

Your Requests, Your Music, Your Station



# PROGRAMME GUIDE

## JANUARY 2022

***'Making your stay or working day at Harrogate District Hospital just that little bit better'. '***



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# Chairman's introduction

Hello and welcome to Harrogate Hospital Radio's programme guide.

Thank you to everyone who supported our 2021 Christmas raffle and our fabulous 'Design a Christmas Stocking' competition. Well done to all our winners.

I am proud to welcome a new presenter here on Harrogate Hospital Radio, Gaia Ottman. Gaia will be our youngest presenter and we are looking forward to her new show, Gaia will be presenting '**Good vibes with Gaia**'. You can hear that new show on Tuesday's 4-6pm.

Get well soon and thank you for choosing to listen to Harrogate Hospital Radio on **95.3FM, On-Line, On our free APP and on your smart speaker.**

**Mark Oldfield**  
**Chairman**

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# MONDAY

**Note: There is a news bulletin on the hour, every hour**

-  **6am – 8am**  
**THE NIGHT SHIFT**  
Upbeat music to keep you going through the night
  
-  **8am DECADES OF NUMBER ONES, THE 90s**  
Join Carl Richards as he plays every chart-topper of the decade in the order, they reached that coveted Number One spot
  
-  **10am TEA AND BISCUITS**  
Join Ray Milligan for lots of great music and chat and Peter's 60's classic track  
*Sponsored by Enid Taylor Ltd, Harrogate.*
  
-  **12pm DECADES OF NUMBER ONES**  
Since the first official UK singles chart back in 1952 there have been nearly 1,300 chart-toppers. Hear a few of them in this hour with Carl Richards.  
Sponsored by Maria Mallaband Group
  
-  **1pm ANDY BELLWOOD'S CELLAR FULL OF ECLECTIC SOUL**  
It's vaults and archives time when Andy delves into his extensive personal vinyl collection to bring you an eclectic mix, jumping and switching across various and diverse soul music genres from previous decades, not forgetting some new releases on 7" vinyl.
  
-  **3pm THE MONDAY AFTERNOON SHOW**  
Join Ellie Jackson for features such as the celebrity birthday, The top 3 tunes from 'on this day' and much much more
  
-  **5pm MOST REQUESTED ARTISTS**  
This show comprises songs from the top 30 most requested artists played in the previous months' Evening Requests Shows.
  
-  **7pm ALL THAT JAZZ**  
With Mike Streeton. Cool jazz, swing, be-bop, trad and modern from the world's coolest jazz performers.
  
-  **8pm THE MONDAY EVENING REQUEST SHOW**  
We play the songs you want to hear.  
*Sponsored by LCF Barber Titleys of Harrogate.*
  
-  **10pm MELLOW MAGIC**  
It's the show that's more laid back than your hospital bed. Tim Walden winds things down a notch with an hour of mellow music and relaxing rhythms from across the decades (Monday to Thursday).

# TUESDAY

**Note: There is a news bulletin on the hour, every hour**



## **6am THE NIGHT SHIFT**

Upbeat music to keep you going through the night



## **8am THE MONDAY EVENING REQUEST SHOW *REPEAT***

Another chance to hear last night's request show.



## **10am TEA AND BISCUITS**

Join Ray Milligan for lots of great music and chat and Peter's 60's classic track  
*Sponsored by Enid Taylor Ltd, Harrogate.*



## **12pm DECADES OF NUMBER ONES**

Since the first official UK singles chart back in 1952 there have been nearly 1,300 chart-toppers. Hear a few of them in this hour with Carl Richards.  
*Sponsored by Maria Mallaband Group*



## **1pm MARTIN'S MELODIC MATINÉE**

Join Martin Fretwell for some easy listening music, show tunes, film themes and comedy moments plus some fun with the interactive TV Theme Tune quiz.  
Call 01423 55 33 42 to take part.  
*Sponsored by Harrogate Volkswagen.*



## **3pm THE A TO Z OF POP**

With Richard Smith. *Sponsored by Specsavers.*



## **4pm GOOD VIBES WITH GAIA**

Our newest (and youngest) presenter Gaia Ottman joins HHR with her brand-new show. The show will feature music from the 90's right up to today.



## **6pm T.N.T. (TUESDAY NIGHT TULLETT)**

Join Jonathan Tullett for two hours of explosive entertainment. Featuring a round of complaint catharsis in 'Things Worth Hating', a look back at some of the most interesting moments in pop culture history with our weekly 'Snapshots' and a trio of 'Majors' Minors' – 3 minor hits from 1 major artist – chosen by you each week.



## **8pm THE TUESDAY EVENING REQUEST SHOW**

*Sponsored by Noble foods*



## **10p MELLOW MAGIC**

It's the show that's more laid back than your hospital bed. Tim Walden winds things down a notch with an hour of mellow music and relaxing rhythms from across the decades (Monday to Thursday).



## **11pm -8am THE NIGHT SHIFT**

# WEDNESDAY

**Note: There is a news bulletin on the hour, every hour**

 **6am THE NIGHT SHIFT CONTIUNED**

 **8am THE TUESDAY EVENING REQUEST SHOW REPEAT**

Another chance to hear last night's request show.

 **10am TEA AND BISCUITS**

Join Ray Milligan for lots of great music and chat and Peter's 60's classic track  
*Sponsored by Enid Taylor Ltd, Harrogate.*

 **12pm DECADES OF NUMBER ONES**

Since the first official UK singles chart back in 1952 there have been nearly 1,300 chart-toppers. Hear a few of them in this hour with Carl Richards.  
*Sponsored by Maria Mallaband Group*

 **1pm The HHR Jukebox**

Nonstop music from Harrogate Hospital Radios Jukebox

 **2pm Solid Gold Sixties**

Featuring a Beatles double play, A forgotten 45' and a chillout tune

 **4pm THE CLASSICAL HOUR**

Join Derick England for 1 hour of the best classical music around.

 **5pm IT'S FIVE O'CLOCK SOMEWHERE**

Join Ann Kilroy for an hour of easy listening country music with a dash of Irish country music.

 **6pm SMITHY'S MIDWEEK MUSICAL MAYHEM**

From disco to soul to punk, blues to rock and roll.  
There will also be Smithy's guilty pleasure track and much more.

 **8pm THE WEDNESDAY EVENING REQUEST SHOW**

We play the songs you want to hear.  
*Sponsored by HPH Chartered Accountants of Harrogate.*

 **10pm MELLOW MAGIC**












It's the show that's more laid back than your hospital bed. Tim Walden winds things down a notch with an hour of mellow Music (Monday to Thursday).

 **11pm THE NIGHT SHIFT**

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# THURSDAY

**Note: There is a news bulletin on the hour, every hour**

-  **6am THE NIGHT SHIFT CONTINUED**
-  **8am THE WEDNESDAY EVENING REQUEST SHOW REPEAT**  
Another chance to hear last night's request show.
-  **10am TEA AND BISCUITS**  
Join Ray Milligan for lots of great music and chat and Peter's 60's classic track  
*Sponsored by Enid Taylor Ltd, Harrogate.*
-  **12pm DECADES OF NUMBER ONES**  
Since the first official UK singles chart back in 1952 there have been nearly 1,300 chart-toppers. Hear a few of them in this hour with Carl Richards.  
*Sponsored by Maria Mallaband Group*
-  **1pm THE HHR JUKEBOX**  
Nonstop music from Harrogate Hospital Radio's jukebox
-  **2pm CHART SHOW REWIND**  
Ian Wighton presents a top-twenty countdown from weeks in the 60s, 70s or 80s  
*Sponsored by Newnham Street Garage. Harrogate. Tel 01423 884517*  
\*Repeated from Sunday
-  **4pm WELLBEING FOOD FOR THE SOUL**  
Health & Wellbeing are high on our agenda like never! Join Marcia Clarke as she shares her thoughts and guidance on mental health, mindset and personal development. Tune in to hear a unique mix of guests sharing their expertise and passions, music, local events, topical issues and laughter.
-  **6pm WALDENS WORLD**  
Including Backtrax with those hits and memories from time gone by. Everyday People and loads of great music with Tim Walden.
-  **8pm THE THURSDAY EVENING REQUEST SHOW**  
We play the songs you want to hear. *Sponsored by Claytons Carpets Patley Bridge*
-  **10pm MELLOW MAGIC**  
It's the show that's more laid back than your hospital bed. Tim Walden winds things down a notch with an hour of mellow Music (Monday to Thursday).
-  **11pm THE NIGHT SHIFT**

# FRIDAY

**Note: There is a news bulletin on the hour, every hour**



## **6am THE NIGHT SHIFT CONTINUED**



## **8am THE THURSDAY EVENING REQUEST SHOW REPEAT**

Another chance to hear last night's request show.



## **10am TEA AND BISCUITS**

Join Ray Milligan for lots of great music and chat and Peter's 60's classic track  
*Sponsored by Enid Taylor Ltd, Harrogate.*



## **12pm DECADES OF NUMBER ONES**

Since the first official UK singles chart back in 1952 there have been nearly 1,300 chart-toppers. Hear a few of them in this hour with Carl Richards.

*Sponsored by Maria Mallaband Group*



## **1pm GLAM ROCK MEETS NEW WAVE**

Martin Fretwell invites you to enjoy fabulous music from the 70s and 80s. Why not let yourself go with the singalong songs, perhaps bop and tap around to the disco floor-fillers or test your pop knowledge with the interactive quiz. A random Top 20 chart countdown followed by the Top 3 songs from that chart.

Please call Martin on 01423 55 33 42 to take part if you fancy having your favourite 70s or 80s song played during the show.

*Sponsored by Harrogate Volkswagen.*



## **3pm THE A TO Z OF POP**

With Richard Smith. *Sponsored by Specsavers.*



## **4pm FEEL GOOD FRIDAY**

Join Mark Field who will be playing songs to make your stay in hospital just that little bit better; with 'Connections' at 4.30 and 5.30, three songs that will have a connection either in the song, the title or the artist CALL 01423 553342 with the answer.



## **6pm G&T**

Adele 'G' Guillen and Jonathan 'T' Tullett are teaming up to throw the ultimate pre-weekend party and you're all on the VIP list! Join us as we celebrate the week with comical observations, mix up the best tunes and play some rather unique party games. Start your weekend off right with chat, fun, laughter and music - we'll drink to that!



## **8pm THE FRIDAY EVENING REQUEST SHOW**

This show is sponsored by Belmont House Care Home 01423 580884



## **10pm CLUB CLASSIX**

With DJ Tim playing an hour of the best Club Classics on Hospital Radio.

# SATURDAY

**Note: There is a news bulletin on the hour, every hour**

- ♥ **6am THE NIGHT SHIFT**
- ♥ **8am THE FRIDAY EVENING REQUEST SHOW REPEAT**  
Another chance to hear last night's request show.
- ♥ **10am THE SATURDAY MORNING MUSIC ZONE**  
Including the "Instant Jukebox"; call in and request a song at any time during the show and it will be played instantly. Making your stay or working day at Harrogate district hospital just that little bit better.
- ♥ **12pm THE HAPPY HOUR**  
1 hour of feel good music and feel good stories, presented by Mark Field and Daniel Wilson on alternate weeks.
- ♥ **1pm THE DANIEL WILSON SHOW**  
Join Daniel every Saturday, he will have chat and games including The Saturday Rewind, 'What's on the box?' And the Guilty Pleasure Release. Contact the studio to have your requests played. Find the Daniel Wilson Show on Facebook.  
SPONSORED BY ELIZABETH FINN HOMES
- ♥ **3pm TUNES AND TRIVIA**  
Join Jonny on Saturday Afternoon for Good music, good news and a dose of pub quiz trivia to keep your brain whirring.
- ♥ **5pm THAT'S THE NOUGHTIES SHOW**  
It has officially been over 20 years since the best Decade ever began! So please join Chris Wright as he takes you back with a perfect selection of throwback flavours across a variety of genres and prove to you exactly why the Noughties will always be King.
- ♥ **7pm STAR IN THE SPOTLIGHT**  
Each week Mike Streeton features popular solo artists or bands who are frequently requested by our listeners. As well as playing their most memorable songs he highlights interesting facts about their careers.
- ♥ **8pm BUBBLEGUM AND CHEESE**  
A show of good-time, happy, singalong tunes, which just don't get played on the radio anymore. Presented by Ian Wighton
- ♥ **10pm CALL ME NUMBER 1**  
With Richard Smith



# SUNDAY

**Note: There is a news bulletin on the hour, every hour**

- ♥ **8am A TOE TAPPIN BREAKFAST**  
Music Guaranteed T'get Ya Toes A 'Tapping! A look back at the music of the Jazz Age of the 1920s, the Swing Era of the 1930s and the Big Band music of the 1940s with Jooly
- ♥ **9am SUNDAY MORNING WORSHIP**  
Starting with WORDS OF WORSHIP with a member of the Hospital Chaplaincy Team.  
This is followed by feel good music
- ♥ **10am SHOWBIZ WITH TIZ**  
Tiz Harris celebrates music from The Theatre, Musicals and Television
- ♥ **11am SUNDAY BEST**  
Mike Streeton plays you some gentle, relaxing music plus a quiz, a mystery voice competition, a look at the Sunday morning papers and lots more.
- ♥ **1pm DOLLY MIXTURES AND ALL SORTS**  
Join Ann Kilroy for a unique mix of music. Songs and music to cheer your Sunday lunchtime up, so come along and be her guest!
- ♥ **2pm SUNDAY SUPPLEMENT**  
With Steve Pexton. Includes your horoscopes for the day; on this day in history, lottery numbers and Pexton's Pub Quiz.
- ♥ **4pm CHART SHOW REWIND**  
Ian Wighton presents a top-twenty countdown.  
Ian counts down the charts from the 60s, 70s or 80s and highlights what we were watching on TV from that week.  
*Sponsored by Newnham Street Garage. Harrogate. Tel 01423 884517*  
*(Repeated Thursday 4pm)*
- ♥ **6pm A LITTLE OF EVERYTHING**  
Join Simon Berger for a unique mix of music, featuring pop nostalgia, light music, classical & children's favourites- in fact " A little Bit of Everything", to spice up your Sunday evening.
- ♥ **7pm – 10pm THE NIGHT SHIFT**

A new show on Harrogate Hospital Radio.

**Washed Ashore**

***Ian Smith interviews a special guest to discuss his/ her life and to play some of the tunes that have shaped their journey.***

Harrogate Hospital  **RADIO**

Online  Free app  "PlayHarrogate Hospital Radio"  95.3FM

The graphic features a blue background with a yellow sun, a green palm tree on an orange island, and a CD, a cassette, and a portable CD player floating in the water. At the bottom, there are icons for online streaming, a free app, a CD, a radio, and the station's name and frequency.

Ian Smith is looking for guests from and within Harrogate District Trust Foundation, also people from within the community who make a difference.

Ian's guests will share their stories on the show. They can choose a guilty pleasure song, the first record they bought, a favorite hobby/pastime and much much more.

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If you know someone or you would like more information on how to be a guest on the show, please email; [events@harrogatehospitalradio.org.uk](mailto:events@harrogatehospitalradio.org.uk)  
Call 01423 55 33 42 to leave a message and someone will get back in touch with you as soon as possible.



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## **Harrogate Hospital Radio 95.3FM**



We are a Registered Charity (No. 507137) run entirely by volunteers. It has been our pleasure to play thousands of requests for patients since 1977 as well as broadcasting other programs of more general interest. During your stay in hospital we hope that our service helps in some way towards your recovery.

***Thank you for supporting Harrogate Hospital Radio. We hope you get well soon.***

### **Contact Harrogate Hospital Radio 95.3FM**

*Call: 01423 55 33 42*

*Text: hhr and message to 82228*

*Email: [studio@harrogatehospitalradio.org.uk](mailto:studio@harrogatehospitalradio.org.uk)*

### **USEFUL TELEPHONE NUMBERS**

**from our promos:**

**Silverline: 0800 470 8090**

**Stroke Association 0303 303 3100**

**Home Library Service: 01609 533619**

# How to Listen for FREE Via the NHS Free WIFI:

On your smartphone or device

Go to settings

Search Wi-fi

Search for NHS Wi-Fi

Go to your Browser and sign in when prompted with your email address.

You will then be redirected to the landing page where you will find Harrogate Hospital Radio.

If you have any issues please speak to the Nurse in Charge

## Harrogate Hospital Radio's Free App.

You can download it Free to your Smartphone and tablet and it is available from the Apple App Store (for Apple devices) and any Android device through the Play Store (such as Samsung devices).

Just search Harrogate Hospital Radio

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