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THE OFFICIAL PATIENTS, VISITORS AND STAFF MAGAZINE OF HOSPITAL RADIO CHELMSFORD

ISSUE 14 | 2023/24



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Welcome from the director of charities and voluntary services

LUCY THOMAS-CLAYTON - DIRECTOR OF CHARITIES AND VOLUNTARY SERVICES

I've been with the Trust since 2007 and I'm responsible for the Hospitals Charity and Volunteer Services. I hugely appreciate the time given up by all volunteers and how important the Hospital Radio volunteers are. They make so many positive contributions to the wellbeing and recovery of patients and that cannot be underestimated.

Hospital Radio Chelmsford has been extremely resilient over the period when Covid was at its peak and beyond. When they were asked to leave the site whilst we had to reconfigure our clinical areas due to Covid they continued to broadcast to patients from then to the present day. The Trust is very grateful to them for their ongoing efforts, and we look forward to welcoming them back into the hospital in 2023.

In my role, I am very focussed on how well patients are treated whilst they are here in Broomfield and anything that contributes to that in a positive way makes my job more worthwhile. Thanks again to Hospital Radio Chelmsford on behalf of the Trust and we look forward to a continuing long and happy relationship.



“

I hugely appreciate the time given up by all volunteers and how important the Hospital Radio volunteers are.



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welcome to SOUND.

FROM THE STATION MANAGER -
PAUL MORRISH

Welcome to the 2023/2024 issue of Sound the patient magazine of Hospital Radio Chelmsford. I am Paul Morrish and the Station Manager being responsible for the day to day running of the organisation and most importantly the high quality and entertaining programmes which we broadcast.

The Station is made up of a number of great volunteers from many different diverse backgrounds as you will be able to see later in the magazine from their profiles – everyone gives freely of their time to ensure that the service runs 24 hours a day 365 days a year including live programmes from our studios on Christmas Day. The last couple of years have brought a massive challenge for Hospital Radio Chelmsford. With no access to the studios at Broomfield due to the pandemic the decision was made to temporarily locate to the upstairs of a local business where we now have two fully functioning studios.

At the time of writing, we are still unable to visit our patients in person but offer a multitude of ways for people to get involved and get requests (please see page 9). The live outside broadcasts and events have just restarted with the spectacular Pride celebrations at Broomfield Hospital (please see page 43).

All musical tastes are catered for right up to the very latest music of today, although it's not just music, but interviews, events,



fundraising by other hospital charities, comedy, competitions and local entertainment. This has all been at the core of the organisation from when it started over 50 years ago to present day. In this issue you will see some of our core music shows which are broadcast on a weekly basis.

I joined in 1988 due to my skills as an electrical engineer, holding many committee posts, overseeing major refits of the studio complex at the Gate Lodge at St John's Hospital. I introduced the new technology of CD players and left in the 1990's due to my business interests only to rejoin 7 years ago. I live in Ramsden Heath just outside Chelmsford with two daughters, and run a large vehicle rental business in Essex. I have a keen interest in all things transport, and have a large collection of British films and comedy.

I really enjoy the management side of the organisation, and most importantly broadcasting to you our listeners – my shows, 'UK Chart Number Ones' and 'Request Round-Up' are on at weekend lunchtimes.



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President

of Hospital Radio Chelmsford

I first walked through the doors of Hospital Radio Chelmsford in 1976. I had seen an advert in the Essex Chronicle asking for volunteer help and I couldn't resist the opportunity. I'd loved radio since listening to the pirate stations off the Essex coast in the 1960s, and it had always been a dream of mine to be behind the microphone one day.

Back then we broadcast from an old caravan in the grounds of St Johns hospital. Although it didn't look much from the outside, when you stepped inside, the interior looked as good as any radio station I'd ever seen. Much of the equipment had come from BBC and ITV studios.

I was so impressed by the professional sound and dedication to the patients, and am so happy to say, it's not changed in over 45 years since my involvement began. There have been various studio changes over the years, and of course we have lost two of the three hospitals that we broadcast to in those early days, but Broomfield Hospital is now central to our service and commitment.

The last few years have been tough for everyone, particularly for those connected to the hospital. I'm so proud of the team of volunteers who have managed to keep Hospital Radio Chelmsford on-air throughout the pandemic, even when access to the studios or the hospital itself was not possible. A temporary studio had to be constructed off-site because of this, and has remained our base due to subsequent hospital reconstruction work. Thank you to everyone who made it possible.



Steve Scruton - President

I'm very pleased that a new studio space and home for Hospital Radio Chelmsford has now been found on-site and we look forward to moving back for a new chapter in our broadcasting history.

During your stay in hospital, I hope you will be able to take advantage of our unique service, designed especially for you, and we look forward to making contact either in person through our ward visits to gather your requests or passing on messages from your family and friends through our social media sites.

Finally, we like to think of ourselves as a friend by your bedside, and hope we can brighten your stay and help to speed up your recovery.

“

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get involved

here at Hospital Radio Chelmsford

If you have some time to spare and you feel you would like to join us at Hospital Radio Chelmsford, then all you have to do is access the website www.hrc.org.uk and contact us from there, expressing your interest. You will be given a very warm welcome and you will soon be able to say that you are part of the Hospital Radio family.

We will arrange all the necessary paperwork for your DBS check and once that is in place – the microphone is there in the studio waiting for you, and if you prefer, the soldering iron is waiting with the engineering team, or you can get involved with production, IT or fundraising – the choice is yours. Whatever your preference, you will receive any training necessary to get you quickly up to speed. We look forward to hearing from you.



Eric Smart –
Membership Development Officer

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what we do

at Hospital Radio Chelmsford

Visiting hospital for an appointment, an operation or to visit someone who is on the wards can be a stressful and worrying time, even more so as a result of the Covid-19 pandemic. Staff at the hospital are doing everything they can to keep you safe and well and our volunteers at Hospital Radio Chelmsford will do their bit to help out.

Hospital Radio Chelmsford is a registered charity. The service is provided exclusively by volunteers for the benefit of the patients in the hospital, providing an opportunity for patients to talk to someone, make a request and get the most out of the available entertainment whilst recovering. We can help to boost wellbeing and hopefully aid recovery, at what is a difficult time for patients and their families.

Why do people get involved?

Very good question and there are a million reasons why from an interest in buttons, wires and the vast technical side to radio to the more general "I want to help the hospital". The station needs volunteers from all sorts of backgrounds to work as a team to broadcast to the hospital patients. This includes programme planners, engineers, broadcasters and assistants, people who are enthusiastic and can communicate on and off air. We at Broomfield Hospital are a group of about 50 volunteers all working hard to reach out to our patient audience with a vast variety of programmes, fundraising, promotion and helping the hospital with their indoor and outdoor staff functions.



If you would like a musical request and dedication for someone who is in the hospital, please call us on 01245 492696 or via our Facebook page. We look forward to hearing from you.

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how to listen

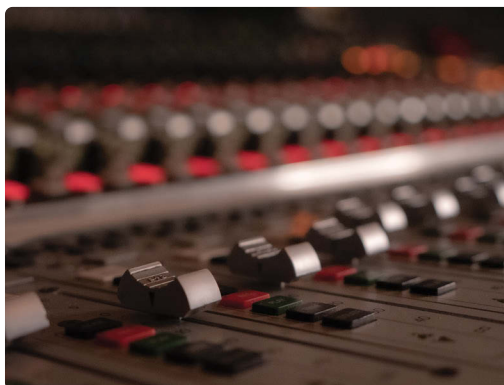
to Hospital Radio Chelmsford

Hospital Radio Chelmsford has been around since the 1960s, initially broadcasting from the Chelmsford and Essex Hospital and then for a number of years from the Gate Lodge at St John's Hospital. Around ten years ago with the closure of St John's, a complex of new studios was built in the West Wing of Broomfield Hospital. This comprised of two main studios and a third studio for production, as well as space for a large engineering room and an adjacent store. With the pandemic the decision was made to relocate to the upstairs of a local business who have very kindly provided their services free of charge. October 2020 saw our existing studio complex being redeveloped as a vital cancer department.

So how does it all work? The two studios consist of digital mixers with a number of backup systems to ensure resilience. The music library consists of approximately 40,000 music tracks catalogued by genre to aid presenters in the style of music to be played. With a comprehensive search facility music can be searched for by title or artists. The music catalogue includes music from the 1950s to the present day, encompassing for example, easy going, classical and popular music. Studios 1 and 2 can be linked together making it easier to carry out outside broadcasts or larger productions. A very good example of this was our live coverage of the General Election in December 2019.

SO HOW DOES A PATIENT GET TO HEAR HRC?

Next to each bed is an audio TV unit that has five channels. HRC can be found on channel 5. These five radio channels are FREE of charge 7 days a week, 24 hours a day. The radio network is distributed throughout the hospital by a system called Hospedia. Personal headphones are distributed, again FREE of charge, by the ward staff. Our request line is available on 01245 492696 or through our website, or on the newly launched HRC App available to download from 'Google Play' or the 'App Store'.





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how to listen

Internet Radio and Hospital Radio

With the uptake of broadband services across the internet and now 3G/4G are available across the United Kingdom, many radio stations have found that an internet feed has many benefits, one of which is hundreds to millions of listeners worldwide. Even when driving it is so easy to listen to Hospital Radio Chelmsford via 3G/4G and Bluetooth on a car's music system.

At this time 10% of all radio listening in the United Kingdom is via the internet.

With these benefits available, Hospital Radio Chelmsford decided to widen its audience, especially for patients who have been discharged and had enjoyed the personal touch of Hospital Radio Chelmsford whilst in Broomfield Hospital. Currently Hospital Radio Chelmsford broadcasts a stream of high quality (128kbps MP3) on the back of the hospital's Mega Stream.

Below are a few ways to listen to Hospital Radio Chelmsford on the internet:

- Direct from hrc.org.uk via the 'Listen Live' button.
- Go to either Apple Store or Google play Store and search "Hospital Radio Chelmsford" Download the app to your device.
- Tuneln app from IOS Device (Apple). Tuneln is available as a free Radio app in the Apple App Store. This requires your device to run iOS 7.0 or later versions. For a fee, download the ad-free Tuneln Radio Pro that has additional features.
- Android Devices. Go to your app store (e.g., Google Play Store, Amazon App Store). Search "Tuneln" and download to your device.
- PURE Devices. Via the connect.pure.com. Loads of advice on this website to connect Hospital Radio Chelmsford to your devices, including radio, satellite, TV and mobile phones.
- SONOS. Tuneln Radio is pre-loaded in your Sonos device. Select Radio by Tuneln from the menu on your controller or controller app.
- XBOX. Your Xbox Live account will be linked to your Tuneln account when you first sign in to Tuneln. Once signed in you will have access to the content you follow.





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fundraising

and events





Asking for money, for support, for time is difficult at any time, but at the moment we know it is very tough for many people and as a charity we appreciate that asking people to donate money isn't easy. Every year we need to raise funds to keep us broadcasting, to buy new equipment and that can be anything from microphones, cables, studio desks and even chairs for our volunteers to sit on. As well as that we have everyday bills such as music and internet streaming, all of which add up, but are key to enable us to continue to broadcast to our listeners and to keep our volunteers safe while they are at the studios.

We rely on the generosity and good will of the community and businesses that support us and are always looking for new ways that we can fundraise, ideally ones that also help raise our profile, let more people know what we do, and ultimately increase our service to our listeners. This year we have been lucky enough to be able to go back to hosting "live" events to support fundraising, a bit more modern than the old fashioned "Tin Shake" in a High Street. These have been varied and included 40th Anniversary Great Baddow Charity Races (2 and 10 miles), Boreham Parish Council's Family Fun Day to Celebrate The Queen's Platinum Jubilee 2022, Great Olympian Football League Presentation Evening and Essex County FA Awards Evening. Not only do we host these events but very often like to get involved with the heart of the community or event.

This year at Baddow while Paul and Tony were entertaining the crowds on a very hot May morning, Sam was busy running the 10 miles and



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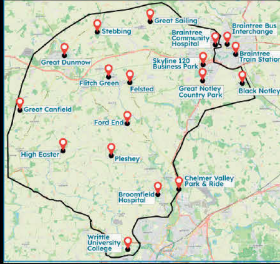
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fundraising

and events

came home to a massive cheer and then jumped on the stage with the team. At the Queen's Jubilee Event, the team interviewed the Mayor of Chelmsford who unveiled the Heritage Trail Sculpture, as well as Baddow Fire Service who were supporting the community with fire safety. They also hosted a varied day of events including a Dog competition, Boreham Ladies Choir, the cutting of the Platinum Jubilee cake and had many selfies throughout the day – including “Elmo” from Sesame Street.

Hosting Football Presentation Nights are always special, getting to be part of an event that recognises both team and individual awards for not just playing on the pitch, but for refereeing, for welfare, for coaches, and for all of the administration that supports grass roots football. This year also saw Sam interview Perry Groves, Ex-Arsenal Winger and Geoff Pike and Paul Brush, Former West Ham United players – move over Oprah!

We are always looking to support our community with events and in 2023 hope to host our own ones as well. If you would like us to come along and support your event, would like to sponsor one of our shows, or support us in Fundraising then please contact us and ask for Sam Jenkins.



If you would like to donate to Hospital Radio, or are a business that would like to work in partnership with us then please contact Sam (studio@hrc.org.uk) and she would love to have a chat with you.

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Vicky Ford

MP for Chelmsford

It was a pleasure to visit Broomfield Hospital and see the new Chemotherapy Unit. This has been designed with great care by a specialist architect who worked alongside staff and patients. Cancer patients who are being treated with chemotherapy spend many hours in the hospital, often all day every day. It was good to hear how the calm and spacious atmosphere in the new unit is making a real difference to both patients and staff well-being.

The new unit was funded by Government as part of our plans to improve hospitals.

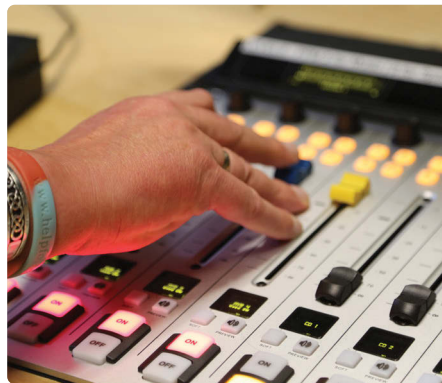
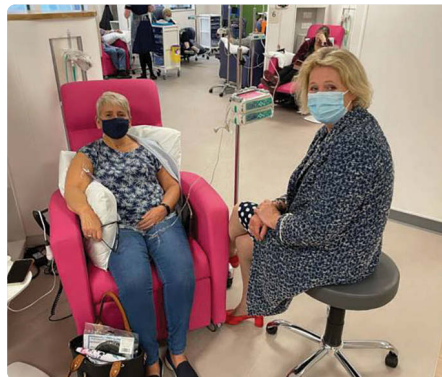
I also visited the beautiful memorial garden that has been planted in memory of those members of NHS staff who lost their lives during the pandemic. As a doctor's wife, I saw how much our health service staff gave for all of us especially during the peak of hospital related pressures from Covid. We should never forget this. I hope this new garden gives staff a place of quiet and peace.

Thank you to all staff across the Trust who are continuing to work hard to deliver care and support for patients at this deeply challenging time.

Don't forget to tune in to Hospital Radio Chelmsford by selecting channel 5 from the radio selection on the bedside entertainment, or via www.hrc.org.uk

Vicky Ford

MP for Chelmsford



“

I hope this new garden gives staff a place of quiet and peace.

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Kemi Badenoch

MP for Saffron Walden

It is a pleasure to once again be invited to contribute to this magazine and to be able to offer my support for Hospital Radio Chelmsford. I would like to take this opportunity to thank all of the volunteers for their contribution to the station, as well as everyone at Broomfield Hospital for their resilience over the last few years.

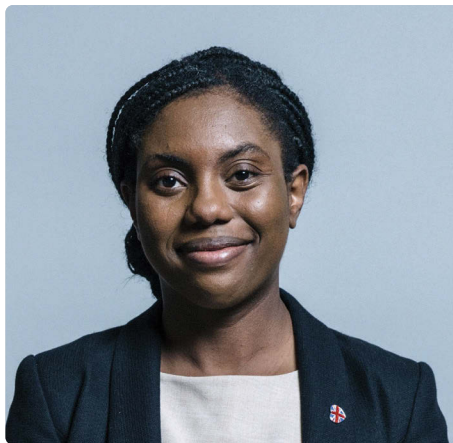
I continue to hear positive feedback from local residents regarding their experience at Broomfield and over the last year I have engaged with the hospital's executive team to get updates on how the hospital is managing and to ensure I am able to feedback any issues or concerns to my ministerial colleagues in Government.

If you have experiences of the hospital that you would like to share, I would love to hear them and I look forward to contributing to HRC again soon. You can email me on kemi.badenoch.mp@parliament.uk

In the meantime, don't forget to tune in to Hospital Radio Chelmsford by selecting channel 5 from the radio selection on the bedside entertainment, or via www.hrc.org.uk

Kemi Badenoch

MP for Saffron Walden



“

I continue to hear positive feedback from local residents regarding their experience at Broomfield.

the music collection



Music is in some ways, the ultimate natural wonder of the World. The tones and rhythms impassioning thoughts and feelings, not to mention powerful shared experiences, making us all feel life more keenly. Then people turned it into the eighth man-made wonder, creating new sounds, instruments, and ever more innovative ways of self-expression, and self-exploration.

Whatever music you're into, whatever the age or genre; it all has the same benefit in common – to not only make us more emotional, but to make us feel better. Whether bringing joy into your day with an old favourite, emphasising a good mood, encouraging dance and exercise, or helping you forget or quash any worries and bad feelings you have, music is the unspoken medicine that is often known, but rarely talked about.

Here at Hospital Radio, great music to help you feel better, is our mission statement; along with our presenters and hardworking team, helping the station to be your invisible friend at the bedside. As Broomfield Hospital, and indeed, most hospitals host a range of patient ages and backgrounds, we receive a wide range of musical tastes, within our patient requests. To that end, we try to cater for as many tastes as possible, and as many of the most popular artists as possible, both in the music we play, and the shows we produce.





At Hospital Radio Chelmsford, we pride ourselves on an extensive digital database that holds over 40,000 tracks, of uncompressed audio, across all the largest music genres, mainly from the last 70 years. These are played via an integrated computer playout system called Myriad that gives our presenters and producers instant access, helping your requests get on air faster.

We keep our music library up to date, with the latest popular records, with a paid official music download service, which is one of the many aspects of the station, supported by your donations. For rare, or difficult to find recordings, we sometimes still fall back on physical media, like vinyl records, or CDs, or even online. The station also regularly maintains and improves the music library, making it ever more efficient and easier to use by our active presenters, as well as trying to achieve the best sound quality possible.

More recent artists, like Adele, Ed Sheeran and Pharrell Williams have been substantially requested over the last decade, but overall, the majority of requests span from popular artists, with at least 25 years of history behind them, and multi-generational. Pop, Rock, Rock and Roll, Country, Easy Listening and Dance, remain the most popular music genres with our listeners; but we do get substantial requests for Classical music, Jazz and Soul too.

Over the years, our most popular requested artists consist of several very iconic artists:

1. Frank Sinatra
2. Elvis Presley
3. Cliff Richard
4. Jim Reeves
5. Queen
6. Daniel O'Donnell
7. The Beatles
8. Abba
9. Nat King Cole
10. Glenn Miller



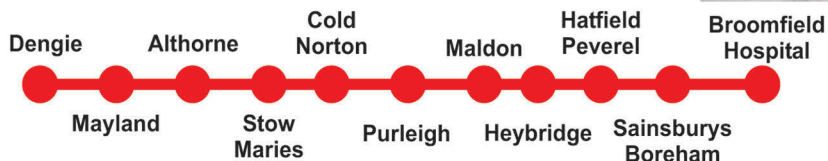
Whatever your favourite though, we are readily contactable online both at hrc.org.uk, and on social media, via Facebook and Twitter. During our live shows, you can reach us direct on 01245 492696, with any request you may have.

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Strictly 70s.

JOHN DUNCOMBE - THURSDAY 2.30PM

Strictly 70s made its debut on Hospital Radio Chelmsford in 2021, focusing solely on the 1970's, playing a lot of the diverse popular music from throughout the decade of the disco ball!

I'm John Duncombe and I bought my first record with my pocket money when I was just 8 years old. That was in 1968 and I went on to buy many more records into the 70's and then the 80's, but the 70's were really my favourite era.

I loved all the different types of music from the charts whilst I was at school growing up and into my formative years.

On the show I often look at a specific year of the 70's, playing many of the hits from the year. On other shows I look at specific types of music from the 70's such as disco, glam rock, soul and country.

I also sometimes have shows featuring specific artists/groups, as well as shows featuring the many one hit wonders!

So please join me on Hospital Radio Chelmsford for Strictly 70's with 90 minutes of nostalgia! Thursday afternoons at 2.30 repeated on Saturday evenings at 7.30.

I hope that you'll enjoy it!



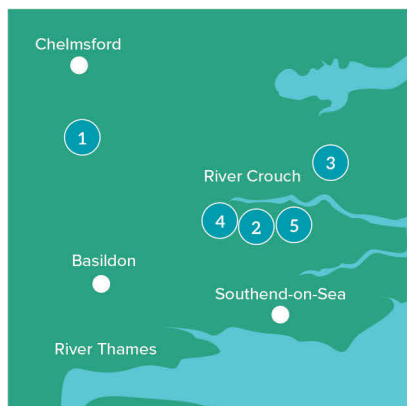
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Spiritual SUNDAY.

ERIC SMART - SUNDAY 9AM

Spiritual Sunday is broadcast every Sunday morning at 9.00am and lasts for one hour. It's designed to be your little compensation for not being able to get to Church whilst in hospital.

The show includes a couple of hymns, Bible readings, a thought for the day as well as a prayer for the day. We also look at the life of someone who has recently passed away and at someone who has been inspirational in their lifetime and celebrate birthdays of people who are celebrating on the day of broadcast. However, if you are not religious, then this programme can also appeal to you, as all of the articles featured are accompanied by some delightful music – some light Classical, some Rock, some Country and Western and some Pop.



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Bed ROCK.

ALAN CHAMBERS - THURSDAY 10PM - MIDNIGHT

BedRock is the home of classic rock on Hospital Radio Chelmsford. From the time the station was formed bands such as the Who, Led Zeppelin, The Rolling Stones and the Beatles were providing the soundtrack to a decade of change. As time went on artists came and went David Bowie, Thin Lizzy and Queen to name a few, but rock music has continued to this day to provide entertainment to adoring audiences and BedRock aims to capture some of this each week.

I have seen a number of artists live over the years such as Eric Clapton, Blondie, Meat Loaf and the Stereophonics although a few such as Queen and Coldplay have eluded me.

From anthems to soft rock and prog rock to punk rock, classic rock comes in many forms and I play as big a mix as possible of every week. We know it's a popular genre for Hospital Radio listeners as it regularly delivers 20 or more of our top 100 requested artists.

One of my favourite parts of the show is the soft centre where I play 2 soft rock tracks either side of the 11 o'clock news. There's also the Blast from the Past feature where I play 3 songs you haven't heard in ages but you will instantly recognise.

There are 2 chances to get your weekly dose of classic rock on BedRock 10-midnight every Thursday and 10-midday on Fridays so please listen in.



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We are open to 11-18 year olds and are completely free.

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Magical MUSICALS.

ERIC SMART - FRIDAY 1PM - 3PM

Magical Musicals came about due to my passion of musical theatre since 1964. There is a plethora of musicals from which I choose the very best of tracks and themes and occasionally, from some films too.

I delve into some of the musicals first staged before the war but also include some more modern shows like Hamilton, Six and Everybody's Taking About Jamie. Musical theatre classics are inevitably included such as Les Miserables, Oklahoma! and Oliver! And occasionally I have a 'specials' week when every track might be from Disney, they may all be connected to an occupation, or they may all be love songs.

Every week, a star of the week is featured, and I always put one specific show in the spotlight. I play three tracks from that show and detail its plot and tell you of the awards that the show received. If you like musicals, then this is a show not to be missed. It is broadcast every Friday afternoon from 1.00pm to 3.00pm and is repeated on Mondays at 12.00pm.



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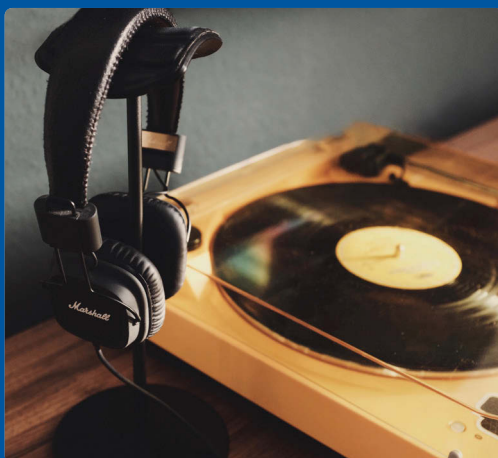
Every song A MEMORY

DAVE HURRELL - MONDAY 5PM - 7PM

My name is Dave Hurrell and I present two shows on Hospital Radio. Firstly, on Monday afternoons between 5.00pm and 7.00pm it is Every Song A Memory - music from the mid-50s to the early 70s.

I always say that the 50s was music from my childhood and the 60s was music from my youth. For anybody in the same age range (and let's face it there were lots of us) this will bring back so many memories. The other show is called "Nice N Easy". To help the recovery process I trawl the great American and British song books and play "proper" songs by "proper" singers. A relaxing and chilled out 90 minutes on Wednesday afternoons between 3.30pm and 5.00pm. I know by the requests we obtain from the patients that these two shows are just what the doctor ordered.

Get well, keep safe and keep listening! Every Song a Memory and Nice N Easy.







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Atrium Event

Back in Broomfield

Having been excluded from being in the hospital, since March 2020, it was marvellous to be back in Broomfield in June 2021. We had lost our studios in the West Wing due to the redevelopment of that area, which now houses a brand-new chemo unit.

We are hopeful of having alternative premises allocated to us soon. But our appearance in the atrium in June 2021 was a wonderful taster in preparation for that. We were there for two days, playing requests and promoting our organisation. It was very well received by staff and visitors alike and how amusing it was to see staff dancing to the music in the atrium and having many visitors asking for a particular piece of music to be played whilst they listened. Around ten of our members manned the mobile studio and we all found the camaraderie something we had found lacking over the period of the pandemic.

December 2022 saw us back in the Atrium again with an excellent response from everyone who visited, and most importantly a lot of requests for our listeners.

It is likely that these popular events will be repeated from time to time, so do drop by and say hello. If you'd like to join us here at the radio station, do check out the website to express your interest.



It is likely that this event will be repeated from time to time, so do drop by and say hello.



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Pride

outside broadcasting

Our team of volunteers attended with the support of Rolling Stage Hire, which provided the staging and sound system, with Party Anthems and Club Classics being played out to the many people that attended the event. We were also pleased to have the company of the Mayor of Chelmsford who attended in an official capacity to support the event.

The sun shone for the event which saw many of the hospital's amazing team of staff including nurses, surgical teams, porters, security and health care clinicians out on the lawn celebrating Pride and finding out more about the Trust's Network Groups that form part of their Equality, Diversity and Inclusion Strategy #MSEInclusion.

However the biggest draw of the afternoon, aside from our fabulous team on stage entertaining everyone, was the chance to meet one of the many and very cute Essex Therapy Dogs that were loving all of the attention that they were getting. These dogs visit various workplaces and health care establishments to interact with "humans" with the results of reducing stresses and worries. HRC is proud to support PRIDE and the team are looking forward to the 2023 event.



are you listening to an **award winner?**

Did you know that some of our presenters are National Award Winners?

The National Hospital Radio Awards takes place annually at different locations each year around the UK, and is a chance for the country's Hospital Radio Stations to come together and celebrate the wonderful work that we do. It is our equivalent of the Oscars or the Brits, minus the speeches!

Here are some of the Gold, Silver and Bronze award winners you may listen to, and their award winning experiences. Can you find them on our schedules?

Owen Ward

Bronze 2009

Being shortlisted for a Hospital Radio award is so exciting. I've been fortunate to have been shortlisted for a number over the years and the excitement never diminishes. Everyone on Hospital Radio Chelmsford tries to broadcast the best shows to those listening in Broomfield Hospital and to be recognised nationally is a huge honour. Being able to say I'm an award winning presenter has opened up career opportunities that I don't think would have been there had Hospital Radio Chelmsford not given me the experiences, support and training it has.



Alan Chambers

Silver 2018

For most people involved in Hospital Radio, the attractions are helping others, being involved in radio and meeting lots of different people. However it is always good to be recognised for what you do. So having already been involved in several Election programmes before, when the General Election was called we set about planning the show as usual with the aim being to provide patients in hospital with an informative and entertaining programme with a local focus. The programme itself went successfully and after a long night we all went home thinking that was the end of it. Then a few months later we got the news that the show had been nominated for an HBA award. So we headed off to the awards, and after an enjoyable evening meeting lots of members from other stations, the moment of truth came and after what seemed like an eternity our name was announced - we had won!



Tony Knight

Gold 2018

I was amazed to get Best Newcomer. The judges said I was the stand out winner this year. A presenter who understand the one on one approach to broadcasting, who is warm friendly and a joy to listen to.



Craig Greenslade

Silver 2017, and Silver and Gold in 2021

Production is an aspect of radio that is seldom recognised, by the industry publicly, so it is brilliant that the Hospital Broadcasting Association shine a spotlight onto some of the hard work done behind the scenes, during their annual Awards ceremonies. Hospital Radio Chelmsford has a very long tradition of high-quality radio production over the decades, from our live content of events and interviews on location, to the post-production for jingles, trailers and programmes.

On three occasions, I was lucky enough to be recognised by the HBA Awards, twice; for Production on Station Promotions – Silver in 2017, and Gold in 2021 for a special music documentary on Barry White. Also, in 2021, I received a Silver award for Best Speech Programme, on a specially produced documentary on the World's first entertainment radio broadcast, made in Chelmsford, in June 1920.

The programme went on the air, on the 100th anniversary of this iconic event, and featured numerous archive and expert interviews.

To be recognised for all these productions, gave far more than just the thrill of encouragement, it also gave vindication for all the hard work, countless volunteers do behind the scenes, to get our programmes on the air. Personally, I also feel proud that it confirms, our production is just as good, polished and professional as the public and commercial radio stations people can find elsewhere.



Sam Jenkins

Bronze 2006 and 2018

Entering awards always felt a bit awkward for me, much that I love celebrating other people's achievements, I always find it really stressful waiting to find out if someone else judges your show, or part of a show you have been involved was good enough. Then I switched around my thinking and knew what we entered as a station or individually was actually something to be proud of, to be excited about, to know that you are sending in something that you have put your heart and soul into is worth it. Even if the judges choose someone else then I still know it was good enough for me and HRC.

Going to the awards is brilliant, meeting new people, making new friends and meeting friends that you only get to see once a year is a bonus. An event which celebrates everything great about Hospital Radio, a night to be proud of, a night where volunteers can see the impact of giving up their time to help others during what can be very difficult times should be recognised. Everyone celebrates all entries and if you don't make it to the top 10 you still smile and clap and support others. The moment the top 5 are revealed the anticipation of knowing you have got that far is overwhelming, the pride of your work fills you as does the nerves of wondering "have you made it to the top 3?"

When my name got read out winning bronze best female presenter, I couldn't believe it!! The cheer across the room was electric and I think my smile filled the room. The hugs from my table made it hard to walk to the front and that was the best walk ever, full of both pride and humility. All of the nerves and stress disappeared and the joy took over. Having that recognition was fantastic and I would recommend having a go to anyone, and if you don't receive an award, you still know that your show, your contribution is still a winner and you made a difference.





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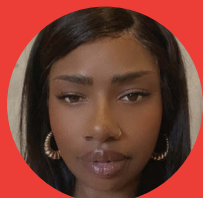
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our members

Our members, our volunteers are at the heart of Hospital Radio Chelmsford. They are what keeps this great service going. Volunteers come from every walk of life, from every community and we thank them all.

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Afternoon Tea



On 30th November, our members were invited to an afternoon tea at Chelmsford Racecourse by Mid & South Essex NHS Foundation Trust, along with others who volunteer at Broomfield Hospital in many different capacities. There were over 200 people there in total and that included 8 from Hospital Radio. In the Deputy Chairman's opening remarks we were duly thanked for all that we do for the staff and patients at the hospital and were encouraged to continue the good work.



we were delighted to be included in the listings



We were invited to partake in a wonderful spread of sandwiches, scones and cakes with tea and coffee also flowing freely. It was a thoroughly enjoyable occasion. The Trust then announced that they were to present some long service awards – the first time that they have done so. We were delighted to be included in the listings and Dave Hurrell (13 years), Cas Seaton (11 years) and Alain Heaysman (11 years) were proud recipients of a personalised certificate and commemorative medal. The day rounded off with a free raffle where prizes had been donated by the hospital's charity and Cas and Alain were two of the lucky winners. This is likely to be an annual event so look out for your invitation next year.



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website redesign

The website for Hospital Radio Chelmsford has been re-designed using a new web provider.

The site now has the look of a radio station website, appears more modern and has been slimmed down to make it easier to navigate. Access to the website can be gained by the following method: www.hrc.org.uk

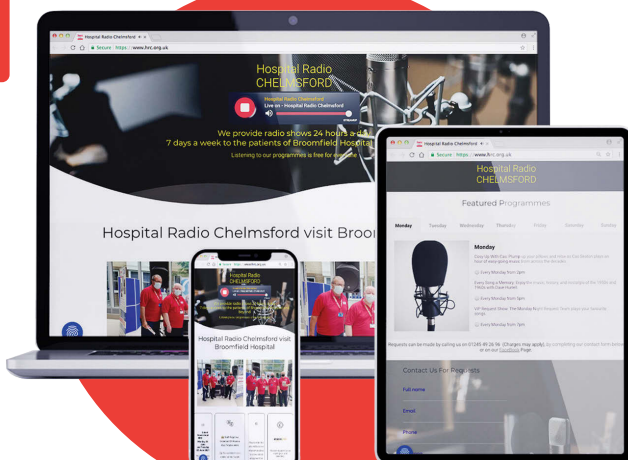
Once signed in you will be able to see the programme schedule, listen to hourly news broadcasts, check the local weather and enjoy the programmes broadcast 24 hours, seven days a week.



Alain Heaysman -
Website Manager

To listen just click
on the **PLAY** button.

If you have friends or relatives in Broomfield Hospital a form is available to complete so that a request can be played together with a message. For those who want to know more about Hospital Radio Chelmsford there is a handy link to our current Patients Magazine.



www.hrc.org.uk

Chelmsford History

Theatre

Chelmsford now has a permanent theatre in the shape of Chelmsford Theatre, currently undergoing renovations and previously known as the Civic Theatre. It also has the smaller and more intimate spaces of Chelmsford Studio (previously Cramphorn Theatre) as well as the Old Court Theatre on Springfield Road. The theatre tradition in Chelmsford goes back much further than this, and Chelmsford was famous for its high quality productions, often with top performers from London. Performances often took place in ballrooms of the many coaching inns for which the town was famous - these could hold up to 300 people and could be found at the Great Black Boy Inn on the corner of the High Street and Springfield Road (current site of the Metro Bank) and the Saracen's Head amongst others. In the late 18th century, many large rooms were available around Chelmsford and Moulsham for travelling performers to entertain the residents and visitors to Chelmsford and it was before 1800 that the town (as it then was) acquired its first purpose-built theatre building.

The building was built in 1792 on a site owned by local printer William Clachar and doubled as an auction room. It was situated in the back garden of 11 Tindal Street, to the rear of the Royal Oak Inn (currently

Charles Fish jewellers on the corner of New London Road where it meets the High Street). One key attribute of the new building was noted in the winter 1793, when the audience for a lecture on astronomy were informed that 'the theatre will be warmed'. The garden in which the theatre was located was known as a 'backside', a narrow strip of land running from Tindal Street right down to the River Can. The theatre itself was located roughly where the Marks & Spencer rear loading bay is today and was accessed via an elaborate gate near the river which featured two pillars upon which there was a grand arch with a statue of a dodo on top. Patrons would walk through the gardens, lit by coloured lights, on their way to see the performances. This entrance, along with the iron bridge over the River Can, was lost in the great flood of 1888. Admission prices for this entertainment were half a crown for the boxes, two shillings for the pit, one shilling for the first gallery and sixpence for the upper gallery. All this indicated a sizeable venue - and if you hired a box it was heated in winter, the height of luxury!

The last known performance at the theatre, after 47 years, was in 1839 with a two-act play called 'Too Late For Dinner'. All of the buildings including the theatre were demolished in 1839 to make way for the new upmarket link to London,





which became known as New London Road - Moulsham Street being the 'old' London Road.

From 1857, the newly built Corn Exchange hosted theatrical events, notably Spalding's annual pantomime. For example, in January 1888, theatre-goers could see 'The Sleeping Beauty', which was billed as featuring over eleven set scenes, over 30 artistes and a grand transformation scene! All this for 3 shillings in the stalls, through to sixpence for admission and there was also a Wednesday matinee. In 1903, a new comedy in three acts was available, called "New Men and Old Acres" which featured a full orchestra - for the bargain price of sixpence, with tea and coffee served between the acts.

The 1900s saw a surge in both appetites for the theatre and the new 'Electric Picture Houses'. Applications were received and approved for the Empire Theatre on Springfield Road next to the Iron Bridge and the Regent Theatre in Mousham Street, the former now demolished and used as a TGI Fridays restaurant, the latter a Grade II listed building used today by Bar & Beyond. These offered people a chance to experience high quality

theatre productions from national companies as well as showcase local talent such as Chelmsford Amateur Operatic & Dramatic Society (CAODS). CAODS produced their first ever performance at the Empire Theatre in 1921 - *The Gondoliers* by Gilbert & Sullivan, whilst nationally famous acts such as Arthur Lucan performed at the Regent Theatre in 1953 as his famous character 'Old Mother Riley' in "Going Gay". As the decades progressed, the Regent Theatre became more of a cinema before being converted into a bingo hall and now a bar.

Gradually all the theatres -and most of the cinemas - in Chelmsford were demolished or converted and for many years Chelmsford had no permanent theatre until the Chelmsford Theatre was built in 1962.

Yvonne Lawrence

“

The theatre itself was located roughly where the Marks and Spencers rear loading bay is today

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friendship

the social side of HRC

Friendships, marriages, and children – who would have thought by volunteering for a charity any of these could happen? Well at Hospital Radio Chelmsford all of these have happened and we hope this will continue for many years ahead as well. Hospital Radio Chelmsford not only delivers an amazing service to our listeners but actually enables our members to have the opportunity to meet new people, make new friendships and for some may provide them with a way of supporting their own mental health and wellbeing by interacting with others, or simply being happy that they feel they are giving back to the community.

As well as this we like to have a lot of fun and to hope our members have many smiles and laughter whilst volunteering, and as such the social side of Hospital Radio Chelmsford is also important. We are lucky that in some cases we have been able to combine meeting up, going out and having fun whilst taking part in something we really enjoy and raise the profile of Hospital Radio. These have included having a Curry Night, Hosting Awards Nights putting together shows for the patients involving a lot of cakes, not to mention many visits to pubs, restaurants, and of course attending the National Hospital Radio Awards.

Even during the pandemic and whilst we need to ensure the safety of our members, we held online events including quiz nights and team nights to try and still



bring everyone together to keep that social side going. Teams supported each other as well, with many recording shows at home to ensure we could still provide a service to our listeners but in a way where they were all on-line in their own homes at the same time – this resulted in a lot of laughing and re-recording, thank goodness some of these didn't go out live the first time. We learned how to stay social in the pandemic and we will keep smiling and having fun as we look forward into 2023.



finances

at HRC

Running a busy and successful Hospital Radio Station requires a significant amount of funding and as an organisation we rely on the generosity of members of the public and also local businesses through donations. We also throughout the year have various fundraising events in order to raise much needed money – all of our members are volunteers and not only give freely of their time, but also pay a yearly membership fee to help support the service.

The magazine you are reading is published by Smile at no cost to HRC, and we actually receive a sizeable donation to our funds. Please support the advertisers and mention to them that you saw their advert in our magazine.

The studio equipment is a key part of the whole broadcasting process, and constantly needs updating to keep pace with technology – in November 2022 the purchase of a refurbished mixing desk was needed. However there are also many other costs involved too! We are extremely grateful to Allied Vehicle Rentals for providing us with our studio space free of rent, but there are still the expensive costs of insurance, internet streaming, website, music, promotional features and more which have to be paid on a yearly basis.

“

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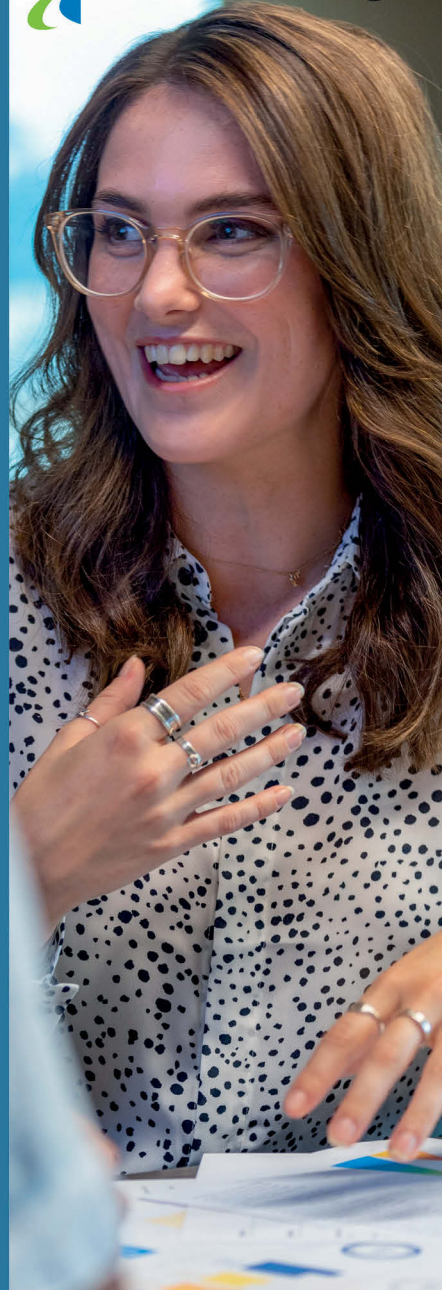
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