

AT LAST!

A BREAKTHROUGH IN WEIGHT CONTROL

Tired of tight fitting clothing?
Always feeling tired?
Diets that don't work?
Failing at slimming clubs?

Discover virtual gastric
band hypnotherapy
(as seen on Embarrassing
Bodies and Breakfast T.V.)

Imagine how you will feel when you reach your
desired weight and more importantly **STAY** there.

Contact me today to arrange a
no obligation, free of
charge, initial consultation

**IT COULD BE THE BEST
CALL YOU EVER MAKE**



**ITS TRUE!!!
YOU REALLY CAN
STOP SMOKING
FOREVER**

With my Hypnosis one session
method for only **£145.00**
Quit the cigarettes.
Rip off the patches.
Say goodbye to the gum.

And **BECOME A NON SMOKER TODAY.**

IPSWICH HYPNOSIS CLINIC
01473 372120
www.ipswichhypnosisclinic.co.uk



ON AIR: John Alborough
during his show.

**Hospital Radio Ipswich
– Most requested tracks**

My Way – Frank Sinatra
Dancing Queen – Abba
I Dreamed a Dream – Susan Boyle
Ring of Fire – Johnny Cash
Dance the Night Away - The
Mavericks
Wind Beneath My Wings - Bette
Midler
You Raise Me Up - Westlife
Angels - Robbie Williams
Sweet Carolina - Neil Diamond
I Want to Break Free - Queen

Hospital Radio Ipswich celebrates 40 years on air

The Angel Theatre Street

Listed in
2012
**CAMRA
GOOD BEER
GUIDE**

71 gins and the
widest range of

spirits in Suffolk...

6 Real Ales

Excellent home cooked pub food



2 Theatre Street
Woodbridge
(Just off the Market Hill)
www.theangelwoodbridge.co.uk
01394 382660

HOSPITAL Radio Ipswich celebrates 40 years of bringing smiles to patients' faces today.

To mark the occasion in style, the station (which is the oldest in Suffolk) will host a dazzling party at Ipswich Sports Club tonight from 7.30pm.

The evening, which will be attended by members past and present, those interested in radio, and MP Ben Gummer, will be kick-started with an HRI disco, followed

by guest DJ sets, a quiz and a raffle.

All proceeds from the event (get your ticket by calling 01473 715599 by 5pm tonight) will go to Children in Need, SSAFA, and Hospital Radio Ipswich.

HRI has launched the careers of professional DJs including Radio Suffolk's Stephen Foster and Mark Murphy, and Jonathan Murphy of Dream100, and started life in 1971 in a boiler house at Angelsea Road.

In the 80s the station was

moved to the hospital's Heath Road site and is broadcast to all wards via the Hospedia system.

Hospital Radio Ipswich is a charity, relying on volunteers and donations to keep it running. The station is lucky to have a fantastic bunch of people on air, all of whom bring their own quirks to their shows.

The broad spectrum of volunteers mean that broadcasts range from a topical morning show to chat, comedy, chart music, country, jazz, disco and even a gardening show.

**The Evening Star would like to
congratulate Hospital Radio Ipswich
on their 40th Anniversary.**

EveningStar

Serving the local community for 126 years
30 Lower Brook Street, Ipswich, Suffolk, IP4 1AN
www.eveningstar.co.uk

**Felixstowe
Sunday Market**

Go Pick Up A Bargain

Winnex Care

We are here because we care

Whatever your care needs you can
call us with confidence

01394 382 211
www.winnexcare.com

Congratulations to
Ipswich Hospital Radio on 40 years!

Winnex Care
The Lindos Centre
Saddlemakers Lane ~ Melton ~ Woodbridge
Suffolk ~ IP12 1PP

Listen in

If you are scheduled for an operation or happen to find yourself in hospital in the near future, it's easy to listen to Hospital Radio Ipswich – and it will definitely brighten-up your day. Simply pick up the phone on your Hospedia unit and press Operator, the star key and then option 1. This will put you through to an operator who will connect you to the free radio station.

Once connected press Radio on the remote control and listen in on channel one.

BEHIND THE SCENES: Members of Ipswich Hospital radio celebrate their 40th anniversary. Wendy Cook, Mark Keable, Hugh Pocock and Beryl Davey.

Pictures: LUCY TAYLOR



Case study - Wendy Cook

I joined Hospital Radio about three years ago, initially to help with fundraising for the charity. I was then elected onto the committee as a membership secretary and (just to see what would happen) I submitted an audition tape. To my surprise I was given

my own show on a Sunday evening (the 80s hour from 6pm).

I am now events and fundraising co-coordinator for the station and so I am always on the look out for fundraising ideas and donations to our charity.

I probably spend about four hours a week at the station plus extra when we have fundraising events.

Being involved in HRI is very rewarding and it's great to know we are able to make people staying hospital smile at what can be a very worrying time.

Plus, from 8pm to 10pm there is a request show, with patients able to ask for their favourite song to be played.

And, as of July this year, patients can listen to live streaming of the station at www.hri.org.uk

This fantastic new online facility allows patients who are in and out of the hospital regularly to keep in touch while at home, and also means friends and family of

those in hospital can send in messages and requests.

Ipswich Hospital spokeswoman Jan Rowsell said: "Hospital Radio Ipswich has made and continues to make a fantastic difference to the life of the hospital – particularly for patients. Their work is exceptionally highly valued by us all."

Hospital Radio Ipswich is always looking for help with fundraising and volunteers.

Volunteers are all ages and come from all walks of life.

If you are interested in getting involved you must be over 18 and committed. Once on board your role could include ward visits, presenting, engineering, accounting, publicity, fundraising, station managing, mobile disco work or even administration.

To find out more call 01473 704666.

Schedule

The weekly regular schedule includes:

Monday
8.30pm-10pm Monday Moments
Adrian Evans mixes Radio 2 type music with Radio 1 humour

Tuesday
2pm-4pm Mark Exton with Music Box and the best of the 90s
7.30pm The Tiger Club with Mark Eley. A lively show with chart music, children's songs and special requests

Wednesday
8.30pm-10pm Mike Bugg with easy listening classical, standards, 60s, country and jazz

Thursday
8.30pm-10pm John Alborough with The Alborough Festival playing oldies, requests, smooth jazz and soft country

Friday
6pm-7pm Bob Medd with songs from the 70s and 80s as well as humour and observations.
8pm-10pm Chris n Lorraine with lovesongs and music from all decades

Saturday
10am-1pm Kevin Ashford in the potting shed with requests and gardening talk

Sunday
6pm-7pm Wendy Cook with the 80s hour

HAVEN KEYBOARDS
486 Felixstowe Rd, Ipswich IP3 8SU
01473 710051
Open 'til 7pm Thursdays. Closed Wednesdays.

Established 1978.
Digital Piano, Keyboard & Hammond Organ specialists.
Large showroom. Easy free parking in out of town centre location.
Teaching Studio.
Personal friendly advice.
New & Used models.
Music & Accessories as gifts.

RAJA STORES
International Food Supermarket
Ipswich's No. 1 stockists of Indian, Chinese, Thai and Caribbean ingredients.

www.rajastores.co.uk
17 CAVENDISH STREET
Ipswich, Suffolk, IP3 8AX
Tel. 01473 216421

MAKE YOUR PIT STOP AT WOODBRIDGE TYRE & EXHAUST

The one stop shop for all your service needs

WoodbridgeTyre & Exhaust
Open Daily Monday - Friday 8.30 - 5.30 and Saturday 09.30 - 4.00
13 Anson Road, Martlesham Heath Ind. Estate Ipswich, IP3 3RG - Tel 01473 612067
www.wbtec.co.uk

Members of the BDA Good Practice Scheme

Olive Dental Practice Ltd

Suffolk House , 9 High Street, Saxmundham, IP17 1DF
Tel: 01728 602 537

We are currently accepting new NHS patients...

If you wish to join the practice please call in at the above address to register

Opening Hours
8.30am to 5pm Monday to Friday
Closed for lunch 12.30 to 1.30

Derplan