computer, now comprises over 2300 CDs, 7300 singles, 3500 albums, 650 classical, 300 film and show sound tracks, 350 boxed records and a few minidisks. In addition we have around 200 tapes but these are rarely used because of the difficulty of finding the required tracks quickly.

Recently a RA member developed a new database programme which has made computer input and interrogation much easier. The efficient management of the

collection is crucial if our presenters are to be able to find the music they need in order to plan programmes or simply meet the requests of patients.

For many years, Gill Howden, a former member of the Tuesday night team, numbered and manually listed the titles and artists of all new purchases and donations. However, Gill had to leave us in 2005 but Brian Woods, producer of Radio Addenbrooke's Wednesday afternoon chat show and also a presenter, came to our rescue and has since performed that task admirably and most conscientiously. We are very grateful to him and to Gill.

The responsibility for the upkeep of the database and production of a variety of printouts, has been carried out by myself as music librarian, being a transferee from Radio Lions in 1992 and one of the Tuesday night presenters.

We are rarely unable to satisfy the musical requests of patients but whenever we do not have what is required, we give serious consideration to whether or not we should purchase it and add it to our library.

Inevitably, from time to time, we have duplicates of the same music. On such occasions we have saved them and passed them to our hospital radio colleagues at Hinchinbrooke Hospital in Huntingdon for their use.

Our collection is always growing and there is almost certainly something to appeal to your own musical tastes. So why not put us to the test? Give us a call today via your bedside touch screen and see whether we can play you what you want to hear.

Sadly, in November 2013, Mike Turnbull, our Chief Music Librarian (pictured right) passed away. We were very lucky to secure and very much appreciate the help of another member, Helen Matthews, who took over the data entry and cataloging of our music acquisitions.





Andy's Kars

Andy's Kars is a family-run business located in Bar Hill just outside Cambridge. We have been well established in the area for over 15 years. Our main roles of the business are repairing and servicing motor vehicles and installing and adapting motor vehicles to allow disabled people the independence to live their lives.

We train and support students into the motor trade. We have students that come to us from the local schools, colleges, Papworth Trust, NHS Rehab, The Job centre and various other organisations. All of our students have been disabled and or disadvantaged in one way or another.

Our customers come from in and around Cambridgeshire to have their vehicles looked after. We currently have a team made up of nine full-time employees and one apprentice plus three to four students per week. The students come to us one day a week for six weeks to start with, with this extending if needed until they have the confidence to go on. We then offer support and guidance through their on-going training and assist them to find meaningful work in employment.

Andy's Kars have helped a large number of students over the years and assisted them to reach their potential. We have offered and continued to support the students with their on-going training and search for full time meaning full work in an environment that continually tests them to the full.

We continue to work with more new students every month and have a waiting list of potential students. Our customers fully support the work we do with the students

and are always very happy with the service they receive from our team.

We have a number of students who keep us up to date with their progress, if they have decided they don't need the direct contact and support as their confidence has grown. Most of them have stayed within the motor trade.

A lot of our students have individually received awards for their progress and achievements. Their teachers, support workers and parents have all commented about the change in the students because of their new found interest and determination. The confidence we give them spills out into their everyday life. For example, we have students who wouldn't leave the house without a carer or support worker yet now will happily use the bus on their own and have gone on to get their driving licence and live on their own.

Our customers offer their full support for the assistance we give the students by bringing their cars back year after year. Due to our high level of customer satisfaction, our customer database is continuing to grow, thanks to word of mouth publicity.

With the work we do with the students, we are also helping the local and national government and local areas by encouraging the students to find meaningful work. This then leads on to them paying back the support they have received from the government by way of benefits by paying their tax and National Insurance on their earnings thus helping someone else.

We are one of a kind in what we do and the on-going support we offer.

Andy's Kars is the business side of our organisation; we also have a charitable arm with Andy's Ark. This charity is set up to enable us to reinvest the money and profit that Andy's Kars makes to allow us to offer the on-going support needed and to facilitate more students.

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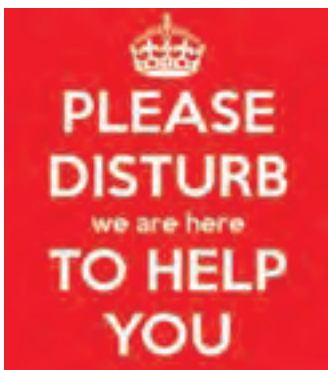
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Camms Meals on Wheels has expanded its service over the last year and as well as covering Cambridge and all the surrounding villages, we now cover St Neots and St Ives and all surrounding villages and we have just opened up a new route in Ely.

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From the Programme Controller

Here at Radio Addenbrooke's we provide a variety of programmes throughout the week from our studio located in the basement of the hospital. We have a dedicated team of presenters who have their own programmes at times to fit in with their availability. This is where I come in as Programme Controller to organise a weekly schedule to provide as much coverage of interesting and entertaining programmes as possible.

Most of our programmes consist of music requests from the patients on the wards. It is essential that our presenters visit the wards prior to their show to talk to the patients and, if needed, help them to set up the bedside unit to enable them to listen. They will provide headphones, if required and, of course, distribute our very own magazine.

Patients and visitors are encouraged to phone in to the studio by direct line from the bedside, to choose their favourite piece of music or enter a competition.

We receive many applications from people of all ages wishing to join our team. Open Evening sessions are held periodically when applicants are invited to the studio to meet some of the team and see for themselves how we work.

A selection panel decides who would be most suitable and, subject to medical and hospital regulation checks, successful candidates are invited to commence training. All entrants are fully trained before going 'on air'.

I am responsible for organising their training which is usually carried out by myself or another member of the team. It is very rewarding to be involved in their progress, especially as some members have later gone on to secure apprenticeships with the BBC.



I regularly report back to the Committee with training progress and updates of programme schedules. The role which I have enjoyed for over five years has been very interesting, busy and above all rewarding.

Whilst you are in hospital do not forget to tune in to our programmes, choose your favourite music and chat to our friendly presenters.

I wish you well during your stay and may you recover progressively and if you do happen to re-visit, may you continue to enjoy our programmes.

Take care.

Brian Woods
Programme Controller

Radio Addenbrooke's is always pleased to hear from new volunteers.

check out our website www.radioaddenbrookes.co.uk

For requests, dedications and more information,

give us a call on 01223 217181

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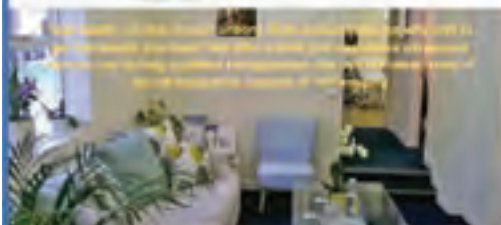
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Why Don't You Join the Team?

For a large proportion of my life I've been involved in computer and video and always wanted to work in radio. Now I have retired, I am able to fulfil that wish. At hospital radio you get to meet and chat to the listeners on the wards. I miss that personal contact when I gave up teaching.



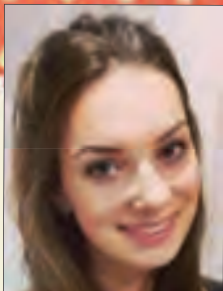
Dayrell Baldwin

I believe listening is one of the most amazing gifts one can give. It means the world to people because every voice matters. I joined Radio Addenbrooke's because I find pleasure in listening to people. In a hospital setting, not being a staff member, who can listen to patients and give them the opportunity to listen to what they want and choose is just the perfect combination. Finally, although hospital radio is quite new to me, I am familiar with the evidence that passive music listening can reduce pain, anxiety or stress and that music can work as a stimulus in a hospital, where each patient can easily live in an isolated bubble.



Matilde Pais

I first heard about Radio Addenbrooke's at a volunteers meeting while I was completing 16 weeks voluntary work on the wards. I joined RA as I saw the difference that it could make to a patient's stay to have their favourite song played and I really enjoyed talking to the patients about their requests.



Lily Matthews

Working as a volunteer in Radio Addenbrooke's has been a most rewarding and positive experience for me; the best parts being the ward visits and the ability to share some of my own musical tastes with my audience. If you like music and meeting people, it is great fun!



Richard Sloane



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Wonderful Radio Addenbrooke's

The true impact of Hospital Radio was unveiled at their recent conference in Watford, as the Hospital Broadcasting Association showcased the independent research study by Dr Jenny Thomas and Steve Coles on behalf of the organisation.

The study reveals that stations not only offer a unique service but also give patients a sense of belonging, help their psycho social health and relieve boredom.

NHS staff told researchers that hospital radio helps ease anxiety during treatment and helps patients keep their mind focused on other things other than the treatment they are receiving.

Here's what two members of Radio Addenbrooke's had to say ...

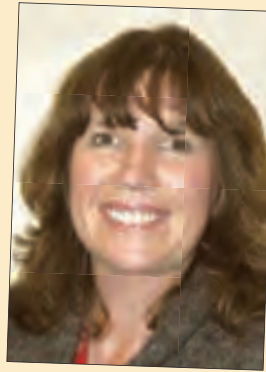


'When we think the patients are up to it we sometimes unplug the headphones from the bedside units and play out radio in the bay.

All of them put in requests and we have them all singing along. It gets a good

atmosphere going which really lifts the patients' spirits. Its good for the patients and its good for the staff. It makes us feel more human'.

Sammy, Nurse and Member of Radio Addenbrooke's



'It's amazing how people can pick a song that means something to them straight away. They give all sorts of different reasons for choosing a song. Maybe it is a happy memory from outside of hospital or sometimes dark humour about their situation. But whatever the reason the song choice reflects them and it gives them pleasure to hear it.'

Suzie, Member of Radio Addenbrooke's

The research was carried out by Dr Jenny Thomas of Performance Consultancy on behalf of the Hospital Broadcasting Association

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Dad's Army – A Fan's Eye View from Norfolk to Portugal



Thetford Chase

Radio Addenbrooke's presenter, Mark Dobbin, grew up in Norfolk, not far from Thetford Chase where the classic TV sit com Dad's Army's outside broadcasts took place. During the mid-1980s, Mark moved to the Algarve in Portugal, making friends with another Englishman living there, Clive Dunn, who famously played Lance Corporal Jack Jones in the series.

Every family has a Captain Mainwaring

Once in Portugal, where we both then lived, I asked Clive Dunn, who played old stager Lance Corporal Jones in Dad's Army 'What makes the classic British sit-com?'

'You identify with the characters' began Clive. Then to emphasise his point, 'Every family has a Captain Mainwaring'. My own family's Captain Mainwaring was Uncle Dick, a balding, somewhat pompous authority on all things cars, who regularly marshalled at Snetterton racing track, close to my hometown of Diss. Here, in this coldest and flattest of Norfolk sports venues, Uncle Dick strode the pits like a colossus played by Arthur Lowe.

Not all stories linking Walmington-on-Sea Home Guard to the county of Norfolk are as tenuous.



Clive Dunn

Producer and co-writer David Croft needed tree-lined, verdant English scenery. A survey of the more rural counties for the opening outside broadcasts in 1968, unearthed the expanse of Norfolk woodland, known as Thetford Chase (nowadays Thetford Forest), in particular The Stanford Practical Training Area with access roads plus a river, 'SPTA' proved ideal.

Dad's Army troops and crew were billeted in the nearby Bell Hotel or in Clive Dunn's words 'We could all get pissed at The Bell after work!'

Dad's Army closing credits in Thetford Chase are legendary; in particular Private Joe Walker (James Beck) typically grabbing a crafty cigarette.

Private Walker, the man who can get you anything – especially during a war! – was a role that co-script-writer Jimmy Perry, Walker's creator coveted. However, it was Londoner James Beck who adopted the pencil moustache and sharply cut suits

Joe Walker operated from Sid Newman's yard on Slope Alley, Walmington-on-Sea, as dodgy as the address sounds! I now fully understood, thanks solely to Joe Walker, what this 1940/50s term 'spiv' really meant.

Local butcher Jack Jones was at 70, one of Lord Kitchener's soldiers. 'Jonesey' played by Clive Dunn (1920-2012) possessed a penchant for depicting men some years his senior. Once he'd even once portrayed Thora Hird's father 'and she was older than me!'

Erily, the first time I had come across Clive was outside his daughter Polly's bistro in Quarteira, along the Algarve coast. It was dusk, when an older man, in silhouette, took a few steps outside into the early night, cradled his hands and fired up a cigarette.

Movements, mannerisms were pure 'Jonesey'. I ventured into the bistro, enjoying a few introductory beers with Clive. As archetypal a pose that he struck earlier in silhouette, I never once saw him smoke again, after that night.

A slim, slightly greying Englishman turned up unannounced at Clive and his wife Cilla's central Algarve home one afternoon, 'I didn't recognise him' told Clive. 'It turned out to be Ian Lavender!'



Ian Lavender



had previously successfully undergone treatment for bladder cancer.

At the turn of the 21st century, Clive Dunn turned 80. The Breast Cancer Research Fund in Portugal also officially formed, the two events not unrelated

The initial Breast Cancer Research half-marathon had been set up for the autumn, around the Algarve's old Moorish capital, Silves, lying in the shadow of southern Portugal's magnificent castle. Among well-known athletes taking part was Portuguese Olympic gold medallist, marathon runner Rosa Mota.

Checking into my newspaper office some days before the run, I was accosted by the editor Brian. 'Clive Dunn phoned earlier and informed me he wanted to take part in the run, preferably with a journalist. He wants you to call him'.

Lavender had memorably played Dad's Army's youngest recruit, molly-coddled 17-year-old Private Frank Pike. 'I'd only ever known him as the 'stupid boy' and here he was a middle-aged-man!'

Ian Lavender, who lives in Suffolk, appeared in the 2016 Dad's Army feature film as Brigadier Pritchard; enjoyed a spell in EastEnders and, on winning Celebrity Weakest Link, donated his prize money to the Cancer Unit at Addenbrooke's Hospital where he



Mark Dobbin with Clive Dunn at a Breast Cancer Research run

Clive and I took part in several Breast Cancer Half Marathons. Becoming an ambassador for the charity, Clive by now well into his 80s, staged his own one man shows to raise funds. He pledged to keep publicising the cause, until sufficient money was raised to install two state-of-the-art mammogram machines in the Algarve. And this he did.

'My good man... I have run over your cockerel'. It was the way Clive told 'em. I close hoping I can do credit via the written word, with one of my favourites of his 'Dad's Army' tales.

In Jonesey's van, on location, Clive sat while Arthur Lowe drove. Pulling into a farm yard, Lowe made fatal contact between van tyres and resident cockerel. The honourable sort he was, Arthur immediately located the farmer.

'My good man', Lowe typically began. 'I much regret I have run over and killed your cockerel and it is my duty to replace it.' 'Please yourself,' replied the farmer. 'The hen's round the back!'

Mark Dobbin



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Dad's Army Quiz



It's time to discover how operational your warhead is as we test your knowledge on the classic BBC sitcom Dad's Army and trundle back to wartime Walmington-on-Sea, the fictional south coastal English town where Captain Mainwaring and his Home Guard platoon put us at ease with laughter on parade.

Dad's Army, starring Arthur Lowe, John Le Mesurier and Clive Dunn with John Laurie, Arnold Ridley, James Beck and Ian Lavender, first marched onto our TV screens on July 31st 1968. It soldiered on for nine series demobbing in 1977 after 83 episodes, 67 radio adaptations, a movie and a stage show.

So with your pens at the slope forward mark.

1. What was the sitcom's creator and co-writer Jimmy Perry originally going to call his show?

(a) The British Lions; (b) The Fighting Tigers; (c) The Walmington Warriors

2. What was the name of Captain Mainwaring's wife, who was never seen by us but whose presence he often felt?

(a) Eleanor; (b) Elizabeth; (c) Ellen

3. Why was Private Joe Walker discharged from the regular army after a short period of time?

(a) allergy to corned beef; (b) flat feet; (c) rare blood group

4. Which of Captain Mainwaring's old soldiers had won the Military Medal for his medical services during the First World War?

(a) L-Cpl Jack Jones; (b) Pvt Charles Godfrey; (c) Pvt James Fraser

5. What was Chief ARP Warden Hodges daytime occupation?

(a) baker; (b) fishmonger; (c) greengrocer

6. Private Pike regularly wore his distinctive scarf on parade, what were its composite colours?

(a) burgundy, light blue and grey; (b) burgundy, light blue and white; (c) burgundy, light blue and yellow

7. During the First World War, Private Frazer was a chief petty officer in which branch of the Royal Navy?

(a) catering; (b) communications; (c) engineering

8. What was the name of Captain Mainwaring's troublesome rival who was in charge of the nearby Eastgate platoon?

(a) Captain Bailey; (b) Captain Cadbury; (c) Captain Square

9. In the final episode 'Never Too Old', Corporal Jones marries the lady with whom he has been besotted for 17 years, who is she?

(a) Mrs Fox; (b) Mrs Pike; (c) Mrs Prosser

10. When Frank Williams was asked to play the Reverend Timothy Farthing in the sitcom back at the start of series three in 1969, it was only supposed to be for the one appearance. Instead he became a semi-regular character, featuring in the movie, the stage show and of course many episodes but how many?

(a) 29; (b) 39; (c) 49

by Mark McCaighey

answers 72



Softly, As I Leave You



A singer once said '... his pitch was right on the nose: his word enunciations letter perfect: his understanding of a song thorough. He will be missed very much not only by myself but by his fans all over the world'. The singer was the legendary Frank Sinatra. The man he spoke about: the irreplaceable Matt Monro

High praise indeed for a boy whose early years knew him under such auspicious names as Terry Fitzgerald, Al Jordan, Fred Flange and his birth name Terence Edward Parsons.

Born 1st December 1930 in Shoreditch, London, the youngest in a family of five, he left school at 14 and landed his first job as 'offal boy' with the Imperial Tobacco Company. At 17, he volunteered for the army for 12 years. After two years he volunteered for overseas duty and was posted to Hong Kong.

He entered a series of talent shows and won seven times. The winner received a half-hour programme on Rediffusion, Hong Kong's local commercial radio station where he was considered good enough to be booked as a resident guest. Eventually Rediffusion gave him his own programme, 'Terry Parsons Sings'.

After being demobilised in 1953, Terence returned to Britain and to make ends meet he joined London Transport as a bus driver. He became friendly with a couple of musicians and talked them into going to a studio with

him. The first disc he recorded, made in a Glasgow sound studio, was entitled 'Polka Dots and Moonbeams'.

While working on a No 27 bus during the day – he sought to establish himself as a band singer at night. He sang first as Terry Fitzgerald and then Al Jordan but his biggest break came with the popular Harry Leader Band. Meanwhile, his Glasgow disc was sent throughout the music business and came to the attention of Winifred Atwell who was so impressed that she arranged an introduction to Decca Records and an audition followed. They took the practically unheard of step of launching a new singer with an LP and a recording contract. It was called 'Blue and Sentimental'. Decca decided he needed a new name and Matt Monro was born.

There followed a series of Radio Luxembourg broadcasts with Winifred Atwell and Cyril Stapleton signed Matt for the Show Band Show series. He was asked to record a TV jingle for a soap firm. This was the start of what was to feature heavily in Matt's life: during 12 years he recorded over 40 commercials for notable companies.

A demonstration disc turned the tide. The late record producer George Martin wanted Matt to record a take-off of Sinatra for one of the tracks on the second Peter Sellers' album he was working on. Sellers, a master of impersonation, admitted he could never approach Sinatra's style so suggested they use Matt's version. It became the opening track for the new album 'Songs for Swingin Sellers'. Matt's version of the track 'You Keep Me Swingin' was used on the LP under the name Fred Flange. Much interest was stirred up over the mysterious singer and eventually the secret leaked out. Matt was in demand and was booked for cabaret all over England which led to TV and radio dates and a trip to the USA.

Everyone associated with the recording was impressed, especially George Martin, who asked if Matt would record under his own name. He gave Matt a Parlophone contract and became his recording manager. Matt's first disc was the little known 'Love Walked In' coupled with 'I'll Know Her' but the picture changed when he made his second recording, 'Portrait of My Love', which reached number three in the charts and stayed there for months.

Next followed 'My Kind of Girl', a hit on both sides of the Atlantic, followed by Matt's first Parlophone LP 'Love is the Same Anywhere'. In June 1961, Rediffusion gave Matt his own television series.

Hit records continued: 'Gonna Build a Mountain', 'Softly As I Leave You', 'When Love Comes Along', 'My Love and Devotion'. All helped cement the ever-growing popularity of someone who was hailed as 'Britain's No 1 male singer'.

Another British phenomenon of the early sixties was the James Bond movie and Matt's voice was to feature on the soundtrack of the second Bond film, 'From Russia With Love'.

Matt was elected by the BBC for the Eurovision Song contest with 'I Love The Little Things' vying against Austrian entry 'Warum Nur Warum'. Matt's came second and 'Warum Nur Warum' was unplaced. Matt thought the Austrian entry very powerful and wanted an English lyric for it. 'Walk Away' was born quickly followed by the highly successful 'Born Free'.

His popularity became assured not only in Britain but also in the USA. 'My Kind Of Girl' had just entered the US charts and Matt became a constant traveller appearing in cabaret and concerts worldwide.

Matt enjoyed his tenure in the US. Special highlights included appearances in some of the biggest stateside cities in America. His television appearances in America read like a who's who and included Johnny Carson, Merv Griffin, Red Skelton, Pat Boone, Gypsy Rose Lee, Nelson Riddle, Liberace, Dick Cavett and Ed Sullivan, a staggering four times.

His worldwide audience was phenomenal with an enormous following in South America where he delighted his fans with albums in Spanish. It was an album in this foreign tongue that produced his first Platinum disc.

Matt's rise to fame coincided with the Beatles' era and although their styles were very different, he had great success with several Lennon McCartney songs and became the first artist to cover 'Yesterday' and took the song to number eight.

Then came numerous cabaret appearances in Britain including a record-breaking ten sell out seasons at London's Talk of the Town.

He was constantly victorious in popularity polls as Britain's No. 1 Male Vocalist but his biggest highs came from working with such illustrious names as Quincy Jones, Nelson Riddle, Billy May, Ted Heath, Mantovani, Michel Legrand, Robert Farnon, Henry Mancini and the London Philharmonic Orchestra.

Matt's last hit single came in 1973, when 'And You Smiled' made the Top 30. Although a stranger to the charts in later years, the 'Heartbreakers' compilation in 1980 proved the Monro magic still worked and the album went gold within days.

One of his last performances was at the Barbican in London, a sell out night that was highly praised by critics and public alike. In 1984 Matt became ill and died shortly after at the age of 54.

A tragic loss to the music business but thankfully he has left us with a wealth of beautiful recordings.

© Michele Monro



Award for Addenbrooke's

Radio Addenbrooke's has been awarded top prize at the National Hospital Radio Awards for its documentary about the Clown Doctors, who entertain patients on the children's wards at Addenbrooke's Hospital.

At a gala ceremony at the Hilton Hotel in Blackpool, Radio Addenbrooke's received the Gold Award in the Speech Package category, for which competing stations submit five minute extracts from interviews and audio documentaries. This was the first time Radio Addenbrooke's had entered this category.

The Clown Doctors visit Addenbrooke's once a week to see young patients and their parents. All fully trained entertainers, their goal is to bring fun and laughter to the children's wards.

'It was heart-warming to see the Clown Doctors in action' said Jim Carrington, who produced the documentary with Radio Addenbrooke's colleagues Phil Rowe and Sam Holloway. 'We wanted to capture the sense of the fun they bring to the wards and show how they make a real difference to patients'.

In 2004, Radio Addenbrooke's won a national award: Station of the Year.

Richard Saunders, Chairman of Radio Addenbrooke's said it was an endorsement of the hard work and thought that goes into running the station.

Pictured Clown Doctors Dr Kala (left) and Dr Strummalong (right).

The Clown Doctors visit the children's wards of several major hospitals across the country, providing entertainment and light relief for the patients, parents and staff. They are supplied by the Theodora Children's Trust. For more information: www.theodora.org.








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Radio Addenbrooke's is always pleased to hear from new volunteers who would like to help us expand and improve our service.

We are particularly interested in people who communicate well with people of all ages and feel that they would enjoy speaking with patients.

Any journalistic, presentation or technical skills would also be but experience in these areas is not required.

If you would like to join us or find out more information, look at our website

www.radioaddenbrookes.co.uk

or contact us in the studio on

(01223) 217181

or write to Richard Saunders, the Chairman at:

Radio Addenbrooke's

c/o Voluntary Services Department, Box 214,

Addenbrooke's NHS Trust, Hills Road,

Cambridge CB2 2QQ



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*Social events are organised locally, regionally and nationally by the KFA.
See websites: www.keepfit.org.uk and www.easterncountieskfa.org.uk or look
on the St Andrews church website under adult activities for local events.*

POP QUIZ

Test your music knowledge
with these questions

- Who has a backing group called The Waves?
- Who won the Eurovision Song Contest with 'Puppet on a String'?
- Who changed his name from Gordon Sumner?
- Who had a hit with 'Radio Gaga'?
- Who had an 80's hit with 'You Win Again'?
- St Winifred's School Choir sang about which relative?
- In which year did Radio 1 start?
- Diana Ross fronted which Tamla Motown Group?
- Who managed to get to number one with a song about a dustman?
- Which nationality was Herb Alpert's flea?
- Which instrument was Nat King Cole famous for playing?
- 'Close To You' was the first hit for which group?
- Who sang with Kiki Dee on 'Don't Go Breaking My Heart'?
- What was Clarence Carter's one and only hit?
- Which Everly Brother sang the high notes?
- Who had a 70's No. 1 with 'Everything I Own'?
- What was the first British Top Ten hit for George Benson?
- Which Beatle made it first to No. 1 with a solo single?
- Who were the first Dutch group to top the British charts?
- Who was the first artist at Number one to wear an eyepatch?

Answers p72



The History of Radio Addenbrooke's

1952
1954
1956
1962
1972
1975
1980
1992
1994
2003
2004
2005
2006
2007
2008
2010
2015

The Cambridge Daily News launched an appeal to raise funds for a cabled radio service in the old Addenbrooke's Hospital in Trumpington Street. The service relayed the BBC's 'Home' and 'Light' programmes.

The first hospital radio transmission – funded by the ToCH charity – consisted of football commentaries recorded at local games. It was then that the name 'Radio Addenbrooke's' was first used.

Don Hale, the station's former football commentator, began a record request programme. This featured interviews with celebrities appearing in Cambridge and included Cilla Black, Shirley Bassey and the Beatles!

The new Addenbrooke's opened on Hills Road and hospital radio was soon available. The initial 'studio' was very basic with the equipment squeezed into the basement walkway.

A new studio was provided, again by public subscription, by the people of Saffron Walden and Cambridge, under the organisation of ToCH.

Don Hale's years of voluntary work were recognised when he was awarded the B.E.M. He was supported at Radio Addenbrooke's by his family and colleagues from the University Engineering Department. Sadly, Don died in 1980.

Mike Brown became chairman. He continued the request programme, along with football commentaries from the Cambridge United football ground. Mike also undertook outside recording at the 13th Cambridge Folk Festival, featuring interviews with the artists and the organisers.

Newmarket General Hospital was downgraded and members of its Radio Station – the Newmarket Lions Club Hospital Radio – joined the Radio Addenbrooke's team.

Jeff Stagg took over as chairman. He built up the team from a handful of presenters to the forty strong members we have today.

Current chairman Richard Saunders took over promising 'to push for extra quality hours of broadcasting and ensure that each patient's stay in Addenbrooke's is all the better for our efforts.'

Radio Addenbrooke's successfully completed the first All Day Lie-In broadcast and again visited the Cambridge Folk Festival.

Radio Addenbrooke's was named Hospital Radio Station of the Year by the Hospital Broadcasting Association – a major achievement for the station which reflects the hard work and dedication of Radio Addenbrooke's volunteers.

Radio Addenbrooke's received 'highly commended' accolade from the Hospital Broadcasting Association for their Special Event report.

Dr Mary Archer interviewed live on-air as part of the Wednesday afternoon show. May saw Radio Addenbrooke's undertake its third All Day Lie-in 12 hour broadcast as part of the Addenbrooke's Open Day.

Launch of our website: www.radioaddenbrookes.co.uk

Radio Addenbrooke's updated its image. At an evening reception, the late Kenny Ball launched its contemporary new look by unveiling a logo designed from a collaborative project with the Cambridge School of Art at Anglia Ruskin University.

Membership exceeds 50 and its music collection 120,000 titles

The Mayor or Cambridge Councillor Gerri Bird opens the new Radio Addenbrooke's studio

Meet the Radio Addenbrooke's Team



Richard Saunders



Mike Brown



Brian Woods



Dayrell Baldwin



David Barlow



Richard Clover



Mark McCaighey



Tony Barnfield



Nigel Beaumont



Kristina Boddy



Phillipa Coe



Sonal Dersai-Abram



Mark Dobbin



Paul Ellis



Sammy Fairbank



Cath Faithfull



Joel Finneron



Paul Harrison



Sam Holloway



Neil Jinkerson



Anna Lindup



Tricia Marchant



Lily Matthews



Matilde Pais



Cliff Parr



Mavis Perkins



Michelle Rowe



Phil Rowe



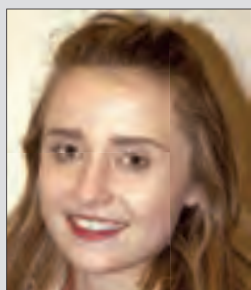
Judy Saunders



Martyn Saunders



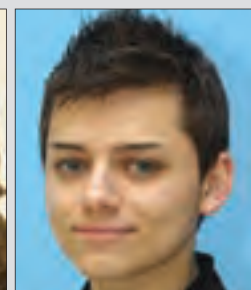
Richard Sloane



Lauren Smith



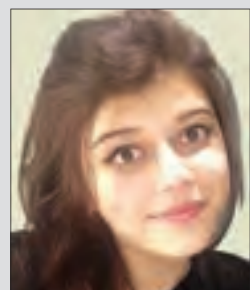
Suzie Thorpe



Grant Tuffs



Ben Wearn



Wafia Zia

Ask Me If I'm Happy

Peter Bowles, 79, has been acting on stage and screen for 60 years and is no stranger to Cambridge where he has appeared at the Arts Theatre on several occasions. Peter started his career with the Old Vic Company in 1956 playing small parts in Macbeth, Romeo and Juliet and Richard II. He played in many performances at the Bristol Old Vic but fans have recently seen him in something very different and a whole lot darker when he was one of the cast of Bafta award-winning drama *Murder*, which returned to BBC2.

The three stand alone dramas were remarkable in that all the characters spoke directly to the camera, giving their side of a particular crime story, so there was no interaction with any other actors. Peter played formidable aristocrat Greville Cotterall.

In Peter's 2010 autobiography 'Ask Me If I'm Happy', he introduces his paternal grandfather, a coach and four driver from Huntingdon. 'My grandfather as a young man, worked for a large hotel in Huntingdon – which is still there.'

The star of such landmark TV programmes as 'To the Manor Born', 'Only When I Laugh' and 'Rumpole of the Bailey', explains 'The ladies of London would come down to the hotel for the weekend, when the students were up at Cambridge University. My grandfather would pick up students in his coach for the weekend and take them back to Cambridge, Sunday evening ... maybe even Monday morning!'

Peter's father, Huntingdon-born Herbert Bowles, would continue in the taxiing/driving tradition, from London as chauffeur/valet to Drogo Montagu. Peter writes of young Drogo as: '... the handsome, hell-raising second son of the Earl of Sandwich ... (who) adored women and the night life of twenties' and thirties' London.'

Peter, born in London, decided early on he would be an actor – from the moment 'I realised I could get paid for it!' And like 'Grandfather Bowles' before him, Peter discovered Cambridge as a young man, performing in a season of plays from the Arts Theatre during 1957/58.

'Yes, I got to know Cambridge', Peter confirms, 'as well as a few nurses, during this two month period.'

Nurses there were in 1950's Cambridge but



understudies for aspiring young Thespians, apparently not. During one play, the whole cast went down with flu. 'Mattresses were brought in while the St. John Ambulance workers would apply cold compresses to our brows. We'd lie on the mattresses until the cue came to go back on stage!'

In 2011, a thankfully flu-free Peter Bowles returned to Cambridge Arts Theatre in Sheridan's timeless comedy 'The Rivals.' Not only did this 2010 adaptation of 'The Rivals' represent the 13th time Bowles had been directed on stage by the great Sir Peter Hall but also the veteran actor was reunited with Penelope Keith in the lead roles of Sir Anthony Absolute and Mrs Malaprop – they most famously appeared together some thirty years before in BAFTA winning sit-com 'To the Manor Born'.

Bowles and Hall had first met, when: 'He approached me in the street, twenty years ago.' The actor puts a long-standing professional relationship down to good old honesty and integrity – 'He's straight and I'm straight.'

'Peter Hall likes that I've neither read, nor seen quite a few of his plays before appearing in them. This brings something new to the role – he's said this is an advantage.'

Although 'To the Manor Born' had made the leads in Sir Peter's 'The Rivals' household names, Peter Bowles and Penelope Keith



Peter is reunited with Penelope Keith in Sheridan's 'The Rivals' at the Cambridge Arts Theatre in October 2011

didn't meet up again until almost thirty years afterwards – redoubtable Audrey Fforbes-Hamilton and rich and dashing Richard De Vere brought back for a one-off 2007 Christmas Special.

'Ironically, before 'To the Manor Born', Peter turned down the part of Jerry, husband of Margot (played by Penelope Keith) in BBC TV's 'The Good Life, the role eventually going to the late Paul Eddington.'

In April 2011, Peter and Sue Bowles celebrated their golden wedding anniversary. He'd first briefly met actress Susan Bennett at RADA – among contemporaries Alan Bates, Peter O'Toole and Sian Phillips – when they were teenagers. Two years later they met again at Bristol Old Vic. During a break, Peter invited Susan 'over the road, for a drink and sandwich.' Before the young lady had placed her order, he proposed – Sue turned him down!

Eventually Sue came round to Peter's way of thinking, though Peter had to relay the message through his best friend, fellow-actor Bryan Pringle, as she'd lost track of him.

Sue had made a decision that once they got married in the early 1960s and had started a family, she would give up acting to look after the children – 'and me,' says Peter. This involved turning down Peter Hall at the RSC. The final accompanying photographs in 'Ask Me If I'm Happy' show Peter and Sue on their silver wedding anniversary with children Guy, Adam and Sasha (not forgetting dog Bob!) while the 14-person 2009 shot, underneath – 'The gang's all here' – features in-laws and grandchildren too.

Peter and Sue stayed locally for 'Rivals' in Cambridge. What exactly does he do and see when in our university city?

'I do nothing,' Bowles responds. 'In my mature years I've been in leading theatre roles, which can be quite exhausting. I have a quiet morning, a good lunch, then I sleep. Then I'm ready to work.'

Our talk, fittingly, wraps up to Eddie Cochran's classic song 'C'mon Everybody' – 'He (Eddie) was 'Something else,' scribes massive fan Bowles. In Bristol, on April 16 1960, the actor saw what would be, tragically, Cochran's last ever performance, hours before the rock 'n' roller's fatal car crash.

He also keenly follows five day Test cricket, though not Peter emphasises 'That 20/20 cricket, played in pyjamas!'

And from even further back, when Peter started grammar school – pre even realising he could get paid for acting – 'I was thinking about a job where I could earn a thousand pounds a year. I thought 'I'll be a dentist.'

My fellow-interviewer interjects 'I'm sure many of those who've watched you acting over the years, are glad you decided to become an actor.' 'Yes', replies Peter 'and so are a lot of dental patients!'

Ask Me If I'm Happy – An Actor's Life by Peter Bowles (Simon and Schuster) is available in hardback at £17.99.

Mark Dobbin



RA Chairman, Richard Saunders seized the opportunity to obtain a signature on his copy of the actor's autobiography backstage. Peter had reunited with Penelope Keith in Sheridan's 'The Rivals' at the Cambridge Arts Theatre in October 2011

The Station Engineer (Who's That?)

That's me, Dayrell Baldwin, the one in the picture trying to electrocute himself delving into the back of the new Studio B mixer. No really, I am the Studio Engineer and that means that I'm responsible for making sure that both studios run smoothly and that all the equipment functions correctly.

Sometimes this is relatively simple but at other times mind numbingly difficult. But my intention is to try to keep the station running and on the air.

I started working life as a computer programmer in the days when there were no video monitors, no typewriter keyboards and you couldn't fit a computer in anybody's living room.

After a couple of years I realised that this was not for me and trained to be a teacher of Maths.

So a few years later along came personal computers and IT in schools and guess who got the job of looking after them and teaching the subject? Well, I did that for my last twenty years until I retired.

I have always been involved in stage production, video, television and I've played in a number of bands. Along the way I picked up a fair knowledge of what makes computers, video and sound equipment tick. So, when I joined Radio Addenbrooke's, I offered my services to the engineering team.

When the previous engineer decided to pass on the baton, I found myself volunteered for the job.

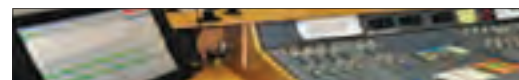


It has been a very steep learning curve but I'm getting there. Thankfully, there are a number of people who willingly offer me their help and knowledge.

Currently, we are constructing a second studio designed for disabled people who are unable to get into our original Studio A. We are grateful to all the people and companies who have donated equipment and time to this project. We are nearly there, give or take a few challenging problems.

I look forward to completing this project and having two fully functional studios at the station.

Then, who knows what the next development will be. I'm sure it will present more engineering challenges.



Radio Addenbrooke's is always pleased to hear from new volunteers who would like to help us expand and improve our service. We are particularly interested in people who communicate well with people of all ages and feel that they would enjoy speaking with patients.

Any journalistic, presentation or technical skills would also be but experience in these areas is not required.

If you would like to join us or find out more information, look at our website

www.radioaddenbrookes.co.uk

or contact us in the studio on (01223) 217181

or write to Richard Saunders, the Chairman at: Radio Addenbrooke's, c/o Voluntary Services Department, Box 214, Addenbrooke's NHS Trust, Hills Road, Cambridge CB2 2QQ

Dayrell

Opening of Studio 2



Mayor Gerri Bird cuts the ribbon



Radio Addenbrooke's Chairman, Richard Saunders with Mayor Gerri Bird and RA member, Kristina Boddy

From September 2014 till March 2015, Radio Addenbrooke's was off-air for major studio improvements. A second studio was created to accommodate members confined to larger motorised wheelchairs and to provide space for programme editing/broadcasting.

On Wednesday, 22nd April 2015, special guests were invited from Addenbrooke's Hospital and the Addenbrooke's Charitable Trust (ACT) without whose considerable financial support the project could not have been undertaken.

Guests were welcomed by Radio Addenbrooke's Chairman, Richard Saunders in the boardroom before moving to the studio in the hospital basement where the then Mayor of Cambridge, Cllr Gerri Bird, herself confined to a wheelchair, officially cut the ribbon, re-opening the studio.

Directors of IPE Systems, who had donated studio equipment and representatives of the Contractor CarmelCrest, were also present at the event. Several guests, including the Mayor joined Radio Addenbrooke's members in a 'live' broadcast to patients during the celebrations.



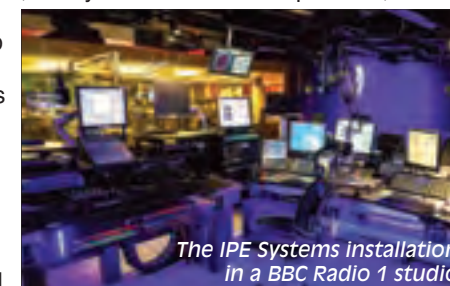
Having been one of the UK's leading broadcast integrators for many years, IPE Systems* were delighted to have the opportunity to support Radio Addenbrooke's. Being involved with such a great project is a real honour for us and a change to our normal day job. We currently support some of the largest broadcasters globally including BBC, ITV, SKY, CNN and Discovery, so having



the chance to supply our IDS equipment and the services of our engineers to such a worthwhile, solely volunteer based operation, was a refreshing change for us. We have relished the relationship we have built up with the team at Radio Addenbrooke's and look forward to a long lasting professional relationship.

We are always on hand to offer the experience of our engineers to the volunteers when required.

IPE Ltd, Saxon Way, Melbourn, Royston, Herts SG8 6DN



The IPE Systems installation in a BBC Radio 1 studio

Volunteering at Cambridge University Hospitals



We have a thriving volunteer community here and we are **recruiting now** for new members of the team. The time given by volunteers is truly appreciated by our patients and staff.

We offer a variety of roles, all of which directly engage with our patients and visitors. Our teams include ward volunteering, guiding, outpatients clinics/units and mobile (trolley) services.

There are also opportunities to volunteer within our partner organisations – Royal Voluntary Service and Macmillan Cancer Services.

Because we value our volunteers, we offer a number of benefits in return. The most important is the least tangible – it's the knowledge that you've been able to help someone who may have been feeling bored, anxious or lonely. Nobody wants to have to come to hospital and for some it is a very difficult time. Volunteers understand that sometimes it is the small things at the right moment that really do make a difference.

We support you to help others by providing the following:

- Free parking (whilst volunteering)
- Free uniform
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- Regular volunteer events, including monthly forums
- Recognition of volunteering awards
- Celebration events
- A choice of roles (subject to availability and criteria)
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email: volunteer@addenbrookes.nhs.uk

telephone: 01223 586616

Thank You

We Need Your Help

Without the generosity of patients, their families and local organisations, Radio Addenbrooke's could not operate. Donations provide nearly 15% of our annual income which enables us to:

- ◆ produce and broadcast programmes to patients on a daily basis
- ◆ maintain and upgrade equipment
- ◆ continually add to our music library thus giving patients a wide and varied choice of music

All donations raised are used exclusively for the improvement of the radio service to patients but if we are to carry on improving and providing the service we need your help too.

Fundraising is vital to our continued existence and if you would like to help by making a donation – no matter how small – simply send it to:

The Treasurer

Radio Addenbrooke's

Box 214

Addenbrooke's Hospital

Cambridge CB2 0QQ

A special 'thank you' to the following organisations who provided prizes for the competitions we held during our participation in Addenbrooke's Open Day and our Logo Launch:

Open Day

- ◆ Body Shop
- ◆ Digital Village of Mill Road, who loaned the station equipment to use for Open Day
- ◆ Galloway & Porter
- ◆ Hair Depot
- ◆ Halfords
- ◆ Hospedia
- ◆ John Lewis, Cambridge
- ◆ Martins
- ◆ McColls
- ◆ Miller's Music Centre
- ◆ Scotsdale Garden Centre
- ◆ Searle's Butchers, Sawston
- ◆ Sounds Good Music
- ◆ Stock Shop
- ◆ Tolly's Flowers

Logo Launch

Activity Superstore Ltd, Arcam, ARCO (East Anglia), Bird of Paradise Floral Designs, Bluepoint Cambridge Ltd, Body Shop, Cambridge Corn Exchange, Canford Audio, CBS Office Solutions Ltd, CoolerAid (formerly Aquaid), Copycolour Cambridge, Forbuoys, Friends of Addenbrooke's, Gentian Group, G W Pharms Ltd, Hayden Labs, Heffers Bookshop, Henley Design, Hospedia, Hospital Broadcasting Association, International Flavours & Fragrances, Marylebone Cricket Club, NTL, Mission, Olan Mills Ltd, Persula Foundation, Premier Travel, Rega, Ridgeons, Royston Angling Club, Rugby Cement, Sainsburys, Sony, Tesco, The Stock Shop, Vue Cinemas, WAGN, WH Smith, Mrs Olive Davill, Mrs June Snowden, Mr & Mrs J.S. Provis, Mr & Mrs R.T. Barfield, Mr P Langran, Dr R Thornton, Mrs Henderson, the late Ms Sheila M Tyers.

Other Donations

Mike Brown, Mrs Olive Davill, TOC H Cambridge, IFF Charity Trust, Ridgeons, Aquaid, Nahbo, Rugby Cement, John Lewis, Radio Cambridge Trust, Royston Angling Club, BXT, Mrs J Shepherd and Richard Durley.

Companies, organisations and individuals who have supported Radio Addenbrooke's:

Attend, British Heart Foundation, Cambridge Building Society, Cambridge Printers, Forget-Me Not Club, Gt. Abington, IPE Systems, Radio Cambridgeshire, Ridgeons, Waitrose, WRVS, Madelaine Debnam, Ian McCarney.



Sawston family helped by Family Link Service



Left to right: Link carers Barbara and Neil with Sharon, Jonathan and Jake

Cambridgeshire County Council's Family Link Service is a short break service for families with disabled children, linking a family to carers who can help share the care of the child by welcoming them into their home.

Jake is 8 and lives in Sawston and has been visiting his Link carers Barbara and Neil for four years. They collect him on Sunday mornings, leaving his parents, Sharon and Jonathan, much needed time to relax and spend quality time with their other children.

Sharon said, 'I always sleep in bed with Jake because he has seizures through the night, so I often feel very tired. Jake is strong willed and active, we have to keep the doors and windows locked to keep him safe. To have a few hours when I can switch off and spend time with our other kids or have a chance to do the small things other people take for granted, like have a shower uninterrupted, makes a huge difference'.

Neil and Barbara live round the corner and have a well-established routine of activities which Jake enjoys each week, like going for a walk to buy the paper then play football, teach card games and make fresh orange juice. We also take trips to nearby places like the Botanic Gardens in Cambridge'.

Sharon added 'Jake's Link carers are a big part of his life, one week we were away so he wasn't able to spend time with them and he reminded me Sunday should be a Barbara and Neil day!'

Neil and Barbara have been involved in the Family Link Service for many years and have built up a number of long-term, close relationships with disabled children and their families. They said 'the role can have challenges which you have to consider before applying, especially if you are a Link carer while your own children are growing up. But friends who hear about our work and the difference it makes are often tempted to become Link carers themselves and we always encourage anyone who is interested to come forward and find out more.'

Cambridgeshire County Council are currently looking for more people to become Link carers and are particularly keen to hear from anyone with experience working with children with disabilities. Carers are paid an allowance, take part in a comprehensive training programme and receive ongoing support.

For more information please call 0800 052 0078 or visit www.cambridgeshire.gov.uk/fostering

Dingbats

Illustrated are expressions, phrases or sayings
Can you guess what they are?

LEVEL

**BEND
BACKWARDS**



MAGIC

**Look
YOU**

ECNALG

Answers 72

Tales from the Clipboard



'Can you play 'Needles and Pins' by the Searchers?'

'Lying here in here in hospital can sometimes be a boring and lonely experience. Yes, there's always a lot of activity – doctors' rounds, nurses coming and going, visitors arriving, perhaps a passing patient will stop for a chat – but for most of the time one is left alone to ponder. Then suddenly two smiling faces appear at the bedside. One friendly voice explains they are from Radio Addenbrooke's and asks whether I would like a request played on their radio show'. This is a patient's typical account of what happens almost every day on the wards. Our Radio Addenbrooke's volunteers endeavour to make life in hospital a little more pleasant.

Meeting and chatting to the patients can be a very rewarding experience and often springs surprises. Helen, one of our regular request collectors, tells the story of a lady who requested something by trumpeter, Alison Balsom, as she was her granddaughter's favourite and was aspiring to follow in her shoes, playing the trumpet. In the next ward a patient asked for something by any colliery band, as he played in one and knew Alison Balsom as they lived in the same town. By the weirdest coincidence the patient in an opposite bed said he used to play tenor trombone in another brass band and also knew Alison Balsom. 'I learnt all about Alison after that as I had never heard of her before. We did happen to have a

recording of her, so everyone was very pleased', says Helen.

We always encourage our listeners to call us from their bedside and participate in our programmes. I was delighted to receive a call from Patrick on G3 who asked us to read out a poem he had written, dedicated to all at Radio Addenbrooke's. It went as follows:

Radio Addenbrooke's

There is a sound not far away
Comes to us every day
The DJs work so hard to please
Finding old dusty records make them sneeze
Requests come thick and fast,
Patients are in touch at last.
The cheerful banter they give out on air
Shows that they really care.
Being an eighty-three year old
Remember when songs were sung
Not like modern ones – listen then bung.
The cheer you bring when on the air,
Make a day beyond compare.
Keep it up!

Patrick had also written similar poems of appreciation for the nurses and his 'special tea lady' on the ward!

It is always a pleasure to receive calls from the patients, even if sometimes confusing. John called us and when asked what music he would like played, replied 'No Matter What'. Thinking for a moment that he meant play anything you like, so I asked him again. He said, 'No Matter What' sung by Boyzone!

Working with hospital radio is often full of surprises. We love to hear from you and particularly your comments. That's what makes us keep going. So, whether your stay in hospital is short or long, do get in touch with us from your bedside or have a chat with us when we visit your ward. Happy listening!

Brian Woods



A Message from the HBA President



both by the broadcasting industry and more importantly the Health Service and patients.

I have been involved in hospital radio for over 41 years and have seen how it has changed a great deal during that time – particularly in the way in which we broadcast and thank goodness technology has given us a lot of skills and time which allow us to be more active on the wards. Records show the first hospital radio station began in York in 1926, only four years after the launch of the BBC.

Although there are hospital radio stations in many parts of the world, Britain was the first and we believe still leads the way. The Netherlands used to have as many stations but that is sadly diminishing with cuts in funding. The history and development of Hospital Radio is something which continues to fascinate me and I have collected a great deal of information during my visits and received emails from other parts of the world too. My passion for hospital radio and being President has given me the opportunity to visit stations in France, Holland, Germany, Australia and New Zealand. Their aims and work are very much the same as in the UK.

However, for me, as for all hospital broadcasters, the most important people are and always will be the patients. I, like my fellow hospital broadcasters love to visit our listeners and spend a little time with them, chatting and giving them something else to think about during their stay in hospital which we regard as a most important aspect of our work. I have met many wonderful and interesting people, often amazing characters, over the years and I think we are all very privileged to be able to spend time on the wards talking with patients.

On behalf of the patient, I thank all the hospital broadcasting team at Radio Addenbrookes for their continued dedication in bringing you hospital radio to your bedside, which is free to all listeners.

And to every patient, I hope you enjoyed reading this and get well very soon.

My sincere best wishes

June Snowden, President

Hospital Broadcasting Association

Living so close to Cambridge means that Radio Addenbrookes continue to invite me to their members meetings as well as other occasions and I regard the station and its members as lovely friends. Whilst not a member of the station, the welcome I receive and the involvement with everyone makes me feel as if I am and I am very happy to do anything I can to help. Once again, many thanks to Radio Addenbrookes for inviting me to contribute to your publication. This is so important to me and I appreciate it. But more importantly I know they value the work they do in the hospital and how very seriously they take their role as volunteers and how much they care about the patients they serve.

In my role as President, it has given me the opportunity to visit member stations all over the UK. I have lost count how many hospital radio stations I have now visited but it is well over 200; the Association has 210 members so I have visited nearly all our members at some time since I became President. I am able to appreciate the time, effort, enthusiasm, dedication and commitment hospital broadcasters give to their stations, the patients and their community. Hospital broadcasters are extremely generous with their time and I am proud to be our President and pleased that hospital broadcasters – all of whom are volunteers – are so well respected





www.radioaddenbrookes.co.uk

In 1998 I was asked to create a website for Radio Addenbrooke's and it was a challenge I took pleasure in accepting. This short article attempts to explain how I went about it and the changes we recently undertook to update the look and feel.

Back in 1998, in order to determine what was required, I produced a few key questions which I put to some of my Radio Addenbrooke's colleagues.

My first question was to establish what the site would be used for. Essentially we wanted an informative site which would make it easy for anyone, patient, volunteer or casual web surfer to navigate their way around. This has recently been made easier and more logical.

We needed a section of the site enabling prospective volunteers to get in touch with Radio Addenbrooke's and apply to volunteer. A separate contact form is used for general enquiries or questions.

Once we had set these objectives, I proceeded to create the various pages.

Next I had to decide how to build the website. All you need to build a website is a computer, an internet connection and a little knowledge of HTML – the programming language used to create documents for display on the World Wide Web. Building a website can be a very simple task or it can be overly complicated.

I kept the design simple and basic. Our new logo was used as the centre piece and elsewhere on the site I used the colours incorporated in the logo. Too many colours and fonts look cluttered and messy and may put people off visiting us again.

The best websites use only one or two colours for their fonts and backgrounds, and they avoid large blocks of scary-looking text. I hope this is something I have been able to achieve.

Finally, we had to find a location for our website. Our site lives with our web host

www.happyserver.co.uk. They provide a server, at a remote location, which has permanent access to the internet. This server stores our website pages so they can be viewed via the web at any time day or night. We are fortunate in that our site is hosted free or charge. Our thanks to

www.happyserver.co.uk for continuing this kind gesture.

That was it. Our site was up and running. We are fortunate in that it has been visited by many people worldwide. If you enter 'Radio Addenbrooke's' into a search engine, the chances are that our site will be the first listing. (I would be surprised if there were another). You may be interested to know that the most visited page on our site is 'Volunteer'.

In 2015, during the renovation of our studio complex when we were off air for six months, I took the decision to completely re-design the site including changes to the way content is entered. Without getting too technical and with the advances in HTML (web language), the advances in mobile devices, our site now automatically adjusts to the dimensions of the device reading the pages. We now have a blog where users can leave comments on blog articles. We can create 'Polls' for users to vote. The use of graphics is now much improved with the option of clicking on an image to see a larger version.

All in all radioaddenbrookes.co.uk is now right up-to-date, modern and interactive. A website which will last, advance with technology as technology advances.

My ultimate aim is to 'stream' our shows via our site allowing patients, relative and friends to share our shows rather than limiting listeners to bedside units.

If you have never visited, then find a computer, mobile device or use your bedside unit and navigate to www.radioaddenbrookes.co.uk



Founded in 1766, CUH now covers
73 acres, the equivalent of 41 football
pitches. We have ...



enough windows to
cover



12
Millennium
Stadiums

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miles of
electrical cable



28,000



electrical
plug sockets



17,800

doors in
the hospital



260



miles of pipe work

54,000

light fittings



a corridor that is

2

miles long



to use

1,000

gallons of paint each
year



13,313

rooms



32

anaesthetic rooms



35

operating theatres



377

consulting/
examination rooms



DID YOU KNOW...



The first Addenbrooke's Hospital opened 250 years ago with 20 beds and just 11 patients.



In those days, the Matron's salary was £10 a year – but she could earn a £5 bonus for 'good behaviour'.



Today the hospital has 1,180 beds and more than 6,000 members of staff.



In 2012/3 it treated more than 73,069 men, women and children as inpatients and nearly 574,998 people attended its outpatient clinics.



Radio Addenbrooke's – the hospital radio station broadcasting solely to patients – was launched in 1953.



The famous 'Addenbrooke's Chimney' is 220 feet high and took just 13 days to build. It can be seen for miles around.



Each year the hospital laundry washes over four million items of linen – that's a staggering 5,300 tons.



A junior doctor clocks up between four and five miles every day walking around the hospital.



If all the hospital bed sheets used during the year were put together they would stretch from Cambridge to Land's End – about 330 miles.



Some 5,749 babies are delivered at the Rosie Maternity Hospital each year.



In 2012 a robotic 'surgeon' performed 1000 prostate operations at Addenbrooke's.



The first liver transplant was carried out at Addenbrooke's in 1968. In 1999 there were 75 liver transplant operations.



There are over 700 volunteers working at Addenbrooke's – ranging in age from 19 to 90.



The hospital has 35 operating theatres, 58 lifts, 17,800 doors and enough windows to cover 12 Millennium stadiums.



The hospital dealt with 102,709 cases in Accident and Emergency



Over 22,000 operations are carried out each year.



The Addenbrooke's website – www.addenbrookes.org.uk – receives over 51,000 visits a week.



The Addenbrooke's post room handles more than 35,000 items of mail each day.



The hospital switchboard receives and connects more than 192,000 calls each month.



About 860 staff members cycle to work; 300 walk and 750 travel by bus.

Top time-wasters at A & E Depts in Cambridgeshire's three hospitals

The top ten reasons given by patients for using A & E when they didn't need to!

- Broken false finger nail that wouldn't come off!
- Splinter in a finger!
- Needed emergency contraception!
- A shaving cut – that wasn't visible!
- Paper cut!
- Months of back pain but had not seen a GP!
- Got a sore throat!
- Got hiccups!
- Unable to sleep!
- Run out of medication!

Addenbrooke's A & E Department saw 30,000 patients in the first three months of 2016, many of whom did not need to be there!

Obituaries

Sadly Radio Addenbrooke's loses two members in three months **Richard Saunders, Chairman**



On 25th November 2013, Mike Turnbull lost his battle with cancer, aged 79 years.

Mike started his hospital radio career at Newmarket Hospital which was then run by the Newmarket Lions.

In 1993, when that hospital was downgraded, Mike and several colleagues complete with the record and CD collection, moved to join the hospital radio at Addenbrooke's Hospital, Cambridge. Mike saw a desperate need to combine and catalogue both stations' vinyl record and CD collections to make it easy for music requests to be found by presenters. He claimed the title of 'Chief Music Librarian' at the station – a task he did very well right to the end.

Mike left his extensive CD collection to Radio Addenbrooke's – pity he was not available to catalogue it all!

We miss him.

On 5th February 2014, we lost a second member through cancer, Danny Derrig.

Danny was a retired policeman working part time for the NHS in fraud prevention.

He joined Radio Addenbrooke's in 2012 and after a spell on my show soon went on to have his own show called 'On the Beat', (a link there to his police force past!), where he revelled in 60's music.

Two of his friends were that great Irish duo 'Foster & Allen' – they even recorded some jingles for his 'On the Beat with Danny D' programme.

In his short time with us, he made quite an impression with a well prepared show and playing mixed requests with well known and lesser known 60's recordings.

Danny used to constantly sing along to the music he was playing during his shows and I frequently reminded him not to give up the day job!





We miss him too.





Pet Sudoku

Fill in the missing pets so that every row, column and quadrant contains one of each of the following:

Puppy	Rabbit	Birds	Kitten
			

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Whatever your age, fitness level or body shape, it's never too soon or too late to start thinking about living healthily. You can take a step towards healthy living by making a few basic changes to your daily life.

Walk more

Take the stairs instead of the lift; use your lunch hour to have a half-hour walk.

Exercise

Walking short distances instead of driving them and taking the stairs instead of the lift are just two ways of building exercise into your daily life.

Eat better

Try to eat more fruit and veg and less fat, salt and sugar. Ensure you eat a good amount of starchy foods (rice, bread, pasta and potatoes) and some protein-rich foods like meat, fish, eggs and pulses.

Cut salt

Most of us are eating far too much salt through bought soups, sauces, biscuits,

cereals and ready meals. We only need six grams of salt a day – a teaspoonful.

Drink more water

Our bodies need six to eight glasses or two litres of water every day to ensure everything is in good working order.

Diet and nutrition

What you eat is important. Your diet can affect how well you feel. If you eat the right foods, you can protect yourself and decrease your chances of getting ill – from minor ailments to more serious illnesses. We really need to eat five daily portions of fruit and veg per day.

At the Natural Centre we take your uniqueness seriously. With Iridology, for example, we can quickly assess your personal constitution – what you were born with and how to look after it. Added to the other diagnostic signs (we also use traditional tongue and pulse diagnosis) and your presenting condition, we can give you individualised health advice and even formulate your own herbal medicine for you from our well-stocked herbal dispensary.

20% reduction on consultation fee if you quote this editorial!

CAMBRIDGESHIRE SMOKEFREE Homes and Cars

When people smoke inside your home and car, everyone around is exposed to harmful secondhand smoke. This smoke contains over 4,000 chemicals, and anyone that breathes it in is at risk of developing the same diseases as a smoker.

No matter how careful you are, 80% of secondhand smoke is invisible. Even though you can't see it or smell it, it is still there for several hours.

You can protect your family from the dangers of secondhand smoke by making your home and car smokefree.

it is now illegal to smoke in a car with anyone under the age of 18 present.

The benefits of a smokefree home and car include:

- Your children will be healthier breathing in smoke-free air
- Your children's nose, lungs and eyes will no longer be irritated by secondhand smoke
- You will reduce the risk of cot death for babies
- Your pets will be healthier and live longer too

- Your home and car will be cleaner and fresher

CAMQUIT

CAMQUIT is your local Cambridgeshire stop smoking service. We focus on providing advice, information and support to local people who are thinking of stopping smoking. Whether you're a young person who's started smoking relatively recently or an adult who's been smoking since childhood, our friendly team can help you start out on the road to quitting – for good.

Our experienced advisors understand the difficulties you face in giving up smoking and the temptations that exist when you're trying to kick the habit. They can also point you in the right direction for the quit path – group sessions or one-to-ones, for example – that will suit you best.

Statistics show that you're four times more likely to quit for good with our support, so why not give us a call on 0800 018 4304 or complete our referral form online at www.camquit.nhs.uk

We're here to help!



Protect your family from the dangers of secondhand smoke

CAMQUIT

When people smoke inside your home and car everyone around is exposed to secondhand smoke. You can protect your family from the dangers of secondhand smoke by making your home and car smoke free.

To join our stop smoking programme call 0800 018 4304 or visit www.camquit.nhs.uk

How Well Do You Know the Names of your favourite Classical Composers?

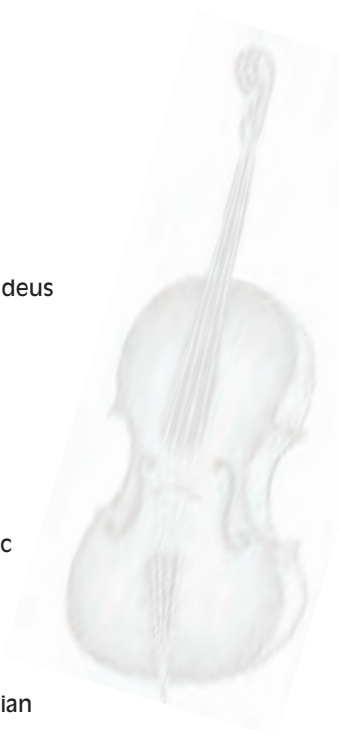


Try putting the correct forename against the surname!

FORENAME	SURNAME
	van Beethoven
	Mozart
	Bach
	Vaughn Williams
	Puccini
	Handel
	Mahler
	Tchaikovsky
	Rachmaninoff
	Schubert
	Verdi
	Wagner
	Holst
	Brahms
	Vivaldi
	Sibelius
	Strauss
	Fauré
	Elgar
	Bizet
	Pachelbel
	Chopin
	Debussy
	Shostakovich
	Dvorak
	Mendelssohn

All the forenames are here:

Dmitri
 Ludwig
 Antonin
 Gustav
 Richard
 Georges
 Sergei
 Jean
 Gabriel
 Felix
 Wolfgang Amadeus
 Giuseppe
 Antonio
 Gustav
 Frédéric
 Richard
 Ralph
 Poytr Ilyich
 George Frideric
 Claude
 Johannes
 Franz
 Edward
 Johann Sebastian
 Giacomo
 Johann



What's Your Score?: _____

Answers p72

Mark McCaighey chats with...

Ray Galton and Alan Simpson



Ray Galton, OBE and Alan Simpson, OBE are the most distinguished comedy writing partnership that Britain has ever produced. In a career that has lasted over sixty years, their credits include the massively popular shows Hancock's Half Hour starring Tony Hancock and Steptoe and Son starring Wilfrid Brambell and Harry H. Corbett, the latter changing the face of TV sitcoms and having a significant influence on subsequent comedy classics.

They met in 1948 when they were patients at the Milford Tuberculosis (TB) Sanatorium in Surrey. Both in their late teens, they were the youngest men there as all the other patients were soldiers straight out of the armed forces. They got to know each other and soon discovered they shared the same sense of humour and love of comedy. Despite their less than auspicious circumstances, they began writing and performing short comedy shows for the hospital's radio station... and the rest, as they say, is history.

On June 1st 2013, Ray and Alan, now in their early eighties, revisited Milford Sanatorium for the unveiling of a Blue Plaque in their honour from The British Comedy Society. The event was in aid of the charity Age UK and the attendees included celebrity friends Barry Cryer and Paul Merton.

I had a chat with them about their amazing careers and their return over sixty years later

to where it all began.

MARK: Did either of you ever express an interest in creative writing before you met in 1948?

RAY/ALAN: No.

MARK: Whilst you were in the sanatorium you listened to the stateside comedy shows on the American Forces Network radio. Which US comedians were your favourites?

RAY/ALAN: Jack Benny, Phil Harris, Bob Hope and George Burns.

MARK: Your first collaboration was a comedy series for the hospital's radio station entitled 'Have You Ever Wondered?' What was that about?

RAY/ALAN: They were four programmes satirising hospital life, for instance 'Have You Ever Wondered?'... What would happen if doctors became patients and patients became doctors. We should have written six but dried up after four and thought our career had come to an abrupt end. We still have a copy of the first fan letter we ever received for those programmes as it was printed in the hospital magazine.

MARK: In 1951 you became professional writers. What was your first job and how did it come about?

RAY/ALAN: We sent a script to the BBC; Derek Roy, a top comedian at that time,



Paul Merton points out the Blue Plaque in Ray Galton's and Alan Simpson's honour at Milford Sanatorium

picked it up and saw some possibilities and contacted Alan at the London office where he was working after leaving the sanatorium. Derek then asked us if we would write jokes for him and paid us five shillings per accepted joke. He was starring in his own show at the time called 'Happy Go Lucky'. With three episodes to go the director had a nervous breakdown, the new director sacked the writers and asked us to write the last three shows. We met Tony Hancock who was also in the show and started writing for him and from there created 'Hancock's Half Hour'.

MARK: 'The Rebel' produced in 1960 and starring Tony Hancock, was your first screenplay. Having written many half hours for radio and TV beforehand, how did you find the change over?

RAY/ALAN: The biggest difference is construction, not so important in thirty minutes but vital in longer pieces. Rises and falls, crescendos, etc. We once did a re-write on an American film script, the director said 'Fine, fine but where is the jeopardy?'

MARK: From the 57 'Steptoe and Son' episodes, do you have any particular favourites and if so which ones and why?

RAY/ALAN: 'The Desperate Hours' has always been one of our favourites. It was a four hander with guest stars Leonard Rossiter and J. G. Devlin and it kept Harry and Wilfrid on their toes, like a dual and brought out great performances from all four.

MARK: You obviously share the same wonderful sense of humour but are there any little differences in what you each find funny?

RAY/ALAN: Not really, in fact most of the time we finish each other's thoughts about

comedy possibly because we have never written separately.

MARK: On June 1st 2013, you both returned to Milford Sanatorium for the unveiling of a Blue Plaque in your honour from The British Comedy Society. How did it feel to be there again over sixty years later and this time under such different circumstances?

RAY/ALAN: We felt much better than when we went in sixty odd years ago. It is sad to see some of it is going to be pulled down, still as long as they leave the building with our plaque on we are happy.

MARK: Ray and Alan, thanks very much.

Ray Galton & Alan Simpson's TV, Radio and Movie Writing Credits

- * Hancock's Half Hour (Radio series 1954-59, TV series 1956-60)
- * The Frankie Howerd Show (Radio series 1954-55)
- * Back with Braden (Radio series, 1959)
- * Citizen James (TV series, 1960)
- * Hancock (TV series, 1961)
- * The Rebel (Movie, 1961)
- * Comedy Playhouse (TV series, 1961 and 1963)
- * Steptoe and Son (TV series, 1962-65 and 1970-74, Radio series, 1966-76)
- * The Wrong Arm of the Law (Movie, 1962)
- * The Bargee (Movie, 1964)
- * Milligan's Wake (TV series, 1964)
- * Frankie Howerd (TV series, 1964 and 1966)
- * The Spy with a Cold Nose (Movie, 1966)
- * The Galton and Simpson Comedy (TV series, 1969)
- * Loot (Movie, 1970)
- * The Magnificent Seven Deadly Sins (Movie, 1971)
- * Frankie Howerd Show (TV specials, 1971)
- * Up the Chastity Belt (Movie, 1972)
- * Clochemerle (TV series, 1972)
- * Steptoe and Son (Movie, 1972)
- * Steptoe and Son Ride Again (Movie, 1973)
- * Casanova '73 (TV series, 1973)
- * Dawsons Weekly (TV series, 1974)
- * The Galton & Simpson Playhouse (TV series, 1977)
- * Le Petomane (Short movie, 1979)
- * Paul Merton in Galton and Simpson's... (TV series, 1996-97)
- * The Galton & Simpson Radio Playhouse (Series, 1998)



A Lottery with a Difference

ACT launches the Addenbrooke's Charity Lottery – find out how you can take part...

The Addenbrooke's Charity Lottery is a new lottery with a difference from Addenbrooke's Charitable Trust (ACT). Every week participants have the chance to win a £25,000 jackpot or many other fantastic cash prizes, at the same time as helping raise funds to support patient care at Addenbrooke's and the Rosie Hospitals.

People are invited to sign up for the regular weekly draw from just £1 per week. Participants are allocated their own six-digit lottery number and numbers are drawn randomly every Saturday. All winners are notified and prizes posted automatically if you win, so you can't miss out! The more people play, the more money ACT receives. For every £1 entry at least 50p will help make a difference for patients.

Money raised helps Addenbrooke's and the Rosie Hospitals by funding cutting edge

technology, additional specialist services, vital research and extra comforts for patients over and above what would be possible through NHS funding alone.

Jo Elliott, ACT's head of marketing said: 'We're thrilled to announce the launch of the Addenbrooke's Charity Lottery. Weekly participation will help ACT to quickly and flexibly address areas of greatest and most urgent need across the hospitals.'

'It is thanks to regular supporters' generosity that ACT can make a difference for patients day after day, year after year. Please join us!'

To sign up for the Addenbrooke's Charity Lottery, please go to www.act4addenbrookes.org.uk/lottery and for more information email lottery@act4addenbrookes.org.uk or call 01223 217757

Jo Elliot, Addenbrooke's Charitable Trust




Colours of Dance

The Benefits of Dance

When you think about fitness & improving your life-style, you may imagine grueling & mindless workouts in the gym. Many forget that dance is great exercise, and is enjoyable & beneficial. Dance can improve the body & mind in so many ways; not only can you burn a few calories, you can build core muscle strength, improve posture, leading to you feeling better in yourself with a brighter outlook on life. Pilates, used by many dancers recovering from injury, is fantastic for anyone returning to exercise after an operation. The benefits don't just stop there. The structure of a dance class means you share your experience with your teacher & peers, enhancing your social life & creating friendships for life. Dance students learn great discipline, self-respect & confidence which transfers into every other aspect of your life. Take a look at our website for current classes & experience the benefits of dance!

01223 778268 www.coloursofdance.com

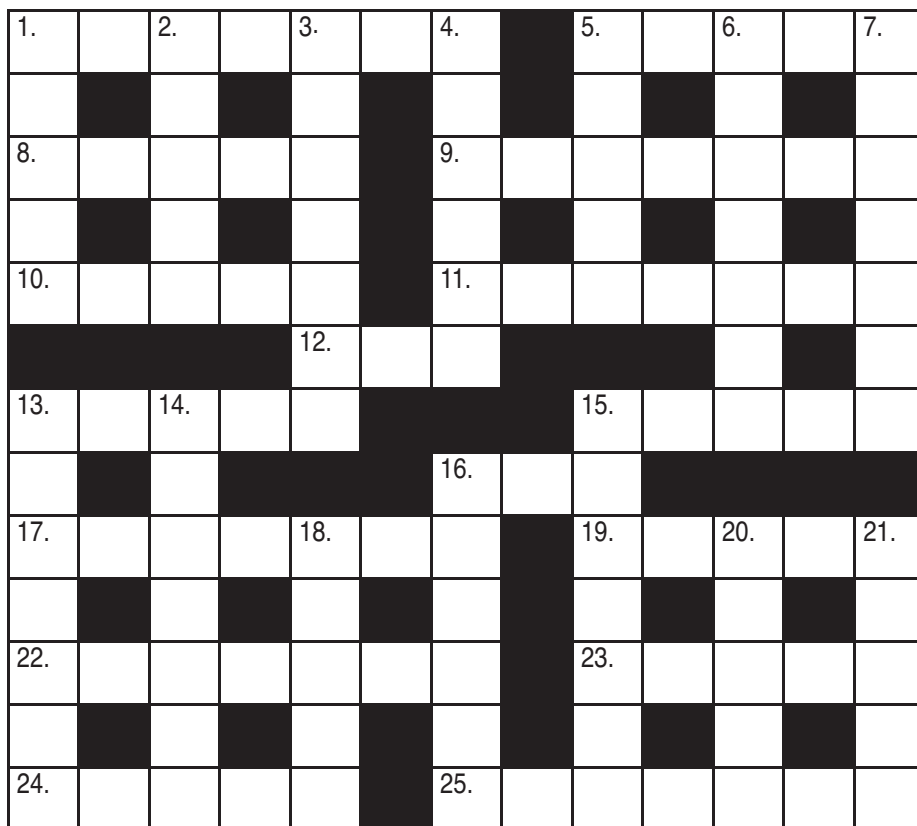
Ballet Contemporary Street
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Ballroom & Latin Pilates
Funky Footsteps
+ much more!



Colours of Dance

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Radio Addenbrooke's Crossword



Across:

1. Song and dance play
5. Indonesian island
8. High ranking noblemen
9. 70's family teeny bop group
10. African warrior tribesman
11. Eternal
12. Shannon, 60's pop star
13. Hit song for Barry Manilow
15. Section of an orchestra
16. A prompt. Snooker striker
17. Team game played mainly by women
19. Previn, orchestral conductor
22. Foes
24. Japanese fish dish with rice
25. Watson, popular vocalist

Down:

1. Polite term of address for a woman
2. Bill brutal burglar in 'Oliver'
3. Eva singer songwriter
4. Bart, 'Oliver' playwright
5. Fearful or shy
6. Nelson, African leader
7. Stands firmly against
13. Popular group of 60's – hit – 'I'm A Believer'
14. Chats
15. World's most successful pop group of 60's and 70's
16. Nearer or warmer
18. Defence claiming one was elsewhere
20. 40-all in tennis
21. Artist's stand

answers p72



Around one in five adults in the UK is disabled and more than one million of those live alone. With the right support and facilities, leading an independent life with a physical or learning disability is now more achievable than ever.

Living independently doesn't mean that you're not entitled to support from social services or that family and friends aren't important.

The National Centre for Independent Living, which helps disabled people to live independently says, 'Even though you want to live independently, it's still important to have support from friends and family nearby in cases of emergency and also for company.'

What will I need in my home?

If you're going to live independently, a suitable home is the single most important step. Is your home adequate for your needs or will it need adjustments before you can live in it?

The social services department of your local council will conduct a health and social care assessment to establish your specific needs. This could include an assessment by an occupational therapist to instruct on the various types of equipment you need.

Once I know what I need, how can I adapt my house?

According to the DLF, social care services can offer financial support to give you more freedom of movement around your home and to provide essential facilities within it.

Can I live independently in provided accommodation?

Living in accommodation provided by an external organisation doesn't necessarily mean the end of independent life.

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See our advertisement on page 4.

Cambs HIA is a Home Improvement Agency covering Cambridge City, South Cambs and Huntingdonshire. We work with people of all ages but primarily with older people, people with disabilities or those on low incomes, to help adapt, repair and maintain their homes.

Working closely with local authorities, social services and other support & care organisations, our aim is to ensure owner occupiers and housing association/private tenants receive the correct information and grant funding to make their homes safe and secure enabling them to live independently.

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email: hia@cambshia.org or visit our website: www.cambshia.org



Introducing Abbeyfield

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Abbeyfield. It's our promise to you that, should you choose to live with us, your days here will be happy, sociable, comfortable and safe.

As a charity now in our 60th year, we are not only an established housing and care provider, we are also respected, trusted and recommended. We have over 500 houses and homes and are also growing our Care at Homes services up and down the UK. So when it comes to older age, whatever stage of life you're in, whatever help and support you may need, whatever concerns you have, we can help.

Our thousands of staff and volunteers are thoughtful, caring and dedicated. Whether helping to run our homes, organising activities and events, or simply popping in for a cup of tea and a chat, these individuals help to make Abbeyfield what it is; supportive, warm and friendly.

Established in 1956, Abbeyfield is experienced in providing unrivalled care for older people and our charitable heritage is the foundation for all that we do. Abbeyfield has grown from its humble beginnings in Bermondsey into the wonderful facilities that are available today.

One thing has remained true, however. Abbeyfield is dedicated and once you see for yourself what we can bring to your life, you may well wish you had made the move years ago.

For more information about The Abbeyfield Society, visit our website:

www.abbeyfield.com

For more information about The Care at Home service in your local area contact: cahcambridge@abbeyfield.com or call us on 01223 277744

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The British TV Sitcom Quiz

Do you remember the classic British TV sitcoms? When Tom and Barbara showed us how to live The Good Life, old lag Fletcher stirred up the laughs in Porridge and the staff at Grace Brothers always served us with a smile? How much you do recall about these popular characters and the sitcoms that left their laughter lines on the face of British TV comedy.

1. In Steptoe and Son, what was Harold Steptoe's middle name?

(a) Churchill; (b) Kitchener; (c) Montgomery

2. True or false? Before Warren Mitchell landed the role of Alf Garnett in Till Death us do Part, Peter Sellers was approached to play the character?

3. In On the Buses, bus driver Stan Butler lived at home with his ...

(a) mum, brother & sister-in-law; (b) mum, sister & brother; (c) mum, sister & brother-in-law

4. What was the name of Sid Abbott's local pub where he often escaped to get some peace and quiet away from his family in Bless this House?

(a) Cock and Bull; (b) Dog and Pheasant; (c) Hare and Hounds

5. Throughout the 69 episodes of Are You Being Served? Mrs Slocombe dyed her hair a total of 15 different colours. The most popular colour appeared ten times, what was it?

(a) blue; (b) green; (c) pink

6. True or false? In Last of the Summer Wine, one of the things that Compo Simmonite fancied about his long-suffering neighbour Nora Batty was the sight of her in wrinkled stockings?

7. In Some Mothers Do 'Ave 'Em, Frank Spencer has one certificate to his name which he acquired for swimming the breast stroke but for what distance?

(a) 15 yards; (b) 20 yards; (c) 25 yards

8. In Whatever Happened to the Likely Lads? Terry Collier leaves the army after having served for five years. What rank did he finally reach?

(a) Captain; (b) Corporal; (c) Sergeant

9. In Porridge, Fletcher was sentenced to five years at Slade Prison for robbing what?

(a) a bank; (b) a house; (c) a lorry

10. True or false? Rising Damp began life as a stage play?

11. When Tom and Barbara Good decided to become self-sufficient in The Good Life they swapped their car for something that will be of more use to them in their new venture. What did they receive in return?

(a) garden rotavator; (b) generator; (c) loom

12. Where in Spain did Fawlty Towers waiter Manuel come from?

(a) Barcelona; (b) Madrid; (c) Seville

13. True or false? In To the Manor Born, Audrey Fforbes-Hamilton's pet dog was a corgi?

14. How much was Del Trotter going to charge Lord and Lady Ridgemere for taking down and cleaning their two Louis chandeliers in the Only Fools and Horses episode 'A Touch of Glass'?

(a) £250; (b) £300; (c) £350

15. In the 22nd and ultimate episode of Just Good Friends, Vince and Penny finally marry but in which city?

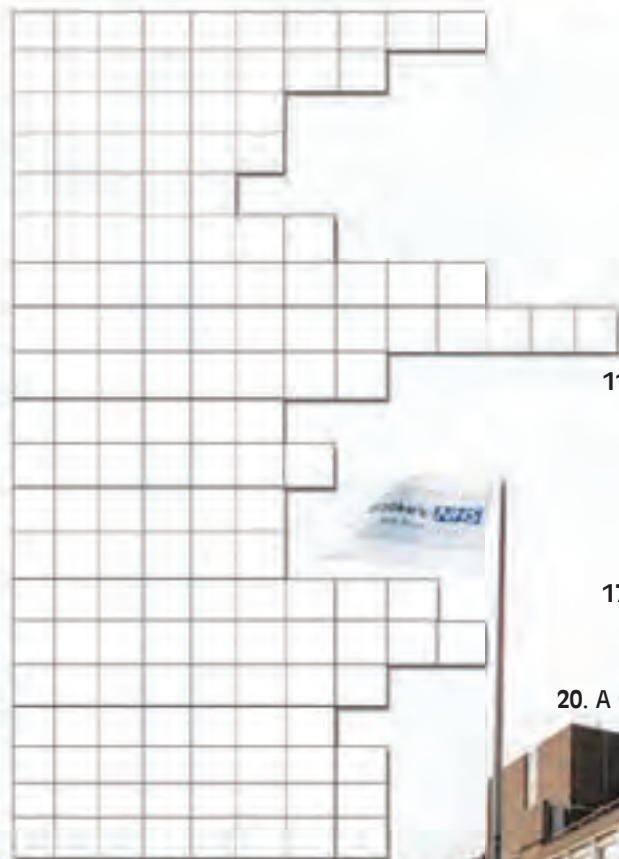
(a) Paris; (b) Rome; (c) Venice

Answers p72



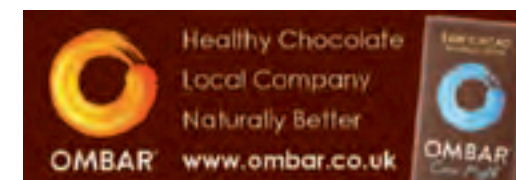
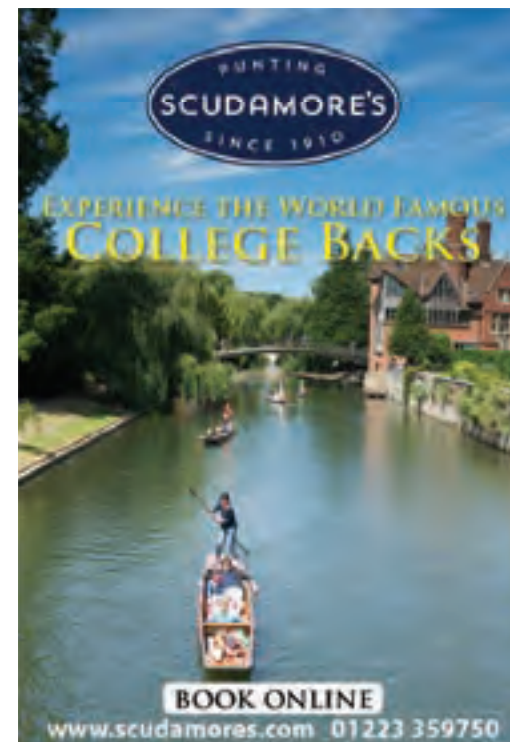
Radio Addenbrooke's Cambridgeshire Quiz

Here are 20 clues. We have given you the numbers of letters in the answer.
All you must do is decide which villages and towns in Cambridgeshire are referred to ...



1. FOR SMALL SHIPS (10)
2. DETAILED AUSTRALIAN CITY(8)
3. AN APPLE FELL ON HIM (6)
4. NEWSPEAK INVENTOR (6)
5. GET THERE (5)
6. YOUNG SIMPSON UNHAPPY (7)
7. TED THE P M HAS BAD THROAT (10)
8. ELUDED MORNING RAMBLE (13)
9. SECOND RATE LINCOLN (8)
10. OUTWIT HEAVYWEIGHT (6)
11. HOW YOU CROSS SHALLOW RIVERS (7)
12. FIRST PRINTER (6)
13. BEHEADED PRESIDENT (6)
14. SHAVER MET DISASTER (9)
15. IF THE SAND IS TOO DRY (10)
16. CONTAINER VALUE (8)
17. TOWN AMONG THE BEST I'VE SEEN (7)
18. CHICKEN ONLY (8)
19. DRIVE SURFACE. COME YE BACK (8)
20. A CROSBY CENTURY (LITTLE OR GREAT) (8)

answers p72



For requests, dedications and more information, give us a call on 01223 217181



The States of America

Can you name the fifty States of America listed here in numerical order, ie. the order in which they joined the Union? To help you the first and last letters are given.



Did you get all 50 correct?

Your score:

answers p72

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It's true to say that if you make something simple enough for everyone to use, then they will.

Esther Rantzen's vision to create a 'ChildLine for older people' is a simple concept – a free 24 hour helpline, available every day and night of the year, where you can ask about services in your area, talk in confidence, get some friendly advice or quite simply have a chat. And for people who would appreciate a regular call from the same person every week there are now more than 1200 volunteer Silver Line Friends who share the belief that a simple connection with another human being can be life-changing. As one caller told his Silver Line friend 'when I get off the phone, I feel like I belong to the human race'.

More than half of all 75 year olds in the UK live alone and one in ten suffers intense loneliness but is reluctant to ask for help. In a poll conducted by ComRes for The Silver Line, 9 out of 10 older people told researchers that 'a chat on the phone' is the most helpful solution when they feel lonely but 1 in 4 older people say they rarely have anyone to chat to. Some older people go for several days without talking to another human being.

The incidence of loneliness and isolation among older people is not just shocking because it makes them so unhappy, it has a hugely detrimental effect on their health, increasing the risk of heart disease and causing depression. Figures from the Department of Health indicate it is as dangerous as obesity or smoking 15 cigarettes a day. Socially isolated and lonely adults are also more likely to undergo early admission into residential care or hospital.

The Silver Line has been operating as a national service for over a year and has

received more than 425,000 calls. So the simple idea is having a transformational effect on the lives of thousands of older people and a huge and unmet need has been revealed. There is no other helpline for older people in the UK, available 24/7, free and confidential and offering information, friendship and advice, linking older people to local groups and services and supporting those who are suffering abuse and neglect.

Dorothy is 84. Her husband Eric died after 58 years of happy marriage. With no children and her only surviving brother living abroad, Dorothy has no family around her. She's led a long and fascinating life but has no one to talk to.

Sometimes when loneliness hits, she will 'have a little weep. It's a feeling of being abandoned' she says. 'The hardest thing is eating alone and the flat, dead nights... there's nothing worse than trying to eat a meal on your own in my opinion. It seems to bring it home to you.'

Dorothy contacted the Silver Line and now speaks regularly to a volunteer Silver Line Friend. 'It's lovely. I so look forward to her call. I love talking to people. I'm interested in people'.

Dorothy feels her life has taken a new direction since discovering The Silver Line. She is enjoying spreading the word about our service and is taking a computer class and is determined to learn computer skills, so she can become more connected.

Dame Esther Rantzen is the Founder and President of The Silver Line Helpline.

- £5 pays for a call with an older person who may not have spoken to another human being all week
- £50 pays to recruit and train a volunteer Silver Line Friend
- £100 pays for an older person to be befriended for one year

If you would like further information please go to The Silver Line website: www.thesilverline.org.uk or ring the helpline on 0800 4 70 80 90 (from a mobile call 0300 4 70 80 90)



Answers page 72

1. In which year was NATO formed?
2. From which bridge does the Oxford and Cambridge boat race start?
3. In which year did the USSR and her allies boycott the Olympics?
4. Which planet has an orbital period of 687 days?
5. What is the largest island in the world?
6. What type of animal is a Corvid?
7. Rabat is the capital of which kingdom?
8. In which year did the Gulf war start?
9. How many successful Apollo moon missions were there?
10. What was Commonwealth Day called before 1958?
11. What is the official name of the national anthem of the USA?
12. Who made the first telephone call to the moon?
13. Where will the next FIFA World Cup be hosted?
14. Who rules in an Oligarchy?
15. Who is said to rule in a Plutocracy?
16. The Vinson Massif is the highest mountain of which continent?
17. What is hypermetropia?
18. The Matrix Reloaded took \$93 million in its opening US weekend, a record second only to which previous film?
19. The assassination of who, in 1914, was the spark that started the first World War?
20. In 1878, Canadian Sir Sanford Fleming proposed a system of times zones and had the world divided up into 24 longitudinal time zones, how many degrees are they apart?
21. What was Don Diego De La Vega's secret identity?
22. In which year did the Titanic sink?
23. Ambassador to the Court of Saint James is the official title for Ambassadors of which country?
24. What king is Jesus referred to in the Gospels, by people who mocked him?
25. Who was the youngest president of the USA?



The Film Quiz

The first public film show in Britain was given at the Polytechnic in Regent Street on February 20th, 1896; Auguste and Louis Lumiere invented the Cinematograph used for showing the film a year earlier.

Here are a few movie questions to set your mind reeling!



1. Some child stars, like Elizabeth Taylor and Natalie Wood, went on to superstardom. Do you know what happened to the following?

- (a) Shirley Temple
- (b) Mandy Miller
- (c) Mark Lester

2. Dustin Hoffman was paid \$17,000 for the smash hit *The Graduate*. A couple of years later he was paid £425,000 for a film that was a complete flop. What was that film?

3. Which was the first British film to be released in Red China? You'd be surprised!

4. Cover girl Lauren Bacall made a rapid rise to fame. Her portrait on *Harper's Bazaar* was spotted by Howard Hawks and overnight stardom followed when the 19 year old was cast opposite her future husband. Who was he?

5. Do you know where Al Jolson was born?

6. Actress Maureen O'Sullivan has a very famous daughter. Who is she?

7. Nowadays every major movie is released in Dolby Stereo. But what was the first stereo film? It starred Roger Daltrey.

8. Barbra Streisand not only starred in a film but directed, produced and wrote

the movie as well. What was the film?

9. Very few film stars have remained unmarried but do you know who the following married? They were all celebrities in their own right.

- (a) Barbara Bach
- (b) Laurence Harvey
- (c) Patricia Neal
- (d) Catherine Deneuve
- (e) Rita Hayworth

10. Anthony Newley, James Booth, Terence Stamp and Laurence Harvey all turned down the part. But this particular film established which star in his inimitable cockney persona and what was the film?

11. Many of today's superstars earned comparatively little in their early days. And even when success comes some stars are prepared to work for a nominal fee. James Cagney played the role of George M. Cohan in *The Seven Little Foys* for nothing, in respect for the memory of Eddie Foy, who had befriended him in his youth. Do you know how much Sean Connery was paid when he won the coveted 007 role in the first Bond movie *Dr. No*?

12. Not all film stars were what fans may have assumed them to be. Do you know which nationality Al Jolson was?

Answers p72

Raising a Smile



Hospital radio taught me everything I know. Hang on, you cry, at best that's hardly the sort of achievement that could be considered in any sense praiseworthy. At worst it's a hell of a burden of blame to heap upon anyone's shoulders, let alone an organisation which has done nothing else to harm people. Nevertheless, it happens to be true, at least of much of my knowledge – the local tobacconist and the school bike sheds filled in a few blanks.

I waltzed into Hospital Broadcasting Service, Glasgow in 1975 at the age of 24, having always had a hankering to get on the air and assuming I would knock them dead with my abilities. It's possible that the patient mortality rate did increase during my first broadcast but the only knocking dead around HBS was my own ego. I very quickly realised how much I had to learn, particularly when faced with a large schoolboy, some ten years my junior who was already a trusted and talented member of the team. Name of Charles Nove. Still around. Still talented. Still looks like a large schoolboy.

It was Nove who first excited in me what has become a career-long hobby; attempting to make colleagues laugh during a serious broadcast. He was, and still remains, the easiest man in the entire business to corpse. Nothing more than a gesture or even a raised eyebrow has been known to make him guffaw during a news bulletin. Rude drawings or words scribbled on his script will induce alternate snortings and sobs. In short, the man is no challenge at all and like any daredevil I have sought greater peaks to climb. It remains my ambition to make Brian Hayes smile.

All of which must seem a little childish and indeed puerile to any non-broadcaster reading this. Which, of course it is, but it's also Fun with a capital F. It's what radio should be about; even when it's being serious it should still have as its basis the need to entertain the listener; entertain in its purest sense – to hold the interest.

Now if this is true in so-called professional broadcasting, surely it's true in spades in hospital radio, where you know that your work has a directly beneficial effect on your listeners. As a listener, nothing draws you into a relationship with a station more than the sense that a good time is going on and that you are included. Including your audience is important or the whole thing becomes self-indulgent but it's easy to achieve and well worth it if it puts a smile on an otherwise unhappy face.

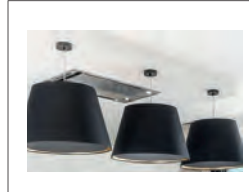
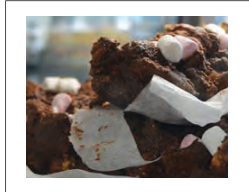
At its best that is what hospital broadcasting achieves. Its best, by the way, is pretty damn good. In recent years I've been involved in the annual BT awards for hospital radio and it's obvious that dozens of stations have come to the same conclusion; that enjoying yourself is infectious and it's the one infection that's welcome in any ward.

So when I say that hospital radio taught me everything, I honestly think that it did – certainly about broadcasting, perhaps even about life in general; it's supposed to be fun.

Ken Bruce can be heard Monday to Friday on BBC Radio Two.

Spot the Ad

Below are parts of various advertisements that appear somewhere in this magazine.
Can you find them and name the advertiser?



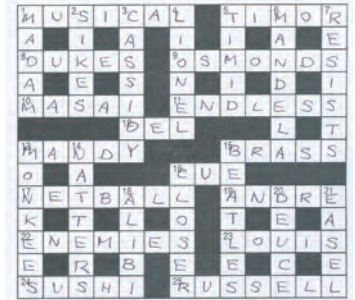
ANSWERS:

Dad's Army Quiz: 1b; 2b; 3a; 4b; 5c; 6b; 7a; 8c; 9a; 10b. **Pop Quiz:** 1. Katrina; 2. Sandie Shaw; 3. Sting; 4. Queen; 5. Bee Gees; 6. Grandma; 7. 1967; 8. Supremes; 9. Lonnie Donegan; 10. Spanish; 11. Piano; 12. Carpenters; 13. Elton John; 14. Patches; 15. Phil; 16. Ken Boothe; 17. Give Me the Night; 18. George Harrison with My Sweet Lord; 19. Pussycat with Mississippi; 20. Johnny Kidd. **Dingbats:** Spots before your eyes; Look behind you; Split level; Bend over backwards; Black magic; backwards glance. **Classical Composers Quiz:** Ludwig van Beethoven; Wolfgang Amadeus Mozart; Johann Sebastian Bach; Edward Elgar; Ralph Vaughan Williams; Giacomo Puccini; George Frideric Handel; Gustav Mahler; Pyotr Ilyich Tchaikovsky; Sergei Rachmaninoff; Franz Schubert; Giuseppe Verdi; Richard Wagner; Gustav Holst; Johannes Brahms; Antonio Vivaldi; Jean Sibelius; Richard Strauss; Gabriel Fauré; Georges Bizet; Johann Pachelbel; Frédéric Chopin; Claude Debussy; Dmitri Shostakovich; Antonin Dvorak; Felix Mendelssohn. **Classic British TV Sitcom Quiz:** 1b; 2 True; 3c; 4c; 5b; 6 False; 7c; 8b; 9c; 10 True – a play entitled 'The Banana Box' by Eric Chappell; 11a; 12a; 13 False – it was a beagle; 14c; 15. **Cambridgeshire Quiz:** 1. Littleport; 2. Melbourn; 3. Newton; 4. Orwell; 5. Reach; 6. Bartlow; 7. Horseheath; 8. Guilden Morden; 9. Babraham; 10. Foxton; 11. Fordham; 12. Caxton; 13. Linton; 14. Teversham; 15. Waterbeach; 16. Boxworth; 17. St Ives; 18. Fowlmere; 19. Graveley; 20. Abington. **The States of America:** 1. Delaware; 2. Pennsylvania; 3. New Jersey; 4. Georgia; 5. Connecticut; 6. Massachusetts; 7. Maryland; 8. South Carolina; 9. New Hampshire; 10. Virginia; 11. New York; 12. North Carolina; 13. Rhode Island; 14. Vermont; 15. Kentucky; 16. Tennessee; 17. Ohio; 18. Louisiana; 19. Indiana; 20. Mississippi; 21. Illinois; 22. Alabama; 23. Maine; 24. Missouri; 25. Arkansas; 26. Michigan; 27. Florida; 28. Texas; 29. Iowa; 30. Wisconsin; 31. California; 32. Minnesota; 33. Oregon; 34. Kansas; 35. West Virginia; 36. Nevada; 37. Nebraska; 38. Colorado; 39. North Dakota; 40. South Dakota; 41. Montana; 42. Washington; 43. Idaho; 44. Wyoming; 45. Utah; 46. Oklahoma; 47. New Mexico; 48. Arizona; 49. Alaska; 50. Hawaii. **Quiz time:** 1. 1949; 2. Putney; 3. 1984 Los Angeles games; 4. Mars; 5. Greenland; 6. A bird; 7. Morocco; 8. 1991; 9. 10; 10. Empire Day; 11. Star spangled Banner; 12. Richard Nixon; 13. South Africa; 14. A minority; 15. The Wealthy; 16. Antarctica; 17. Long Sightedness; 18. Spiderman; 19. Archduke Franz Ferdinand, heir to the throne of the Austro-Hungarian Empire; 20. 15 degrees; 21. Zorro; 22. 1912; 23. UK; 24. King of the Jews; 25. Theodore Roosevelt. **Film Buff Quiz:** 1. (a) Shirley Temple became US Ambassador to Ghana and Chief of Protocol at the White House; (b) Mandy Miller married an architect and now lives in an 18th century refectory at Newhaven, Sussex; (c) Mark Lester, star of Oliver! (1968) was working as a barman at the Britannia pub in Kensington in 1985 after beating a drug problem and spending all the money he had earned as a child. 2. The film was John and Mary. 3. The film is The Tales of Beatrix Potter (1971). What the Russians made of dancing pigs wearing Victorian costume is unrecorded! 4. Lauren Bacall starred in To Have or Have Not (1944) in which she starred opposite Humphrey Bogart whom she married the following year. 5. Al Jolson was born in St Petersburg (now Leningrad), Russia in 1886. 6. Mia Farrow. 7. The first film in Dolby Stereo was Ken Russell's Lisztomania in 1975. 8. The film was Yentl in 1983. 9. (a) Ringo Starr; (b) Paulene Stone, a model; (c) Novelist Roald Dahl; (d) Photographer David Bailey; (e) Prince Aly Kahn. 10. Not a lot of people know that but it was Michael Caine in Alfie (1966); 11. £15,000; 12. Russian.

PET SUDOKU



CROSSWORD



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Specific terms and conditions apply to the Home Exchange scheme. Cannot be used in conjunction with any other offers or promotions.
YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT KEEP UP REPAYMENTS ON A MORTGAGE OR ANY OTHER DEBT SECURED ON IT. Ask sales advisor for details.



Affordable on-site accommodation

En-suite accommodation available now with immediate start dates

Why live with Sanctuary?

Downsize your commute. Our properties are located on the Addenbrookes hospital site.

Need somewhere fast? We have en-suite accommodation ready for you to move into straight away.

Enjoy our low deposits and competitive prices, inclusive of council tax and utilities.

All our flats are modern and fully-furnished.

Only staying for a little while? Flexible, short-term tenancies are available.

Our accommodation is exclusively for Addenbrookes staff. Whatever your role within the hospital, or surrounding businesses, you can apply for one of our affordable and convenient properties.

Find out more at:

sanctuary-addenbrookes.co.uk

by calling 01223 404800

or pop into our office located on the ground floor of Grantchester House.

Cambridge University Hospitals 

 Sanctuary Housing

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