

- 12.00am **The Music Jam**  
7.00am **Breakfast** (Karl and Merv)  
Let the dynamic duo ease you into Wednesday with great music and chat.
- 9.00am **The Music Jam**
- 10.00am **The Music Box** (Gordon Lowe)  
30 Minutes of great instrumental music
- 10.30am **Get Out These Old Records** (Ken Anton)  
Music from the golden age of British Dance Bands from the 1920's to the mid 1940's
- 11.00am **The A-Z of Pop** (Produced by Richard Smith)
- 12.00pm **Health Today** (Dominic Arkwright)  
Health information programme from the NHS
- 1.00pm **Number Ones @ 1**  
Playing Number 1 Hits from Yesterday & Today
- 2.00pm **The Chart Show** (Ray Oxley)  
Classic Chart Rundowns from years gone by with Ray
- 3.00pm **A Kick Up The Eighties** (Mark Thomas)  
An hour of great 80's music with Mark.
- 5.00pm **The Classic Gold Show**® (Ian Jowsey)  
Ian will be playing the music from the 60s 70s 80s
- 7.00pm **The New Music Show** (Alan Rowett)  
New and future releases of singles and albums
- 8.00pm **A Different Sort of Dedication Show** (Rob Newbold)  
Tracks dedicated to listeners including the chosen by me Track, Robs Random Rock Track and the What's the Year competition.
- 9.00pm **At Your Request** (Louise Smith, Dave Jennings & Patrick Fitzmaurice)  
It's the show where you choose the music. Lookout for our presenters visiting your ward or you can telephone them free of charge from your bedside Hospicom Unit. Alternatively, call 5018 from an internal hospital phone or on 02476 865018.
- 10.00pm **Late with Karl** (Karl Stein)  
Music and words of wisdom from Karl including "Be my Guest" Competition.

**I.R.N. NEWS ON THE HOUR AND MUSIC JAM OVERNIGHT  
SPORTS UPDATES AT 8AM, 1PM & 6PM MONDAY TO FRIDAY**