

Your free magazine



# Hospital Radio Guide & Hospital Information magazine



Broadcasting to the Norfolk and Norwich University Hospital

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

FREE from your Hospedia phone, dial \*800

**REQUESTLINE 01603 45 45 85**

# Able

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Est. 1980



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Able Community Care provide 24-hour live-in care to ensure you can get Home from Hospital safely and with support.



Live-in Care



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Home from Hospital Care

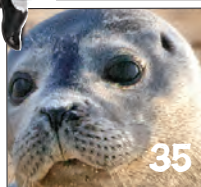
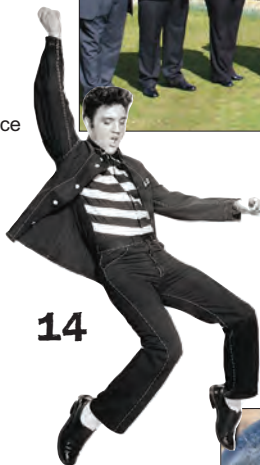
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## HOW TO CONTACT HOSPITAL RADIO NORWICH

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For your request just call us on 01603 45 45 85



Serco is trusted to manage vital healthcare services in the UK & Europe. With over two decades of delivering excellent services for the NHS, we have built a strong portfolio of support services, employing over 8,800 people in roles from facilities management and managing estates and assets, to care co-ordination and clinical support services.

Delivering better care is a primary focus for every member of our staff who are empowered, motivated and clear about their responsibility to positively impact the healthcare environment. Our services contribute to a safe and healing environment, whether providing a clean hospital, high quality patient dining menus to aid recovery or the way our staff engage with patients, visitors and Trust staff.

'The way we provide services within healthcare is changing constantly with demanding expectations accompanied by the need for cost reduction and smarter investment. It is more important than ever that all organisations in the sector work together, to adapt and prepare for our healthcare's future. At the Norfolk and Norwich University Hospital we have a passion for driving forward improvement to the care environment and patient journey through all our services at the hospital. With over 700 staff on site, providing services such as building and maintenance, cleaning, catering, portering, security, waste, linen and grounds maintenance. Recently we rolled out our new Serco Cares Programme, which emphasises the great practice our colleagues demonstrate day to day through interacting with the people they meet and how a simple hello, conversation, acknowledgement or smile can really make a positive difference to their day. We are all very proud in working for the hospital, not only as colleagues but members of the community it serves.' Jason Kong, General Manager, Serco Health.

Here at the NNUH, Serco provide the Retail Catering. Our team of 70 employees work together across 5 outlets to deliver excellent customer service whether by our Kitchen Assistants, Catering Assistants, Chefs or Costa trained baristas in our Outlets.

Our restaurant seats 400 offering a welcoming social space for colleagues to meet for lunch, visitors to dine with family, or to pop in late at night for coffee. Meals



Pictured, left to right: Paul Brasnett, Chef; Wayne Gardiner, Product and Development Manager; Jason Kong, General Manager; Lee Parrette, Head Chef; Alice Smith, Customer Support Manager; Karina Wood, Supervisor

are prepared on-site under the supervision of Head Chef, Lee Parrette. To thank our staff for their hard work, we offer NNUH staff discount.

Since 2012, we have been working closely with local celebrity chef, Richard Hughes, from the Assembly House in Norwich. Richard visits the Restaurant and cooks a range of dishes, teaches them to our Chefs and the most popular dish of the day is then incorporated into our menu, ready for the next quarterly menu change.

For NHS Health Awareness weeks, we work with the hospital to create healthy dishes that reflect the theme of the week. In 2019, we have created tasty meals for Vegan Day, Burns Night, Valentine's Day, and Carrot Day.

The team have worked together to deliver CQUIN staff health and wellbeing compliance ensuring we offer a range of products not high in fat, sugar or salt. We have reduced the amount of high sugar beverages available and provided a wider range of confectionary below 250 calories.

In 2018, we aimed to improve the evening service in the Restaurant. As there are so many staff working through the night, we thought it would be great to offer a better range of meals which provides our colleagues with better nutritional intake. Our Restaurant is open until 01:00am every day, and the 'Theatre Station' is open from 18:00pm. Customers can order food cooked to order including; filled omelettes, ham, egg and chips, chicken stir fry and other delicious meals!

We are actively looking for sustainability ideas – pop to the Restaurant and let us know your suggestions!

# Why I Volunteer for Hospital Radio Norwich



My name is Mike Sarre and my role is Hon. Chairman and Engineer for the station. I've volunteered here for over 40 years and it all started when I read an article in the local paper about Hospital Radio Norwich (HRN). To be honest, I've always loved radio and after reading the article I thought I would contact HRN and go and have a look.

Deciding upon joining, I soon discovered it was much more than just a radio station, it was also a ward visiting service that visited patients at the hospital almost every day.

HRN is both a voluntary organisation and a registered charity. The aim is to help patients take their minds off their current situation by giving them some comfort and company at their bedside and entertaining them through broadcasting.

Each evening, except Sundays, we fill a radio show full of music chosen by patients when we visited them and broadcast it on our popular request programme to the Norfolk and Norwich University Hospital.

The station broadcasts 24-hours a day with a wide variety of music to satisfy every musical taste aimed specifically at hospital patients.

For those looking to catch up on the news, a two-minute national news bulletin is broadcast on the hour every hour. Other programmes aired include interviews with both local and visiting personalities.

Sports fan are not left out. Live commentary is given to all Norwich City home games from our own trained commentary team. Occasionally, outside broadcasts of local events are featured.

There is no charge to patients for this service. The bedside media units carry the radio service and just need to be registered to the patient which is a task we perform for them to help them and cut out the hassle of having to do it themselves.

HRN is totally self-financing. We rely heavily on grants and contributions from both individuals and local businesses. We also spend many hours fundraising in one way or another from tin shakes to providing a public address system for fetes.

Just recently, we updated the music play-out system which allows us to broadcast throughout the day and night even when there are no volunteers in the studio.

The system was set up from a commercial system costing over £7,000. It was my job to program the music. We have over 100,000 music tracks in our music library and listening and playing patient requests can be a very uplifting experience and something I enjoy very much. It can remind of days past as well as helping patients recover more quickly.

**HRN is at the very heart of serving the patients and will continue to do so.**



# FLATS AVAILABLE NOW FOR THE OVER 60s

13 Bracondale,  
Norwich NR1 2AL



Since its foundation in 1934, Norwich Housing Society has grown over the years and now manages nine schemes, which are looked after by three Scheme Managers, who help offer older tenants independent living with support.

2018 was a very busy and successful year for the Society, especially with the development of Leander Court in Eaton, built by a specialist constructor of retirement homes.

Along with new developments, the Society concentrates much of its time and resources towards upgrading existing properties.

Eight flats at St Barnabas Court have been entirely refurbished, and CCTV has also been introduced to provide

reassurance and security for the tenants.

Major refurbishment at Westwood House was completed in the summer and has greatly improved the appearance and insulation of the building.

The common room at Eleanor Road has been totally refurbished and now offers a much lighter and welcoming space for coffee mornings and other social occasions.

All staff have been trained in scam awareness by working with Friends Against Scams and Norfolk Against Scams Partnership. Additionally, all of our housing schemes are registered as No Cold Calling Zones.

2019 will be busy, with continued development, upgrades and events for tenants to enjoy.

**To register your interest please contact us:**

[information@norwichhousingsociety.co.uk](mailto:information@norwichhousingsociety.co.uk)  
[www.norwichhousingsociety.org](http://www.norwichhousingsociety.org)  
01603 625078



# HRN's Most Requested Artists

Do you have a relative or friend in hospital?

Why not send them a request where you can choose their favourite song or tune whether classical, punk, country, folk, comedy, big band or pop, from the forties to today, we have almost anything you can come up with.

Decide which song or tune you would like to dedicate:

Call us on **01603 45 45 85** and leave a message on our answerphone if there is no one to answer you or write to us at: West Annex 1, Norfolk & Norwich University Hospital, Colney Lane, Norwich, Norfolk, NR4 7UY

- 1 Elvis Presley
- 2 Roy Orbison
- 3 Frank Sinatra
- 4 Johnny Cash
- 5 Ed Sheeran
- 6 The Beatles
- 7 Glen Campbell
- 8 Nat King Cole
- 9 Glenn Miller
- 10 Jim Reeves
- 11 Adele
- 12 Pink Floyd
- 13 Abba
- 14 The Rolling Stones
- 15 Bing Crosby
- 16 James Last
- 17 Daniel O'Donnell
- 18 Andre Rieu
- 19 AC/DC
- 20 Gerry & The Pacemakers



For your request just call us on 01603 45 45 85

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 is 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 over 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.

**Hospital Radio Norwich**  
**FREE from your Hospedia phone**  
**or just press \*800**

# Information for Patients

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.
- 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 and 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 any type of allergy, eg 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 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. Some wards 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 when visitors will not be allowed on the ward except for emergencies.

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

## ❖ 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 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-8.30pm weekdays; 9am-6pm weekends).

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

WH 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 every day 7am-7.30pm. There are coffee shops in both the East and West Out-patient reception areas, which are open between 9am and 5pm..

## ❖ 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 9am to 5pm, 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 can be bought from dispensers at ward entrances. The system also has a loop system for the hard of hearing.

It's free to make a 'phone call from your bedside. Anyone phoning you will be charged 49p per minute peak rate (Monday to Friday 8am-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 or just press \*800.**

## ❖ 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. Check screens for current offers.

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



# WIGS4U

**Algores Way, Wisbech  
Cambridgeshire PE13 2TQ**

**01945 587584**

**[www.wigs4u.co.uk](http://www.wigs4u.co.uk)**



**Consultations available  
by appointment only at our  
private studio in Wisbech**

**FREE  
wig & headwear  
catalogue**



Patients can register with Hospedia free of charge to enjoy 24 hour free radio, free television on the children's wards 7am-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, 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 the entertainment features and to make outgoing telephone calls, a payment card is required and packages vary from a two hour bundle through to a 30-day bundle. 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 or 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. Patients can upload money from a credit card at the bedside, just press the other service button on the TV handset.

Once registered, it's free to make a call to land lines from your bedside unit, 'phone calls in are charged at 49p per minute peak rate and 39p per minute at all other times. Calls to mobiles, international destinations and some other networks may vary.

**Hospital Radio Norwich broadcast patients' requests live from 7.30pm to 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.

## Monday-Friday

### Midnight NIGHT TIME

Can't sleep? Tune in to our relaxing night music with a mix of ballads, classical and light music

### 6.00am NEW DAY

A fine blend of music to take the sleep from your eyes

### 9.00am GOOD MORNING

A total mix of music from the 40's to the present day mainly with records from the 50's through to the 80's

### Midday VARIETY LUNCH BOX part 1

If you like country, musicals or children's music tune in now for this extravaganza

### 1.00pm NUMBER ONES AT ONE

As the title suggests 30 minutes of Chart Toppers from the 50's right up to date

### 1.30pm VARIETY LUNCH BOX part 2

More of Variety Lunch-Box. You may even hear some comedy tracks to cheer you up

### 3.00pm AFTERNOON DELIGHT

More of what's best in musical entertainment to pass those hours away

### 5.00pm TEATIME AT TEATIME

Yes, our Teatime musical mix for you to digest at teatime

### 6.30pm SPOTLIGHT ON...

**Monday:** HRN Country – country music from the 30's to the present day

**Tuesday:** Vintage Chart – Chart hits from the 50's and 60's

**Wednesday:** Classical Choice – A selection of light classical music.

**Thursday:** The Pre-50's Show – Music recorded up to 1949 to get those memory banks going

**Friday:** Film & Show soundtracks – If you enjoy a good show or music from the films, this is the show for you

### 7.00pm FOCUS

A programme with a musical theme or an interview with a guest celebrity or local personality. If circumstances prevent live programming our automatic service will entertain you with *They Almost Made It* songs that made it to no 2 in the charts

### 7.30pm PATIENTS' REQUESTS

Great hits, Golden memories and requests from the wards. If you would like a request give us a ring on **01603 454585** or go to our online request form

### 9.30pm MELLOW MOODS

One of our presenters plays music to soothe the furrowed brow

## Saturday

### Midnight NIGHT TIME

Can't sleep? Tune in to our relaxing night music with a mix of ballads, classical and light music

### 6.00am NEW DAY

A fine blend of music to take the sleep from your eyes

### 9.00am GOOD MORNING

A total mix of music from the 40's to the present day mainly with records from the 50's through to the 80's

### Midday VARIETY LUNCH BOX part 1

If you like country, musicals or children's music tune in now for this extravaganza

### 1.00pm NUMBER ONES AT ONE

As the title suggests 30 minutes of Chart Toppers from the 50's right up to date

### 1.30pm VARIETY LUNCH BOX part 2

More of Variety Lunch-Box. You may even hear some comedy tracks to cheer you up plus loads more

### 2.30pm SATURDAY SPORTS LIVE

Live coverage from our own commentary team

(home matches during football season only)

**NOTE:** Live football commentary will take precedence at all times

### 5.10pm\* TEATIME AT TEATIME

Yes, our Teatime musical mix for you to digest at Teatime

### 6.00pm BANDBOX

From Big Band to Jazz you will hear it here on HRN

### 6.45pm HRN COUNTRY

45 minutes of country new and old randomly chosen by our automated service

### 7.30pm MUSICAL MISCELLANY

Great hits, Golden memories, with a random selection from our library which means you could get a pop, folk, country piece or light instrumental to classical, opera and ballet.

*If we have available staff there will be a request show*

### 9.30pm MELLOW MOODS

One of our presenters play music to soothe the furrowed brow

### 10.00pm GOOD NIGHT

The tempo slows down to help you relax and ready for sleep

**Don't forget, HRN gives you News on the Hour, every hour, as well as essential information for your well-being in hospital together with Live football commentary from all NCFC home games at Carrow Road**

## Sunday

### Midnight NIGHT TIME

Can't sleep? Tune in to our relaxing night music with a mix of ballads, classical and light music

### 6.00am NEW DAY

A fine blend of music to take the sleep from your eyes

### 9.00am GOOD MORNING

A total mix of music from the 40's to the present day mainly with records from the 50's through to the 80's

### 10.30am MORNING SERVICE

Morning Service Live from the Norfolk & Norwich Chapel Brought to you by the Chaplaincy at the N & N

### Midday VARIETY LUNCH BOX part 1

If you like country, musicals or children's music tune in now for this extravaganza

### 1.00pm NUMBER ONES AT ONE

As the title suggests 30 minutes of Chart Toppers from the 50's right up to date

### 1.30pm VARIETY LUNCH BOX part 2

More of Variety Lunch-Box. You might even hear some comedy tracks to cheer you up

### 3.00pm AFTERNOON DELIGHT

More of what's best in musical entertainment to pass those hours away

### 5.00pm TEATIME AT TEATIME

Yes, our Teatime musical mix for you to digest at Teatime

### 6.30pm FIFTIES MIX

Chart hits from the 50's and .

### 7.00pm FOCUS ON FOLK

Treat your ears 30 minutes of folk music from our automated system

### 7.30pm MUSICAL MISCELLANY

Great hits, Golden memories, with a random selection from our library which means you could get a pop, folk, country piece or light instrumental to classical, opera and ballet.

### 9.30pm MELLOW MOODS

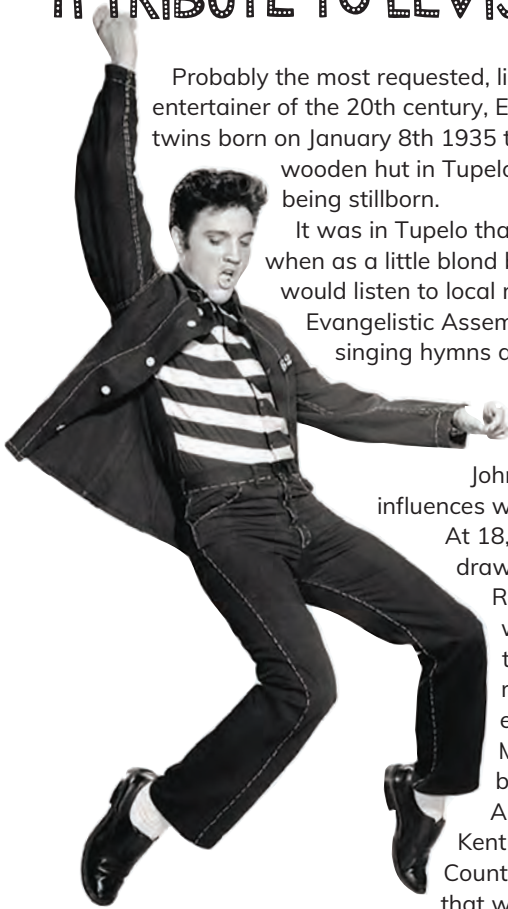
One of our presenters play music to soothe the furrowed brow

### 10.00pm GOOD NIGHT

The tempo slows down to help you relax and ready for sleep



# A TRIBUTE TO ELVIS PRESLEY



Probably the most requested, liked and now impersonated popular entertainer of the 20th century, Elvis Aaron Presley was one of identical twins born on January 8th 1935 to Gladys and Vernon Presley in a wooden hut in Tupelo, Mississippi, his brother Jesse Garon being stillborn.

It was in Tupelo that Elvis first found his interest in music when as a little blond boy (he died his hair black in 1957), he would listen to local radio stations and attend the local Evangelistic Assembly of God Church, listening to and singing hymns at the gatherings. From these early influences he grew up with Country and Western music and the Blues being affected by musicians such as B.B. King, John Lee Hooker and Howlin' Wolf. These influences were clear as soon as he started recording. At 18, his opportunity came when he was drawn to the attention of the owner of Sun Records, Sam Phillips. Although Phillips was not too sure about the young man's talent, he was interested enough to rehearse him over several weeks, eventually teaming him up with Scotty Moore on guitar and Bill Black on string bass. The team was then to record 'That's Alright Momma' and 'Blue Moon of Kentucky' so coupling the two influences Country and Western and the Blues, a formula that was to stay for the next few years. The

recording was played on air on the evening of July 3rd 1954, and the public reaction was so good that Sam Phillips and Elvis had a local hit on their hands.

During the next few months, the team, having gained a drummer in the shape of D.J.Fontana, toured all over the south, even taking a gig at the Grand Ole Opry, and at the same time recording such songs as 'Good Rockin' Tonight', 'I Don't Care if the Sun Don't Shine', 'You're a Heartbreaker' and 'I'm Left you're Right She's Gone'. It was at the end of 1955 that Col. Parker got involved and convinced them that their future lay with bigger things such as RCA Victor Records. So their future was sold by Sam Phillips for 35,000 dollars.

Then came 'Heartbreak Hotel' in January 1956 and the rest, they say, is history.

The next few years brought many records, films, shows and, of course, TV. all being superbly handled by Col. Parker who exploited every opportunity to further Elvis's career. Hit followed hit: 'Blue Suede Shoes' was bigger than that of the composer Carl Perkins along with 'Shake, Rattle and Roll', 'Lawdy Miss Clawdy' and

in Britain 'Don't be Cruel' was the biggest hit of the year.

By 1957 Elvis was known all over the world with 'All Shook Up' being his first world wide hit.

During the 1960s his recording career went into decline but his many films were always popular. Later in 1967 he married Priscilla Beaulieu who he met while serving in Germany but it turned out to be a rocky relationship.

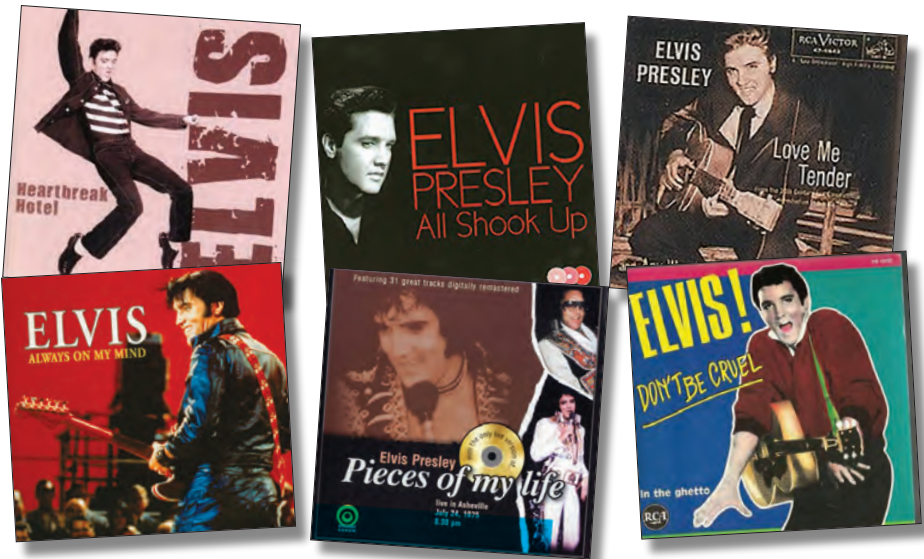
By the summer of 1968, Elvis was back on stage with big money spectacular performances and by 1969 Las Vegas was his second home, but in 1972 his ego was shattered when he and Priscilla split up. Where he used to sing of joy and happiness, he now chose songs which appeared to depict his own feelings. The recordings

became appeals from his heart with numbers such as 'Always on my Mind', 'My Boy', 'Loving Arms' and 'Pieces of my Life'. But his stage act still included many rock and roll numbers showing he had lost none of his magic with rhythmical material.

Anyone who was a close follower of Elvis's career may not have been surprised at his sudden death in 1977. The many concerts and the fact that he was unwell had taken its toll. No amount of medication could compensate for the life he had led. One of the most loved performers on earth was to die a lonely man but his influence will go on and as long as his records are played, a part of us will always be young.

Peter Woodcock, Head of Sport

## ELVIS AARON PRESLEY January 8th 1935-August 16th 1977



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and local organisations to help us fund new projects and services that benefit our local community.

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To find out more about our projects and services visit [www.norwichmind.org.uk](http://www.norwichmind.org.uk)

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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.

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 9am 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 be heard by patients on Channel 1 during programmes from Hospital Radio Norwich.

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Irene Batch  
Secretary



Bob Proudfoot  
Treasurer



Peter Woodcock, Sports team



Stuart Hutchinson  
Monday team



Catherine Eyre  
Monday team



Rob Page, Monday team



Annabella King  
Tuesday team



Sophie Wiggins,  
Thursday team



Charlotte Hall  
Thursday team



David Russell  
Tuesday team + Sports team



Susie Pallant, Friday team

# Meet the team



Ryan Livermore  
Monday + Sports team



David Furse, Wednesday  
+ Saturday team



Simon Drane, Librarian



James Baker Fundraising  
Officer, Thursday team



David Bell  
Tuesday team + Sports team



Gillian Shoukry  
Wednesday team



Paul Chapman,  
Wednesday team



Kieran Finch  
Friday team

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

To find out what help you could get, you'll need a health and social care assessment from your local social services team so you can tell them what will make your everyday life easier. You may be entitled to 'direct payments', local council payments available for anyone assessed as needing help from social services and who would like to buy in services.

If you are a carer you may benefit from getting help at home.

The provision of meals could mean a daily delivery of a meal or the delivery of a weekly or monthly supply of frozen food or providing meals at a day centre or lunch club.



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## Trees

What do the trees know that they don't tell?  
 They are always there, watching, waiting, waving.  
 They harbour birds and stretch their limbs,  
 To shelter passing throngs.  
 Are there messages in the way they cope with storms?  
 Some stand, tall and rigid, refusing to give an inch,  
 Then, painfully, pitifully they break and fall.  
 Others, well they play the game,  
 When troubles come they bend and give,  
 Ride the storm, ride the storm.  
 Trees teach us much, should we choose to learn.  
 They harbour and shelter folk and discriminate not.  
 They feed friend and foe alike  
 In death their usefulness is not diminished.  
 Fuel for the fire, fuel for the earth.  
 Lessons for all, in glade and forest.  
 Cherish the trees, your shelter and your friends.  
 Keith Gamble



# The Notebook

Bright, Italian sunshine glistens; she stumbles out of the doorway and onto cobbled streets, late for the train. She checks her watch – it's turned so the face is on the inside of her wrist, for efficiency. The train leaves in **twenty minutes**. The walk from the apartment is **twenty-one**.

Dusty brown curls spring and unfold behind her as she runs; weaving in and out of the crowds of people: 'Scusi.' She uses her elbows to slip in and out: 'Mi dispiace – scusi!'

Sorrento is laid out in a square fashion; simplistic, yet to a stranger, like a labyrinth. This girl is no stranger, making the sharp turns round corners with precision; she threads swiftly around market stalls selling fruit, scarves, leather and bracelets. The crowds remain solid. She cuts through hordes of tourists – but one is stubborn, she struggles, the elbow tactic isn't working. **Nine minutes.**

Frustration brews – 'Excuse me!' in English this time – why won't they move? The crowd is large, a group of tourists armed with cameras filling the street. A heave, a shove and she is free. This section of street is abandoned; the girl takes her chance and sprints. Uneven cobbles aren't normally a problem for her but in the rush, she catches her toes and trips.

Her satchel is worn and loved but has reached its final use. The seam of the bottom left-hand corner, carefully hand-mended many times, promptly undoes itself and the bag splits.

The momentum of her fall spills over the pavement in front of a restaurant. People look up from their meals. The bag empties itself, papers falling out into the street, Pens, pencils, sheets of music and delicate handwriting fall to the floor.

The girl heaves herself up with a cry of exasperation. She ties her hair out of her face, revealing bright eyes in a sun-browned face and a nose cascaded with freckles. She begins scooping up the



papers her bag has left. **Seven minutes.**

A waiter who has witnessed her trip discards his duty and begins gathering up wayward papers. The girl doesn't notice the polite English boy. He gathers her papers into stacks and tries to match her speed.

'Oh, grazie, grazie,' she says, as she realises he's helping her. They gather the pages and she stuffs them into her broken satchel. He collects the final scattering as she brushes the dust away. Sensing her rush, he hurries.

'Are you alright?' 'Fine, thank you, grazie.' 'Prego, you're welcome' he says, looking at her as she hurries on her way.

Christian returns to the tables and prepares to push on with his day but something catches his eye. A small, well-thumbed, brown leather notebook lies on the cobbles.

'Um – ciao?' He calls in the direction she left, jogs a few feet to the end of the lane... but she's gone, dashing for something urgent. The notebook lies a few feet away. He tucks the notebook into the back pocket of his suit trousers and gets back to work.

She makes the train just as the doors shut. The train is crammed with people, so she has to stand, cradling her broken bag to prevent papers falling everywhere again. When she eventually finds a seat, she begins sorting through her papers. Some are old, well-used sheets of music, delicate annotations pencilled on the edges; others sheets of writing and painting that are now creased. She stacks them carefully. She decides the satchel is easily mended, as her sun-bronzed hands examine the split. In dismay she realises her sketchbook is gone.

Pages and pages of neat, effortful writing, paintings she spent many hours on. She feels sad. It was only a small leather-bound notebook halfway full. She tries to remember exactly where she was when her bag split. She replays it in her head: the empty street, the noise her sandals made on the ground. She thinks of the restaurant on the busy corner, her trampled notebook. She will go back tonight; perhaps someone will have handed it in but with so many tourists, anybody might have found it.

The girl droops in her seat on the train, her head against the window. The landscape hurries by, creams and oranges of the towns blurring into smears of colour.

Christian is not artistic. His hands are large and clumsy, not suitable for intricately capturing moments on paper. His gift is for languages: absorbing foreign tongues and melding the words into sentences. Occasionally he has wondered if his forte is with words, possibly writing, but he hasn't tried.

Terracotta rooftops shine in the sunrise, it's 6:42. Since he moved here six months ago, Christian has taken to watching the day prepare itself from his third-floor balcony. People move swiftly in these early hours, before the day really begins as the tops of heads bustle below. But today, something else captures his attention.

Her notebook fits into the palm of his hand, with its well-worn pages. He thumbs through the pages: paintings,

watercolours of Italy: of Sorrento and the countryside, carefully sketched animals, people, music staves and tiny, delicate handwriting, scouring out Italian he can't quite read. Gently, he turns to the very first page. *Giovanna DiLeva*

The windows of the apartments are long and thin, with two glass halves opening into balconies. Narrow streets and leaning walls mean the spaces between the windows are tight, it's easy to see into your neighbours' apartments which is why she is staring out of her window at the street.



Her heart is beating. Water from the shower drips from her elbows and the ends of her hair, her eyes widen, she can't be sure it is him. But across the narrow leanings of apartments, her notebook and the hands that hold it could not be clearer. Christian sips his juice and turns the page.

Giovanna squints, unable to believe she didn't recognise the blond boy. She's not spoken to him before but her first impression can only be rude, snapping at him as she raced for her train. On her return to the restaurant late last night to see if anybody had handed in a notebook, there was nothing. She mourned it was gone.

Giovanna watches the waiter from yesterday, marvelling at her handwriting. Eagerly she dresses so she can open the

windows onto the small balcony. She doesn't normally rise this early but so glad she did. She leans out across the narrow space full of anticipation.

The leather is soft and malleable between his fingers, the paper sewn in in such a way that unfolds her art before his eyes. When he saw who was losing their belongings, Christian had hoped it could spark a conversation. The perfect opportunity; he's seen her walk the streets before, with her familiar blue bag and curly hair, surely she would recognise him. It's impossible not to know your neighbours when you live in such close proximity. He might have said hello to her already but couldn't find a reason until now.

Christian drains the last of his juice. He can't shake this feeling, it's almost as if...

His gaze meets hers. He flits between the notebook and her. Slowly, so the moment doesn't shatter, Christian waves at her with his right hand. Giovanna waves back. 'Ciao.'

Lucy May



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It's not going to go away, the impossible to solve question – what is Jazz?

Efforts at answering can be both interesting and entertaining but for me, as an easy going listener, the detailed analysis we sometimes get can be a little confusing. My conclusion is that too much detail leads to more and more difficulty in finding an answer.

The term was first used in the early part of the 20th century for the syncopated, rhythmic music developed from slaves and field hollers and at the time, would have included such examples as the Red Hot Peppers.

It must be remembered what we think now bares no relationship with what was thought then. Jazz is now a term to describe many musical developments ranging through Ragtime, the syncopated white man's music of the Jazz Age, Swing and on to Be-Bop Latin Rhythms and Free Expression.

It could be that my more general easy going attitude to the problem is more valid than the detailed constricted view of the specialist. There is a danger, as with many art forms, that too much restriction can be viewed as snobbery. As a listener, I simply like to smile and relax with



what I hear. If there is a steady rhythm, a walking bass, a vocal line when needed and a tight front line leading to inventive improvisation, my listening and enjoyment are complete. Whilst I realise this is alright for me, I do understand the views of others who need to extract a deeper meaning and content from their music.

So, what is Jazz? My conclusion is that as the term was first used in the early 20th century for music of Afro-American origin, there may be the pure definition. However, over the years, it has come to be used to describe many versions and developments in swing and syncopated styles but for my satisfaction, as long as it makes me smile, tap my feet and want to be in there with them – That's Jazz.

**Peter Woodcock**  
**Head of Sport**

# House on the Hill



There was a hill on the outskirts of our village and perched atop was an old house, with crooked black chimneys reaching into the sombre sky like witches fingers. No one seemed to know if anyone lived there but as a six year old boy, my imagination ran riot.

The grown-ups in the village warned us, telling tales of witchcraft and dark goings on which we were too young to understand but more probably to scare us into avoiding the place.

My best friend Toby and I would cycle up there in the warm and hazy summer evenings, stopping briefly outside the house to catch our breath before sharing a can of pop, then quietly approaching the huge imposing front door to lift the letter box cover and peer through old cobwebs in to the dark and empty hallway. We would mischievously bang on the door with the huge squeaky old rusty knocker, the sound echoing around the ground floor of the grand old building, before running back to the garden gate, gazing expectantly up at dusty windows to see if someone would appear, our fertile young minds running wild with possibilities. But there was never any sign of life. No-one lived there.

On one such sultry evening, we had cycled up the hill and after laying our bikes on the pavement outside the front gate, back wheels still spinning, we dared to venture around the side of the house and into the overgrown yet strangely quiet back garden, its towering crumbling walls festooned with brambles and stinging

nettles, the unkempt grass knee high and untamed. We found ourselves whispering, as if not to disturb or attract the attention of any would be residents, when Toby almost choked with excitement.

'Look!' He exclaimed. 'There's someone at the upstairs window!'

I turned around and swear to this day I briefly glimpsed the face of a teenage girl who seemed to be holding what looked like a red scarf or shawl to her mouth, before the net curtain fluttered back into place. Hearts pounding, we ran back through the long grass, around the side of the house and out of the front gate, jumped on our bikes and surged back down the hill pedalling furiously to the sanctuary of our homes.

We returned many times that summer and during the ensuing months but the face, the girl, never re-appeared.

When I left school I went to work as an apprentice for a friend of my father who owned the village bakery, while Toby and his family moved away and although we kept in touch for a while, we lost contact. He was my best friend and I missed him dearly. We shared so many boyhood memories.

I married Eloise, a girl from the other side of the village and with her help, set up my own patisserie and tea rooms, using skills I'd picked up at the bakery. Things were ticking along very nicely. Business was good. Life couldn't get any better.

We had twin boys, Benjamin and Ralph, who used to ride their bikes up the hill at every opportunity, just as Toby and I had done some thirty odd years previously. They would come hurtling back down at even greater speed than we ever did! I always wanted to ask if they'd seen anything while they were there but they never said anything to suggest they had.

One August evening, Eloise and I settled down to listen to the radio, when the boys came charging across the garden and through the back door into the kitchen. 'Daddy! Mummy! You must come quickly! The house at the top of the hill... It's on fire!'

We jumped up and ran along the lane and up the hill, we could already see black smoke spiralling into the sky.

When we arrived outside the house a small crowd had gathered, no-one had lived in the place for years, no-one would be in any danger but it was well alight. As the timbers spat and crackled, I wandered around the back, trying to keep a distance from the flames, as the heat was intense, Eloise and the boys, urging me to keep safe and return before it got too dangerous.

The back garden seemed pretty intact given the devastation taking place, even if it was still wild and overgrown. I began to think to myself as I remembered all those years ago the mysterious image of the young girl I had seen at the upper window, an image that had stayed with me. I hadn't told anyone as I feared ridicule in our small community. It was mine and Toby's secret.

I could hear Eloise calling amid the chaos from the front of the house but the back garden seemed tranquil and secluded as I lingered for a few more seconds, I don't know why. I started to make my way back, fearing for my safety and that of my family. I found myself scurrying back to the front of the house.

Then I thought I could hear a muffled banging sound coming from the space in the garden I had just been in. I hesitated briefly as Eloise's calling became more anxious and louder. Inexplicably I chose to make a dash back to the rear of the house. I looked up and was astonished to see a middle-aged woman shouting from an upstairs window, the same window I'd seen the pretty girl in all those years ago. I could see the room was swathed in smoke, and she had a red scarf across her mouth. 'Help me!' she cried. 'Please help me!'

Without fear for my own safety I ran to the back door but it was locked. I tried to force the handle. It was hot to touch with heat from the other side, so I grabbed a large stone, smashed a downstairs window and climbed through, but in doing so a

shard of the shattered glass had nicked my cheekbone and I could feel blood trickling down my jaw and neck.

The atmosphere was full of acrid smoke, yet in front of me I could just about make out the foot of the crumbling stairs. I ran up, covering my mouth and nose with my left arm to prevent smoke inhalation. I could still hear Eloise's voice echoing all around. As I got to the top of the stairs the flames were blinding and were licking the ceiling. My instinct was to get the hell out but I had to save the woman.

'Where are you? I can't see you!' I shouted. And through the smoke, I could see her shimmering silhouette, she was standing, crying with her arms stretching out towards me. 'Please save me' she said with trembling voice, her red scarf still around her neck. Was I starting to hallucinate? Quickly! I said. Come with me! I grabbed her hand. Strangely I remember it was cold to touch.

By now it was impossible to see, I could feel my arms and back burning beneath my shirt. We rushed along the landing to the top of the stairs in an effort to escape, when without warning the stairs collapsed... as I fell I'd lost my grip on the woman's hand, but I had somehow turned as I fell, to briefly catch a glimpse of her anguished face, she held her arms out in despair. She was beautiful...

Three months later I was discharged from hospital. I climbed off the hospital bed into a wheelchair helped by my wife and the boys. I said goodbye to the nurses who had helped repair me. It was time to go home. 'What happened to the woman in the house?' I enquired.

'What woman?' My wife asked.

'The woman.. the woman I saw at the window'

The boys, clearly upset, looked at each other with uncomfortable ease.

'Nobody had lived in the house on the hill for years. It was derelict' she said.

A skin graft to my back, a shattered pelvis and a scar on my cheekbone any self



respecting villain would be proud of had been the price I'd paid for that fateful evening, now just a distant memory.

We made our way slowly along the hospital corridor, out into the cold winter sunlight across the car park. I was handed a small box by a nurse before I left, containing the few belongings I'd had at the time I was admitted. My old leather wallet, containing a few charred crumpled bank notes, a picture of the boys which had miraculously survived unscathed and a slightly buckled debit card along with my wrist watch, which, as the nurse told me, had probably stopped when I hit the ground floor of the burning house. I didn't care. I was just glad to be alive.

As I slid out of the wheelchair, I edged gingerly into the passenger seat, still feeling some discomfort, when the nurse who had earlier given me the box of my belongings came running across the car park towards us.

'Wait! Hang on!' she yelled, catching her breath. She reached in to the front pocket of her uniform.

'This belongs to the woman who sat with you every night when all the other visitors had gone home. She left it behind.'

It was a red scarf...

**David Russell**

The Adcock logo features a red-to-blue gradient square above the word 'ADCOCK' in white, bold, sans-serif font. Below it, 'REFRIGERATION & AIR CONDITIONING' is written in a smaller, black, sans-serif font. The text 'Proud to be associated with the Hospital Radio & Community Information Magazine for the Norfolk & Norwich University Hospital' is centered in blue. Below this, the contact details 'Tel: 01603 453300' and 'norwich@adcock.co.uk' are listed in blue. At the bottom, the website 'www.adcock.co.uk' is displayed in blue. A decorative blue and red line runs across the bottom of the white background.

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**Proud to be associated with  
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**norwich@adcock.co.uk**

**www.adcock.co.uk**

The Carter logo consists of the word 'CARTER' in a large, bold, red, sans-serif font. Below the logo is a photograph of a modern, multi-story building with a glass facade and a courtyard area. Underneath the photo, the text 'BUILDING SINCE 1921', 'ENCOURAGING COLLABORATION', 'DELIVERING EXCELLENCE', and 'SUPPORTING THE FUTURE' is arranged in four lines in a grey, sans-serif font. Below this, the website 'rgcarter-construction.co.uk' is listed in grey. At the bottom, the slogan 'Building for the future' is written in red.

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# A Different View



This poem is something I recall from many moons ago. It must have had an impact on me, as I committed it to memory.

Unfortunately, I didn't write it (wish I had) and

can't even remember now where I first read it or who the actual author was. Perhaps somebody reading this might know more and can enlighten me.

For some reason it keeps coming back to mind lately. I think it may be the endless discussions we all hear and – let's be honest, are probably fed up to the back teeth with – the economics of the Brexit process.

You can't help noticing that the panellists involved in such discussions, be they politicians, business chiefs, commentators or even (very occasionally) good ole 'Joe public' often seem to have diametrically opposing views, and yet are equally certain, to the point of self-righteousness, that theirs is the only correct view or opinion.

The other reason I think the poem has on-going relevance is that it provides a salutary lesson we would all do well to heed. In the modern world it is very easy to become obsessive about our own reasonably minor problems, when other people, whether we know them or not, are having to deal with much more difficult and tougher issues; something that becomes all too apparent when you work in a hospital environment.

So while this is not what you would call a 'happy' poem, I hope readers can appreciate the writing skill involved and the way it so effectively makes its point.

If the poem makes us thankful for what we have and gives us pause to have concern, empathy or plain old understanding of those who have real issues to contend with, I think the original author (whoever they may be?) would feel it has served its purpose.

Apologies to the somewhat anonymous, original author if I have misquoted the odd word or two but I am reasonably certain I have the main gist and wording correct.

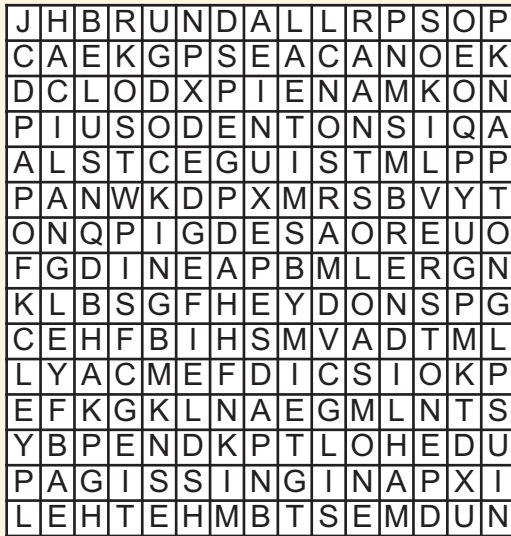
**Stuart Hutchinson**

**Monday Request Team**

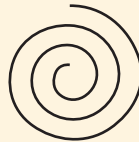
*Whilst idly in a queue I stood  
Discussion turned on many things  
The ever-rising price of food  
Hardships the cost of living brings.  
I aired my views, to me so sound  
On economics as a whole,  
When a hand touched mine,  
And on turning around  
I saw a sad pathetic soul.  
'Excuse me sir!' The voice was low.  
'Although there's truth in what you said,  
I wonder if you've ever thought  
How high the price that's often paid?  
For instance, fish, that piece of plaice.  
Have you ever spared a thought  
To trawlers lost without trace?'  
I turned away, she'd humbled me,  
And tried to lose that haunting sound.  
'You see sir, all I had is gone.  
Buried deep beneath the ground.  
Husband and son have gone long since,  
I've not another living soul'.  
Her parting words that made me wince;  
'I will always know the price of coal!'  
Anon*

# PUZZLES

## Hospital Wards Wordsearch

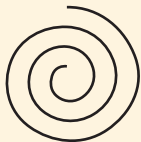


KILVERSTONE DILHAM  
 DENTON HEYDON  
 GUIST CCU  
 BRUNDALL DOCKING  
 LANGLEY CLEY  
 EDGEFIELD KNAPTON  
 HETHEL GISSING  
 HOLT

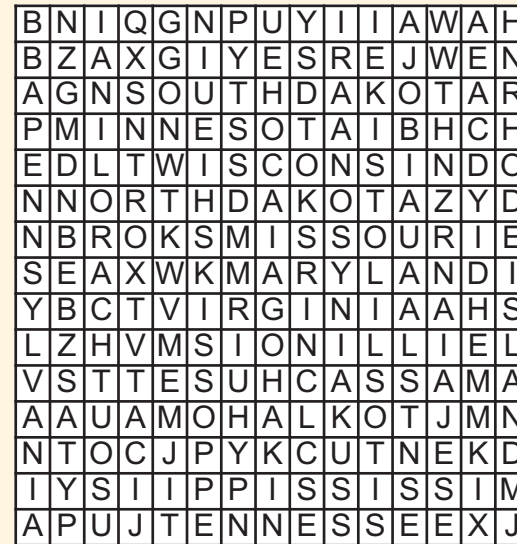


## Months of the Year Wordsearch

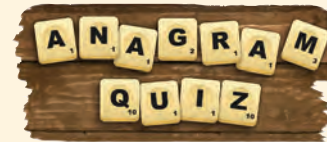
APRIL  
 AUGUST  
 DECEMBER  
 FEBRUARY  
 JANUARY  
 JULY  
 JUNE  
 MARCH  
 MAY  
 NOVEMBER  
 OCTOBER  
 SEPTEMBER



## American States Wordsearch



MASSACHUSETTS HAWAII  
 MINNESOTA ILLINOIS  
 MISSISSIPPI IOWA  
 MISSOURI KENTUCKY  
 NEW JERSEY MARYLAND  
 NORTH DAKOTA OKLAHOMA  
 PENNSYLVANA TENNESSEE  
 RHODE ISLAND VIRGINIA  
 SOUTH CAROLINA WISCONSIN  
 SOUTH DAKOTA



### 1970'S BANDS

1. Lige Love Apple
2. Sack the Jons
3. Greed is Lest
4. Flip Knoyd
5. Wor Bain

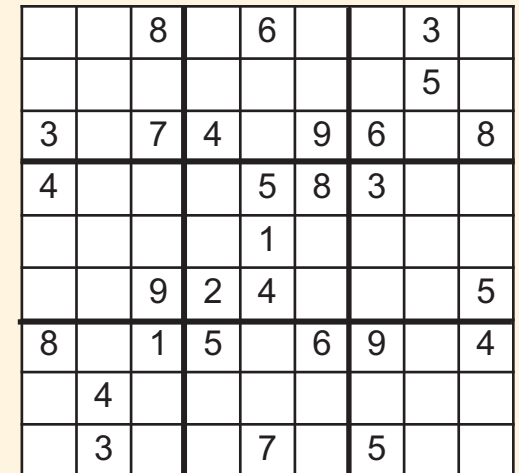
### 1980'S SINGERS

1. New to Mark
2. Dole Bin
3. Nicer Area
4. Gronery Senk

### 2000'S DIVAS

1. Ceen Boy
2. Berts Pin Years
3. Wise Ole Ian
4. Air Husk
5. All in Yell

## Gill's Sudoku



### How to Play

Fill the grid so that every row, column and 3x3 box contains the digits 1 to 9, without repetition.



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# 5&ABOUT

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Stalls also sell a delicious range of quality local food including meat and fish, freshly baked bread, jam and chutneys plus a wide range of cheeses.

Join a one-hour guided tour around Norwich Market, celebrating 940 years of buying and selling in the heart of the city, plus sample some of the food on offer at today's market stall. £7.50 per person, for more information click here.

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# Poetry Corner

Poems by Kim M. Russell

## Flight of a Bright New Poem

It germinates in the slow melody  
of water glinting in the shallows  
of the mind's eye,  
the interplay of reeds and light  
that whisper through the open window  
in the dead of night.  
A brilliant fluorescence lifts  
and shifts shape into a metallic  
demoiselle rising  
in the mesmeric shimmering  
of wings, and the early morning sun  
catches fire in its flight.

## Kissing in the Rain

We inhale scent of roadside pines  
infused in each raindrop  
that silver-spatters needles  
and, snail-like, trickles  
down their sodden spines.  
A tidal surruration,  
the forest weeps with kisame;  
we taste rain on our lips:  
teardrops kissing raindrops,  
kissing you kissing me.

## Necklace of Lights

An old-fashioned red London bus  
takes me back to childhood's  
sleepy night-ride home  
from my grandparents house:  
sitting between Mum and Dad,  
bare legs on fuzzy seats,  
folding concertinas of paper tickets,  
hypnotised by the perfume of exhaust,  
rumble of engine, and the window's  
black and empty gaze.  
I believed the stars –  
obscured by sulphurous  
streetlights – had been  
caught, strung in a sparkly  
dance of headlights in  
the distance.



## Spoils of Autumn

Autumn spoils us with its music,  
a seasonal soundscape of rain-swollen brooks,  
leaves fluttering from the oaks  
and raucous, cavorting rooks echoing  
through the mist  
before winter's deep silence grips the  
landscape  
and days stretch ahead taut as a tightrope  
above cold iron earth.  
And not forgetting the mist  
If I should forget you in the mist of growing old  
I'll remember to grasp that mist  
and not let go.  
I'll weave the threads between my fingers,  
tie knots to help them linger  
just a little longer to remind me  
of the autumn mist along the coast  
and the first time we kissed.

## Coast

The coastline is a rugged spine of cliff:  
its rocky ribs fall and rise with each breath  
of wind and wave that shifts the distant skiff;  
its feet stand firm and solid in the depth  
of salty water tugging at its bones  
to try and drag it to a salty death.  
The tides have loosened roots and bits of  
stones  
like rotten teeth; they tumble to the beach  
with earth and marram, gravel, groans and  
moans.  
At high tide, sandy walks are out of reach,  
the swell has all but washed away the scree  
and crashing rollers drown out any speech.  
A muted pearly light over the sea  
becomes a fog that creeps towards the shore  
consuming shape and colour in its way.  
It sips the salt-stained lighthouse like a straw,  
extinguishes the luminescent warning  
and, devouring the landscape on its way,  
draws curtains on the world until the morning.







### A new twist on a football quiz!

To test your knowledge of footie teams in the UK, see if you can answer these questions about clubs and their venues.

Many clubs now have their clubs sponsored by large business organisations.

Given the names of the grounds as follows, can you identify the clubs?

### GROUNDS

1. The 'one call' Stadium
2. KCom Stadium
3. John Smith's Stadium
4. Ricoh Arena
5. Proact Stadium
6. Pirelli Stadium
7. King Power Stadium
8. Madejski Stadium
9. Abax Stadium
10. Crown Oil Arena



### OTHER MORE WELL-KNOWN GROUNDS

11. Deepdale
12. Bramell Lane
13. Riverside Stadium
14. Brunton Park
15. Fratton Park
16. Turf Moor
17. Craven Cottage
18. Kenilworth Road
19. Sincil Bank Stadium
20. Liberty Stadium



During my many years of volunteering with Hospital Radio Norwich, I think the Fifties/Sixties era of pop has always been the favourite era. That being so, let's put this to the test with a quiz relevant to those great times.

1. Born Marie Lawrie in 1948 in Scotland, had her first UK hit at the age of 15 and finally reached number 1 at the age of 44!

2. Originally Shane Fenton and the Fentones, had much more success a decade later with a change of name. What was that name?

3. The Shadows backed Cliff Richard for many years but what was their group name with Cliff before they become The Shadows?

4. Born in Texas as Charles Hardin Holley, in 1936 died in a plane crash. Records and songs are still asked for world-wide. Who was this?

5. 'Have I the Right?' [to have a number one hit?] – was a one hit wonder for this group. Who were they?

6. Their number ones spanned 23 years. Still very popular. Originally a Manchester band?

7. Early Sixties were glad all over to listen to this drum-thumping group?

8. Recorded by Freddie Mercury, no less, in 1987, who were the group who had a big hit with this in 1956?

9. Before she was 16 years old, she had four top five hits. Now concentrates mostly on Jazz. Who is this?

10. 'We've Gotta Get Out of this Place' 60s but always popular with hospital patients on HRN. Which Geordie group had this hit?

correct at time of publication (Spring 2019)

answers p39

David Furse, Wednesday Team and HRN Sports Commentator

For your request just call us on 01603 45 45 85

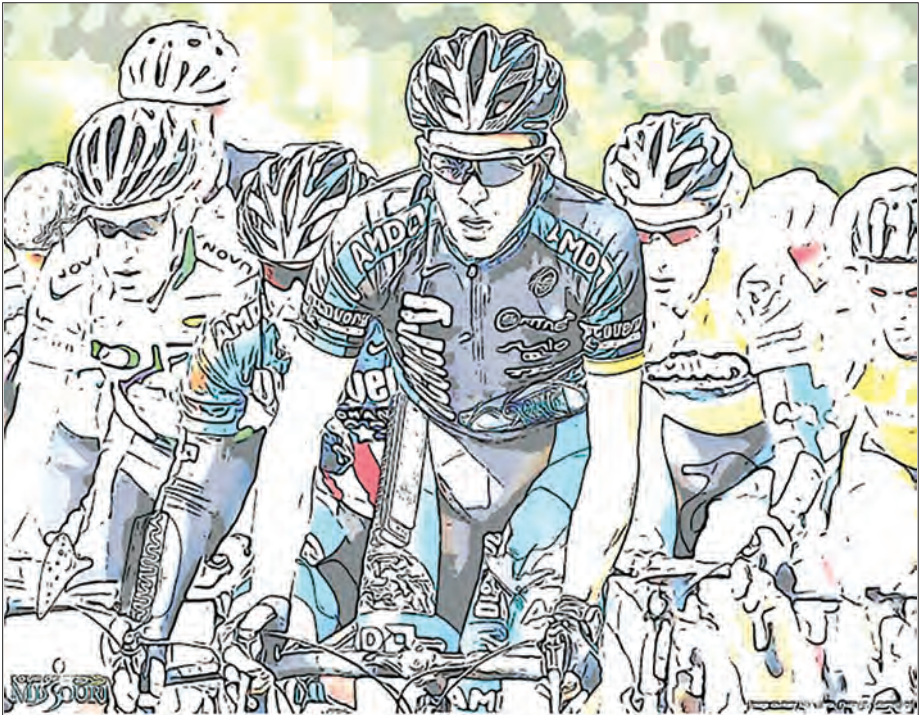




Can you find the objects below that are hidden in this picture of cyclists?



Sprayer      Cap      Shoe      Harmonica      High Heel      Ocarina      Tomato      Hotdog



# Answers

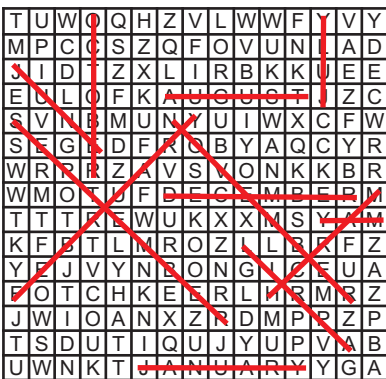
## Hospital Wards Wordsearch



## Sudoku Quiz

1	9	8	7	6	5	4	3	2
2	6	4	3	8	1	7	5	9
3	5	7	4	2	9	6	1	8
4	1	2	6	5	8	3	9	7
5	8	3	9	1	7	2	4	6
6	7	9	2	4	3	1	8	5
8	2	1	5	3	6	9	7	4
7	4	5	1	9	2	8	6	3
9	3	6	8	7	4	5	2	1

## Months of the Year Wordsearch



## American States Wordsearch



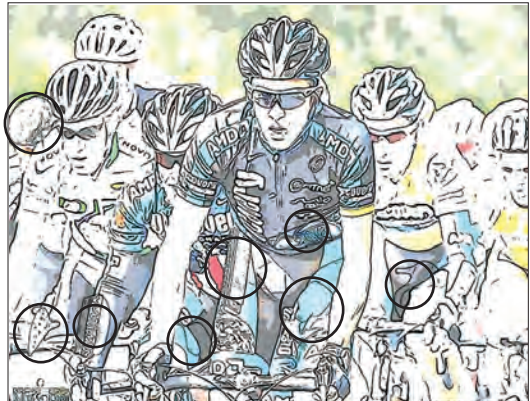
## QUIZZES:

**Football Quiz:** 1. Mansfield; 2. Hull City; 3. Huddersfield; 4. Coventry City; 5. Chesterfield; 6. Burton Albion; 7. Leicester City; 8. Reading; 9. Peterborough United; 10. Rochdale; 11. Preston N; 12. The Jacksons; 13. Sister Sledge; 14. Pink Floyd; 15. Rainbow.

**1980's Singers:** 1. Men at Work; 2. Blondie; 3. Irene Cara; 4. Kenny Rogers; 5. Bonnie Tyler. **2000's Divas:** 1. Beyonce; 2. Britney Spears; 3. Leona Lewis; 4. Shakira; 5. Lily Allen.

**Can You Spot the Logo?** Cadburys; Coca Cola; Disney; Ebay; Lego; Pizza Hut; Subway; Pepsi; Argos; Tesco; tic tac; Yahoo; Esso; Aldi; Oracle; Google; Canon.

## Cycle Quiz





# Spot the Ad

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



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