



## Programme Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday *	
12-6am	<b>Through The Night</b> A mix of classic hits and favourite music.							(R) indicates a repeat from the previous evening
6-9	<b>Breakfast</b> Wake up to a Radio Sunderland breakfast featuring some Vintage Vinyl and a Comedy Classic On <b>Sunday 7:30 to 8am "New Day Dawning"</b> uplifting music and inspirational readings, with Rev. Sheila Hamil							
9:00-11:30	<b>Mid-Morning</b> With Michael Speight. Including a featured movie theme, a daily TV theme quiz and some timeless comedy.							
11:30-12	<b>Open Country</b> Bill Bowes presents a selection of some vintage country music, with something for everyone, from old-time to country-rock.							
12-1pm	<b>Lunchbox</b> Number Ones	<b>Lunchbox</b> Featuring non-stop hits for the last 60 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. (Available to hospital patients only.)
1-2	<b>Health Today Radio (\$)</b> Dominic Arkwright chats to experts and celebrities about various health and lifestyle topics	<b>Sunday Supplement (R)</b>  Bill Bowes	<b>TV Heaven (R)</b>  Michael Speight	<b>Lets Get Together (R)</b>  Norman Ross	<b>The 80's Experience (R)</b>  Michael Bartlam	<b>Remember When (R)</b>  Jamie McLean	<b>Health Today Radio (\$)</b> Dominic Arkwright chats to experts and celebrities about various health and lifestyle topics	
2-3	<b>Time Warp</b> Anthony Usher with a programme of two halves, with number one hits from two different years.	<b>Classic Hits &amp; Favourite Music</b> Join one of our volunteers as they invite you to listen to some of the most popular music heard on Radio Sunderland.					<b>Full Circle 70's</b> Michael Bartlam features a variety of musical genres from this decade.	
3-6	<b>In The Afternoon</b> Music through the afternoon and featuring a Sherlock Holmes story created by Arthur Conan Doyle at 3:30							
6-8pm	<b>Good Evening</b> With Bill Bowes. Music, programme information and features, including a "Word On Health" which takes you behind the health care headlines and we delve into the "Strange But True" file.							
8-9	<b>Classic Hits &amp; Favourite Music</b> Listen to some of the most popular music heard on Radio Sunderland.						<b>Classic Disco</b> For your Saturday night in!	
9-10*	<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>Lets Get Together</b> Norman Ross turns the spotlight on a well-known artist or group, spanning many decades of music.	<b>The 80's Experience</b> Michael Bartlam features an hour of music and memories from the decade of New Romantics, Yuppies, big hair and shoulder pads too.	<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>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>* Sunday to Thursday.</b> A repeat of that evening's feature programme can be heard at 1 o'clock the following afternoon
10-12	<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.							
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.