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**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

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**H**OSPITAL 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.**

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**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](http://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

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