

- 2.00am      **The Music Jam**
- 7.00am      **Sunrise** (Richard Talbot)  
Music, inspiration and thoughts for a Sunday morning.
- 9.00am      **The Sweetest Feeling** (Barry Hayward)  
Easy listening music, at look back at the weeks news and conversation with Barry Hayward.
- 12.00pm     **Lazy Sunday** (Jay Dewis)  
It's the show with your requests and dedications. You can telephone free of charge from your bedside Hospicom Unit. Alternatively, call 5018 from an internal hospital phone or on 02476 865018.  
Also Listen out for “ I haven't heard it for yonks” , “our song” , plus jays jukebox
- 2.00pm      **Remember When** ® (Colin Tyers)  
A nostalgic trip to the 40's, 50's and 60's with big band and ballroom contrasted by today's line dance music, and some fond memories with 'Old Col'.
- 4.00pm      **Afternoon Delight** (Mark Thomas)  
Let Mark play you great music for your Sunday tea time.
- 6.00pm      **The Chart Show** (Ray Oxley)  
Classic Chart Rundowns from years gone by with Ray
- 7.00pm      **Sunrise** ® (Richard Talbot)  
A chance to catch-up on this mornings show.
- 9.00pm      **The Chill Out Zone**  
Smooth easy listening music for your Sunday night.