



Programme Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday *	
12-6am	<p>Through The Night A mix of classic hits and favourite music including at 2 am a repeat of the previous evening's "Ward Call"</p>							(R) indicates a repeat from the previous evening
6-9	<p>Breakfast Wake up to a Radio Sunderland breakfast featuring some Vintage Vinyl and a Comedy Classic</p>							
9:00-11:30	<p>Mid-Morning With Michael Speight. Including a featured TV theme, a daily feature for the visually impaired and some timeless comedy.</p>							
11:30-12	<p>Open Country Bill Bowes presents a selection of some vintage country music, with something for everyone, from old-time to country-rock.</p>							
12-1pm	Lunchbox Number Ones	Lunchbox Featuring non-stop hits for the last 50 years.					Lunchbox Number Ones	
1-2	Health Today Radio ^(S) Dominic Arkwright chats to experts and celebrities about various health and lifestyle topics	Sunday Supplement (R)	TV Heaven (R)	My Tunes (R)	Remember When (R)	Time Warp (R)	Health Today Radio ^(S) Dominic Arkwright chats to experts and celebrities about various health and lifestyle topics	Saturday* 2pm – 5pm Sports Scene
2-3	The Album Chart Featuring hit albums of the 80's with Michael Poulter	Ward Call ^S (R) An hour of patient's requests and dedications. A chance to listen again to last nights requests.				Ward Call Favourites (R)	Golden Years Susan Jardine with music and News from a featured year – but which year?	Featuring non-stop live commentary direct from Sunderland or Newcastle home games.
3-6	<p>In The Afternoon Music through the afternoon and featuring a Sherlock Holmes story created by Arthur Conan Doyle at 3:30</p>							
6-8pm	<p>Good Evening With Bill Bowes. Music, programme information and features, including items on a nautical theme in "Making Waves" and we delve into the "Strange But True" file</p>							
8-9	Ward Call ^S An hour of patient's requests and dedications. This programme is repeated the following day at 2 o'clock in the morning and at 2 in the afternoon.				Ward Call Favourites Listen to some of your most requested artists.		Classic Disco For your Saturday night in!	
9-10*	Sunday Supplement A weekly magazine programme, which includes the "Radio Sunderland Notice Board", a short story, interviews and a "Thought For The day".	TV Heaven Michael Speight presents 60 minutes of theme music and information from TV programmes from across the years.	My Tunes We invite a guest in to the studio for a chat and we get them to play some of their favourite music.	Remember When Jamie McLean brings you a blend of sport, news and number ones from a year in the past, but which year is he rambling on about?	Time Warp Anthony Usher with a programme of two halves, with number one hits from two different years.	Best of British Classical Music Relax with Peter Grogan as he features British composers and a selection of our greatest musicians and singers.	Night Time Join Grant Lowery who plays some classic hits and favourite music till 10.	* Sunday to Thursday. A repeat of that evening's feature programme can be heard at 1 o'clock the following afternoon
10-12	<p>Night Time Grant Lowery has easy listening music up until 11 o'clock, then it's "Rock-a-Round The Clock" with an hour of classic rock'n'roll and rock music until midnight.</p>							
News	0200: 0400: 0600: 0900: Noon: 1300: 1500: 1700: 1800: 2000: 2200 & Midnight							

* Note: On Saturday afternoon when SAFC or NUFC are playing at home, the programmes will be amended as shown.

^S To hear a request on "Ward Call" telephone *800 on the bedside unit or email: studio@radiosunderland.co.uk