



## Programme Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday *	
<b>12-6am</b>	<b>Through The Night</b> A mix of classic hits and favourite music including at 2 am a repeat of the previous evening's "Ward Call"							(R) indicates a repeat from the previous evening
<b>6-9</b>	<b>Breakfast</b> Wake up to a Radio Sunderland breakfast featuring some Vintage Vinyl and a Comedy Classic							
<b>9:00-11:30</b>	<b>Mid-Morning</b> With Michael Speight. Including a featured TV theme, a daily feature for the visually impaired and some timeless comedy.							
<b>11:30-12</b>	<b>Open Country</b> Bill Bowes presents a selection of some vintage country music, with something for everyone, from old-time to country-rock.							
<b>12-1pm</b>	<b>Lunchbox</b> Number Ones	<b>Lunchbox</b> Featuring non-stop hits for the last 50 years.					<b>Lunchbox</b> Number Ones	<b>Saturday*</b> 2pm – 5pm <b>Sports Scene</b>  Featuring non-stop live commentary direct from a Sunderland or Newcastle home game.
<b>1-2</b>	<b>Health Today Radio</b> (\$) Dominic Arkwright chats to experts and celebrities about various health and lifestyle topics	<b>Sunday Supplement</b> (R)	<b>TV Heaven</b> (R)	<b>My Tunes</b> (R)	<b>Remember When</b> (R)	<b>Time Warp</b> (R)	<b>Health Today Radio</b> (\$) Dominic Arkwright chats to experts and celebrities about various health and lifestyle topics	
<b>2-3</b>	<b>Time Warp</b> Anthony Usher with a programme of two halves, with number one hits from two different years.	<b>Ward Call</b> § (R) An hour of patient's requests and dedications. A chance to listen again to last nights requests.				<b>Ward Call Favourites</b> (R)	<b>Golden Years</b> Susan Jardine with music and news from a featured year. But which year?	
<b>3-6</b>	<b>In The Afternoon</b> Music through the afternoon and featuring a Sherlock Holmes story created by Arthur Conan Doyle at 3:30							
<b>6-8pm</b>	<b>Good Evening</b> 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							<b>* Sunday to Thursday.</b> A repeat of that evening's feature programme can be heard at 1 o'clock the following afternoon
<b>8-9</b>	<b>Ward Call</b> § 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.				<b>Ward Call Favourites</b> Listen to some of your most requested artists.		<b>Classic Disco</b> For your Saturday night in!	
<b>9-10*</b>	<b>Sunday Supplement</b> A weekly magazine programme, which includes the "Radio Sunderland Notice Board", a short story, interviews and a "Thought For The day".	<b>TV Heaven</b> Michael Speight presents 60 minutes of theme music and information from TV programmes from across the years.	<b>My Tunes</b> We invite a guest in to the studio for a chat and we get them to play some of their favourite music.	<b>Remember When</b> 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?	<b>Full Circle 70's</b> Michael Bartlam features a variety of musical genres from the decade that brought us flared jeans and round collared shirts.	<b>Best of British Classical Music</b> Relax with Peter Grogan as he features British composers and a selection of our greatest musicians and singers.	<b>Night Time</b> Join Grant Lowery who plays some classic hits and favourite music till 10.	
<b>10-12</b>	<b>Night Time</b> 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.							
<b>News</b>	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.

§ To hear a request on "Ward Call" telephone \*800 on the bedside unit or email: [studio@radiosunderland.co.uk](mailto:studio@radiosunderland.co.uk)