

Your free magazine



*Broadcasting to the Norfolk and Norwich University Hospital*

# Hospital Radio Guide & Hospital Information magazine



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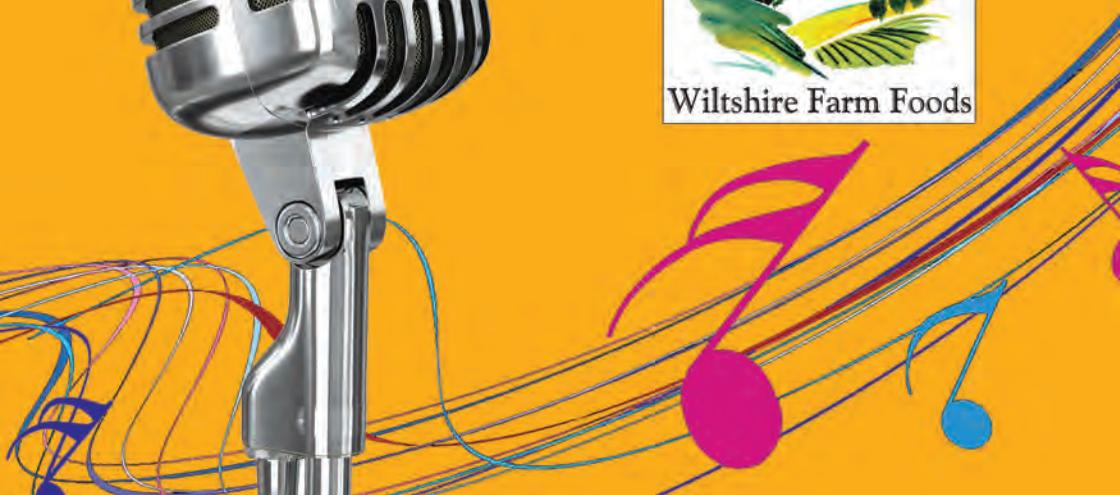
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[www.hospitalradionorwich.co.uk](http://www.hospitalradionorwich.co.uk)

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## Home from Hospital Service

**Able**  
Community Care  
Est.1980



On being told we can be discharged from hospital, our first reaction is one of relief and happiness, we can go home.

However for many older people and their families, this is followed by concern as to how our homecoming will be managed, how will the first few days work out, will I be able to do everything I did before I went in?



Periods of time in hospital can take away our confidence as to how we will cope on returning home, how independent will we be?

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**For further information and a free brochure please contact  
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# WELCOME

to Hospital Radio Norwich



Hospital Radio Norwich is a voluntary organisation, that aims to relieve the stress and distress of hospitalisation by visiting patients in the wards, chatting to them and their visitors and then playing requests and dedications during our popular request programmes which are broadcast nightly to the Norfolk and Norwich University Hospital.

Full details of our Programme Schedule and how you can listen to us are included in this magazine and also



what our automatic services provides over 24 hours.

We broadcast a wide variety of music that should satisfy every musical taste, as well as programmes and interviews with local and visiting personalities, live sporting coverage from our own commentary team of Norwich City Football Club home matches and outside broadcasts of local events.

Hospital Radio Norwich is totally self-financing and we rely heavily on raising funds ourselves together with grants and contributions from individuals and local businesses – to whom we extend our very grateful thanks.

You can donate on line, see our How To page in the magazine.

We are also indebted to the ongoing support of the Norfolk and Norwich University Hospital.

Hospital Radio Norwich is at the very heart of serving the patients in the Norwich Hospitals and will continue to do so as it has for over forty years.

**Mike Sarre**  
**Hon. Chairman**  
**Hospital Radio Norwich**

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## HOW TO CONTACT HOSPITAL RADIO NORWICH

West Annex 1, Norfolk & Norwich University Hospital, Colney Lane, Norwich, Norfolk NR4 7UJ

telephone: 01603 45 45 85

website: [www.hospitalradionorwich.co.uk](http://www.hospitalradionorwich.co.uk)

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# THE STORY SO FAR

## of Hospital Radio Norwich



In 1974, a group of people with thoughts of helping the healing process through specialised broadcasting for patients in local Norwich hospitals, joined forces and from their meetings, the seeds of Hospital Radio Norwich were sown. Broadcasting then began in limited accommodation at the then West Norwich Hospital.

In 1975 we moved to premises in All Saints Green, donated by local businessman, Peter Pointer. After his death in 1984, we moved to premises rented from Norwich City Council in Exchange Street. Whilst at Exchange Street, we negotiated with the West Norwich Hospital to return in 1987 and there we stayed until September 2007.

We then moved to Aldwych House, an NHS support office in the heart of Norwich but in 2010, finally, Hospital Radio Norwich was given a home on the Norfolk and Norwich University Hospital site.

Patient visiting takes place in teams of three to four members. We broadcast to the Norfolk & Norwich University Hospital six days a week visiting the 22 wards on a rota, speaking to about 60-70 patients each night.

A computerised music play-out service is on air when live broadcasting stops. This programme was written especially for us by our Chairman and Technical Engineer, Mike Sarre with about 4,500 tracks of a variety of music to suit mainly the more mature listener.

In two professional broadcasting studios, built by Mike Sarre and our Treasurer, Bob Proudfoot, besides



broadcasting, we are also able to produce hospital related/not for profit organisation trails to advise and inform patients of appropriate services. Sponsorship messages for programmes from local businesses are also accepted. Studio Two is also used as a training and production studio.

We have an excellent relationship with the N&N Foundation Trust and Management, N&N Voluntary Services and front-line medical staff, who hold HRN in high regard.

Our Honorary President Lord Prior of Brampton. Vice Presidents include David Clayton, Susie Fowler-Watt, Dr Ian Gibson and ex-twice Lord Mayor Derek Wood.

The aim of the organisation is to help relieve the stress and distress of hospital life through befriending and through the medium of broadcasting whilst on the wards. This in turn keeps patients in touch and provides comfort to them during their stay in hospital.

With a fantastic, caring membership of over 30 and through personal contact with patients. The request programme output is about 650-700 requests per month.

Our patient magazine is published by Essex company, Hospital Radio Publications and helps generate income for HRN.

The station reaches patients through the Hospedia communications system on Channel 1. HRN voluntarily advise patients how to use the communications system and ensure patients who show interest, are tuned in.



HRN is the most listened to channel of the radio stations on the system and continually tops the radio listening charts.

In August 2007, 2010, 2013 and again in 2017 HRN was awarded the Investors in People certificate confirming the interest it takes in its members and patients.

All new entrants are given full training and vetted by the Hospital Voluntary Services through a DBS check and occupational health check. All ward visitors must wear ID badges whilst on NHS premises.

In 2009 Hospital Radio Norwich was honoured with the distinction of receiving the Queen's Award for Voluntary Service.

Patients are now able to listen to the religious service from the Norfolk and Norwich Hospital Chapel through HRN's Channel [1]. Chairman Mike Sarre was instrumental in advising the Hospital Chaplains on best practice to achieve this and in helping build a mini studio.

Members are rewarded for their commitment and loyalty to the organisation with five, ten and twenty or more years' service recognised by the Management Committee with certificates and gifts as well as Special Achievement certificates to mark those members who go the extra mile.

To raise funds, HRN has been a facilitator for World of Work. Children and young adults from Norfolk schools and colleges partake in producing their own programmes with the help of HRN's



volunteers. Training can take place at schools or the studios by Mike Sarre.

The former Hospital Sports Commentary Service, a separate entity, approached HRN with a view to forming an amalgamation and in 1999 agreement was reached. All Norwich City home matches are brought to the patients by our specially trained commentators. Many patients have remarked how much they enjoy listening to our commentary rather than other local stations.

Our Chairman is a Trustee of the Hospital Broadcasting Association in the position of Treasurer.

Our longest serving members are founder member Robert Proudfoot, Treasurer; Mike Sarre, Chairman and Technical Engineer and Irene Batch, Secretary. All three have collectively clocked up between them an amazing 120 years of voluntary service.

During April 2010, HRN was again honoured. This time with the Lord Mayor's Award for services to charity and the Sheriff's award for best charity. A wooden plaque and certificate were received by the Trustees of the organisation.

During 2009 Mike Sarre was honoured with an award from Attend (formerly National League of Hospital Friends) for his services to volunteering.

During June 2010, The Exchange (WoW) honoured HRN with an inscribed crystal plaque to show their appreciation for the work carried out voluntarily for students and young people.

## Monday-Friday

### 7.00am WELCOME TO A NEW DAY

Our automated service brings you two hours of music to gently wake you up

### 9.00am MORNING BREAK

Two hours of up tempo music from the 40s to the 90s from our automated service

### 11.00-11.30am DOWN MEMORY LANE

30 minutes of songs and music from the 50s and beyond

### 11.30-12 noon MORNING BREAK

continues

### 12 noon VARIETY LUNCH BOX

The most memorable music of all time over lunch including TV themes, film music and children's songs plus loads more

### 1.00pm NUMBER ONES AT ONE

30 minutes of number one records over the years

*(Sponsored by Hughes Electrical, No 1 for service)*

### 1.30pm AFTERNOON DELIGHT

A miscellany of music of all kinds from our automated service

### 4.00-4.30pm DOWN MEMORY LANE

30 minutes of songs and music from the war years and beyond

### 4.30pm AFTERNOON DELIGHT continues

### 6.30pm SPOTLIGHT ON...

Our automated service selects for you music on a theme ...

**Monday:** Country Music

**Tuesday:** Vintage Chart- 40s thru 80s

**Wednesday:** Classical Selection

**Thursday:** Jazz and Swing

**Friday:** Show Stoppers and Film Favourites

### 7.00pm FOCUS

A programme with a musical theme or an interview with a guest celebrity or local personality

### 7.30pm PATIENTS' REQUESTS

Live requests from the wards, your choice, your music

### 9.30pm approx MELLOW MOODS

Relaxing music to help send you off to sleep

Our automated service offers you soft and gentle music to help you through the night

*(Patients' requests will take priority over this programme)*

## Saturday

### 7.00am WELCOME TO A NEW DAY

Our automated service brings you 2 hours of music to gently wake you up

### 9.00am MORNING BREAK

2 hours of up tempo music from the 40s to the 90s taking you through the morning on our automated service.

### 11.00-11.30am DOWN MEMORY LANE

30 minutes of songs and music from the 50s and beyond.

### 11.30-12 noon MORNING BREAK

continues

### 12 noon VARIETY LUNCH-BOX

Memorable music over lunch including TV themes, film music and children's songs plus loads more

### 1.00pm NUMBER ONES AT ONE

30 minutes of number one records over the years

*(Sponsored by Hughes Electrical, No 1 for service)*

### 1.30pm AFTERNOON DELIGHT

A miscellany of music of all kinds from our automated service

**and during football season when Norwich City are at home...**

### 2.00pm FOOTBALL FOCUS

News and full live commentary from Carrow Road brought to you by HRN's own commentary team

# PROGRAMME SCHEDULE

Entertaining you 24 hours a day, 7 days per week



## 4.00-4.30pm **DOWN MEMORY LANE**

30 minutes of songs and music from the war years and beyond

## 4.30-5.00pm **AFTERNOON DELIGHT** continues

## 6.30pm **SPOTLIGHT ON ...**

Bandbox – big band music through the years

## 7.00pm **FOCUS**

A programme with a musical theme or an interview with a celebrity or local personality

## 7.30pm **PATIENTS' REQUESTS**

Live request from the wards, your choice, your music

## 9.30pm approx **MELLOW MOODS**

Relaxing music to help send you off to sleep

*(Patients' requests will take priority over this programme)*

## 10.00pm-7.00am **NIGHT-TIME MUSIC**

Our automated service offers you soft and gentle music to help you through the night

**NEWS: every hour on the hour between 6.00am and 10.00pm except during football commentary**

When the Canaries are playing evening or weekday matches at home, the programme schedule will be changed to bring you live commentary.

It is HRN's policy to give priority to cover all Norwich City home matches *(Other circumstances may also cause us to change programmes)*

If you would like a request  
just call us on  
**01603 45 45 85**

## Sunday

### 7.00am **WELCOME TO A NEW DAY**

Our automated service bring you music to gently wake you up

### 7.30am **MORNING HAS BROKEN**

Music with a Sunday reflection .

### 8.00am **BREAKFAST SOUNDS**

### 9.00am **MORNING BREAK**

Up tempo music from the 40s to the 90s taking you through the morning on our automated service

### 10.30am **CHAPEL SERVICE**

#### **Live from the Hospital Chapel**

You are welcome to attend this Service if you are able

### 11.00-11.30am **DOWN MEMORY LANE**

30 minutes of songs and music from the 50s and beyond.

### 11.30-12 noon **MORNING BREAK** continues

### 12 noon **VARIETY LUNCH-BOX**

The most memorable music of all time over lunch including TV themes, film music and children's songs plus loads more

### 1.00pm **NUMBER ONES AT ONE**

30 minutes of number one records over the years

*(sponsored by Hughes Electrical, No 1 for service)*

### 1.30pm **SUNDAY SORBET**

A mixture of music from our automated service

### 4.00-4.30pm **DOWN MEMORY LANE**

30 minutes of songs/music from the war years and beyond.

### 4.30pm **SUNDAY SORBET** continues

### 6.30pm **50s EXTRAVAGANZA**

All that's best from the 1950s in music.

### 7.00pm **SUNDAY SORBET** – Part 2

### 10.00pm-7.00am **NIGHT-TIME MUSIC**

Our automated service offers you soft and gentle music to help you through the night



Patients can register with Hospedia free of charge to enjoy **24 hour free radio**, free breakfast television for one hour every morning between 8am and 9am, (subject to change) free television for children 16 years and under until 9pm, free home channel providing information on Hospedia services, free voice mail messaging service, free call me back service and 24 hour operator for any queries.

To register at the bedside, simply pick up the telephone handset (on the left hand side of the unit) and press the green operator button. The operator takes your details and issues a personal extension number to activate the bedside unit.

To contact you in hospital, ask friends and loved ones to call you on 07046 38 followed by your personal extension number.

To enjoy all of the entertainment features and to make outgoing telephone calls, a payment card is required and packages vary from a two

hours bundle through to a 30-day bundle, depending on stay (subject to change). There are great bundle offers including out-going 'phone calls for free to 01, 02 and 03 numbers.

Vending machines dispensing cards are located throughout the hospital; cards allow patients to pay for Hospedia services, including TV and telephone. Alternatively, patients, friends and family can call the Hospedia credit/debit card hotline on 0845 414 1234 to upload money on to friends and family bedside unit from home.

There is also a service where patients can upload money from a credit card at the bedside, just press the other service button on the TV handset.

It cost 10p per minute to make a call from your bed side unit, 'phone calls in are charged at 49p per minute peak rate and 39p per minute at all other times. (These charges are correct at going to press.) Calls to mobiles, international destinations and some other networks may vary.

There are 20 channels at present ranging from the favourite five and movie channels (subject to change) within the price of the packages; there is also BBC1 and ITV1 with subtitles for the hard of hearing.

Hospital Radio Norwich broadcast patients' requests live from 7.30pm to approximately 9.30pm Monday to Saturday.

At all other times automated music service can be heard and can be found by pressing the radio button and selecting channel 1.

**Beans Seal Trips**  
 from Morston Quay to see the Seals & Birds on and around **Blakeney Point**  
 for bookings & enquiries please call...  
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[www.BeansBoatTrips.co.uk](http://www.BeansBoatTrips.co.uk)

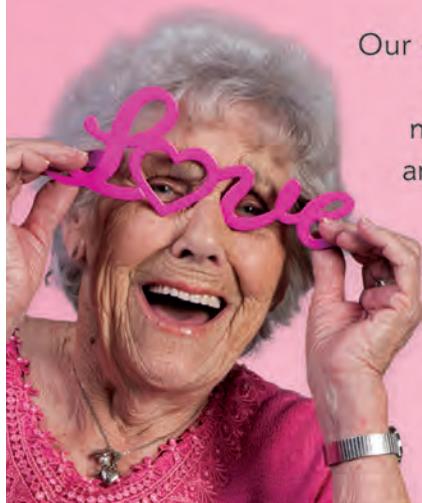


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Hethersett, NR9 3AP  
**01603 954 469**

**The Warren Care Home**  
Sprowston, NR7 8AF  
**01603 954 468**

**Woodside House Care Home**  
Norwich, NR7 9XJ  
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- Pet care
- Companionship and having fun
- Dementia care



We will work with you and your loved ones to be as flexible as we can to provide the care that you need, when you want it.

We offer reliability, consistency and continuity of our support workers. Our staff are carefully recruited for their values and provided with ongoing training and development, because delivering excellent care is at the heart of all we do.

**Call: 0300 790 0508**

**Email: [contactus@independencematters.org.uk](mailto:contactus@independencematters.org.uk)**

**Visit: [www.independencematters.org.uk](http://www.independencematters.org.uk)**

## Independence Matters

A social enterprise reinvesting in the people that matter

# INFORMATION FOR PATIENTS

the Norfolk & Norwich University Hospital



We know that staying in hospital can be a worrying and stressful time for many people. To help you prepare for your stay, here is some information about what to bring and services available to inpatients.

## ❖ What to bring

- All medicines, tablets, inhalers or eye drops you are taking, including any not prescribed by your doctor. Show them to staff when you arrive so we can check your medication history

- Two sets of nightwear including a dressing gown

- Soft shoes or slippers
- Your glasses/contact lenses
- Walking aids that you normally use indoors (please mark your name on them)

- Washing and toiletries (including toothpaste and toothbrush).

- Tissues
- Sanitary towels (if required)
- Shaving items
- Hand wipes
- Books/magazines
- Ear plugs (if required)
- Any specialist equipment eg hearing aids, powered wheelchairs

If you have or suspect you have any type of allergy, for example an allergy to latex, please inform a member of ward staff before you receive any treatment.

Please do not bring:

- Talcum powder
- Valuables/large amounts of cash
- Alcohol
- TVs or portable radios/sound systems
- Mobile telephones
- Large suitcases
- Pets (except guide dogs for the blind and hearing dogs for the deaf)

## ❖ Personal Property

The Trust cannot accept any responsibility for personal belongings or valuables. If you do bring valuable items with you please let the nurse in charge know. They can then be kept in a hospital safe and you will be given a receipt for your valuables.

## ❖ Visiting times

The visiting times for most of our wards are 2pm-4pm and 6pm-8pm. Please be aware some wards will have slightly different visiting times.

We ask that patients only have two visitors at any one time.

Visitors should wash their hands or use the hand sanitisers provided when entering and leaving the ward.

## ❖ Meal times

To reduce distractions for patients while they are eating, most wards have protected mealtimes. This means visitors will not be allowed on the ward except for emergencies.

It is not unusual for people to lose their appetite when they are unwell. However, eating and drinking is important as it will help to fight infection and speed your recovery.

You should be offered an opportunity to clean your hands prior to a meal and our staff should help you to sit comfortably while you eat. We operate a 'red tray' system to ensure you get help promptly if you need assistance with your meals.

If there is concern about your appetite you may be offered higher

calorie/protein foods. You will also be offered snacks and drinks between meals.

You are welcome to bring in snacks and your relatives and carers may assist you to eat. You can also visit the staff restaurants and snack bars by arrangement with the nurse in charge of your care. Please avoid foods that need to be refrigerated or reheated.

### ❖ **Special dietary needs**

If you need a special diet for health reasons or have cultural or religious needs, please tell our staff and they will be happy to ensure you are given appropriate meals.

We aim to provide meals that are nutritionally suitable. We cannot supply diets that go against best practice. If you are following a diet that has not been recommended by a healthcare professional, you will find the hospital menu caters for most of your needs.

### ❖ **Smoking**

All hospital premises and grounds are smoking free. Anyone wanting to give up smoking can contact the Norfolk NHS Stop Smoking service on 0800 0854 113 or visit Norfolk's Cignificant website for people who want help to quit smoking.

### ❖ **Dayrooms**

Patients and visitors have access to the ward dayrooms, which also have free terrestrial TV.

### ❖ **Children's Play Area**

There is an outdoor children's playground next to the Jenny Lind Children's Department on Level 2 of the West block. It has safety flooring and is designed for children under the age of ten. Children must be supervised at all times by a parent or carer.

### ❖ **Patients' Library**

The Norfolk County Library and Information Service provides a comprehensive selection of books, large print books and audio tapes. Volunteers from the St John

Ambulance Library Service bring the library trolley to the wards.

### ❖ **Laundry services**

The NNUH is unable to do personal items of laundry. Please ensure you have all the clothes you need for your stay and ask relatives or visitors to take any laundry home for you.

### ❖ **Shops and Restaurants**

The Royal Voluntary Service (RVS) shop is in the East Atrium on Level 1 (open 7am to 8.30pm weekdays; 9am to 6pm weekends).

There is also a ladies fashion shop, the Stock Shop, on Level 2 of the West Atrium, open 9am to 5pm Mondays and 12 to 5.30pm on Saturdays.

W.H. Smith, located outside the entrance to West Outpatients, open 8am-8pm weekdays and 9am-5pm weekends, sells a wide range of convenience items including toiletries, fruit, newspapers and magazines.

Chicory's, the main hospital restaurant, is in the West Atrium and serves hot and cold, meals and drinks from 7am to 7.30pm, seven days a week.

There are coffee shops in both the East and West Out-patient reception areas, which are open between 9.00am and 5.00pm only.

### ❖ **Cash machines**

NNUH has Nationwide cash machines on Level 2 of the East Atrium and Level 1 West Atrium in the Restaurant.

### ❖ **Lost Property**

If you find any lost property, it should be handed in to The Patient Services office between 09.00 to 17.00, Monday to Friday or to the member of staff at the West Atrium reception desk at other times. If you have lost any property, please report it immediately to the nurse in charge.

### ❖ **Patient Bedside Entertainment**

Most patients have access to their own Hospedia bedside entertainment system that includes a telephone, radio, TV and Internet and e-mail facilities.

## ❖ Telephone

Each bedside machine includes a telephone to make and receive phone calls. Telephone card machines to use the service can be bought from dispensers at ward entrances. The system also has a loop system for the hard of hearing.

It costs 10p per minute to make a phone call from your bedside but often free (check with Hospedia). Anyone phoning you will be charged 49p per minute peak rate (Monday to Friday 8am to 6pm) and 39p per minute off peak (evenings and weekends).

## ❖ Hospital Radio Norwich (HRN)

Hospital Radio Norwich (HRN) broadcasts from premises in the hospital and can be received on all the at NNUH on Channel 1.

HRN broadcasts live from 7pm to 9.30pm Monday to Saturday. At all other times HRN's automated music is received playing music to suit all tastes. You can have a music request played especially for you if you call 01603 454585.

## ❖ Television

There are 20 TV channels: BBC1; BBC2; ITV; Channel 4; Channel 5; Cartoon Network; UK Gold; ITV3; Toonami; TCM; Trouble; Extreme Sports; UK Living; Bravo; CBeebies; BBC News 24; ITV2; BBC1 (subtitles); ITV (subtitles) and Hospital Channel.

The above information is correct at time of going to press. Check Hospedia screens/flyers for current offers.

Remember to let relatives or friends know that you will be admitted to hospital and give them the hospital's telephone number and ward telephone number (if known).



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Contact Care Lifeline help when you need it



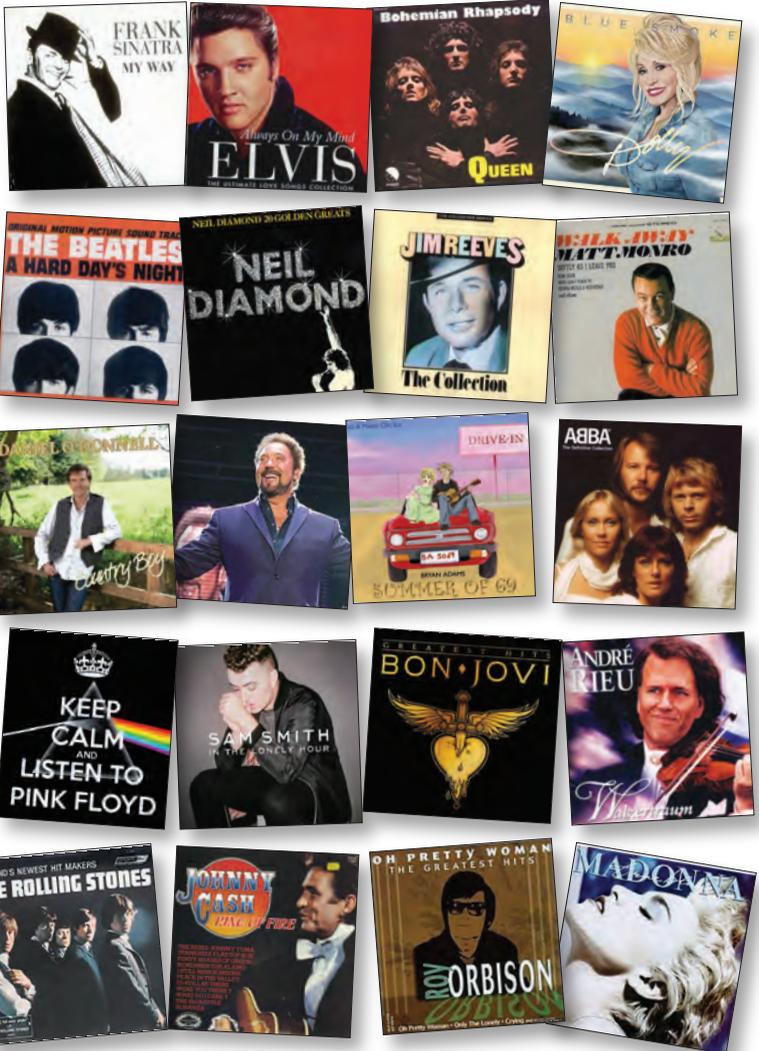
# HOSPITAL RADIO NORWICH'S

## Most requested artists

Each month, Simon Drane, our Music Librarian, analyses the requests to find our most popular artists and here are the most requested of 2016.

Our main aim is to play the music that you, the patient, want to hear but as there is such a wide age range of listeners at any one time, getting this right is not always easy! Again in 2016, the most requested artist was Frank Sinatra, the number one position held by Frank for many years. But a look down the list, shows we have played music for young and old and reflects the wide diversity of patients listening

1. Frank Sinatra
2. Elvis
3. Queen
4. Dolly Parton
5. The Beatles
6. Neil Diamond
7. Jim Reeves
8. Matt Monro
9. Daniel O'Donnell
10. Tom Jones
11. Bryan Adams
12. Abba
13. Pink Floyd
14. Sam Smith
15. Bon Jovi
16. Andre Rieu
17. The Rolling Stones
18. Johnny Cash
19. Roy Orbison
20. Madonna



# THREE WAY FAMILY FAVOURITES

by Kim Russell

The silence of 32 Edmund Road is broken by the rattling of the key in the lock. The door swings open into the dim hallway, welcoming the mid-morning May sunshine, in which dust mites dance like fireflies. In my mind I see Gran banishing them with a flick of her duster. I nudge Mum in and close the door behind us. It's the day after the funeral and we need to sort through furniture, clothes and bric a brac, under orders from the local council, who are anxious for a family to occupy the property. Gran and Grandad moved in just after the war and to me, it will always be theirs. Gran was a bit of a hoarder so we've brought plenty of black bin bags and stickers to put on items for the clearance people to take.

I look over Mum's shoulder at our reflection in the hall mirror. There are just the two of us but I can see Gran too. Mum's in her mid-seventies, petite, with shoulder-length grey hair threaded with silver. I'm taller but my hair is still blonde. We look more like sisters than mother and daughter; Mum was a teenager when she gave birth to me in this very house.

My glance shifts up the stairs to the landing and I smile at memories of my younger self creeping up the stairs to the bathroom, so as not to disturb whatever lurked in the attic and then running as fast as I could back down again after pulling the old-fashioned chain, petrified of the toilet monster!

I'm not looking forward to this, it's like snooping on Gran's life but it has to be done. We start upstairs in the bedroom where Gran and Grandad slept in a high rosewood bed – I had to climb onto it for a Sunday morning cuddle – with matching bedroom suite. A faint scent seeps from the lavender bags in every drawer. I open the doors to what was once a magical wardrobe, a bit like Narnia and feel the good sense of Gran's old-fashioned coat with its fabric-covered buttons, her best red polyester dress and the slacks she always wore in cold weather. While I remove the redundant items from padded hangers and stuff them into bin bags, Mum takes off her dark blue pea coat, rolls up the sleeves of her sweatshirt and sits at the dressing table, caressing the cut-glass perfume bottles and trinket dishes. Mum tugs open the drawer and puts handfuls of

costume jewellery into her bag, just leaving Gran's engagement ring and a dragonfly brooch in a trinket dish.

'Sophie, Gran would have wanted you to have these. If the ring doesn't fit or you don't like the style, sell it. It's worth about a thousand pounds and Gran would want to help you out.'

But it's not the ring I am staring at. My eyes are glued to the brooch and words from the funeral service reverberate, 'Life is like a dragonfly... death is the dragonfly leaving the cocoon and its past and the soul travelling towards a new life.' I remember reading that Native Americans believe each person has an animal spirit which serves as their guardian or guide. The dragonfly spirit means you must seek out the part of your life and habits which need changing.

Once the bedroom and sitting room are packed up, there are just the dining room and scullery left. I draw the dining-room curtains and look out at the tiny garden. The roses are so old they have become straggly trees; the hydrangeas are brown paper and the lawn is a wilderness. I remember running round the rose bed with a skipping rope, pretending to ride a horse; mid-gallop, I slipped and got caught in the vicious branches. I was lifted to safety by Grandad, who sat me on his lap while Gran removed each thorn with tweezers and covered the scratches with Germolene – the smell followed me around for days.

I look around the familiar room and am drawn to the huge, old Marconi wireless, standing between the French windows and the scullery, where Gran could hear it when she was cooking or doing the washing up. It has an old Bakelite and veneer cabinet and stations that light up. They originally bought it through Grandad's brother Tom, who worked at the Marconi factory in Chelmsford. I remember the crackle and gabble of faraway foreign voices when searching for a programme. The main body of the wireless is a cupboard where we used



to keep newspapers and magazines.

'Mum, I think I would like the Marconi. It'll go with my vintage furniture and the colour scheme in the flat – it brings back so many memories.'

'That's fine, love,' Mum replies.

I lived with Gran and Grandad for about five years during one of many crises in my parents' marriage. Gran woke me every morning and we ate breakfast together, boiled egg and soldiers or Marmite on toast with a cup of tea. Then Grandad would pull on his boots and overcoat ready for work; I went with him as far as the gate and waved goodbye until he reached the end of the road.

Even when I was at infant and junior school, Gran collected me every day at a quarter to one for dinner, which we had together with Grandad. In the cold months, at four o'clock we ate crumpets with hot chocolate or Bovril to warm us and by the time the news came on, Grandad would be home again for tea. I always wondered why the summer holiday I turned four, stretched into years and why I couldn't be with my mum. She steers clear of the subject every time I ask. I wonder if she missed me as much as I missed her. By the time I went back, I was so used to Gran and Grandad I never felt I belonged with her. The following day, the house clearance men arrive and Mum pays extra for them to deliver the Marconi to an electrical repair shop that Grandad had used. They specialise in old radios and TVs and she trusts them to ensure it is functional and there is no dangerous wiring.

On Friday, the specialist delivers the radio and I spend a while polishing it to Gran's high standards. I stand back to admire my work and then switch it on, playing with the knobs, hearing the squawks of white noise and distant voices as the dial passes through Hilversum, Lille and Luxembourg. I twiddle the pointer to the Light Programme, Gran and Grandad's favourite. They couldn't live without radio.

'The time is a quarter to two. This is the BBC Light Programme for mothers and children at home. Are you ready for the music? When it stops, Daphne Oxenford will be here to speak to you.'

I wonder if I've tuned in to Radio Four Extra but know it's only available on DAB radio. I twiddle the knob again. There is

white noise for about ten seconds and then the sound of a piano playing the memorable signature tune: Berceuse from Gabriel Fauré's Dolly Suite. When it ends, the voice says, 'Are you sitting comfortably? Then I'll begin.' I reach for The Times Saturday Review and flick through the radio listings; there is no sign of Listen with Mother.

I listen to the radio all weekend. Nan always cleaned to Housewives' Choice, Music While You Work and Mrs Dale's Diary and ironed to Woman's Hour and the afternoon story. I also iron to the radio. Grandad listened to the news at one o'clock every dinner time. I would wait for him, swinging on the garden gate in the summer and warming his slippers in the winter.

I continue to listen all Monday, ignoring the ringing of the phone and the doorbell and can't turn off the wireless until I hear: 'Well that's the end of broadcasting for today in the BBC Light Programme. But we shall be back on the air again tomorrow morning at half past six with the news summary. So, good night to you all. Good night.' After that there is nothing but static.

Early the next morning, I send an urgent text to Caroline, my best and oldest friend. When she arrives, I steer Caroline to an armchair next to the Marconi and, without explaining, I switch it on. There is silence while the valves warm up and the display is illuminated, then white noise and finally sound. Surprisingly, it is tuned to Radio 2. Caroline opens her mouth to ask what's wrong but I put my finger to my lips, twiddle the knob and find Radio 4 – Woman's Hour – with the familiar voice of Jenni Murray. My eyes prickle with tears, so I decide not to share my ghostly radio phenomenon. I click off the wireless, grab my bag and drag Caroline out of the flat. Over a cappuccino and a Danish pastry, I describe my hallucinations. Caroline shrugs and suggests 'Why don't you get your mum round and see if she can hear what you hear?' I pull my mobile out of my pocket and dial the number.

Mum arrives at half past one and makes us both a cup of sugary, strong tea. We sit by the radio, I have to reach out three times before I can switch it on. I hold my breath. After a while, a disembodied voice says, 'The time is a quarter to two. This is the BBC Light Programme for

mothers and children at home. Are you ready for the music? When it stops, Daphne Oxenford will be here to speak to you. Ding-de-dong. Ding-de-dong. Ding, ding! Are you sitting comfortably? Then I'll begin.'

A shadow crosses Mum's face as it tightens and she gasps, 'I'm amazed that old thing can receive digital radio!' 'But Mum, it's been playing all the old programmes I used to enjoy with Gran and Grandad. It played normal radio shows when Caroline was here.'

Mum stares at the wireless, its stations alive and illuminated. 'I used to listen to that radio with your Gran and Grandad when I was little. I can remember it during the war. What's in the cupboard? Did you clean it inside as well?'

I can't believe what I'm hearing. Does Mum take after Gran after all? Is she criticising my cleaning?

'I didn't even think to look in it, Mum.'

But she has already opened the cabinet door and a pile of musty newspapers and magazines slide to the floor. 'Why on earth did Mum keep these?' she exclaims.

Amongst the old news is a pale blue envelope addressed in Gran's loopy handwriting: To Jan. Mum rips it open, removes a piece of blue, lined Basildon Bond paper and reads it in silence. I can hear her rapid breathing and pull her into a hug as she bursts into tears. I take the letter and read the words:

Dear Jan,

I know you were not solely responsible for the breakdown of your marriage to Steve but I want you to understand what you missed during the years that Sophie lived with us. A child needs quality time with her mother and I am afraid I stole some of that time from you. Please try to make it up to Sophie as I have tried to make it up to you.

Your ever-loving Mum

My mother sits up and takes my hand. 'Come on, love. Let's find a better position for this beautiful antique, where everyone can see it. Then we can talk about smartening up your flat so I can visit more often - maybe even stay over sometimes?'

I go over to the bookshelf where I left the other heirlooms and return with the dragonfly brooch.

'Here, Mum,' I say as I pin it to her jumper, 'I think this was meant for you.'



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GRAND ORDER OF  
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As a boy born in Diss who moved to Norwich at the age of 11, I could never have dreamed that one day I would follow in the footsteps of so many enormous show business legends and be honoured and humbled to hold the office of King Rat in the prestigious entertainment brotherhood and charity, The Grand Order Of Water Rats.

Formed in 1889 by a band of music hall stars of the era, it has gone from strength to strength and is an exclusive organisation containing entertainers of every kind from cabaret, comedy, music, actors and impresarios.

There have only been 892 Water Rats initiated worldwide in 127 years and there can only be 200 at any one time.

Admission is gained by reputation and good character, not by measure of a person's fame. Over the years there have been many household

names in the Order such as Charlie Chaplin, Ted Ray, Arthur Askey, Bud Flanagan, Frankie Vaughan, Danny La Rue and more recently Rick Wakeman, Joe Pasquale and Steve Mc Fadden, to name just a few.

Past international Rats include Bob Hope, Laurel and Hardy, Maurice Chevalier, Peter Lorre, Danny Kaye, Howard Keel and Buddy Greco.

Some diverse well known Rats are Nico Mc Brain, drummer with Iron Maiden, guitarist Brian May, Frank Bruno and composer Tony Hatch.

We meet regularly at our headquarters in London's Kings Cross where we have a superb library and museum and a fantastic lodge room and conference facilities. On the ground floor of our building is The Water Rats' theatre pub and kitchen which is a superb venue and saw early performances from massive musical stars including Bob Dylan and Florence and The Machine.

Our main aims are brotherhood and charitable fund raising, so whilst we have a great time with our mates, we also help those less fortunate than ourselves.

After almost 40 years as a professional entertainer, originally as a DJ but for the last 35 years as a comedian, after dinner speaker and raconteur, I have been lucky enough to be voted into this office by my fellow Water Rats and I am enjoying every single minute of it.

Look out for Brother Water Rats at shows and on television; you can identify them by the small solid gold rat emblem worn in their lapel.

We were so pleased to help and support the great team at Hospital Radio Norwich during 2016.





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# THE HOSPITAL CHAPEL

Chaplains are in the hospital to be a friend to you during your stay and are here to listen and try and understand your fears and hopes during what may be a difficult time.

The NNUH Chaplains visit anyone if asked, whether they have a faith or not. They can offer prayer, Holy Communion and other sacraments, if this would be helpful.

The Chaplaincy team consists of Christians from varying denominations but should you be of another faith and wish for spiritual help, we would aim to contact the appropriate religious leader.

If you want a Chaplain to visit, please contact a member of staff and ask them to request a Chaplain.

## Chapel

The Chapel and multi-faith prayer room is on Level 1, Centre Block. Patients, relatives, friends and staff often visit the chapel and find it a peaceful place where they are welcome to sit, reflect, pray and perhaps light a candle for a loved one.

## Services

### Sunday

10.30 Holy Communion Ecumenical

### Thursday

08.15 Praying the rosary

### Wednesday

12.00 Holy Communion Ecumenical

### Friday

13.00 Muslim prayers



Prayers for the hospital are normally said daily at 09.00 in the Hospital Chapel.

## Chapel Services on Hospital Radio Norwich

The Sunday Service and other special services from the Norfolk and Norwich Hospital Chapel can now be heard by patients on Channel 1 during programmes from Hospital Radio Norwich. The service begins at 10.30 and runs for 30 minutes. Patients who are able, can attend the service.

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Hospital Radio Norwich



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Paul Chapman  
Wednesday team



Simon Drane  
Librarian



Chris Emerson



David Furse  
Wednesday & Saturday team



Stephanie Gaff  
Friday team



Teresa Goodwin  
Thursday team



Susie Pallant  
Friday team



Bob Proudfoot  
Treasurer



David Russell  
Thursday team



Mike Sarre  
Chairman and Engineer



Peter Woodcock  
Sports team

## Why don't you join us?

Hospital Radio Norwich is a small registered charity, run totally by volunteers, keeping afloat through fund raising and donations. It provides comfort to patients in the NNUH, visiting patients at their bedside and offering information and entertainment through the medium of broadcasting.

The studios are based at the Hospital and the organisation is run by a Management Committee of varying expertise, including football commentator, electronics engineer, sound engineer, administrator and business managers. With around 30 members to carry out day to day tasks, broadcasting taking place each evening. The organisation is delighted to have achieved the Investor in People award.

The hospital welcomes the service as the Patients' Request Show members brings the feel-good factor for patients when capturing those happy memories from a special melody. With a music library of over 72,500 tracks it's not often we are caught out.

Bedside visiting suggests therapy; just having somebody to talk to and saying the right things when there are no visitors around, helps allay worries and uncertainties during a patient's stay. Members find this satisfying and worthwhile experience.

New people to the organisation undergo 12 weeks of training to ensure they are sensitive to patients' requirements. The patient always come first. Once applicants are adept in these skills and a satisfactory audition, broadcasting techniques can be taught but it is not a requirement of membership.

The service always welcomes extra help with skills such as administration, fund raising, communications and electronics. To join us you can be 18-80, or even older, male or female, although it does help to have some across the board music knowledge and a caring nature.

If after reading this you feel you would like to be involved, please contact us at [studio@hospitalradionorwich.co.uk](mailto:studio@hospitalradionorwich.co.uk). or write to us at:

Hospital Radio Norwich  
Norfolk & Norwich University Hospital NHS Foundation Trust  
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Norfolk & Norwich University Hospital,  
Colney Lane,  
Norwich NR4 7UY  
Telephone 01603 454 585

# ADRERE AMALLAL

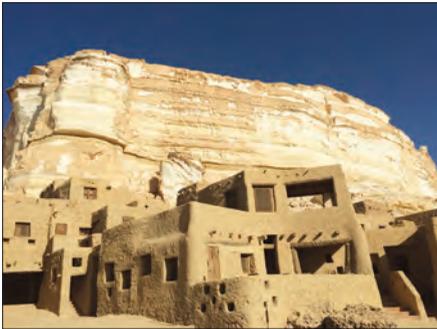
A superb ecolodge in Siwa, Egypt



Have you ever dreamt of total peace and quiet? No phones ringing, no aeroplane noise or traffic passing by your window 24 hours seven days a week. Do you long

for that 'I want to be alone' moment?

Here it is... Adrere Amallal, an ecolodge situated in Siwa, Egypt, in the middle of the desert, far from it all. Adrere Amallal means white mountain. It's a little piece of heaven, carved out of stone surrounded by a salt lake, offering total peace and tranquillity.



Siwa is about 50km from the Libyan border and is about 25m below sea level, an oasis. The word comes from the Arabic Wahat Siwah, which translates to 'Protector of the Sun God Amon-Ra'. The people who live this far north are the North African Berber tribes, called Amazigh. Their translation of Siwa is 'Bird of prey which protects the God Amun'.

This amazing ecolodge takes you back to basics. Gone are electric sockets, no charging mobiles or ogling at the television set. Lighting is courtesy of natural beeswax candles. Your mattress is laid on a natural salt bed base, as are your bedside tables.

The only 'modern' equipment was a proper flushing toilet, sink and shower



unit. The toilet paper is made from recycled paper and the soap is all natural, albeit Pears soap instead of natural soap made in Egypt. Towels and sheets are 100% natural Egyptian

cotton and the water is recycled.

All food is grown onsite and is totally organic, prepared freshly for every meal. The chef's food was better than I have tasted in three star Michelin restaurants. Each meal is eaten in a different location around the lodge. When the chef introduced himself, I was pleasantly surprised at how young he was. He was very modest and highly embarrassed when I told him I would marry him and take him to England



with me to do my cooking! All juice drinks are freshly squeezed to order. Alcohol is on offer if you prefer a glass of wine or three with your meal. Food is cooked in a

traditional Siwan clay oven called a tabunna, which is fuelled by palm branches, so most food is oven cooked, in honey glazed clay pots.

The ecolodge is carved out of a white limestone mountain and extra buildings have been added by using karshef stone made from a mixture of clay, salt and fine sand. Bonded with clay, the walls become incredibly solid and insulate against cold and heat, as well as keeping out flies and other flying critters. Ceilings, doors and windows are made from palm wood and mud and olive leaves help strengthen the roofs against rain. There is a total of 40 rooms, a spa and a spring water pool.

I was lucky enough to be shown the lodge where HRH Prince Charles and The Duchess of Cornwall stayed for three days a few years ago. My reaction was simply 'wow'. I was totally blown away at what my eyes were feasting on. The lodge was on two levels, the space and natural light coming in through the different sized windows, at different levels in the walls was amazing. Handmade rugs by the local Siwan people were placed all over the floors upstairs and downstairs. The staircase had natural wooden handles and spindles from the trees and again the furniture was put together from the remains of the olive palms.



I only wish I had upgraded to their lodge, instead of staying in my double room! My room was situated at the other end of the lodge, next to the fabulous blue salt lake. I was on the ground floor and had a balcony area outside my front door. All doors and windows have mosquito netting, which worked perfectly. A large wooden trunk is there for your clothes or you



can use their makeshift wardrobe hangers. Be warned though, they do get sandy, so it's best to use the trunk for your better, let's say, non-safari type outfits. The coat hangers provided are standard wooden coat hangers easily bought in any shop. However, the wooden pole for your hangers is suspended from the ceiling using reeds from the palms, a lovely extra touch that keeps with the setting of the room, going with all things natural. The rooms remain cool throughout the day, a blessing from the soaring heat outside, especially as there is no air conditioning to switch on!

I must admit my first night at the lodge was a little eerie. You take for granted street lights when you live in a city and don't appreciate how dark it really is when there are no lights at all. The moon lit up the lake but once you blew your candles out you were plunged into complete darkness. The upside of no lighting is how clear and beautiful the sky is at night. The stars one can view with the naked eye was amazing. The night sky takes on another meaning and it's worth a visit just to see that.



What does one do in Siwa? What is there to see? Initially you think because you are in the middle of the desert, there can't be anything to do apart from swim... wrong, wrong, wrong. Every day my schedule was packed full of activities. Not a lay-in for anybody, no time for breakfast in bed or completing a quick Sudoku. It's up,



breakfast, clean your teeth, grab your camera and off we go.

A chauffeur in a jeep awaits you and you are given bottles of water for the journey. A short drive away we visited The Temple of The Oracle, built 663-535BC, situated in the ruins of Aghurmi Village and known as Amun's revelation temple, it was a symbol of the town's wealth. The Oracle was considered to be extremely revered. Rulers sought its advice, while others wanted to destroy it. Alexander the Great visited in 331BC.



About 200m from The Oracle is the Temple of Om Obaidah, built 359-341BC for the worship of Amun. There are only ruins left now but it used to be connected to the Oracle by a

causeway. One wall remains standing in amongst all the fallen rubble.

Moving on, we arrived at Cleopatra's Bath, the most famous spring of all. A very large round stone pool filled with natural spring water that bubbles up from under the ground. The water is very clear but the bottom of the bath is covered in algae so the water itself looks green in colour. Surrounding the spring are various shops selling local wares and you can comfortably sit and enjoy a decent cup of coffee or light refreshments that are on offer. I took my swimming costume to have a quick

dip in the bath but was not brave enough; other passing tourists happily stripped off and gave it a go. And why not?



My favourite place we visited after another delicious and mouth-watering lunch was Bir Wahed, a fresh water lake, which I can only describe as a miracle in the middle of nowhere. How anybody can find it is beyond me. It takes about 20 minutes to get there by jeep and you are driving up and down sand dunes in the middle of the desert. Images of TinTin and Captain Haddock as they staggered around in the desert in the book 'The Crab with The Golden Claws' came to mind, the difference being when we found the lake, it wasn't a mirage after all. I was relieved to arrive. One sand dune looks the same as any other. It's a hot spring, much larger than a Jacuzzi and you can clearly see the water bubbling up in the centre, smell the sulphur and taste the iron in the water. It is lovely and hot but refreshing at the same time. There is a garden around the lake and the plants are irrigated from the water. Well worth a visit... if your driver can find it that is.



Our driver was very hospitable and took us to other places we mentioned we would like to see. He took us to an olive oil factory as Siwa is surrounded by olive palms. I bought some oil that was cold pressed once, which apparently is the best oil to have. The shops sell second pressed oil and there is a huge difference in the taste. The smell and flavour of the olive really comes through in the food.



We also visited a factory where girls were making rugs sold at a ridiculously low price in comparison to Europe, yet the quality is superb.

I went mad when we visited the local handicraft factory where girls of all ages were making jewellery, sewing, baskets, tapestries, you name it, you could buy it... and I did. I was in my element and could have bought so much more... if only I had more than 23kg to play with!



In the town there is a typical Siwan house that has been kept as a museum to see how life used to be and how it is now. There are wedding garments for



both men and women on display, along with jewellery and tools that are used. The rooms are set out accordingly

and tell you about the farming of crops and use of the palm trees.

Other places worth a trip are the Shali Fortress, Tombs of Gebel al Mawta, Gebel Dakrour, Great Sand Sea, Lake Shiata and the Petrified Forest.

You can go horse riding but must ask for the horses in advance. A morning climb up the White Mountain is a very early start and you get to the top in time to watch the sunrise.

Swimming in the salt lake that surrounds Adrere Amallal was an interesting experience; due to the high salt content in the lake it is very difficult to swim. Front crawl was more like doing butterfly stroke, as my legs were raised to the point where they were virtually out of the water. I suppose it was a good workout for the arms, helping firm up my bat-wings.

Once out of the water, your skin dried covered in salt crystals the size of small hail stones. They washed off easily in the shower and the difference to the softness of my skin was noticed immediately, especially as I have very pale, sensitive skin covered in freckles.

I spent a fabulous time at Adrere Amallal. The four days passed in no time. To experience total peace and harmony within one's self does not happen often enough but when it does happen it is an experience you want to repeat.

I went in March this year and am ready for my second visit – who's ready to come with me?

**Gill Shoukry**

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# THE BAY TREE

by Kim Russell

When they moved in, the bay tree reached the top of the living-room window. Its leaves were dark and glossy and it released a pungent aroma, reminiscent of Mediterranean holidays. Sam and Helen loved the way it arched over the path at the side of the house. Its strong aroma mingled with the heady scent of roses and honeysuckle that climbed the trellis.

Sam trimmed the bay regularly. Helen used the leaves in casseroles and sauces. She hung the branches from the ceiling and stored the leaves in neatly labelled glass jars.

Over the years, the bay tree thrived and grew above the roof. When the wind was strong, Helen complained about the constant creaking and groaning and the screech of branches against the windows. Its leaves blocked the gutter and caused rainwater to drip down the outer wall. Inside, damp and mould stained the wallpaper.

'Can't you do something about that tree?' Helen asked.

'I trim it regularly and it's healthy,' Sam replied.

'Why can't you lop the top off?'

'It's a *laurus nobilis* – the noble laurel!' Sam stood up and leaned over Helen, who moved back a few inches. He wore his reluctance to cut the bay tree like a suit of armour.

'Well, if you won't trim it, I'll have to call a tree surgeon,' Helen said.

Sam grabbed his boots and jacket, ran out the back door and disappeared into the shed. Helen watched from behind the curtain as he dragged a ladder and some long-handled pruning shears round the side of the house. She pulled the curtains shut. Outside, Sam sat down beneath the

bay tree.

'I'm so sorry I have to do this,' he said. 'It's Helen. She won't shut up until you've been trimmed.'

'I don't mind,' said a voice from above.

Sam looked up and saw a beautiful child with sallow skin and almond eyes, sitting amongst the bay leaves.

'How did you get up there?'

'Easily,' she said with a silvery, tinkling laugh. 'What's your name?' 'Laurel.'

Sam spent the afternoon in the garden with Laurel. The ladder and shears lay on the path, untouched. When Helen opened the back door to bring him a cup of tea, he was playing hide and seek amongst the curly willows.

'How are you getting on?' she asked.

Sam popped his head out from behind a shrub. 'What with?'

'Trimming the bay tree'. Helen's voice was sharp. The birds stopped singing and Sam felt a chill in the air.

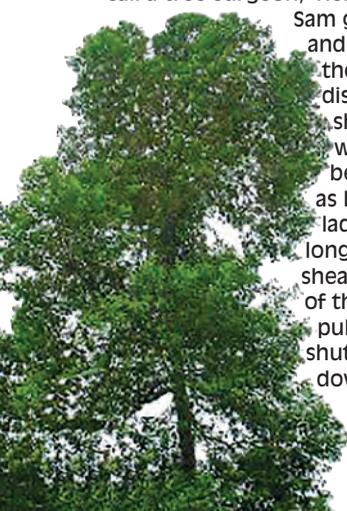
'I'll do it next week,' he said.

Helen had had enough. On Monday morning while Sam was at work, she phoned the local tree surgeon and arranged for the bay to be trimmed that afternoon, into a neat, formal shape, leaving several feet between it and the house.

When Sam opened the side gate and saw the alien tree, he trembled. His shoulders heaved and from behind the window, Helen heard him sob. She returned to the kitchen, waiting for the sound of his footsteps outside the back door. But they didn't come.

She waited several days before calling the police in case he returned. His car was parked in front of the house; his brief case stood under the bay tree, until it was taken away by forensics.

For the first time Helen felt threatened by silence in the house. She went into the garden and looked up at the bay tree. A sharp gust of wind rustled the branches and she was sure she heard silver giggling and the low tones of her husband's laughter.



# VOLUNTEERING

at the Norfolk & Norwich University Hospital



Norfolk and Norwich University Hospitals **NHS**  
NHS Foundation Trust

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The Norfolk and Norwich University Hospital (NNUH) is looking to recruit more volunteers to join its dedicated team supporting patients and staff.

NNUH has more than 675 volunteers and the recognisable vital members of the team can be easily identified by their red waistcoats.

Departments and teams across NNUH are supported by dedicated and hardworking volunteers who help to improve the care and experience given to patients and relatives.

At NNUH volunteers fulfill a variety of roles, such as meeting and greeting patients as they arrive at hospital, supporting patients and staff in the wards and clinics, gathering patient experience

Sally Knights, NNUH Voluntary Services Manager said, 'We are always extremely grateful to our volunteers who support us so much and we would really like to add to the team. We are looking for kind-hearted individuals who have a few hours a week spare who would like to help around the hospital'.

Volunteer Rita Kofkin said, 'I've been volunteering at the hospital for 13 years. I've volunteered in a number of areas but at the moment I help to escort patients between A&E and the Urgent Care Centre. I volunteer because I have some spare time and enjoy meeting people. I like to make the patients' experience here better and I like to think I relieve any of their tension and worry'.

feedback as well as basic admin duties and providing support to patients at mealtimes.

Dementia support volunteers have been introduced to the Older People's Medicine wards and some specialist roles have also been established such as Reading Aloud, Reminiscence, Breast Feeding Support and Music Therapy.

The volunteer service at NNUH has grown from 72 volunteers to 675 in the last ten years. The service is run by the Voluntary Services Team which co-ordinates all the volunteer activities.

Over 21 million people volunteer in the UK at least once a year and this contributes an estimated £23.9bn to the UK economy

*“ I get far more  
from volunteering  
than I give... ”*

Jenny O'Callahan  
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Linda Kiff is a settle-in service volunteer and says, 'I joined the settle-in service after reading about the new role in the Norwich Evening News. This role fits around my family commitments, I get to meet some lovely people and it gives me experience of working with older people, using the skills on my CV. The last person I visited called me 'an angel'. Most patients say they are really grateful the service is available and have really appreciated it'.

To register your interest or to find out more information, please contact the Volunteering Office by emailing [volunteers@nnuh.nhs.uk](mailto:volunteers@nnuh.nhs.uk) or telephone 01603 286060

# UNCLE BERT'S PIGEONS

by Kim M. Russell



Arthur sat in his armchair by the French windows that overlooked the garden and watched the birds flocking around the bird table. Tiny sparrows splashed in the bird bath. A brightly coloured goldfinch clung to a feeder hanging from a dew-soaked holly bush. Early morning was the best time of day; carers were busy getting residents out of bed, washing and dressing them, preparing breakfast and there was nobody to scatter Arthur's thoughts and send them flying like his feathered friends.

In the far corner was the fattest pigeon he had ever seen. It reminded him of his Uncle Bert, with its head cocked on one side, its chest thrust out, bobbing and weaving across the crazy paving. Old Uncle Bert kept racing pigeons and loved them as if they were his children but happily ate mother's pigeon pie. You wouldn't get pigeon pie these days, Arthur thought.

During the war, Arthur and his mother lived with Uncle Bert, her older brother and only living relative. Arthur's father was a soldier. He tried to picture his face, his bristly moustache and hairy nose but he was just a faded photograph. Uncle Bert though was as real to him as the pigeon, a cheery chap, always joking and eating. While everyone else lost weight, Bert joked his way through their rations. Nobody seemed to notice. Bert would pop next door to the neighbours for a chat and a cup of tea and leave with crumbs and gravy down his waistcoat, his paunch straining the buttons. While Arthur went to bed with a rumble in his stomach, Uncle Bert sat by the wireless, gobbling down whatever was left in the pantry.

Uncle Bert's pigeon loft took up most of his back yard. The pigeons were named and had numbered rings carefully placed on their legs. The loft

was cleaned daily and the birds were fed with the best quality grains, no matter the cost. Bert not only bred racers but also carriers for the Signal Corps; they were his pride and joy. Throughout the war, Arthur's job was to scrape guano from the loft and collect it in hessian sacks. The old men at the local allotments used it as fertiliser and he would exchange it for boxes of vegetables to complement the pigeon and rabbit in mother's pies and stews.

The fat pigeon sat under the bird table, eyeing the scattered seeds before dipping its beak and picking at them one by one. It looked like a racer and Arthur strained to spot a ring on its leg. It was fatter than most of the pigeons that visited the garden and, sure enough, it was banded. Arthur would have liked to get a closer look but his useless pins wouldn't allow it. No need for a ring on him.

When Arthur was ten, most of his friends were evacuated from London. He was one of the few in the neighbourhood who stayed behind. Uncle Bert needed his nephew's help to breed and train the carrier pigeons and Arthur became quite the expert. He loved the squabs, which fed from his hand and came when he called, a gentle coo in the back of his throat. He learned to spit on the band, which made it easier to slip on the right leg so that you could read it while holding the bird. Uncle Bert's pigeons were famous all over south London but they were not for eating.

The lounge door opened with a creak and a blonde young carer chirped: 'Cup of tea, Arthur?' This was part of the morning routine. He always had his tea in the lounge before the other residents arrived. Then one of the carers would help him into a wheelchair and push him down the

corridor to the dining room for breakfast with Edna and Brian, a married couple who recommended the care home. Brian was an old school friend of Arthur's; he was evacuated during the war and, being older, started his national service almost a year before Arthur. They came to blows over Edna. Arthur met her at the local dance hall and planned to marry her when his national service was over but Brian got there first. Despite the rivalry between them, they remained close and nobody was surprised when Arthur joined them at Rowan Court.

Sipping tea from his 'Crazy bird man Pigeon fanciers' mug, a present from Brian and Edna to welcome him to the home, he watched as the portly pigeon was joined by another. They flew onto the fence and warbled at each other. They reminded him of the old men who dug the allotments, leaning on their spades, passing the time of day, discussing news of the war and the best time to plant carrots.

Uncle Bert was not an early riser. Arthur's mother called him lazy and he lived up to the title. More often than not, Arthur had cleaned and fed the pigeons, delivered the guano to the allotments and arrived home with fresh vegetables and sometimes eggs before Bert had dragged himself out of his pit. It didn't bother Arthur; he looked up to Bert. Only his mother was allowed to criticise him. Anyone else would feel the sting of Arthur's wrath.

It happened at the end of the war, just as soldiers were returning and rations got even scarcer. As usual, Arthur got up early, saw to the pigeons and set off for the allotments with a sack of guano in each hand. As he trotted up the road, he whistled his favourite songs. Mother loved the wireless and sang along to Gracie Fields and Vera Lynn, with Arthur whistling the accompaniment. He worked up to a good pace and before long he was standing on the low wall, looking over

the allotments. It was summer. Arthur handed over the sacks, rolled up his sleeves, picked as many peas and beans as he could and dropped them into paper bags, which he placed in a wooden box that contained potatoes, carrots and lettuce as payment for the pigeon droppings – a fair exchange. He was delighted when the old fellows invited him back after dinner to pick soft fruit: raspberries, blackcurrants and redcurrants. His mother was keen on summer puddings and so were Arthur and Uncle Bert.

He ran all the way home, holding the wooden box tightly against his chest. He felt the root vegetables bouncing off his ribs and hoped the lettuce wouldn't get too bruised. Arthur entered the backyard and his jaw dropped. The door to the pigeon loft was ajar and feathers littered the floor. His first thought was that a fox had got in but he was sure he had shut and bolted the door and there wasn't a drop of blood to be seen.

Arthur dropped the box of veg, pulled on the door handle and burst into the kitchen. His mother was making a pot of tea. She was wearing a dressing gown, her head was covered in curlers and she held a cigarette between her fingers.

'What on earth is the matter, Arthur?' she said, smoke billowing from her lips.

The words stuck in Arthur's throat. He barged past mother and raced up the stairs. He could hear his Uncle Bert's thundering snores from behind the closed bedroom door. He didn't knock, there wasn't time for that.

'Pigeons,' he said. 'Gone. Door open...'

Bert shot up, mountainous under the bed clothes, his jowls wobbling.

'What do you mean, gone? Did you forget to close the door?'

Arthur shook his head.

'Well, they're homing pigeons. They'll come back,' said Uncle Bert, turning his back on Arthur and settling back down into the warmth of his bed.

Arthur wasn't so sure they'd come back. Neither was Bert when the pigeons were still missing after a week. They put up notices and contacted local pigeon fanciers. Uncle Bert alerted the regulars in local pubs. Arthur left word at the allotment – they would miss the guano.

After another week, Uncle Bert was beside himself. So was Arthur. They had bred the pigeons themselves and knew all their names and markings. They sat down and planned how to replace them if they didn't return. Pigeon breeders all over London heard about the missing birds and offered squabs and breeding pigeons of their own.

Mother suggested Arthur should help out more at the allotments, just until they got the loft back the way it was. She needed the vegetables. Arthur was happy to oblige and set off early every day to dig, weed and pick his way through whatever was growing. He missed the pigeons but enjoyed the fresh air and company. To celebrate his new job, Arthur's mother planned a special dinner. Arthur brought home a marrow, some leeks, potatoes and carrots and mother made a pie.

At the dinner table, Arthur sat opposite Uncle Bert, who had tucked an old tea towel into his collar to catch drips of gravy. A meaty aroma wafted in from the kitchen. 'I'm starving,' Bert pronounced. Mother brought in two steaming plates piled high with vegetables and a golden pie crust filled

with meat and rich, dark gravy. You couldn't hear the big band on the wireless over the clutter of knives and forks on plates and the sound of chewing.

So when Uncle Bert threw down his knife and fork and pulled a face, Arthur and his mother stopped eating too. 'What's wrong?' Mother asked. Bert raised a hand to his lips and pushed out something with his tongue. It was a piece of tooth.

'I must have bitten on something hard,' he said. 'Did you check the rabbit was properly boned?' 'It's not rabbit,' replied Mother. Bert felt around his mouth with his tongue and spat something else into his hand.

'It's pigeon,' said mother. 'A man was selling them down the market.'

Uncle Bert opened his hand and he and Arthur stared at the little ring that lay in his palm.

They never did replenish the pigeon loft. It stood empty until the council condemned it and they had to knock it down.

Arthur watched the plump pigeons preening and cooing at each other on the fence. He remembered the day he dropped off Uncle Bert at the hospital. He was stick thin; his paunch had gone, his eyes were sunken and his fingers waved like spider legs, picking an invisible band from between his lips.

'Come on Arthur,' said a voice. 'Let's wheel you down to the dining room for breakfast.'



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Patients like to meet ward visitors; they tell us this often, as if they have no visitors it helps pass the time for them and may divert their thinking away from why they are in hospital.

We explain to patients how to receive us on their bedside radios and connect them to the system.

We have to pay licence fees and keep our broadcasting equipment up to date as well as high administration costs. Please see below as to how you could help HRN.

- Volunteering
- Donating using on-line via

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- Cheque to HRN's address (see page 1)
- Shop on line and register with '**Give as you Live**' at no cost to you (link on website)

If you are a business why not sponsor a programme(s). See the following rates. As a registered charity, HRN is unable to carry paid for advertisements. It can, however, play sponsorship messages within its programming. A sponsorship message



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See our website for more information [www.hospitalradionorwich.co.uk](http://www.hospitalradionorwich.co.uk)

## THE EYE

by Yasmin Shoukry

Beauty is in the eye of the beholder  
The eye that sees all but doesn't see  
behind your back  
The eye sees what comes your way  
But doesn't see the missed  
opportunities  
The eye can see but doesn't decide  
your fate  
The eye sees you but doesn't see  
through you.  
The eyes set a path that you follow  
But the eye isn't walking  
You are walking  
Listen to the sounds  
The thumping of the ground



by Yasmin Shoukry

The clock that's ticking  
The bells that are ringing  
The creaking door  
Does not creak any more  
The squeak of the mouse  
Has departed our house  
The booming of thunder  
The splashing of rain  
How all of these noises  
Have gone down the drain

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at Hospital Radio Norwich



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The suggested rates are totally customizable to your requirements here are a few examples.

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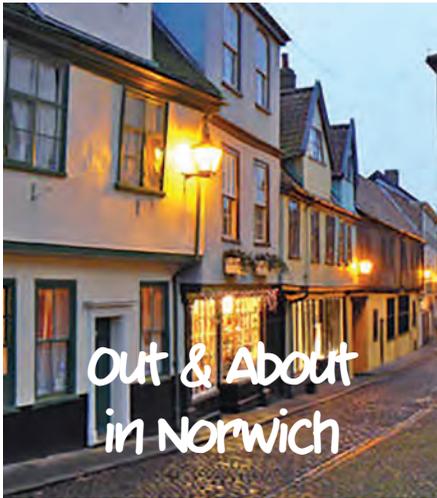
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Quiz Answers: 1960s Singers - Who am I? 1. Marvin Gaye; 2. The Hollies; 3. Petula Clark; 4. Roy Orbison; 5. Dionne Warwick

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1. I was born in 1939 in Washington, USA. I'm a singer, songwriter and musician. I helped shape the sound of Motown and I was fatally shot by my father in 1984.

2. We are an English pop/rock group. We had over 30 charting singles. Our most famous member was Graham Nash and our band name came from a famous artist and Christmas.

3. I'm an English singer, actress and composer. My career spanned seven decades and began as an entertainer on BBC Radio during World War II. I married publicist Claude Wolff in 1961 and in 1998 I was made a Commander of the Order of the British Empire by Her Majesty, The Queen.

4. I am a singer, songwriter and musician born in Texas in 1936. As well as singing, I also play the guitar and harmonica. I was a member of the Traveling Wilburys.

5. I'm a singer, actress and TV show host. Born in 1940 in New Jersey, my real name is Marie. I was named best

selling female vocalist in a poll in 1964 and I was often asked for directions to San Jose!

6. I was born in 1927 in Iowa and recorded 44 albums and nominated for six Grammy Awards. I had my own weekly television show for almost ten years and among my regulars were the Osmond Brothers.

7. I am a Scottish singer, songwriter and guitarist and had a long and successful collaboration with British independent record producer Mickie Most. Among my pop musician friends were Joan Baez, Brian Jones and The Beatles and I taught John Lennon a finger-picking guitar style.

8. I pioneered the genre of soul music during the 1950s combining blues, rhythm and blues and gospel styles. Frank Sinatra called me 'the only true genius in show business'.

9. I was an American singer, songwriter, actress and activist. In 1963 I recorded a pop hit which became a number one nationwide and in 2004 it was nominated for a Grammy Award for a rock and roll recording.

10. My career has spanned six decades with a string of top hits, regular touring, appearances in Las Vegas and career comebacks. I received a Grammy Award for Best New Artist in 1966, an MTV Video Music Award in 1989 and two Brit Awards in 2000 and 2003. I was awarded an OBE in 1999 and in 2006 I was knighted for services to music.

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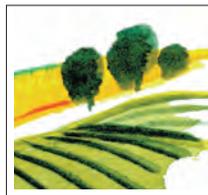
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## Wiltshire Farm Foods

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