

## Saturday

- 7.00am THE HRS GOLDEN BREAKFAST Start the day with a Staffordshire Breakfast.
- 9.00am THE MORNING MIX.
- 10.00am HRS PRESENTS.
- 11.00am \* SATURDAYS WITH MATT GILES A great music mix, requests and some interactive fun!
- 2.00pm KICK UP THE 80's.
- 3.00pm BACK IN TIME TO THE 1950s
- 4.00pm ROCK & ROLL HOUR
- 5.00pm CARL RICHARDS with 70's No.1's.
- 6.00pm HRS PRESENTS.
- 7.00pm THE MUSIC BOX.
- 8.00pm THE MUSICALS HOUR.
- 9.00pm CLASSICAL HOUR
- 10.00pm NIGHT MOODS taking you through the night.

## Sunday

- 7.00am THE HRS GOLDEN BREAKFAST Start the day with a Staffordshire Breakfast.
- 9.00am SUNDAY MORNING WAKE UP CALL with Jase Everett.
- 11.00am ON THE SUNNY SIDE OF THE STREET with Ken Anton.
- 12 noon THE MIDDAY MIX.
- 1.00pm NEW MUSICALS HOUR.
- 2.00pm \* SUNDAY AFTERNOON REQUESTS with Colin Smith
- 4.00pm SIMPLY SUNDAY easing you into a new week.
- 5.00pm THE MUSIC MARATHON.
- 6.00pm THE HRS PLAY.
- 7.00pm SOUNDS OF THE 70s
- 8.00PM TRUE COLOURS
- 9.00pm CLASSICAL HOUR
- 10.00pm NIGHT MOODS taking you through the night.

**Request your favourite  
song or music track  
Tel. 01785 223456  
Text or WhatsApp  
07895 877189**

SCAN ME



Listen 'live'



## **SPRING PROGRAMME SCHEDULE**

**9 March 2026 – 7 June 2026**

## Monday

- 7.00am THE HRS GOLDEN BREAKFAST Start the day with a Staffordshire Breakfast.
- 9.00am THE MORNING MIX.
- 10.00am \* REELING IN THE YEARS with Adam Croucher.
- 12 noon \* No 1's THROUGH THE DECADES Tina and Alan Tomlinson look at No.1's from a month gone by from 1970 to 2000.
- 2.00pm \* MONDAY AFTERNOON requests with Colin Smith.
- 4.00pm NEW JUKEBOX HOUR
- 5.00pm SOUNDS OF THE 60's.
- 6.00pm A KICK UP THE 80's.
- 7.00pm CLASSIC COUNTRY with Tony Crooke.
- 8.00pm \* INTO THE NIGHT Ben Hodgson playing your requests and those long forgotten album tracks.
- 10.00pm NIGHT MOODS taking you through the night.

## Tuesday

- 7.00am THE HRS GOLDEN BREAKFAST Start the day with a Staffordshire Breakfast.
- 9.00am THE MORNING MIX.
- 10.00am HRS PRESENTS.
- 11.00am BACK IN TIME TO THE 1970s
- 12 noon THE MIDDAY MIX
- 1.00pm \* ONLY ON A TUESDAY requests and entertainment with DJ Stiggy.
- 3.00pm \* TUESDAY AFTERNOON requests with Colin Smith
- 5.00pm KARL RICHARDS No1s from the 80's and 90's.
- 6.00pm THE NEW JUKEBOX HOUR
- 7.00pm HRS JUKEBOX
- 8.00pm MUSIC MARATHON
- 10.00pm NIGHT MOODS taking you through the night.

### **Wednesday**

- 7.00am THE HRS GOLDEN BREAKFAST Start the day with a Staffordshire Breakfast.
- 9.00am THE MORNING MIX.
- 10.00am HRS PRESENTS.
- 11.00am \* GOOD VIBRATIONS and morning requests with Oliver Dickie.
- 1.00pm \* HERE, THERE AND EVERYWHERE with Heather Edwards.
- 3.00pm \* WEDNESDAY LIVE with your requests presented by Keith and Lynn.
- 5.00pm SOUNDS OF THE 70s
- 6.00pm HRS PRESENTS
- 7.00pm ROCK AND ROLL HOUR.
- 8.00pm \* STAGE AND SCREEN Request your favourite songs from stage shows and the big screen, with Adam Spindler.
- 10.00pm NIGHT MOODS taking you through the night.

### **Thursday**

- 7.00am THE HRS GOLDEN BREAKFAST Start the day with a Staffordshire Breakfast.
- 9.00am THE MORNING MIX
- 10.00am HRS PRESENTS
- 11.00am A NEW DECADE Music from the 2000s.
- 12 noon \* THE VINYL COUNTDOWN Alan Tomlinson visits our Singles collection.
- 2.00pm \* GUESS THE YEAR/SPECIAL OCCASIONS with DJ Stiggy.
- 4.00pm A KICK UP THE 80's.
- 5.00pm THE HRS PLAY.
- 6.00pm THE ROCK AND ROLL HOUR.
- 7.00pm THE MUSICALS HOUR.
- 8.00pm \* SOUL SERENADE and your Thursday requests with John Jinks.
- 10.00pm NIGHT MOODS taking you through the night.

**Hospital Radio Stafford is staffed entirely by volunteers. If you would like to join us, or make a donation, or find out more about what we do:**

\* **Call us on 01785 223456**

\* **Text or WhatsApp 07895 877189**

\* **email [secretary@hrstafford.org.uk](mailto:secretary@hrstafford.org.uk),**

\* **Visit our website [www.hrstafford.org.uk](http://www.hrstafford.org.uk)**

\* **View our facebook page : [www.facebook.com/hrstafford](https://www.facebook.com/hrstafford)**

\* **Listen Live at: <http://hrstafford.org.uk/listen-live>**

Updated 23.3.26.

### **Friday**

- 7.00am THE HRS GOLDEN BREAKFAST Start the day with a Staffordshire Breakfast.
- 9.00am THE MORNING MIX
- 10.00am HRS PRESENTS
- 11.00am Art & ALL THAT JAZZ
- 12 noon THE MIDDAY MIX.
- 1.00pm 90's REPLAYS.
- 2.00pm \* THE STEAK & KIDNEY CLUB with Colin Smith. Entertainment and requests from the Renal Dialysis Unit, County Hospital.
- 4.00pm \* HEY, IT'S SHANNON with her favourites from the 80's and 90's.
- 6.00pm CARL RICHARDS with No.1's from the 80's or 90's.
- 7.00pm \* FRIDAY NIGHT THERAPY with Rob Hughes. Listen in to hear your Friday Night requests.
- 9.00pm ON THE SUNNY SIDE OF THE STREET with Ken Anton.
- 10.00pm NIGHT MOODS taking you through the night.

**Hospital Radio Stafford, Rear Lodge, Knight Avenue,  
STAFFORD. ST16 3QA**

**HRS – 'Your Voice of a Friend'**

**Request your favourite song or music track to be played  
on Hospital Radio Stafford.**

**Telephone: 01785 223456**

**Text or WhatsApp: 07895 877189**

HRS is a Registered Charity (No. 504126).

\* Denotes a 'Live' Programme