RADIO NIGHTINGALE

What is your favourite song? What is it about this song that makes it special to you? Maybe it reminds you of a memorable time or a particular person? Does just thinking about this song bring back those memories and make you feel better? Imagine being in hospital, separated from all that is familiar – how much would you want to hear your song now?

Research shows that listening to music, particularly our favourite music, makes us feel better. Being in hospital is isolating and lonely, this has a negative impact on mental wellbeing leading to slower recovery times and extended admissions. That’s why hospital radio is so important - Radio Nightingale broadcasts 24 hours a day, seven days a week for the patients of the Rotherham Hospital. Volunteers create programmes to produce a varied schedule of music, sport, comedy, nostalgia, religion and community connection. Radio Nightingale is an independent organisation, not a part of the NHS, registered as a charitable incorporated organisation. We receive no core funding; the station is kept on the air through volunteers fund raising efforts.

It costs £78 per day to keep Radio Nightingale broadcasting for the patients of the Rotherham Hospital. But if listening to hospital radio contributes to an improved patient experience for one person, which reduces their length of stay by one day, the activity of the station has saved the NHS around £400.

You can help Radio Nightingale through fundraising towards our running costs, sponsoring a programme or by volunteering to help out at the station. To find out more about how you could help visit our website at www.radionightingale.org.uk or keep in touch with us at www.facebook.com/radionightingale or http://twitter.com/nightingale1350

Radio Nightingale broadcasts are also available to hear outside the hospital online from our website www.radionightingale.org.uk