

SATURDAY 07 MAY 2022

SAT 19:00 A History of Ancient Britain (b00z597g)

Series 1

Age of Bronze

Neil Oliver continues his epic tour of Britain's most distant past with the arrival of metals and the social revolution that ushered in a new age of social mobility, international trade, and village life.

SAT 20:00 Rick Stein's Long Weekends (b082wf36)

Lisbon

Rick Stein visits Lisbon on the banks of the River Tagus, a city in love with its seafood and possibly the best custard tarts in the world. The culinary effects of Portugal's historic explorations are still seen in its dishes with hints of cinnamon and freshly chopped coriander from the east, and tomatoes and chillies from the Americas.

Rick is inspired to cook the city's favourite snack - salt cod fritters, delicious almond tart and pork with clams, a favourite dish throughout Portugal. With seafood at the forefront of his mind, he makes sure he arrives just in time for Lisbon's famous St Anthony's Day parade and sardine festival.

SAT 21:00 Beck (m00178lm)

Haunted by the Past

After a period of rehabilitation, Martin Beck is back on duty. He and the rest of the group are thrown into a case where the body of a notorious Danish criminal has been found in the water at Liljeholmen. The dead man is a member of a notorious Danish drug network. Is the Beck group about to get caught in the middle of a gang war?

In Swedish with English subtitles.

SAT 22:30 Three Families (m000w0sl)

Series 1

Episode 1

Northern Ireland, 2013. A mother is forced to question her own beliefs when her teenage daughter reveals she is pregnant. Intent only on protecting her child, Theresa makes a hard choice. But as word starts to get out, she discovers that she could face a prison sentence for breaking one of Northern Ireland's most controversial laws.

Young newlyweds Hannah and Jonathan are devastated when they learn that their much-wanted baby will not survive the pregnancy. In their grief, the couple speak to their doctor about their options, only to realise how limited their choices are.

SAT 23:30 Three Families (m000w10g)

Series 1

Episode 2

Determined to change the law, Hannah throws herself into campaigning. Her fight brings victory in the High Court, which soon turns to frustration with the political powers at Stormont. Meanwhile, first-time older mother Rosie discovers there is no legal remedy to the heartbreaking complications with her pregnancy.

Theresa learns her trial date, but she still hasn't told Orla that she's facing prison for what they did. When Orla discovers the truth, she insists on supporting her mother to challenge the prosecution.

SAT 00:30 Yes, Prime Minister (b0074s27)

Series 2

A Conflict of Interest

Classic sitcom. When a scandal breaks in the City, Jim Hacker and Sir Humphrey cannot agree on who should be the new governor of the Bank of England.

SAT 01:00 Keeping Up Appearances (b007b6dq)

Series 3

Iron Age Remains

Sitcom about an upwardly mobile housewife and her long-suffering husband. Hyacinth has to put her plans for Richard's retirement on hold when Rose starts behaving outrageously.

SAT 01:30 The Terror (p0954mm5)

Series 1

Go for Broke

Autumn, 1846. Over a year into seeking a passage around the north of Canada through icy Arctic seas, Sir John Franklin reckons his two ships are just weeks from success. But his dour deputy Francis Crozier fears otherwise, and a couple of deaths have started to spook the crewmen.

Inspired by the true-life unexplained fate of the exploration vessels Erebus and Terror.

SAT 02:15 The Terror (p0954p2y)

Series 1

Gore

Spring 1847. Having weathered the winter, the crews search for signs of the ice relenting. Lt Gore's group, leaving messages on a barren but known landmass, have a violent encounter.

SAT 02:55 The Terror (p0954q0z)

Series 1

The Ladder

June 1847. Mourning another man, Franklin refuses Crozier's request to seek rescue, while a trap laid for the beast on the ice results in carnage.

SUNDAY 08 MAY 2022

SUN 19:00 John Williams at the BBC (b073mrky)

Fifty years of spellbinding performances from one of the guitar's greatest players, John Williams. Gold from the BBC's archive that takes in classical masterworks, the prog rock of Sky and comedy with Eric Sykes, as well as duets with fellow guitar maestro Julian Bream.

SUN 20:00 Jazz All Stars: Cheltenham Jazz at 25 (m001770q)

Saxophonist and broadcaster Yolanda Brown presents an all-star gala concert, which features a line-up that includes Gregory Porter, Paloma Faith, Joe Stilgoe, Vanessa Haynes and Tommy Blaize alongside new artists Adi Oasis and Georgia Cécile. They perform some of the greatest jazz hits of the past 120 years, as well as standout repertoire from across the festival's 25-year history.

Jazz trumpeter and composer Guy Barker conducts the BBC Concert Orchestra, who are joined by his own Guy Barker Big Band. The concert includes the premiere of a unique symphonic celebration commissioned by the festival and arranged by Guy to mark its twenty-fifth anniversary.

SUN 21:45 Jazz UK: Spitting Fire (m001770s)

DJ broadcaster and music journalist Tina Edwards celebrates some of the most exciting talent in a new and dynamic underground music scene, featuring live performance and interviews with the next generation of jazz artistes.

Tina takes us on a musical journey where each city has its own unique sound and vibe, from the spiritual jazz of Matthew Halsall in Manchester to the electronic, emotional collaborations of Bristol's Ishmael Ensemble, to the raw, impassioned, rave-inducing sounds from London's Sons of Kemet.

The documentary showcases live performances and interviews from some of the scene's key artistes, including Emma-Jean Thackray, Steam Down, and Alabaster dePlume. It's a fusion of eclectic influences and cultures.

Some say it's jazz – others say it's not. With crowds swelling at sold-out festivals and sweat dripping from the walls of packed clubs, this DIY counterculture movement is gaining momentum.

SUN 22:45 Ronnie's: Ronnie Scott and His World-Famous Jazz Club (m000pjcm)

A music documentary that celebrates the legacy of Ronnie Scott and his world-famous jazz club. Featuring previously unseen and unheard performances as well as interviews with some of the most iconic figures in music, the film explores the club's 60-year history and shines a light on the uncompromising men and women who both built it and who took to its stage.

Named after the late tenor saxophonist who founded the club in London's bohemian district of Soho in 1959 with business partner Pete King, Ronnie Scott's Jazz Club was inspired by the vibrant postwar music scene in New York and quickly became

the city's most famous music venue. Since then the club has consistently played host to the world's greatest musical legends, including Chet Baker, Sonny Rollins, Miles Davis, Ella Fitzgerald, Roland Kirk, Buddy Rich, Oscar Peterson and Nina Simone.

Ronnie Scott was among the earliest British musicians influenced by Charlie Parker and became one of the finest saxophone players in Europe. His chief motivation in starting a jazz club was to create a space where he and his contemporaries were free to play modern, forward-thinking music.

Ronnie was beloved by many, from the great and famous who frequented his club to the many hard-up musicians who were often helped by his warmth and generous spirit. However, Ronnie was as complex and colourful as the music played on his stage. In private, Ronnie battled with depression, and when his untimely death occurred in 1996, it left the jazz community bereft of a respected and favourite leader.

SUN 00:30 The Terror (p0954qd2)

Series 1

Punished, as a Boy

November 1847. With more men picked off, crewman Hickey figures he knows who to blame, while Lady Franklin in London despairs at Admiralty inaction.

SUN 01:15 The Terror (p0954rlq)

Series 1

First Shot a Winner, Lads

Denied the one supply he relies on, Crozier's command of his near-deserted ship is further tested when the beast gets aboard.

SUN 01:55 The Terror (p0954rlw)

Series 1

A Mercy

January 1848. Sorry stories are shared with Fitzjames and Crozier before the former orders a last hurrah for the stranded crewmen – with tragic consequences.

SUN 02:40 The Terror (p0954rm0)

Series 1

Horrible from Supper

The spring sun signals the beginning of the crew's long trek towards potential rescue, but they are kept in the dark about what their contaminated food is doing to them.

MONDAY 09 MAY 2022

MON 19:00 Return to Pembrokeshire Farm (b00ndvtg)

Episode 3

Griff Rhys Jones continues with phase two of the restoration of his farm in Pembrokeshire.

Restoration work on the miller's cottage moves to the inside of the building. Across the lane, building work at the mill has ground to a halt as the planning authorities investigate local objections to Griff's plans. Meanwhile, Griff makes plans for a music festival in Pembrokeshire.

MON 19:30 Winter Walks (m001772c)

Adrian Chiles

Follow Adrian Chiles on an intimate walk as he ruminates and reflects on life. A keen walker, Adrian explores Scarborough on the Yorkshire coast. He talks openly about his challenges with mental health, his diagnosis of attention deficit disorder and the 'resetting' powers of taking a stroll.

Walking alone with a 360-degree camera, Adrian starts his journey at the windswept Scalby Ness. He meets craft-recycling beachcombers before heading to the mighty headland and Scarborough Castle. After a walk through the old town, he watches the sun settle at the picturesque harbour. Adrian is in his element, meeting, chatting and enjoying the company of other people while moseying around this quaint and colourful seaside town.

Taking in the vast Jurassic headland with its historic Bronze Age and Roman settlements, Adrian reflects on mankind's time on earth as he absorbs the vistas across North and South Bay. In a tender moment visiting St Mary's Church, Adrian pauses for quiet contemplation and discusses the importance of his

Catholic faith.

Leaving for the old town, he pays a visit to Anne Bronte's final resting place to say thank you for the inspiration her literature has given him. On the final stretch along the beach, Adrian is energised and charmed by a group of women swimmers, bracing the February North Sea as they head out for a dip. In a powerful closing moment, Adrian extols 'resetting and taking time to reflect' by exploring new places and 'breathing different air'.

MON 20:00 Earth from Space (p072n7qd)
Series 1

A New Perspective

Cameras in space tell stories of life on our planet from a brand new perspective. Satellites follow an elephant family struggling through drought, reveal previously unknown emperor penguin colonies from the colour of their poo, and discover mysterious ice rings that could put seal pups in danger. Using cameras on the ground, in the air and in space, Earth from Space follows nature's greatest spectacles, weather events and dramatic seasonal changes. This is our home, as we've never seen it before.

MON 21:00 Brian Cox's Adventures in Space and Time (m000x9v4)
Series 1

What Is Time?

Brian explores a simple question that is causing a big stir today: what is time? Modern science shows it to be far stranger than we think. He recalls some highlights from his TV series that touch upon different aspects of this physics conundrum: from a mindboggling encounter with Doctor Who, to breaking the sound barrier in a Eurofighter in order to see two sunsets in one day, to witnessing one of the oldest animal life cycles on earth on a remote beach in Costa Rica. He also explores Chankillo, the oldest and best-preserved astronomical observatory in the Americas.

MON 22:00 The Sky at Night (m001772f)
Destination: Moon

2022 marks the fiftieth year since an astronaut last stepped on the moon's surface. We look back at the legacy of the Apollo programme and forward to the future of lunar exploration. Maggie and Chris visit the Science Museum in London, where Maggie discovers from space curator Doug Millard that one of the museum's star attractions – Apollo 10's command module – nearly did not bring back its entire crew.

Chris discovers that Nasa's latest assault on the moon, the 'Artemis' programme, plans to set up an orbiting moon station and a shuttle from it to a permanent base on the moon's surface, and learns from Nasa's Dana Hurley that much of the technology needed for such a mission has yet to be invented. Nonetheless, the first dry run for the SLS rocket and the Orion command capsule and moon landing system will go ahead without a crew and is planned later this year. On that first mission to orbit the moon, 13 tiny 'cubesats' will be released into the moon's orbit to discover more about the lunar surface in anticipation of greater future human activity on the moon. These low-cost satellites are providing the next generation of space scientists and engineers an opportunity to work on spacecraft for the first time.

Maggie talks to Craig Hardgrove, an associate professor from Arizona State University, who leads a relatively inexperienced team in building LunaH-Map. The pint-sized craft will scan the lunar surface for evidence of hydrogen, and therefore water, which will be enormously useful for future missions and moon bases to provide sustenance and fuel – once the technology is in place to deliver it.

Pete Lawrence is on hand for tips on how best to observe the moon from Earth during the upcoming lunar eclipse on the 16 May, and Chris learns from Professor Sara Russell of the Natural History Museum that the Apollo missions allowed science to identify moon asteroids here on Earth, and that future missions retrieving more moon rock might tell us even more about how the Earth formed and how life emerged.

MON 22:30 Missions (p0bwsxyn)
Series 3

The Circle

French sci-fi drama series. The emotional toll on captive Jeanne makes her dangerously unstable, and a buried memory reveals the troubling truth of a death. In French with English subtitles.

MON 22:55 Missions (p0bwsxyj)
Series 3

Memories of the Future

French sci-fi drama series. While Jeanne must pick her path, Peter wavers about helping her. Alice pushes for teamwork despite having the most to lose. In French with English subtitles.

MON 23:20 Missions (p0bwsxz1)
Series 3

Theogony

French sci-fi drama series. Doubts about helping Jeanne arise during the race to a mountain rendezvous. With the future uncertain, will Peter repeat the past? In French with English subtitles.

MON 23:45 Horizon (b08ry919)
2018

Volcanoes of the Solar System

Volcanoes have long helped shape the Earth. But what is less well known is that there are volcanoes on other planets and moons that are even more extraordinary than those on our own home planet. Horizon follows an international team of volcanologists in Iceland as they draw fascinating parallels between the volcanoes on Earth and those elsewhere in the solar system. Through the team's research, we discover that the largest volcano in the solar system - Olympus Mons on Mars - has been formed in a similar way to those of Iceland, how a small moon of Jupiter - Io - has the most violent eruptions anywhere, and that a moon of Saturn called Enceladus erupts icy geysers from a hidden ocean. Computer graphics combined with original Nasa material reveal the spectacular sights of these amazing volcanoes.

Along the way, we learn that volcanoes are not just a destructive force, but have been essential to the formation of atmospheres and even life. And through these volcanoes of the solar system, scientists have discovered far more about our own planet - what it was like when Earth first formed, and even what will happen to our planet in the future.

MON 00:45 The Terror (p0954rnc)
Series 1

Terror Camp Clear

Suspicion and panic sweep through the crew after an apparent savage attack, but there is method in the madness for some.

MON 01:30 The Terror (p0954rnn)
Series 1

The C, the C, the Open C

In the wake of a massacre, two groups resume the trudge south, but one takes a troubling step to satisfy its starving men.

MON 02:25 The Terror (p0954rnr)
Series 1

We Are Gone

Guilt and ego require sacrifices from the surviving stragglers as a final reckoning looms in the wilderness.

TUESDAY 10 MAY 2022

TUE 19:00 Return to Pembrokeshire Farm (b00nk324)
Episode 4

Griff's restoration of the cottage is almost complete, except now there is a problem with the roof on both the mill and the cottage. Meanwhile, George is off to visit one of the last working water mills in Wales to get ideas for the interior of the mill.

TUE 19:30 Walking With... (m00111q6)
Series 1

Walking with Kate Garraway

Broadcaster Kate Garraway goes for an invigorating walk along the edge of the Cotswolds Hills. As she passes through the patch where she first cut her teeth as a reporter, she takes time to appreciate the stunning landscapes.

From the panoramic viewpoint of Painswick Beacon, Kate descends through beech woods to the village of Upton St Leonards, soaking up the sounds of nature as she goes. From there she climbs Cooper's Hill and wanders down to the church at Great Witcombe. Kate relishes the chance to have nothing to do but take in the 'joy and rhythm of the countryside' as she crosses the gentle, rolling hills with just a 360-degree camera for company.

Along the way she meets local craftspeople who are inspired by the 'living theatre' of the landscapes. Kate finds her natural surroundings a source of inspiration and resilience as she reflects on a year of challenges and change.

TUE 20:00 Keeping Up Appearances (b007b6j7)
Series 3

Violet's Country Cottage

When Hyacinth and Richard go to stay in a country cottage for a couple of days, events take several unexpected turns. Richard goes in search of a dog, and finds himself caught up with more than he bargained for.

TUE 20:30 Yes, Prime Minister (b0074s2b)
Series 2

Power to the People

Classic political sitcom. Jim Hacker meets a local councillor who has radical ideas about local government. The PM likes what he hears, unlike Sir Humphrey.

TUE 21:00 Expedition Volcano (b09hlzbb)
Series 1

Episode 1

In the heart of Africa, deep in the Congo, is one of the most spectacular volcanoes on Earth - Nyiragongo. This spectacular volcano contains a massive boiling cauldron of molten rock - the world's largest continually active lava lake. But it is also one of the most dangerous volcanoes on the planet. It has erupted twice in the last 50 years, most recently in 2002, wreaking havoc and destruction on the people who live in the nearby city of Goma. This region is also dangerous for another reason - it has been racked by war and humanitarian crises for most of the last 30 years, so Nyiragongo is one of the least studied active volcanoes on Earth.

But now, an international and local team of scientists are mounting a major expedition to study the volcano. They are attempting to discover the warning signs that it is building towards a new eruption, so they can alert the people of Goma before it erupts again. The team will take around four tonnes of climbing equipment, scientific instruments and supplies up to the crater rim. Then a small team will descend into the crater itself - 350m down a potentially deadly rockface - to spend a week camping right next to the lava lake. The expedition is led by Belgian scientist Dr Benoit Smets, who is an expert on Nyiragongo. He is joined by British geologist Prof Chris Jackson. Together, they work with the rest of the team using gas-sampling equipment, thermal cameras and sound waves to try and predict when the volcano will next erupt.

But there is another side to this volcano. As well as the threat of eruption, it impacts life in Goma and the surrounding area in many surprising ways. Humanitarian doctor Xand van Tulleken investigates how Nyiragongo has transformed people's lives by looking at the hidden dangers - from deadly disease to suffocating gases. In charge of expedition logistics is former Royal Marine Aldo Kane. It is his job to get everyone in and out of the crater safely. But during the expedition, he will also risk his life to get the team as near to the lava lake as possible.

TUE 22:00 Your Mum and Dad: A Devastating Truth (m001771t)

In this documentary, Dutch film director Klaartje Quirjns originally set out to document therapy. She was interested in the sessions of a friend, Michael Moskowitz, who was unravelling a lifetime of family trauma inherited from the legacies of World War II. In these rarely filmed sessions, led by esteemed American psychotherapist Kirkland Vaughans, Klaartje begins to understand that all lived experience is shaped through the lives of our parents.

In the ultimate display of vulnerability, Klaartje then decides to turn the camera on herself, beginning a journey to unravel her own family secrets. She traces the lineage of her story across three generations - her mother, herself and now her two daughters. Meanwhile, Vaughans continues to guide viewers through the complexities of the mind, showing how easy it is to become colonised by the behaviour of our parents.

With the use of intimate family footage and diary filming, Klaartje takes us on a journey that many will find familiar and familial. Inspired by Philip Larkin's famed poem This Be the Verse, with its famous expletive-laden refrain about parents, this is a nurturing exploration of the powerful dynamics found within family relationships and the ways in which they shape our lives.

TUE 23:15 True North (m0006wf4)

Series 13

Dame Kelly: The Power of Parkrun - Our Lives

In this uplifting True North documentary, Dame Kelly Holmes explores the rise of parkrun and the mental health benefits of running, in the build-up to the launch of a new run in Northern Ireland.

Over the last 14 years, the parkrun phenomenon has transformed Saturday mornings around the world. What started out in London as a simple idea to get mates together for a time trial and a coffee has turned into something much, much bigger. Today, parkrun is one of the largest running events on the planet, pulling in more than 235,000 participants around the globe every weekend. Although it started out as a runners' event, these days it is about improving health and well-being, inspiring people to take exercise, meet neighbours and volunteer. The organisation is now actively targeting areas of social deprivation in the UK, with its focus shifting toward how running can help transform our mental well-being.

This film follows the launch of a new event in one of those areas - Strabane in Northern Ireland - and is presented by one of the UK's most successful athletes, two-time Olympic gold winner Dame Kelly Holmes, whose passion for parkrun sees her make unannounced appearances at runs all over the UK. Dame Kelly reveals that away from the track she has struggled with mental health issues from a young age, including self-harm, anxiety and depression following the death of her mother two years ago. She uses her own personal experiences to help inspire and coach two people using the new run to kick-start their fitness journey. With five weeks to prepare for the event, will they join the running revolution?

TUE 23:45 Opera Mums with Bryony Kimmings (m000mf8c)

(m000mf8c)

Performance artist Bryony Kimmings loves to make work about her own life. After award-winning work on men and mental health (Fake it 'til you Make it), sexually transmitted diseases (Sex Idiot) and her recent show on the breakup of her relationship and accompanying nervous breakdown (I'm a Phoenix, Bitch), she now turns her unflinching and hilarious gaze onto single motherhood. In collaboration with documentary film-maker Daisy Asquith, she creates a girl gang of brilliantly lovable single mums and takes inspiration from their emotional and hilarious stories to create an opera! A tour of English National Opera's backstage workings gives Kimmings a crash course in all things operatic, and confirms it is the perfect medium to represent the drama and high-octane intensity of single motherhood.

TUE 00:45 Storyville (m000k499)

College Behind Bars

Episode 2

A two-part Storyville documentary that tells the inspiring story of a group of men and women in the USA struggling to earn college degrees while in prison for serious crimes.

The Bard Prison Initiative is one of the most rigorous and effective prison education programmes in the United States. Shot over four years in maximum and medium security prisons in New York State, the films tackle a pressing issue - the failure to provide meaningful rehabilitation for over two million Americans living behind bars.

Through the stories of the students and their families, we discover many dropped out of high school before being incarcerated and never imagined they would go to college. During four years of study, however, they become accomplished scholars, beat the Harvard debating team, reckon with their pasts and discover how truly transformative education can be.

The debate team faces West Point and Harvard. Seniors complete their 100-page thesis projects. Giovanni is sent to the Special Housing Unit and might not finish his project. Students at Taconic and Eastern receive their degrees at graduation.

TUE 01:40 Return to Pembrokeshire Farm (b00nk324)

[Repeat of broadcast at 19:00 today]

TUE 02:10 Walking With... (m00111q6)

[Repeat of broadcast at 19:30 today]

TUE 02:40 Expedition Volcano (b09hztbb)

[Repeat of broadcast at 21:00 today]

WEDNESDAY 11 MAY 2022

WED 19:00 Return to Pembrokeshire Farm (b00npj11)

Episode 5

It is the day of the festival. The showman's wagon is revealed in all its glory and festivalgoers have a chance to see work in progress. With the cottage and the mill completed, Griff and George reflect on George's first job as an architectural designer.

WED 19:30 Walking With... (m001111j)

Series 1

Walking with Shappi Khorsandi

Comedian and author Shappi Khorsandi walks through stunning scenery in the Peak District and along the Monsal Trail. From the hills above Tideswell, Shappi follows tracks and footpaths along Tideswell Dale and Miller's Dale before reaching the disused railway line of the Monsal Trail. Along the way she meets residents who are charmed by her characteristic wit and ease.

Taking time to appreciate the hills and ridges surrounding her, Shappi enjoys a sense of calm and composure in the country air. Walking along the trail as it tunnels through hillsides and over gorges, Shappi takes the opportunity to 'allow the hills to hold' her. She talks candidly about her outlook on life and love. Funny and poignant, the comedian speaks of relationships, motherhood and mental health with a refreshing honesty

WED 20:00 The Story of Scottish Art (b06jdndd)

Episode 2

The 18th century heralded the greatest blossoming of Scottish artistry in its history. The most powerful and influential figures in Britain clamoured to have their portraits painted by Allan Ramsay and Henry Raeburn and their houses designed by Robert Adam; they stood in awe at the epic Highland landscapes of Horatio McCulloch and wept at the sensitive genre paintings of David Wilkie.

Scots artist Lachlan Goudie explores how the intellectual revolution of the Enlightenment and the classical influence of the continent gave these artists the confidence and the inspiration to forge a whole new artistic landscape.

From dusty storerooms of Edinburgh to the dazzling antiquities of ancient Rome this is a journey of startling contrasts - between the past and the future, between the forces of reason and romance, between Presbyterian restraint and unfettered emotion. Out of the ashes of the Reformation a new culture identity was beginning to emerge and it was built on art.

WED 21:00 England's Forgotten Queen: The Life and Death of Lady Jane Grey (b09m5rpg)

Series 1

Episode 3

Jane has been installed in the Tower of London by a powerful cabal of men in the royal court. They want to keep the Catholic Mary Tudor from power. Meanwhile, Mary has assembled an army and is ready to fight back.

Led by the manipulative Duke of Northumberland, Jane's forces have assembled close to Mary's castle at Framlingham. Poised on the brink of battle, the two sides are evenly matched and the outcome hangs by a thread. When a key supporter of Jane's defects to Mary's side, taking with him thousands of followers, the balance tips. The Duke of Northumberland is thrown into confusion and the country holds its breath to see what will happen next.

On the final day of Jane's nine-day reign, the men who placed her on the throne abandon her and switch sides to join Mary. Their ringleader is Jane's own uncle, the Earl of Arundel.

Jane and her father, the Duke of Suffolk, are prisoners in the Tower as Mary enters London in triumph.

Jane is put on trial, but at first her life is spared. It is only when Jane's father joins a second rebellion that Mary takes action. She decrees that Jane, her husband and her father should be executed.

Helen Castor discovers that despite her reign lasting only nine

days, Jane did leave a legacy - when Elizabeth I finally inherits the throne the lessons she learned from observing Jane's struggles help her to rule for 44 years. And, crucially, that Jane opened the door for a woman to rule England in her own right.

WED 22:00 WWI's Secret Shame: Shell Shock (b0brz3w)

Dan Snow investigates a century of war trauma from World War I shell shock to modern PTSD.

Historian Dan Snow breaks the silence around the devastating impact of war on the mental health of our soldiers. For 100 years, men and women who risked their lives for their country have continued to suffer on their return. In this film, Dan explores the challenge presented by an ongoing mental health crisis among war veterans. Dan discovers how the shell shock of World War I has evolved into the cases of PTSD that modern soldiers suffer with today. Shockingly, lessons learnt from previous conflicts were soon forgotten. Battle trauma leads to alcoholism, broken families, violence and suicide on a shocking scale in the UK. He asks military psychiatrists and experts why we're still struggling to help the psychiatric casualties of war.

Dan shares frank and moving conversations with veterans of World War Two, the Falklands and Afghanistan, and also with relatives of those who fought in World War One. Jimmy Smith was traumatised after fighting in many of the major battles of the Great War. He was sentenced to death by court martial at only 26 years old for misbehaviour and desertion. A few decades later, Victor Gregg's marriage collapsed after witnessing the horrific violence of WWII bombing raids as a prisoner of war in Dresden. With each subsequent war, the symptoms changed, but the story remained the same. Ex-paratrooper Dave Brown has struggled with adjusting to civilian life since his service in the Falklands. Sean Jones survived an IED attack in Afghanistan in 2008. He was sent back for a second tour, without realising that he had been diagnosed with suspected PTSD.

Dan has many close family ties to the military campaigns of the First World War. Delving into previously unseen archives he reveals the difficult history of how Britain has reacted to the psychological consequences of warfare.

WED 23:00 Mission: Joy - With Archbishop Desmond Tutu and the Dalai Lama (m0014rhk)

Deeply moving and laugh-out-loud funny, Mission: Joy gives unprecedented access to the friendship between His Holiness the Dalai Lama and the late Archbishop Tutu. The self-described 'mischievous brothers' were filmed over five days by an award-winning team who captured a relationship built on truth, honesty and, most importantly, joy.

The film goes behind the scenes at the Dalai Lama's residence in Dharamsala, where Archbishop Tutu and the Dalai Lama recount stories from their lives, both having lived through periods of incredible difficulty.

With genuine affection, mutual respect and a healthy dose of teasing, the two friends impart lessons gleaned from experience, ancient traditions and cutting-edge science to show that it is possible to live with joy in the face of all of life's challenges, from the extraordinary to the mundane. Mission: Joy is an antidote for our times.

WED 00:20 The Sky at Night (m001772f)

[Repeat of broadcast at 22:00 on Monday]

WED 00:50 Return to Pembrokeshire Farm (b00npj11)

[Repeat of broadcast at 19:00 today]

WED 01:20 Walking With... (m001111j)

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WED 01:50 The Story of Scottish Art (b06jdndd)

[Repeat of broadcast at 20:00 today]

WED 02:50 Brian Cox's Adventures in Space and Time (m000x9v4)

[Repeat of broadcast at 21:00 on Monday]

THURSDAY 12 MAY 2022

THU 19:00 Johnny Kingdom: A Year on Exmoor (b0079495)

Series 1

Strange Sights

Gravedigger and amateur cameraman Johnny Kingdom films the wildlife of the moors and woodlands of Exmoor. Johnny's

back on the trail of the red deer calves and is determined not to give up until he finds a newborn one. But he keeps being distracted by strange sights - a red-legged partridge herding her brood of tiny chicks, a sparrow killing a privet moth and a family of stoats near his friend's kitchen. He also pays a visit to the Exmoor Pony Centre to get on a horse for the first time.

THU 19:30 Walking With... (m00111n6)

Series 1

Walking with Jim Moir

Jim Moir goes for a 'power stroll through a strange landscape' as he explores the shingle peninsula of Dungeness in this corner of Kent. The comic, birdwatcher and Kent resident, famous for his comedy persona Vic Reeves, takes his time exploring a quirky section of the coast – an area he has come to know well over the years.

Filming himself with a 360-degree camera, Jim walks along the shingle and sand from Littlestone down to Dungeness. He visits the concrete ruins of the Sound Mirrors and takes a trip on a steam train before arriving at the twin lighthouses of the headland.

On his journey, he meets characters who reveal hidden aspects of his surroundings - a bee collector, a worm hunter and a power station manager all show Jim different perspectives on the area. Sunshine gives way to sea mist as he nears the end of his walk and enjoys fish and chips on the beach.

THU 20:00 The RKO Story: Tales from Hollywood (b00gfhss)

A Woman's Lot

The story of RKO Pictures, told through the eyes of the people who worked there, traces the films made at RKO for and by women, concentrating on the careers of Ginger Rogers and Katharine Hepburn.

Presented by Ed Asner.

THU 21:00 Bringing Up Baby (b0078ddk)

Classic screwball comedy about a madcap heiress who makes a shambles of an absent-minded palaeontologist's life when she arrives on the scene complete with her pet leopard. The film's rollercoaster plot formed the basis for 1972's What's Up, Doc? and is notable for Katharine Hepburn's foray into zany comedy.

THU 22:40 My Favourite Wife (b00785v4)

Screwball comedy about a woman who reappears after being shipwrecked to find that her husband has remarried. While he tries to conceal her existence from his new bride, his first wife has her own secret - namely the handsome hunk who was her companion for seven years.

THU 00:05 imagine... (b0bqqhk)

2018

Becoming Cary Grant

Cary Grant was one of Hollywood's greatest leading men - suave, sophisticated and as comfortable in romantic comedies as he was in iconic Hitchcock thrillers. imagine... Becoming Cary Grant tells the unexpected story of this Hollywood icon who was not all he seemed on screen. With readings from his unpublished autobiography spoken by actor Jonathan Pryce and newly discovered footage shot by Grant himself this is a revealing and fascinating insight into this troubled legend of cinema.

THU 01:30 Johnny Kingdom: A Year on Exmoor (b0079495)

[Repeat of broadcast at 19:00 today]

THU 02:00 Walking With... (m00111n6)

[Repeat of broadcast at 19:30 today]

THU 02:30 A History of Ancient Britain (b00z597g)

[Repeat of broadcast at 19:00 on Saturday]

FRIDAY 13 MAY 2022

FRI 19:00 Nana Mouskouri at the BBC (b00fvhg4)

A vintage collection of Nana Mouskouri's performances from the BBC archive, including her entry in the 1963 Eurovision Song Contest and musical collaborations with Michel Legrand, Charles Aznavour and Cliff Richard.

FRI 20:00 Top of the Pops (m001772z)

Tony Dortie presents the pop chart programme, first broadcast on 3 December 1992 and featuring Stereo MC's, Michael Jackson, Heaven 17, Dina Carroll, Boney M., Madonna, Simply Red and Whitney Houston.

FRI 20:30 Top of the Pops (m0017731)

Mark Franklin presents the pop chart programme, first broadcast on 10 December 1992 and featuring Take That, Shai, WWF Superstars, Diana Ross, KWS, Cliff Richard and Whitney Houston.

FRI 21:00 TOTP2 (b007hbk8)

Eurovision Special

Steve Wright introduces a special Eurovision-themed edition of the show, featuring archive songs by stars of the famous competition. Artists include Cliff Richard, Lulu, Bucks Fizz, Sandie Shaw, Brotherhood of Man, Johnny Logan, Abba and Scooch.

FRI 22:00 Eurovision at 60 (b05vsm0d)

Hosts and competitors tell the behind-the-scenes story of 60 years of Eurovision, the greatest and maddest song contest on earth.

FRI 23:30 Dana - The Original Derry Girl (m000j457)

In 1970, an 18-year-old schoolgirl left the Bogside in Derry to represent Ireland in the 15th Eurovision Song Contest. What happened that night was to change her life forever.

Dana - The Original Derry Girl is an emotional and honest look back at a girl's incredible life story, retracing her steps to Amsterdam's RAI theatre, where, against the odds, she became Ireland's first Eurovision winner.

At a time when the violent conflict of the Troubles was dominating the news, Rosemary Scallon, better known as Dana, became a national hero overnight.

Studying for her A levels when she won, Dana was totally unprepared for the instant celebrity that followed and she recalls how the whirlwind of sudden success left her feeling lonely and isolated.

The programme looks at the fascinating story of what happened she won the competition, including her successful pop and TV career in the 70s, her marriage to Newry hotelier Damien Scallon, her move to Alabama, her switch to religious music, including performances for the pope, before entering the spotlight of Irish politics.

The highs and lows of her career are laid bare in a revealing, emotional interview. 'Like in everybody's life, there are the really hard things that happen. They either crush you completely or they make you stronger and I'm working on that.' After some difficult years, Dana returned to music, recording a new album in Rome in 2018.

This retrospective is an archive-rich trip down memory lane, with incredible access and an honest, and sometimes raw, look at her incredible career. With contributions from Derry Lindsay, Senator David Norris, Dave Fanning and many others, the programme ends with Dana joining local choirs on stage in the Guildhall Derry, where she performed as a young girl, to take part in a moving version of Derry Lindsay and Jackie Smith's All Kinds of Everything, the song that won Eurovision.

Asked what advice she would give to her 18-year-old self if she could travel back in time, she pauses and says, 'Just be kinder to yourself and enjoy it more.'

FRI 00:30 Top of the Pops (m001772z)

[Repeat of broadcast at 20:00 today]

FRI 01:00 Top of the Pops (m0017731)

[Repeat of broadcast at 20:30 today]

FRI 01:30 TOTP2 (b007hbk8)

[Repeat of broadcast at 21:00 today]

FRI 02:30 Nana Mouskouri at the BBC (b00fvhg4)

[Repeat of broadcast at 19:00 today]