BBC 4 Listings for 11 – 17 July 2009

SATURDAY 11 JULY 2009

SAT 19:00 Natural Selection (b0074ps8)

A German judge, Russian contestants and twangy rock 'n' roll are all part of the mix in a short film about a Russian dog show.

SAT 19:15 Space Dogs (b00lkvtp)

In the years after the second world war, in preparation for sending the first man into orbit, the Soviets began sending dogs into space.

Featuring unique archival footage, including that of the first 'dog flight' into space taken inside the capsule, this documentary tells the secret history of dog cosmonautics in Russia. Alongside famous dog cosmonauts Belka and Strelka were a large team of other test dogs. All the characteristics of weightlessness on a living organism were tested on these defenceless creatures given up for the conquest of space.

The programme cost more than 20 dogs' lives and each loss was a personal blow to the trainer. As the relationship between the men and dogs developed, scientists began to treat them as colleagues and true companions and to this day, Russian scientists keep photographs of their departed four-legged friends.

SAT 20:00 Horizon: 40 Years on the Moon (b00llgs8)

Professor Brian Cox takes a look through nearly 50 years of BBC archive at the story of man's relationship with the moon.

From the BBC's space fanatic James Burke testing out the latest Nasa equipment to 1960s interviews about the bacon-flavoured crystals that astronauts can survive on in space, to the iconic images of man's first steps on the moon and the dramatic story of Apollo 13, Horizon and the BBC have covered it all.

But since President Kennedy's goal of landing a man on the moon before the end of the 1960s was reached, no-one has succeeded in reigniting the public's enthusiasm for space travel and lunar voyages. Why?

On his journey through the ages, Professor Cox explores the role that international competition played in getting man to the moon and asks if, with America no longer the world's only superpower, we are at the dawn of a bright new space age.

SAT 21:00 Being Neil Armstrong (b00lkvln)

It has been said that 10,000 years from now only one name will still be remembered, that of Neil Armstrong. But in the four decades since he first set foot on the moon. Armstrong has become increasingly reclusive.

Andrew Smith, author of the best-selling book Moondust, journeys across America to try and discover the real Neil Armstrong. He tracks down the people who knew Armstrong. from his closest childhood friend to fellow astronauts and Houston technicians, and even the barber who sold his hair, in a wry and sideways look at the reluctant hero of the greatest event of the 20th century.

SAT 22:00 Apollo Wives (b00lkvtt)

Ten extraordinary women, all in their seventies, come to Arizona for a special reunion. They are each different but have one thing in common - each was married to an Apollo astronaut. These women were right at the heart of the most ambitious journey ever made, as America shot for the moon.

In exclusive interviews, they tell how it felt to watch their husband blast off into space and about the death, danger and divorce as many of their men struggled to come back to Earth.

SAT 23:00 For All Mankind (b00lkvtr)

In July 1969, the space race ended when Apollo 11 fulfilled President Kennedy's challenge of landing a man on the Moon and returning him safely to earth. No-one who witnessed the lunar landing will ever forget it. Breathtaking both in the scope of its vision and the exhilaration of the human emotions it captures, Al Reinert's classic 1989 documentary is the story of 24 men who travelled to the moon, told in their words, in their voices and using the images of their experiences.

SAT 00:20 The Grandparent Diaries (b00llg5q) Ian Batten

Documentary series about grandparents in Britain today introduces Londoner Ian Batten - fashion designer, father of four and grandfather of seven.

Ian takes all seven of his grandchildren, ranging from toddlers to teenagers, for a weekend by the sea for the first time. As a 1960s dad who brought his own children up in the liberal spirit of the time, his approach seems to be a hit with the children Bedtimes are relaxed and the kids happily chip in, but do his

own children recall their upbringings as similarly idyllic, and how has the free, liberal approach influenced their own views

Through interviews spanning three generations, the family's archive footage and observation, the film looks at how the philosophies of the 1960s influence Ian as a grandfather whilst celebrating the enduring traditions of grandparenting through the 20th century.

SAT 01:20 Being Neil Armstrong (b00lkvln)

[Repeat of broadcast at 21:00 today]

SAT 02:20 Apollo Wives (b00lkvtt)

[Repeat of broadcast at 22:00 today]

SAT 03:20 Space Dogs (b00lkvtp) [Repeat of broadcast at 19:15 today]

SUNDAY 12 JULY 2009

SUN 19:00 The Day of the Triffids (b0074t39)

A six-part adaptation of John Wyndham's classic sci-fi tale of invasion by man-eating plants, which blind their human prey. Bill and Jo try to find refuge from the panic-stricken streets of London and the danger of the triffids.

SUN 19:30 The Day of the Triffids (b0074t47)

Episode 4

A six-part adaptation of John Wyndham's classic sci-fi tale about an invasion of man-eating plants that blind their human prey. Bill finds himself kidnapped, imprisoned and separated from Jo.

SUN 20:00 Wainwright Walks (b0074tkq)

Scafell Pike

Julia Bradbury faces the ultimate Wainwright challenge of Scafell Pike. England's highest peak marks the climax of Julia's journey to explore the work, passion and the legacy of Alfred Wainwright, a man who has inspired millions with his illustrated guides to the Lake District. Before tackling the 3,000ft ascent, Julia seeks advice from celebrated fell runner and local sheep farmer, Jos Naylor, Then it's just a case of getting herself and her film crew to the roof of England before darkness falls.

SUN 20:30 Fossil Detectives (b00dd7mv)

North England

Series in which Open University associate lecturer Hermione Cockburn leads a team of fossil experts and geologists around different regions of Britain to search for its best fossil treasures

The team get a rare view of a new fossil discovery on the North East coast. Hermione abseils the cliffs of Yorkshire to find evidence of the ancient monsters that once lived there. John Lennon's link to fossils is investigated, and the truth behind the Victorians' favourite fossil in Whitby is revealed.

Fossil Detectives would like to thank:

Dr Wendy Simkiss World Museum Liverpool Board of Trustees, National Museums Liverpool Dr Joe Crossley Dr Hilary Davies Christ Church, Higher Bebington

John Lennon photographs courtesy of Harry Goodwin John Lennon statue courtesy of Tom Murphy

Executive Producer for The Open University: Mark Jacobs Academic Consultant for The Open University: Dr Peter

Learning Consultant for The Open University: Dr Janet Sumner Production Co-ordinator: Anne Bamber

Production Manager: Sue Loder Colourist: Tim Bolt

Post Production Sound: Ken Barton, Neil Hipkiss & Pete Howell

Online: Fred Tav

Sound Recordist: Andy Hawley Graphics: Jelly Television Composer: David Lowe

Aerial Photography: Flying TV Photography: Toby Strong Editing: Judith Robson

Executive Producer: Fiona Pitcher Assistant Producers: Amanda Kear & Gavin Boyland

Series Producer: Kerensa Jennings

SUN 21:00 Liz Smith's Summer Cruise (b00lpjw6)

Award-winning 87-year-old actress Liz Smith does the one thing she has never managed to achieve in her life - go on a

Liz, known and loved by millions as Nana in The Royle Family and Leticia in The Vicar of Dibley, finally fulfils her modest ambition to join a group of like-minded individuals on a summer cruise across the Adriatic to Venice.

The film gives an intimate and personal insight into Liz's life, both past and present, from the moment she plans her holiday, packs her bags and bids farewell to her friends in the security of her sheltered accommodation.

Was the holiday everything she dreamed of?

SUN 22:00 Mark Lawson Talks To... (b00cl4ph) Liz Smith

Mark Lawson talks to the actress Liz Smith about her life and career. She reflects on her lonely childhood and her days as a single mother struggling to make ends meet as well as her determination to become an actress.

Smith got her big break at the age of 50, after being discovered by the film director Mike Leigh, but perhaps she's best known as the nations favourite gran - Nana in the iconic series The Royle Family.

SUN 23:00 Legends (b00ddwcy)

Humphrey Lyttelton

A profile of the late jazz musician, band leader and broadcaster Humphrey Lyttelton's 60-year career.

As a jazzman, 'Humph' composed and performed Bad Penny Blues - the first jazz recording to enter the charts - and was feted by no less a figure than Louis Armstrong, who described him as Britain's top trumpeter.

For more than 40 years, he hosted some of the BBC's most successful radio shows, including Radio Two's Best of Jazz and the hugely popular antidote to panel game shows, Radio 4's I'm Sorry I Haven't a Clue, in which Humph propelled the art of the double entendre to new heights.

His family, friends and colleagues pay tribute to this enormously popular entertainer in a documentary featuring some unseen home movie footage, archive films of his finest performances, and interviews with regular guest panellists Graeme Garden, Tim Brooke-Taylor, Barry Cryer, Jeremy Hardy, Rob Brydon and Sandi Toksvig, as well as Humph's son

SUN 00:00 George Melly's Last Stand (b0087fw5)

Moving, unexpectedly funny and completely frank documentary about the last months of the larger-than-life jazz singer and writer George Melly.

Diagnosed with vascular dementia and lung cancer, George is determined to keep on entertaining to the very end. Cared for by Diana, his wife of 44 years, he prepares for a new set of concerts with a finale at the 100 Club, the venue where he launched his career 60 years earlier.

SUN 01:00 Liz Smith's Summer Cruise (b00lpiw6) [Repeat of broadcast at 21:00 today]

SUN 02:00 Mark Lawson Talks To... (b00cl4ph)

[Repeat of broadcast at 22:00 today]

SUN 03:00 Legends (b00ddwcv) [Repeat of broadcast at 23:00 today]

MONDAY 13 JULY 2009

MON 19:00 World News Today (b00lpjxk)

The latest national and international news, exploring the day's events from a global perspective.

MON 19:30 Liz Smith's Summer Cruise (b00lpiw6)

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[Repeat of broadcast at 21:00 on Sunday]

MON 20:30 Only Connect (b00lpk02)

Cambridge Quiz Society v Oxford Librarians

Quiz show presented by Victoria Coren in which knowledge will only take players so far, as patience and lateral thinking are also vital

A team of three lads from the Cambridge Quiz Society pit their wits against a trio of Oxford Librarians with specialisms as diverse as Comparative Slavonic Linguistics, Classics and Theology.

They compete to draw together the connections between things which, at first glance, seem utterly random, from Goldeneye to The Kilns to Hill Top to Haworth Parsonage.

MON 21:00 Wallander (b00lqbgh) Series 1

The Village Idiot

When a harmless former asylum resident holds up a bank for money and then blows himself up, Wallander, Linda and the Ystad team are forced to dig for leads to find reasons. Who could have persuaded him to do it, and why? Was the explosion an accident? The answers are unexpected.

In Swedish with English subtitles.

MON 22:30 Who Is Kurt Wallander? (b00fzbmt)

John Harvey presents a documentary about writer Henning Mankell, Sweden's most popular author internationally and the creator of the Kurt Wallander detective series.

By examining Mankell's anti-hero Wallander, it reveals the hidden angst affecting present-day Sweden, a country with an excellent welfare system yet one which has suffered two shocking recent political assassinations. The film tries to grasp what Mankell's characters say about Sweden and how his books inform the rest of the world about Scandinavia's largest country.

MON 23:30 Beryl's Last Year (b007mw91)

The novelist Dame Beryl Bainbridge thinks she's going to die at the age of 71, because everyone in her family died when they were that age, from her mother and father to her grandparents, aunts and uncles. Opening with her 71st birthday, this uniquely personal film, made by Beryl's eldest grandson Charlie Russell, follows Beryl as she lives out her 'last year', prepares for her death and tries to write her final novel.

Beryl wants to make a record of her life before it's too late from her volatile upbringing in Formby in the 1940s to her time as an actress in the Liverpool Playhouse and her failed relationships with several men. Beryl bases her novels on the events of her past, but she's having trouble remembering exactly who she was when she was her grandson's age.

During her 'last year' Beryl falls ill and Charlie has to consider the very real possibility of his grandmother dying. Beryl is told she has to give up smoking or her leg will fall off, but she has smoked for fifty years and when she stops she gets the worse case of writer's block she's ever had.

Full of the amazing true stories of Beryl's incredible life, from almost losing her virginity to a German POW to the time when she tried to kill herself, the film is a moving, frequently hilarious and unique insight into how one of Britain's greatest living authors goes about writing a book, confronting her past and facing up to her own mortality.

MON 00:30 Only Connect (b00lpk02)

[Repeat of broadcast at 20:30 today]

MON 01:00 Who Is Kurt Wallander? (b00fzbmt)

[Repeat of broadcast at 22:30 today]

MON 02:00 Beryl's Last Year (b007mw91)

[Repeat of broadcast at 23:30 today]

MON 03:00 Liz Smith's Summer Cruise (b00lpjw6)

[Repeat of broadcast at 21:00 on Sunday]

TUESDAY 14 JULY 2009

TUE 19:00 World News Today (b00lpk00)

The latest national and international news, exploring the day's events from a global perspective.

TUE 19:30 Only Connect (b00lpk02)

[Repeat of broadcast at 20:30 on Monday]

TUE 20:00 South Pacific (b00kmv11)

In the South Pacific there is no such thing as a deserted island. They may be the most isolated in the world, but every one of the region's 20,000 islands has been colonised, from New Guinea - home to birds of paradise and the tribe whose brutal initiation ceremony turns young warriors into 'crocodile' men to Fiji. French Polynesia and Hawaii.

This is the story of the ultimate castaways - from saltwater crocodiles and giant eels to crested iguanas and weird frogs - who succeeded against all odds to reach islands thousands of miles apart. These journeys are no mean feat. It has been estimated that an average of one species in every 60,000 years makes it to Hawaii. Incredibly, many of these colonisers made it to the islands thanks to some of the most violent forces of nature like cyclones and tsunamis.

The voyages of the South Pacific's first people - the Polynesians - were no less remarkable. These journeys were some of the greatest acts of navigation ever undertaken, and they changed the nature of the South Pacific forever.

TUE 21:00 Nicholas Craig's How to Be Old (b00lpk04)

'Classical actor' Nicholas Craig, played by Nigel Planer, presents a masterclass on the intricacies, pit-falls and sheer blooming hard work that goes into the art of acting old, from perfecting the doddery walk to dealing with pesky youths.

$\it TUE~22:00$ The Chaser's War on Everything (b00lpk06) Episode 4

Australian comedy team The Chaser launch a real-life assault on everyone and everything.

Will prominent religious leaders accept apples from a giant serpent? How tolerant will passengers be of a blind taxi driver who swerves all over the road and will Clive the Slightly-too-Loud Commuter find a cure for his elbow herpes?

The sketch-and-stunt series was nominated for the Rose d'Or, and, in its native Australia, the War on Everything won a swag of awards.

TUE 22:30 Flight of the Conchords (b00lpk08)

Evicted

Comedy series following Kiwi folk musicians Bret and Jemaine as they to try to make it big in New York.

The boys have been paying rent in the wrong currency and Eugene has to evict them, but Murray has a plan to put on a musical about their lives, a moving rags-to-rags story about two illegal immigrants trying to make it in New York.

TUE 23:00 Getting On (b00llg8k) Series 1

Ward B4 is a world of slips, trips and hips, where healthcare is at its least glamorous. Sister Den Flixter, Nurse Kim Wilde and Dr Pippa Moore assemble for ward round. The daily grind of new admissions and discharges has begun. But Hilary Loftus, the new, male, modern matron has just started work and an unsavoury stool sample and a dead patient give him cause for concern.

TUE 23:30 John Mortimer: A Life in Words (b00gvfzp)

Documentary examining the thoughts and observations of writer, raconteur and national treasure, Sir John Mortimer.

He enjoyed a successful career as a QC before becoming a fulltime writer, a staunch defender of civil liberties who was involved in the Oz magazine obscenity trial in the 1960s and the man who won the Sex Pistols the right to put the word 'bollocks' in the title of their infamous album.

Opinionated and unconventional, Mortimer persists in speaking out against the ludicrous ways in which politicians try to curtail our liberties and, very often, our fun. This characteristic outspokenness is delivered with such gentlemanly charm and wit that he continues to be admired and adored by all.

TUE 00:30 Nicholas Craig's How to Be Old (b00lpk04) [Repeat of broadcast at 21:00 today]

TUE 01:30 Only Connect (b00lpk02)

[Repeat of broadcast at 20:30 on Monday]

TUE 02:00 John Mortimer: A Life in Words (b00gvfzp) [Repeat of broadcast at 23:30 today]

TUE 03:00 Nicholas Craig's How to Be Old (b00lpk04) [Repeat of broadcast at 21:00 today]

WEDNESDAY 15 JULY 2009

WED 19:00 World News Today (b00lpk34)

The latest national and international news, exploring the day's events from a global perspective.

WED 19:30 Once a Soldier (b0074tnv) Series 1

New Boys

Documentary series about the Chelsea Pensioners, former British soldiers who live within the Royal Hospital in Chelsea. Every year about fifty old soldiers die at the hospital, making room for new men to join the ranks. Ninety-year-old former Japanese PoW Wally Hilling and 76-year-old Bill Brierley leave family, friends and homes to live in a small, square windowless berth and become uniform-wearing Chelsea Pensioners. How will they handle the transition from civvy to new recruit?

$\it WED~20:00~Days~that~Shook~the~World~(b0074pjr)$

Series 1 (60 minutes)

Hiroshima

At exactly **5.32am** on August 6th 1945, a B29 Bomber, The Enola Gay, took off from a small island in the South Pacific on a clandestine operation. It's mission? To drop a bomb on Hiroshima, Japan, a bomb unlike any other that would change the world forever.

This film dramatises the minute by minute events leading up to the world's first ever atomic bombing. Based on extracts from President Truman's personal diaries whick show the decision-making process reflecting America's real fear that the Japanese would never give up, Japanese eyewitness accounts of the tragedy in Hiroshima, diaries written on board Enola Gay, and the personal testimony of Colonel Paul Tibbets, the man who led the mission so secret not even his crew knew the enormity of what they were doing.

One millionth of a second after detonation, Hiroshima ceased to exist as a city. As estimated 100,000 people were killed and 47,000 buildings flattened. Nobody knows exactly how many civilians died in Hiroshima but its impact will be felt forever.

WED 21:00 Storyville (b00lpk70)

The Trials of Oppenheimer

J Robert Oppenheimer was one of the most celebrated scientists of his generation. Shy, arrogant and brilliant, he is best known as the man that led the Manhattan Project to spectacular

As the years progressed he also grew into a scientific statesman, leading a government agency, the Atomic Energy Commission, which was trying to develop ways to avoid a nuclear arms race. His attempts at politics, though, were a lot less successful than his scientific endeavours. As he grew more powerful, he started to make serious enemies amongst the establishment, particularly a friend of President Truman's - Lewis Strauss.

This film tells the extraordinary story of the rise and fall of Robert Oppenheimer. David Straithairn, whose previous recreation of this era in Good Night and Good Luck was Oscarnominated, plays Oppenheimer trying to defend himself as he was effectively put on trial for being a communist. Re-creation is mixed with expert testimony from a definitive range of commentators, ranging from Oppenheimer's Manhattan Project colleagues to academics like Martin Sherwin and Priscilla

Narrated by Zoe Wanamaker, whose own father experienced the virulent anti-communism of McCarthyism first-hand, it weaves Oppenheimer's biography with the dramatic events of his trial and its tragic aftermath. Emotional and compelling, it is a film that, in a time when non-proliferation is firmly back on the agenda, tells us a lot about the perils of mixing science and government.

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WED 22:30 Getting On (b00lqbkb)

Series 1

Episode 2

Pippa prepares her research paper and Den and Kim deal with a male referral, but it is problem patient Ivy who dominates the day. Aggressive and deeply unpleasant, she sets a chain reaction in motion that sees Hilary in tears and Kim in trouble.

Elsewhere on the ward, life and death continues as normal, but with the MRSA statistics up it seems another crisis is just around the corner. Meanwhile, Den and Hilary are starting to bond.

WED 23:00 The Mother (b0078tqd)

Drama about a widow who goes to stay with her grown up son and daughter. As she begins to come to terms with the past, she embarks on a startling new relationship with her daughter's boyfriend, which causes havoc in the family.

WED 00:50 Storyville (b00lpk70)

[Repeat of broadcast at 21:00 today]

WED 02:20 Batman (b008whbh)

Series 1

The Bookworm Turns

Fantasy adventure series. While Batman is sent on a false trail, the Bookworm kidnaps Robin and leaves him tied to the clapper of the Wavne Memorial Clock Tower.

WED 02:45 Batman (b008whzv)

Series 1

While Gotham City Burns

Superhero action comedy series. The cloaked crimebuster and his youthful assistant pit their wits against the devilish Bookworm and are trapped inside a giant cook book.

WED 03:10 Days that Shook the World (b0074pjr)

[Repeat of broadcast at 20:00 today]

THURSDAY 16 HILY 2009

THU 19:00 World News Today (b00lpk6y)

The latest national and international news, exploring the day's events from a global perspective.

THU 19:30 Hidden Histories (b00fr8j7) Series 1

Episode 4

A series looking at the work of the Royal Commission on the Ancient and Historical Monuments of Wales celebrating its centenary year. Huw Edwards and the history detectives interpret the strange humps and bumps in the Welsh uplands, discover one of the oldest wall paintings in Wales and find out why a chicken shed in mid-Wales has stained glass.

THU 20:00 Legends (b00hw49n)

The Beverley Sisters - Tickled Pink

Profile of singing trio the Beverley Sisters, charting their rise from their humble beginnings in London's East End to the huge stars they became in the 1950s, at the forefront of the television

Joy. Teddie and Babs are remembered for their sweet image. but behind the scenes they fought several battles about sexy costumes and saucy lyrics, many of which were banned as they were considered too risque for post-war Britain.

Not content with being amongst the highest paid female entertainers in Britain, they were the first British female group to have a top ten hit in America, married dashing sporting heroes, had children and were a constant staple of British television throughout their career.

Featuring interviews with Jimmy Tarbuck, Cannon and Ball, Max Clifford and the trio's daughters.

THU 21:00 The Grandparent Diaries (b00lpk38)

Molly Little is a typical 15-year-old - pushing boundaries,

battles at home as she rallies for later curfews, shorter hem lines and more phone credit. But her living situation is not, as she and her 10- year-old brother Mitch are brought up by their grandparents in Kent.

Val and Ron have been looking after these two of their seven grandchildren for eight years after their mother Tammy died unexpectedly in 2001 and their father left the family. They are among the 200,000 grandparents in this country bringing up their grandchildren, numbers which are rising.

Tammy was murdered at her home in Cornwall by her estranged partner - the children's father, a paranoid schizophrenic. The children were in the house at the time and Molly was the person who pressed the panic button which brought the police to the house.

Mitch has grown up with his grandparents as surrogate parents, but for Molly, who already had a very close bond with and strong memories of her mother, it has been harder to adjust.

The desire to keep absolute normality for the children has been paramount since Tammy died. Living with the generation gap is not easy, as well their own private struggles to deal with the loss of a mother and a daughter. But clinging to the normal routine of every day life has helped get them through.

Through family archive, actuality, interview and the children's video diary, the film builds up an intimate picture of the family, past and present. It explores how far the love of these two doting (and grieving) grandparents has gone to repair a family coping with a tragic loss. Through the laughter, routines and arguments of daily life, we observe to what degree grandparental love can and cannot fill the breach of a lost member of the middle generation.

THU 22:00 Waiting Room (b0074tgm) Series 1

Day Care Centre

Series which draws out the dreams and preoccupations of different groups of people living in Britain today, by talking to them in the one place where they have a bit of spare time.

In a north London day care centre, Jewish ninety-somethings sharpen their tongues, tap their feet to Peter Kay's Amarillo and reflect on the most important things in their lives - love, loss and Kiri Ti Kanawa

THU 22:30 Wallander (b00lqbgh)

[Repeat of broadcast at 21:00 on Monday]

THU 00:00 Later... with Jools Holland (b009rb86)

Episode 1

Jools Holland presents old and new music. More songs, more chat, and performances from Adele, James Taylor, Estelle, the Only Ones, the Neil Cowley Trio and Black Kids.

THU 01:05 The Grandparent Diaries (b00lpk38)

[Repeat of broadcast at 21:00 today]

THU 02:05 Getting On (b00labkb)

[Repeat of broadcast at 22:30 on Wednesday]

THU 02:35 The High Life (b00hk8az)

Sitcom set among the cabin crew of a passenger iet. Sebastian hits on a wild scheme to find fame, fortune and females for Steve by entering a song for Scotland's representatation at Eurovision. Shona meets her idol and plans her escape from mundanity, while Captain Duff is a little confused

THU 03:05 The Grandparent Diaries (b00lpk38)

[Repeat of broadcast at 21:00 today]

FRIDAY 17 JULY 2009

FRI 19:00 World News Today (b00lpkj3)

The latest national and international news, exploring the day's events from a global perspective.

FRI 19:30 In Search of England's Green and Pleasant Land (b00jz71j)

South West

Supported by bbc.co.uk/programmes/

Chris Packham searches for the perfect rural idyll in the heart of Devon, travelling from the stunning south Devon coastline to the middle of its beautiful countryside to find that elusive oasis of tranquility.

FRI 20:00 Dorset Days: A Year in the Life of Longhorn Jim (b00jyzkq)

Documentary about Falklands War veteran and ex-firefighter Jim Armstrong, who is now a farmer in Dorset.

The film follows Jim through 2007 as he helps to raise a herd of traditional Longhorn cattle and his own flock of sheep. Sad echoes of his war experiences 25 years earlier resurface at times, but they never dent his optimistic spirit or his delight in selling meat locally and spending his days in the great Dorset outdoors.

FRI 21:00 Glastonbury (b00lpkj5)

Bruce Springsteen and the E Street Band

Highlights of Bruce Springsteen's Saturday night marathon headlining the Pyramid Stage at Worthy Farm on June 27th 2009. A great mixture of 70s classics like Born to Run, Thur Road and The River, 80s hits like Dancing in the Dark and Glory Days and more recent songs like Working on a Dream, with sweat pouring off the Boss as he gets amongst the crowd.

FRI 22:00 Sight and Sound in Concert (b00lpkj7) Gary Moore

Pete Drummond introduces a concert by ex-Thin Lizzy guitarist Gary Moore from Goldiggers. Songs include Rocking Every Night, Shapes of Things to Come, Hold on to Love, Victims of the Future, End of the World, and Back on the Streets.

FRI 22:30 Guitar Heroes at the BBC (b00dzzv2)

Concentrating on the 1970s (1969 to 1981 to be exact) and ransacking a host of BBC shows from The Old Grey Whistle Test to Sight & Sound, this compilation is designed to release the air guitarist in everyone, combining great electric guitarists like Carlos Santana, Mark Knopfler, The Edge and Peter Green with acoustic masters like John Martyn, Pentangle and Paco Pena.

FRI 23:30 Flight of the Conchords (b00lpk08)

[Repeat of broadcast at 22:30 on Tuesday]

FRI 00:00 The Chaser's War on Everything (b00lpk06) [Repeat of broadcast at 22:00 on Tuesday]

FRI 00:30 Guitar Heroes at the BBC (b00dzzv2) [Repeat of broadcast at 22:30 today]

FRI 01:30 Sight and Sound in Concert (b00lpk i7) [Repeat of broadcast at 22:00 today]

FRI 02:00 Glastonbury (b00lpkj5) [Repeat of broadcast at 21:00 today]

FRI 03:00 Guitar Heroes at the BBC (b00dzzv2) [Repeat of broadcast at 22:30 today]