

**SATURDAY 18 JUNE 2022****SAT 00:00 Midnight News (m001887c)**

The latest news and weather forecast from BBC Radio 4.

**SAT 00:30 The Social Distance Between Us by Darren McGarvey (m001887j)**

Episode 5

Writer and broadcaster Darren McGarvey, AKA rapper Loki, argues that the pandemic has exposed the contours of inequality in Britain. Turning a critical eye on poverty, land ownership, health inequalities and policing, the activist argues that there are chasms of misunderstanding between the powerful decision-makers and those who must live with the consequences.

Darren challenges assumptions around language and accent - and asks himself some hard questions about authenticity.

Written and read by Darren McGarvey  
Abridged by Anna Magnusson  
Produced by Eilidh McCreadie  
Author photograph by Steven Reynolds

**SAT 00:48 Shipping Forecast (m001887q)**

The latest weather reports and forecasts for UK shipping.

**SAT 01:00 Selection of BBC World Service Programmes (m001887x)**

BBC Radio 4 presents a selection of news and current affairs, arts and science programmes from the BBC World Service.

**SAT 05:20 Shipping Forecast (m0018881)**

The latest weather reports and forecasts for UK shipping.

**SAT 05:30 News Briefing (m0018886)**

The latest news from BBC Radio 4

**SAT 05:43 Prayer for the Day (m001888b)**

A spiritual comment and prayer to start the day with George Craig, a Methodist local preacher in Cardiff.

Good morning. I really wish I knew where the world's biggest collection of rhubarb varieties is. I have looked but not even the internet can tell me. However, I do know where the world's second biggest collection is – because that's how it publicises itself. It's at Clumber Park in Nottinghamshire, which is run by the National Trust. And just before the first lockdown I fulfilled a long-held ambition and went to see it.

It's in an old walled Garden where there are over 130 varieties of rhubarb growing, many of them very rare and even endangered. I'm not sure what I was expecting, but to be perfectly honest it was a bit of a let-down at first. One variety of rhubarb - to the untrained eye – looks very much like another. Once we started looking more carefully and closely we began to see that there were differences, but they were very subtle.

But to the people who run that garden – which is the national Rhubarb collection – every one of those plants is unique and precious.

It was an interesting experience, but I came away with a niggling thought at the back of my mind.

And that thought was this - what may look to me like the great undifferentiated mass of humanity looks to God like a huge collection of unique and precious individuals. And that's how I should see them, too. What niggled me was that it took a field of rhubarb to teach me that.

Lord, help us to remember that every one of us is unique and precious in your sight, and to treat each other accordingly.  
Amen

**SAT 05:45 Just One Thing - with Michael Mosley (m00187ws)**

Read

In this episode, Michael enters the world of creative fiction to discover how simply reading a story for half an hour a day can bring big benefits to your body and brain - from reducing stress and helping stave off depression, to strengthening your social skills and even helping you live longer! With the help of Professor Raymond Mar from York University in Toronto, Canada, Michael discovers why reading for pleasure could have such a significant impact on overall health and longevity, and delves into research revealing the unique benefits of reading narrative fiction.

**SAT 06:00 News and Papers (m0018fz5)**

The latest news headlines. Including the weather and a look at the papers.

**SAT 06:07 Open Country (m0018839)**

Erland Cooper's Orkney

Composer Erland Cooper takes us on a tour of his Orkney homeland - with help from artists, poets, some Neolithic monuments and around a million swirling sea-birds.

Producer for BBC Audio in Bristol: Emily Knight

**SAT 06:30 Farming Today (m0018fz7)**

18/06/22 National Food Strategy; Scottish Salmon.

The government's long awaited food strategy was published this week - to mixed reactions. The white paper is its response to the National Food Strategy published by one of the founders of the Leon restaurant chain Henry Dimbleby, around a year ago. He was commissioned to look at the whole food system and find ways of providing affordable healthy food while tackling obesity and meeting climate objectives. The white paper doesn't back all of his proposals: a sugar and salt tax, is out; nor does it expand free school meals; and it avoids his recommendation of a cut in meat consumption of 30 percent. The National Farmers Union has welcomed the white paper's focus on food production in the UK, but some farming organisations say it's weak and doesn't go far enough.

All week on Farming Today we've been looking at salmon - farmed and wild. Scottish salmon is the UK's biggest fresh food export with overseas sales hitting £614 million in 2021, that's a third more than in 2020. Salmon aquaculture directly employs 2,500 people, and the industry says it supports 10,000 jobs across Scotland. But critics say all that comes at too high a price, they cite concerns about the environmental impact and the welfare of the fish. Salmon farming is a controversial topic - so we've been talking to those who love it, and those who hate it.

Presenter = Charlotte Smith

Producer = Rebecca Rooney

**SAT 06:57 Weather (m0018fz9)**

The latest weather reports and forecast

**SAT 07:00 Today (m0018fz6)**

Including Sports Desk, Weather and Thought for the Day.

**SAT 09:00 Saturday Live (m0018fzf)**

Gyles Brandreth

Gyles Brandreth joins Nikki Bedi and Richard Coles. The writer, broadcaster and former MP talks about his life, varied career and why he's still trying to please his parents.

Felicity Cloake shares her experiences of cycling around the UK sampling breakfasts.

Actor James Nesbitt chooses his Inheritance Tracks: Stardust by Nat King Cole and Star of the County Down by Van Morrison and The Chieftains.

Ronnie Archer-Morgan discovered a love of objects when he was a boy; his passions helped him when growing up and led to him becoming an expert on Antiques Roadshow.

Odd Boy Out by Gyles Brandreth is out now.

Red Sauce Brown Sauce by Felicity Cloake is out now.

Would It Surprise You To Know...? by Ronnie Archer-Morgan with Janet Gleeson is out the 23rd June.

Producer: Claire Bartleet

Editor: Richard Hooper

**SAT 10:30 Soul Music (m0018fzh)**

Bruch's Violin Concerto

A Violin Concerto in G minor, Opus 26, became the best-known work of the German composer Max Bruch. Originally written in 1866 it went through many revisions before finally being completed in 1867. It was performed extensively but having sold both the publishing and the manuscript Bruch died in relative obscurity in 1920. The Concerto would continue to be played around the world and the second movement in particular, the Adagio, became a much-loved favourite.

Journalist Claire Read describes how much her Mother loved the piece after Claire learned and performed it in school, and how she would listen to it whilst being treated for cancer.

Ukrainian violinist Kostia Lukyniuk recalls playing it with an orchestra in his home town aged 11, and how music still gives him strength as he plays for those battered by the Russian invasion of his home country.

The second movement brings back fond memories for Archers actor June Spencer who listened to it with her husband and their friends on a veranda in Minorca.

Leader of the Welsh National Opera David Adams was inspired to take-up the violin after listening to a recording of David Oistrakh playing this piece, and later performed it at the Fishguard Festival. It was a favourite of his Mum's and that recording was played at her funeral.

The Carnegie Hall was the setting for violinist Shlomo Mintz's most treasured performance and he describes how it feels to play those soaring melodies.

Curator Robinson McClellan at The Morgan Library & Museum in New York explains how the manuscript of this concerto made its way from Germany to the USA, and why this work would later become a source of resentment for this 'establishment' composer.

Studio Manager: Ilse Lademann

Produced for BBC Audio in Bristol by Toby Field.

**SAT 11:00 The Week in Westminster (m0018fzk)**

Top commentators review the political week

**SAT 11:30 From Our Own Correspondent (m0018fzm)**

Ukraine's Battlefield Doctors

The task of a surgeon is not an easy one at the best of times, but some in Ukraine are having learn how to carry out operations in the midst of a battlefield. Many have been taught how to do this by the British surgeon, David Nott, who has worked in conflict zones around the globe. Wyre Davies joined one of his classes.

Russia's attack on Ukraine has left other countries wondering if they might be next. Fourteen countries have land borders with Russia, and eight of these were once part of the old Soviet Union, which Vladimir Putin at times seems keen to resurrect. Zeinab Badawi has been to Georgia, where she says many feel like they are now right on the front line.

We owe the planet's peat bogs a debt of gratitude, as they effectively suck carbon dioxide out of the atmosphere, and store it underground. Andrew Harding travelled deep into the Republic of Congo, to see a vast area of peat the size of England, which is currently under threat.

The Yazidi people of northern Iraq suffered horrific atrocities at the hands of the group which calls itself Islamic State. IS has now been driven out of the Yazidi homeland, Mount Sinjar, but the Yazidi people now find themselves caught up in their country's fractious politics, with different groups fighting for their loyalty, and with guns as well as persuasion. Shelly Kittleson learns how this has left communities - and families - bitterly divided.

Banks want your custom., or at least, you might think so, given the number of adverts suggesting they offering the most favourable interest rates, and perhaps the broadest smile on the faces of their staff. However, when Alba Arikha recently had to open a bank account in Greece, she found herself having to fight hard just to give them her money.

Producer: Paul Moss

Production coordinator: Iona Hammond

Editor: Richard Fenton-Smith

**SAT 12:00 News Summary (m0018fzp)**

The latest national and international news from BBC Radio 4

**SAT 12:04 Money Box (m0018fsx)**

Interest Free Loan Scheme to help 20,000 people

A scheme offering interest-free loans to the financially vulnerable is being expanded to reach up to 20,000 people. After a successful trial at South Manchester Credit Union the No Interest Loan Scheme (NILS) will be rolled out across the UK from September. It's backed by the Treasury but will be run by credit unions and other lenders. The aim is to offer emergency loans to people who would normally be turned down because they can't afford the interest payments. We'll speak to Economic Secretary to the Treasury John Glen.

As a new survey, commissioned by the BBC, suggests half of people working are planning to increase their hours to boost their income and almost one in three people are thinking about taking a second job, we'll hear from the Low Incomes Tax Reform Group about the implications for tax and benefits.

More on how thousands of people may be able to boost their state pension by paying extra National Insurance Contributions. Paying just one missing year can mean an extra £275 a year for your pension.

Plus, less than half the firms that sell funeral plans look set to be approved by the regulator when tough new rules begin in six weeks. More on how you can check yours.

Presenter: Paul Lewis  
Reporters: Dan Whitworth and Katie Barnfield  
Researcher: Sandra Hardial  
Editor: Jess Quayle

**SAT 12:30 Dead Ringers (m0018863)**  
Series 22

Episode 1

What is Professor Whitty doing now? How is Sir Keir Starmer going to improve his image? How many spuds can you buy for a fiver these days? All these questions are answered and more.

Performed by Jon Culshaw, Lewis MacLeod, Jan Ravens, Debra Stephenson and Duncan Wisbey.

The series is written by: Nev Fountain & Tom Jamieson, Laurence Howarth, Ed Amsden & Tom Coles, James Bugg, Edward Tew, Rebecca Bain, Cody Dahler, Jade Gebbie, Robert Dark, Sophie Dickson, Rachel E. Thorn and Cameron Loxdale.

Produced and created by Bill Dare  
Production Co-ordinator: Caroline Barlow  
Sound design Rich Evans

**SAT 12:57 Weather (m0018fzr)**  
The latest weather forecast

**SAT 13:00 News and Weather (m0018fzt)**  
The latest national and international news and weather reports from BBC Radio 4

**SAT 13:10 Any Questions? (m001886k)**  
Virginia Crosbie MP, Baroness Fox, Carolyn Harris MP, Ben Lake MP

Chris Mason presents political debate and discussion from Boston Centre Stage, Holyhead with Conservative MP and PPS to the Secretary of State for Wales Virginia Crosbie, non-affiliated peer Baroness Fox of Buckley, Labour MP and Deputy Leader of Welsh Labour Carolyn Harris, and the Plaid Cymru MP Ben Lake.  
Producer: Camellia Sinclair  
Lead broadcast engineer: Michael Smith

**SAT 14:00 Any Answers? (m0018fzw)**  
Have your say on the issues discussed on Any Questions?

**SAT 14:45 39 Ways to Save the Planet (m000vghp)**  
Logging For Good

Is logging always bad for the planet? A team from The Nature Conservancy in the United States believe they have developed a way to cut down the trees we need for construction without damaging tropical forests or adding to our carbon emissions.

Tom Heap meets Peter Ellis, the man behind Reduced Impact Logging, and his Indonesian colleagues, Purnomo and Ruslandi, who are persuading the foresters of Borneo to take up the new techniques.

Back in the UK, climate scientist, Tamsin Edwards joins Tom to crunch the numbers- how much carbon dioxide could these ideas save?

Producer: Alasdair Cross

Researcher: Sarah Goodman

Produced in conjunction with the Royal Geographical Society. Particular thanks for this episode to Professor David Coomes from the University of Cambridge and to Professor Michelle Pinard and Professor David Burslem from the University of Aberdeen.

**SAT 15:00 Electric Decade (m000jnk)**  
A Room of One's Own

Virginia Woolf's funny, provoking and insightful feminist text on female creativity dramatised for radio by Linda Marshall Griffiths.  
Part of Electric Decade: classic titles that influenced and

characterised the 1920's.

WOMAN.....Indira Varma  
MARY SETON/ CHARLOTTE BRONTE.....Jenny Platt  
JUDITH SHAKESPEARE/JANE AUSTEN/MARY  
CARMICHAEL.....Anjali Mohindra  
WILLIAM SHAKESPEARE/ NICK GREEN.....Sacha Dhawan  
TREVELYAN/SHAKESPEARE'S FATHER.....Colin Tierney

Directed by Nadia Molinari  
BBC Radio Drama North Production

Publicity photograph of Indira Varma by Ruth Crafer.

It is 1928, a woman is asked to talk of women and writing. In the university town of 'Oxbridge' she is refused entry to the gardens and library and discovers the poverty of the one female college there. She searches the British Museum library for proof that women even existed in history.

"Literature is impoverished beyond our counting by the doors that have been shut upon women."

She imagines what would have happened if Shakespeare had had a sister and imagines conversations with the great British female novelists.

"Who shall measure the heat and violence of a poet's heart when caught and tangled in a woman's body?"

She reflects on the difficulties that face the female writer and proposes a different kind of life.

A Room of One's Own is one of the greatest feminist polemics of the twentieth century, but also a narrative of beauty, humour and humanity. Its case is for the existence of female writers and its proof is in the genius of its writer.

A Room of One's Own was recorded during lockdown with actors and production team all in rooms of their own.

**SAT 16:00 Woman's Hour (m0018fzy)**  
Weekend Woman's Hour: The Whyte Review into British Gymnastics, Lea Ypi, Rosie Kinchen on horticultural therapy

Following a two-year investigation into bullying, abuse and discrimination the Whyte Review into British Gymnastics is finally published. We hear from ex-gymnast Claire Heafford, co-founder and campaign director of Gymnasts 4 Change, and Sarah Moore, lawyer and partner at Hausfeld who are acting on behalf of 38 former elite gymnasts against British Gymnastics in relation to allegations of abuse.

In her prize-winning memoir, *Free: Coming of Age at the End of History*, Lea Ypi describes what it was like to grow up in Albania under a strict communist regime. Lea joins us to talk about her extraordinary coming-of-age story in Europe's last Stalinist outpost.

Rosie Kinchen explains how horticultural therapy helped her overcome depression after having her second child. She discusses finding solace in a community garden.

Her newspaper only launched 14 weeks before the outbreak of war in Ukraine, but the Kyiv Independent now has over two million followers on Twitter, and has been described by Time Magazine as: "The world's primary source for reliable English-language journalism on the war." We speak to the Editor of the newspaper, Olga Rudenko.

A new film, *Below the Belt*, documents the reality of living with endometriosis. We hear from director Shannon Cone.

Listener Christian Peake inherited a huge stack of canvasses painted by her grandmother, the artist Maeve Gilmore, whose artistic work had been over-shadowed by her more famous husband Mervyn Peake. As time went on though she became increasingly determined to get Maeve's work the recognition she feels it deserves. Her grandmother's first exhibition is now on at Studio Voltaire in Clapham, London.

Presenter: Anita Rani  
Producer: Lucy Wai  
Editor: Lucinda Montefiore

**SAT 17:00 PM (m0018g00)**  
Full coverage of the day's news

**SAT 17:30 Political Thinking with Nick Robinson (m0018g02)**  
The Naomi Long One

Nick Robinson talks to Naomi Long, the leader of the Alliance Party and Northern Ireland's Justice Minister, about growing up during the Troubles, the ongoing implications of Brexit and her decision not to identify as nationalist or unionist

**SAT 17:54 Shipping Forecast (m0018g04)**

The latest weather reports and forecasts for UK shipping.

**SAT 17:57 Weather (m0018g06)**

The latest weather reports and forecast

**SAT 18:00 Six O'Clock News (m0018g08)**

Walkouts to cause widespread disruption after talks failed to resolve disputes. Tens of thousands march in London to urge government to do more to tackle rising cost of living.

**SAT 18:15 Loose Ends (m0018ft1)**

Noma Dumezweni, Andi Oliver, Darryl W Bullock, Kathryn Williams & Ed Harcourt, Tot Taylor, Scottee, Annela Rice

Annela Rice and Scottee are joined by Noma Dumezweni, Andi Oliver and Darryl W. Bullock for an eclectic mix of conversation, music and comedy. With music from Kathryn Williams & Ed Harcourt and Tot Taylor.

**SAT 19:00 Profile (m0018fsd)**

Kate Bush

Kate Bush, whose song *Running up that Hill* is storming the charts across the world. The singer exploded onto the music scene at the end of the 1970s with *Wuthering Heights*, the first UK number one song performed and written by a female artist. Kate Bush has experimented throughout her career, sometimes being in the public eye and at other times composing at home while bringing up her son. With Timandra Harkness. Produced by Bob Howard

**SAT 19:15 This Cultural Life (m0018g0c)**

Eileen Atkins

With a career spanning eight decades, Dame Eileen Atkins is one of the most acclaimed British actors. She is a three-time Olivier Award-winner and has won Emmy and BAFTA Awards for her role in the television series *Cranford*. A familiar face on screen since making her television debut in 1959, she has starred in shows ranging from *Doc Martin* to *The Crown*, and her film roles have included *The Dresser*, *Gosford Park*, *Cold Mountain* and *Paddington 2*. She also co-created the long-running television series *Upstairs Downstairs* and *The House of Eliot*, and wrote the screenplay for the 1997 film of Virginia Woolf's *Mrs Dalloway*.

Dame Eileen talks to John Wilson about her upbringing on a Tottenham council estate and how, under the tutelage of a woman she knew as Madame Yandie, she became Baby Eileen, a child stage performer, singing and dancing in working men's clubs. She chooses as one of her greatest influences one of her teachers at Latymer School, EJ Burton, who introduced her to literature and theatre. She recalls the impact of joining the company at the Shakespeare Theatre, now the Royal Shakespeare Company, in 1957, after a long struggle to secure stage roles. Dame Eileen also explains how her fascination with Virginia Woolf led to one of her most celebrated stage performances, that of the writer herself, in a one woman show adaptation of *A Room Of One's Own*.

Producer: Edwina Pitman

**SAT 20:00 Archive on 4 (b05qvr63)**

Black Aquarius

Matthew Sweet explores the dawning of the age of Black Aquarius - the weirdly great wave of occultism that swept through British popular culture in the 1960s-70s. From journals like the *Aquarian Arrow* to the diabolical novels of Dennis Wheatley, lurid accounts of satanic cults in the Sunday papers and the glut of illustrated books, part-magazines, documentary film and TV drama, it was a wildly exuberant seam of British pop culture.

Flowering from the more arcane parts of the hippy movement but mutating into something quite different, why was there such a huge crossover appeal for the British public? Was this a continuation of the Sixties cultural battleground of restrictive morality being secretly titillated, or was it something else - something darker? These questions certainly puzzled factual television at the time.

The age of Black Aquarius matched the late Victorian craze for the occult in its intensity and popularity, and certainly drew from some of that era's obsessions - dark dimensions, secret rites, unearthly energy - but filtered through 'the permissive society', through a hugely eclectic counterculture, swinging sexual liberation and new kinds of consumption and lifestyle. And while dark forces were summoned in the grooviest of Chelsea flats they were being unearthed in the countryside too, a fantasy of pagan ritual and wicker men, of tight-lipped locals and blood sacrifice at harvest time.

Contributors include Mark Gatiss, Katy Manning, Caroline Munro, Kim Newman, Highgate Vampire hunter David Farrant and Piers Haggard, director of 'The Blood on Satan's Claw'.

Producer: Simon Hollis  
A Brook Lapping production for BBC Radio 4.

**SAT 21:00 Tumanbay (m000jp2p)**  
Series 4

Glass Souls

Anton Lesser, Aiysha Hart, Rufus Wright and Kirsty Bushell lead an impressive ensemble cast in this engrossing, historical fantasy from creators John Scott Dryden and Mike Walker.

The great artist Piero has arrived from across the seas with his assistant Angel. He has been commissioned by the Empire's self-styled "Queen Mother" Fatima (Kirsty Bushell) to create a great work glorifying her rule. But after a period of brutal occupation, Tumanbay is no longer the gleaming city it was - and tensions and suspicions abound.

The blind Grand Master Amalric (Anton Lesser), leader of a fearsome religious order of knights, has his own plans for the city - plans that involve the religious figurehead, the Hafiz. But the Hafiz has gone missing. The only person who can find him is spymaster Gregor (Rufus Wright) who is languishing in the Palace of the Blind, a place in the desert where unwanted officials and rulers are exiled.

Cast:

Manel..... Aiysha Hart  
Gregor..... Rufus Wright  
Grand Master..... Anton Lesser  
Mehmed..... Nadim Sawalha  
Fatima..... Kirsty Bushell  
Pilaar..... Enzo Cilenti  
Cadali..... Matthew Marsh  
Heaven..... Olivia Popica  
Sarp..... Joplin Sibtain  
Piero..... Pano Masti  
Angel..... Steffan Donnelly  
Sarp..... Joplin Sibtain  
Olef..... Antony Bunsee  
Frog..... Misha Butler  
Matilla..... Albane Courtois  
Bello..... Albert Welling  
Alkin..... Nathalie Armin  
Farak..... Ali Khan  
Mad Sultan..... Vivek Madan  
Functionaries..... Gerard McDermott

Original Music by Sacha Putnam

Sound Design by Eloise Whitmore  
Sound Recording by Laurence Farr

Produced by Emma Hearn, Nadir Khan and John Scott Dryden  
Written by Mike Walker  
Directed by John Scott Dryden

A Goldhawk production for BBC Radio 4

**SAT 21:45 Rabbit at Rest (m000282f)**  
Episode 3

John Updike's fourth novel about Harry "Rabbit" Angstrom.

It's the end of the 1980s and Harry has acquired a Florida condo, a second grandchild, and a troubled, overworked heart - not to mention a troubled underworking son. As Reagan's debt-ridden, AIDS-panicked America yields to that of the first George Bush, Rabbit explores the bleak terrain of late middle age - looking for reasons to live and opportunities to make peace with a remorselessly accumulating past.

The novel won the Pulitzer Prize for Fiction in 1991, the second "Rabbit" novel to garner that award.

Reader: Toby Jones  
Abridger: Eileen Horne  
Producer: Clive Brill

A Brill production for BBC Radio 4

**SAT 22:00 News (m0018g0f)**  
The latest national and international news from BBC Radio 4

**SAT 22:15 Moral Maze (m00187xx)**  
Inequality: Is the gap between rich and poor in the UK fair?

Is the gap between rich and poor in the UK fair?

The soaring cost of living is raising questions about the gap

between rich and poor. As prices have been forced up by global events, including the war in Ukraine, families on low incomes, who spend most of their money on basics, have been hit hard. In the last year, more than two million people in the UK turned to food banks. Stories of parents forced to choose between food and warmth, or skipping meals so their children can eat, have become common. Can the UK, one of the richest countries in the world, morally justify millions of its people relying on charity just to keep their children warm and fed?

The wealthiest ten per cent of households own 43% of the country's wealth, so is it naive to suggest that the poorest should get more help and the richest should pay for it? The recently announced windfall tax on energy companies was an extraordinary moment: cash taken from big companies and handed to their customers. Is it time for more of this? Or are Robin Hood taxes, taking money from people who have earned it and handing it to people who haven't, essentially unfair? Isn't wealth inequality the very driver of human effort? We work, so we can become better off. Remove that incentive, and what happens to economic growth, on which we all rely? What is the case for redistributing the nation's wealth? Is it immoral to accumulate enormous personal wealth? Or is it acceptable for some people to become fantastically rich, provided that nobody is truly poor?

Producers: Jonathan Hallewell and Peter Everett  
Presenter: Michael Buerk

**SAT 23:00 Round Britain Quiz (m00187g8)**  
Programme 12, 2022

Northern Ireland and Scotland convene for the twelfth and last contest in the 2022 Round Britain Quiz season, and they face the additional hurdle that the questions in today's edition are all the work of listeners. How will they fare against the challenge posed by some of the most inventive minds around the UK and even overseas?

The Northern Irish team is Freya McClements and Paddy Duffy, opposite Val McDermid and Alan McCredie for Scotland. Both teams really need a win to avoid the 'wooden spoon' in the series this year. But don't underestimate their knowledge of music, film, sport, literature and the television classics of childhood - all of which will come in handy in today's contest.

The final league table will appear on the Round Britain Quiz homepage after the repeat of today's edition.

Producer: Paul Bajoria

**SAT 23:30 Poetry Please (m00187ph)**  
Joelle Taylor

Poetry from Walt Whitman, TS Eliot, Caroline Bird and Kayo Chingonyi feature in poet Joelle Taylor's selection of listener requests.

Joelle was awarded the TS Eliot Prize for Poetry in 2021. She is the founder of Slambassadors and is the author of *C+nto & Othered Poems*.

Among her choices are an extract from Ilya Kaminsky's *Deaf Republic* read by Garth Greenwell and Noma Dumezweni and an extract of Walt Whitman's *Song of Myself* read by Orson Welles.

Producer: Maggie Ayre

**SUNDAY 19 JUNE 2022**

**SUN 00:00 Midnight News (m0018g0h)**  
The latest news and weather forecast from BBC Radio 4.

**SUN 00:15 Past Forward: A Century of Sound (m0015vc3)**  
Rebuilding Britain

Greg Jenner watches a clip from a documentary from 1963 about the growth in large urban redevelopment projects in the UK and seeks assistance in unpacking the past and present of such schemes from Otto Saumarez-Smith and Andrew Carter from the Centre for Cities.

Marking the centenary of the BBC, Past Forward uses a random date generator to alight somewhere in the BBC's vast archive over the past 100 years. Greg Jenner hears an archive clip for the first time at the top of the programme, and uses it as a starting point in a journey towards the present day. The archive captures a century of British life in a unique way - a history of ordinary people's lives, as well as news of the great events. Greg uncovers connections through people, places and ideas that link the archive fragment to Britain in 2022, pulling in help from experts and those who remember the time, and looking at how far we've come since then.

Producer: Martin Williams

**SUN 00:30 Short Works (m001885k)**  
Enjoy the Show

An original short story specially commissioned by BBC Radio 4 from the writer Peter Jordan. As read by Niall Cusack.

Peter Jordan is a short story writer from Belfast. He has won the Bare Fiction Prize, came second in the Fish, and was shortlisted for both the Bridport Flash and the Bath Flash & Short Story Prizes, amongst others. Over 50 of his stories have appeared in literary magazines, journals and anthologies. His essays have been published at Thresholds and TSS Publishing & Retreat West. He has also been nominated for Best of 'net, Best Small Fictions and a Pushcart Prize. His award-winning short story collection, *Calls to distant places*, was released in August 2019. His story 'The Stigmata' was broadcast as part of BBC Radio Ulster's Storytellers series 'New Writers, Short Stories'.

Writer: Peter Jordan  
Reader: Niall Cusack  
Producer: Michael Shannon  
Executive Editor: Andy Martin

A BBC Northern Ireland production.

**SUN 00:48 Shipping Forecast (m0018g0k)**  
The latest weather reports and forecasts for UK shipping.

**SUN 01:00 Selection of BBC World Service Programmes (m0018g0m)**  
BBC Radio 4 presents a selection of news and current affairs, arts and science programmes from the BBC World Service.

**SUN 05:20 Shipping Forecast (m0018g0p)**  
The latest weather reports and forecasts for UK shipping.

**SUN 05:30 News Briefing (m0018g0r)**  
The latest news from BBC Radio 4

**SUN 05:43 Bells on Sunday (m0018f5)**  
Holy Trinity Church, Bradford on Avon in Wiltshire

Bells on Sunday comes from Holy Trinity Church, Bradford on Avon in Wiltshire. The tower contains a peal of eight bells from various foundries. The two oldest, numbers five and seven, were cast in 1614. The twenty nine and a half hundredweight tenor was cast in Bristol in 1882 and is tuned to D Flat. We now hear them ringing Grandsire Triples.

**SUN 05:45 Profile (m0018fsd)**  
[Repeat of broadcast at 19:00 on Saturday]

**SUN 06:00 News Summary (m0018fr5)**  
The latest national and international news from BBC Radio 4

**SUN 06:05 Something Understood (b01jwfpj)**  
The Spirit of Jazz

Mark Tully improvises on the theme of spirituality in jazz, one of his favourite forms of music. He is joined by trumpeter, Ian Smith who evangelizes about the links between jazz and faith.

Together Mark and Ian identify the roots of jazz, deep in the church and in religious experience, as well as in the lives of ordinary black Americans in the first half of the 20th Century. Ian maintains that jazz provided the only forum in American public life where black creative artists could be respected and could articulate a culture specific to their own experiences. More than that, he maintains that jazz, "is a meditative form which circles around certain fundamental truths without pretending that the limited human personal experience can solve them."

Mark Tully also celebrates the sheer joy of jazz with readings and music which lift the heart. He is even given permission by Ian to enjoy some of his favourite jazz pieces by musicians who are sometimes regarded by jazz buffs as not quite the genuine article.

The readers are Frank Stirling, Emma Fielding and Peter Guinness.

Producer: Adam Fowler  
A Unique production for BBC Radio 4

**SUN 06:35 Natural Histories (b05w919z)**  
Beetles

Beetles, in the group of insects known as Coleoptera or 'sheathed wing', make up roughly one quarter of all known living species on the planet, that's about 400,000 species. It's perhaps not surprising that beetles are at the heart of the many ways we take inspiration from nature.

"Ladybird, ladybird, fly away home,  
Your house is all burned and your children are gone....."

This nursery rhyme is one of many across Europe that demonstrates our close relationship with ladybirds. Peter Marren, leading wildlife author, explains the story behind the rhyme and why the ladybird in folklore is seen as 'Our Lady's Bird' as well as the poem Clock-o'-clay by the poet John Clare. The beetles collection at the Natural History Museum reveals the gold and silver beetles of the Cloud Forests of Costa Rica collected by Walter Rothschild in 1894. Scarab beetles found in Ancient Egypt had a huge impact on both the ecology and culture of the region and we find out why they were revered as sacred. In the Amazon region, the Shauro tribe incorporated beetle wings into ceremonial dress to enhance their prowess as warriors.

In this programme we celebrate the beetle and the role it plays as both an exotic and mundane creature whose biology is so extraordinary that some scientists now wish to copy it through the new science of Biomimetics.

With all their varied forms and irresistible structural colours, beetles may yet prove as invaluable in our future as they have been in our past.

Original Producer : Sarah Pitt

Archive producer for BBC Audio in Bristol : Andrew Dawes  
Revised repeat - first broadcast in a longer form on 27th October 2015

**SUN 06:57 Weather (m0018fr8)**  
The latest weather reports and forecast

**SUN 07:00 News and Papers (m0018frb)**  
The latest news headlines. Including a look at the papers.

**SUN 07:10 Sunday (m0018frd)**  
The Church of England and slavery; Ukrainian military chaplains; Should the Lords Spiritual be scrapped?

Should the Lords Spiritual be scrapped? Currently 26 bishops sit in the Lords. But it's been reported that some cabinet ministers want that to end after the Church of England criticised the government's plan to deport asylum seekers to Rwanda. We debate the issues with the former attorney general Dominic Grieve - a practising Anglican and former Conservative MP - and Dr Jonathan Chaplin from the Divinity Faculty at the University of Cambridge.

In Ukraine, the focus of the fighting has shifted to the Donbas region, but it is as fierce as ever. A senior government official has told the BBC that Ukraine is losing between one and two hundred troops every day. Military chaplain Father Sergiy Berezhnoy, a Ukrainian Orthodox priest and a chaplain to the 42nd Battalion of Defenders of Kyiv tells Edward how Ukrainian soldiers are bearing up in the latest battle.

The Archbishop of Canterbury has apologised after research showed the Church of England's investment fund has links to the slave trade. Justin Welby said he is 'deeply sorry' for the links. But are apologies enough? We speak to Robert Beckford, Professor of Climate and Social Justice at the University of Winchester, who's recently been to Barbados to explore the legacy of the link between Anglicanism and slavery.

As devoted yogis prepare to mark International Yoga Day, we speak to Heather Mason from the Yoga in Healthcare Alliance, which trains people to use yoga to prevent health conditions and we ask the Indian cultural minister for the UK, Amish Tripathi, how he feels about yoga being detached from its spiritual roots.

Plus an Anglican church leader in Rwanda responds to his English counterparts' attack on the UK Government's new asylum policy.

Presented by Edward Stourton  
Produced by Rebecca Maxted and Julia Paul  
Editor: Helen Grady

**SUN 07:54 Radio 4 Appeal (m0018frg)**  
School-Home Support

Lady Sophie Windsor makes the Radio 4 Appeal on behalf of School-Home Support.

To Give:  
- UK Freephone 0800 404 8144

-You can donate online at [bbc.co.uk/appeal/radio4](http://bbc.co.uk/appeal/radio4)  
- Freepost BBC Radio 4 Appeal. (That's the whole address. Please do not write anything else on the front of the envelope). Mark the back of the envelope 'School-Home Support'.  
- Cheques should be made payable to 'School-Home Support'. Please note that Freephone and online donations for this charity close at 23.59 on the Saturday after the Appeal is first broadcast. However the Freepost option can be used at any time.

Registered charity number: 1084696

**SUN 07:57 Weather (m0018frj)**  
The latest weather reports and forecast

**SUN 08:00 News and Papers (m0018frl)**  
The latest news headlines. Including a look at the papers.

**SUN 08:10 Sunday Worship (m0018frn)**  
Radical hospitality

Today's episode of Sunday Worship comes from St Illtud's Church in Llantwit Major (in Welsh, 'Llanilltud'). Situated on the beautiful Glamorgan Heritage Coast, St Illtud is an ancient place of Christian witness and learning. Illtud founded his 'College' there in the early 6th century, and the alumni of Llanilltud reads like a 'Who's Who' of Celtic saints, with Dewi Sant (Saint David himself) studying there according to tradition, while even Patrick and Bridget would have known of Llanilltud's work and witness.

Today's service reflects on how the roots of Celtic spirituality can frame the context of a contemporary faith tradition. The service is led by Revd Emma Street, with reflections by Canon Edwin Counsell, and contributions from members of the St Illtud's Church community, all bearing witness to how the rich and ancient tradition of radical hospitality is as relevant now as ever in supporting service of one another.

Music includes hymns sung by members of the National Chorus of Wales, excerpts of Britten's Third and Bach's Fourth Cello Suites from local 'cellist Ben Turlton, and a window into a Celtic mediaeval sound-world from the Welsh bardic musicians, 'Bragod'.

**SUN 08:48 A Point of View (m001886n)**  
No-Stalgia

'It's time to acknowledge', writes Will Self, 'that we don't really feel nostalgia at all - only something far more worrying and debilitating: a condition I've named no-stalgia'.

Will argues that the West is particularly in thrall to rose-tinted nostalgia and looks to Japan - and its concept of 'mono no aware' - as an alternative and healthier way of thinking about the past.

Producer: Adele Armstrong  
Sound: Peter Bosher  
Production Coordinator: Iona Hammond  
Editor: Richard Fenton-Smith

**SUN 08:58 Tweet of the Day (b038qk90)**  
Jay

Tweet of the Day is a series of fascinating stories about our British birds inspired by their calls and songs.

Brett Westwood presents the jay. This bird is a colourful member of the crow family. In September and October you'll often see jays flying around woodland with their bills and throats crammed with acorns. Many of these they bury as winter stores but not all are retrieved by Jays and many germinate and grow into young oaks, making the jay a tree-planter on a national scale.

**SUN 09:00 Broadcasting House (m0018frq)**  
Broadcasting House 19/06/2022

Paddy returns this week, and speaks to the boss of the RMT Union Mick Lynch about this week's planned rail strikes. We launch a BH Festival just in time for Glastonbury, with music, comedy and astrology. We speak to the wife of James Brokenshire, who died of lung cancer last year, as part of our series examining grief. On the papers, Janine Gibson of the Financial Times, bestseller Joanne Harris and broadcaster Luke Jones.

**SUN 10:00 The Archers Omnibus (m0018frs)**  
Writer, Adrian Flynn  
Director, Rosemary Watts  
Editor, Jeremy Howe

David Archer ..... Timothy Bentinck  
Ruth Archer ..... Felicity Finch  
Ben Archer ..... Ben Norris  
Natasha Archer ..... Mali Harries  
Tom Archer ..... William Troughton  
Tony Archer ..... David Troughton  
Brian Aldridge ..... Charles Collingwood  
Neil Carter ..... Brian Hewlett  
Susan Carter ..... Charlotte Martin  
Beth Casey ..... Rebecca Fuller  
Justin Elliott ..... Simon Williams  
Martyn Gibson ..... Jon Glover  
Ed Grundy ..... Barry Farrimond  
Jakob Hakansson ..... Paul Venables  
Alistair Lloyd ..... Michael Lumsden  
Jazzer McCreary ..... Ryan Kelly  
Hannah Riley ..... Helen Longworth  
Sonya ..... Dru Stephenson  
Denise ..... Clare Perkins

**SUN 11:15 Desert Island Discs (m0018frv)**  
Rita Tushingham, actor

Rita Tushingham first won international acclaim as a teenager, playing Jo in the film A Taste of Honey. Her performance in this 1961 kitchen sink drama earned her a BAFTA, a Golden Globe and the Best Actress award at the Cannes Film Festival. She started shooting the film on her 19th birthday.

She went on to play roles in the Leather Boys, the Knack... and How to Get it and Doctor Zhivago. Now 80, she continues to perform and recently appeared in two BBC television drama series - Ridley Road and The Responder - and in the film Last Night in Soho.

Rita was born in Liverpool and at 16 joined the Liverpool Repertory Company as a student assistant stage manager. Her first role was as the back legs of a horse in Toad of Toad Hall. In 1960 she responded to a newspaper article which invited 'ugly' unknown girls to apply for the part of Jo in a film adaptation of Shelagh Delaney's play A Taste of Honey, to be directed by Tony Richardson. The film challenged many taboos of the time, including teenage pregnancy and interracial relationships.

After the British film industry went into decline in the 1970s Rita started working in Europe. In 1988 she went back to her roots and played Celia Higgins in Carla Lane's Liverpool sitcom, Bread. Rita lives in London and is a passionate supporter of Liverpool Football Club.

DISC ONE: You'll Never Walk Alone by Gerry & the Pacemakers

DISC TWO: Tutti Frutti by Little Richard

DISC THREE: Penny Lane by The Beatles

DISC FOUR: Every Time We Say Goodbye by Ella Fitzgerald

DISC FIVE: The pas de deux from the second act of Giselle, performed by The Pro Arte Orchestra, conducted by Marcus Dods

DISC SIX: Bridge Over Troubled Water by Simon and Garfunkel

DISC SEVEN: An extract from I'm Sorry I Haven't a Clue - Potted Plots, broadcast on BBC Radio 4 on 22nd May 2006

DISC EIGHT: Hallelujah by Jeff Buckley

BOOK CHOICE: Brewer's Dictionary of Phrase and Fable

LUXURY ITEM: A photograph album

CASTAWAY'S FAVOURITE: Bridge Over Troubled Water by Simon and Garfunkel

Presenter Lauren Laverne

Producer Paula McGinley

**SUN 12:00 News Summary (m0018g9g)**

The latest national and international news from BBC Radio 4.

Series 89

Series 89

**SUN 12:04 Just a Minute (m00187gl)**

Series 89

**SUN 12:32 The Food Programme (m00187gb)**  
Birmingham's Food System Revolution

The city of Birmingham is about to launch its own ambitious Food System Strategy. It's vision is to create a bold, fair, sustainable and prosperous food system and economy, where food choices are nutritious and affordable. The strategy faces many challenges – Birmingham has one of the highest rates of childhood obesity in the country, and worrying levels of food poverty with 6.8 % of residents reporting using food banks during lockdown.

Last week the government published its long-awaited Food Strategy for England – a policy paper responding to Henry Dimbleby's National Food Strategy, a landmark national review into the food system. Reaction has been mixed, with campaigners disappointed that many of the review's bolder recommendations - like a tax on salt and sugar - haven't been taken up, and no mention of a Food Bill. So in today's programme Jaega Wise visits Birmingham to ask if cities could take up the mantle of improving what we eat, and talk to grassroots food groups about the change they want to see. Is it time for cities to step up and drive the food agenda, and far can they go in creating the radical change we need?

Presented by Jaega Wise and produced by Sophie Anton for BBC Audio in Bristol

**SUN 12:57 Weather (m0018fs0)**  
The latest weather forecast**SUN 13:00 The World This Weekend (m0018fs2)**  
Radio 4's look at the week's big stories from both home and around the world**SUN 13:30 The Listening Project (m0018fs4)**  
The Human Need to Connect

Four conversations presented by Fi Glover.

This week: as the 50th anniversary of Pride UK approaches, Ashley and Chris reflect on the impact the marches have had on their lives; Charlie and Richard share their poignant feelings about Father's Day and losing people they love; and super fans Seyi and Robert bemoan the passing of the hit Australian TV soap 'Neighbours' - soon to be axed after 37 years.

The Listening Project is a Radio 4 initiative that offers a snapshot of contemporary Britain in which people across the UK volunteer to have a conversation. The conversations are being gathered across the UK by teams of producers from local and national radio stations who facilitate each encounter. Every conversation lasts up to an hour and is then edited to extract the key moments of connection between the participants. Most of the unedited conversations are being archived by the British Library and used to build up a collection of voices capturing a unique portrait of the UK in this decade of the millennium. You can learn more about The Listening Project by visiting [bbc.co.uk/listeningproject](http://bbc.co.uk/listeningproject)

Producer: Mohini Patel

**SUN 14:00 Gardeners' Question Time (m001885h)**  
Chelsea Flower Show Potting Shed - Part 2

Horticultural programme featuring a group of gardening experts. Peter Gibbs presents the second instalment of highlights from the Potting Shed sessions at this year's Chelsea Flower Show. Answering the questions this week are Ashley Edwards, Pippa Greenwood, Bob Flowerdew and Chris Beardshaw.

From GQT's bustling Chelsea exhibit, the panellists share their advice on planting for window boxes, growing the most delicious blueberries, and cultivating dahlias that stand the test of time.

Away from the questions, Matthew Wilson chats to PhD student Jack Greenhalgh about how the interdisciplinary science of eco acoustics could aid efforts towards restoring biodiversity in freshwater environments.

Producer: Dominic Tyerman  
Assistant Producer: Bethany Hocken

A Somethin' Else production for BBC Radio 4

**SUN 14:45 Past Forward: A Century of Sound (m0015vc3)**  
[Repeat of broadcast at 00:15 today]**SUN 15:00 Drama (m0018fs6)**  
The Machine Stops

Tamsin Greig stars in EM Forster's prescient vision of a world population living in isolated underground rooms, utterly dependent on technology. Philip Franks adapts this 1909 story into an eerie 'steampunk' journey through a world of fractured people, reliant on The Machine.

It still feels like a warning of things to come.

Existing in bunkers and communicating only through screens, the population has become neurotic and compliant, unaware that The Machine has taken complete control from its human inventors. Communication is via screen only and daily activity is largely confined to gossip, the sharing of ideas and a form of 'knowledge', itself electronically controlled and manipulated by The Machine. Then it begins to break down.

Tamsin Greig plays Vashti, a lecturer in the history of music, specialising in the Late Australian Period (Forster does retain a sense of humour). Her world is turned on its head by her son Kuno (played by Tok Stephen) when he says he has visited the surface and met people living up there. Vashti worships The Machine, her son wants to escape its grip. Their journey, as the all embracing structure collapses, brings them closer together, and eventually to the realisation that mankind's only future is in shared humanity and a connection to nature - then and only then perhaps a ruined planet can be rebuilt.

In 1909, EM Forster took a break from linen suits, big hats and unrequited love among the upper classes, and wrote a story which predicts - among other things - globalisation, the Internet, zoom, algorithms, social isolation and climate crisis.

Cast:  
Tamsin Greig  
Sarah Lawrie  
Alana Ramsey  
Veronica Roberts  
Wilf Scolding  
Tok Stephen  
John Wark

Adapted/ Directed by Philip Franks  
Produced by David Morley

A Perfectly Normal production for BBC Radio 4

**SUN 16:00 Open Book (m0018fs8)**

Time and Time Travel with Emily St. John Mandel, Carlo Rovelli and Audrey Niffenegger

Johny Pitts presents a special edition of the programme exploring time and time travel in books.

He talks to Emily St. John Mandel, author of the prescient Station Eleven about her latest novel Sea of Tranquility, which spans past, present and an eerily familiar future.

Theoretical physicist Carlo Rovelli and Audrey Niffenegger, the writer behind bestselling The Time Traveller's Wife, also join them to discuss how literature has changed our understanding of time. Is scientific stranger than science fiction?

Book List - Sunday 19 June and Thursday 23 June

Sea of Tranquility by Emily St. John Mandel  
Station Eleven by Emily St. John Mandel  
The Glass Hotel by Emily St. John Mandel  
The Order of Time by Carlo Rovelli  
Seven Brief Lessons in Physics by Carlo Rovelli  
The Time Traveler's Wife by Audrey Niffenegger  
The Three-Body Problem by Liu Cixin  
The Dark Forest by Liu Cixin  
The Door in the Wall by H G Wells  
Await Your Reply by Dan Chaon  
Monkey by Wu Ch'eng-ên: Translated by Arthur Waley  
The Tale of Genji by Murasaki Shikibu

**SUN 16:30 Uncanny (m0018fsb)**

Uncanny Summer Special: Canadian Horror Story

Uncanny is back, with a brand-new case, in this terrifying Summer Special episode. It's 1998 and teenager Scott goes on his first trip abroad, a summer vacation in the rugged beauty of Newfoundland in Canada. But when Scott's family stay the night in a remote seaside lodging house, their trip of a lifetime becomes the holiday from hell as they find themselves seemingly face to face with a malevolent supernatural force.

Nearly 25 years later, Danny meets Scott to see if he can solve the mystery that has haunted him his whole life. What really happened in that lonely old house? Was it demonic or can it be explained?

Written and presented by Danny Robins  
Editor and Sound Designer: Charlie Brandon-King  
Music: Evelyn Sykes

Theme Music by Lanterns on the Lake  
Produced by Danny Robins and Simon Barnard

A Baffleleg and Uncanny Media production for BBC Radio 4

**SUN 17:00 File on 4 (m00187rz)**  
Sibling Sexual Abuse: The Last Taboo?

With exclusive access to research – the first of its kind – reporter Livvy Haydock investigates what could be the most common form of sexual abuse that happens within families: sibling sexual abuse.

She speaks to families struggling to get help for this distressing form of abuse and those struggling to come to terms with a child harming another child – and fighting to repair their family.

As she will find out, a lack of official data makes it difficult to know for sure the true scale of the problem but some experts suggest 1.3 million people in the UK may have been affected by it.

And she will ask if a reluctance to accept what's going on in front of us, could mean that when people look for help, often, it's not there.

This is a story about sexual abuse at the very heart of the family; a story that may challenge what you think you know about the risk children may face in our homes.

Reporter: Livvy Haydock  
Producer: Alys Harte  
Technical Producer: Craig Boardman  
Journalism Assistant: Tim Fernley  
Production Manager: Sarah Payton  
Editor: Nicola Addyman

**SUN 17:40 Profile (m0018fsd)**  
[Repeat of broadcast at 19:00 on Saturday]**SUN 17:54 Shipping Forecast (m0018fsg)**  
The latest weather reports and forecasts for UK shipping.**SUN 17:57 Weather (m0018fsj)**  
The latest weather reports and forecast**SUN 18:00 Six O'Clock News (m0018fsl)**  
Transport Secretary dismisses calls to intervene ahead of Tuesday's rail walkout.**SUN 18:15 Pick of the Week (m0018fsn)**  
Louise Minchin

A selection of highlights from the past week on BBC radio

**SUN 19:00 The Archers (m0018fsq)**

Lynda asks Robert to speak to Adil about his singing in the shower. Robert thinks Adil has an excellent voice; Lynda should cast him in her next production. As Lynda remarks her production days are over, Robert notes Lynda isn't Adil's biggest fan. Lynda confronts Adil herself about the singing, but when Robert drops in Lynda's history with local productions, Adil's keen to get involved. Lynda tells Adil she has no interest in working with someone who is out to destroy her community. Cautious, Adil tells them he's planning on holding a consultation with the village – he hopes Lynda will join. As he leaves Lynda berates Adil's cheek. Robert can't see Lynda's problem; Adil is a paying guest, a nice person and just doing his job. Chris bumps into Usha and asks after Amy, but Usha's more concerned about Chris. Chris feels bad about how things ended with Amy, but Usha tells Chris he did the decent thing. When Usha informs him Amy's met someone new, Chris says she deserves to be happy. Usha reminds Chris he deserves to be happy too. Chris confesses he's avoiding the family Father's Day lunch – he's too depressing to be around and his family have earned a day off. Usha is sympathetic as Chris tells her about the court hearing. She asks if he can talk to Alice, but Chris thinks it's too late. Usha encourages Chris not to catastrophise but to focus on the here and now, and enjoy Martha. Chris promises to try and do that.

**SUN 19:15 Stand-Up Specials (m0018fss)**  
Josie Long: What Next?

Three-time Edinburgh Comedy Award nominee and self-effacing national treasure Josie Long returns to the R4 airwaves to turn her sharp but affectionate eye on the state of the nation – and world, and planet – as we begin to emerge from two years of upheaval.

'What's Next?' was a slogan stencilled all over major cities by climate change campaigners during the pandemic. It's a fair question. In this stand-up masterclass – adapted from one of the most lauded Edinburgh Fringe shows in recent years – Josie considers the responsibility we have to our children with the planet in the parlous state it is.

She has become a mother herself (the first person ever, to her knowledge, to have not one, but two babies) and, through the prism of new parenthood, there is a lot to be alarmed about – corrupt governments, melting icecaps, health-food entrepreneurs making unsubstantiated claims about dates. And yet, in among all the existential crisis of the world in 2022, Josie finds hope and humanity.

A memoir of life-altering experiences broadened out into a manifesto for the direction we take now, post-pandemic, What's Next deals surehandedly with both the personal and the global, showcasing the talents of a comic with an unusual and much-cherished ability to straddle the playful and the profound.

She may not have all the answers to our many societal crises, but nobody poses the questions in quite such an impassioned and entertaining way.

Written and performed by Josie Long

Produced by Siren Turner and Lianne Coop

An Impatient production for BBC Radio 4

**SUN 19:45 Accidents and Emergencies (m0018fsv)**  
2: Stage Four Rory

The next in a powerful new short story series from Sarah Moss, set on one hospital ward over a long bank holiday weekend. As patients wait to be assessed on the Acute Medical Unit, with staff exhausted and thin on the ground, stories of patients' lives and possible futures slowly unfold. These are tales of kindness, love and small acts of humanity in a system at breaking point.

Today: as the doctors pull the curtains shut around him, one young patient prepares for life-changing news...

Writer: Sarah Moss  
Reader: Niamh Cusack  
Producer: Justine Willett

**SUN 20:00 More or Less (m00187wq)**  
Maternity litigation, stars, bees and windowless planes

The former Health Secretary Jeremy Hunt says that the cost of maternity litigation claims in England is now more than the cost of salaries for maternity nurses and doctors. We crunch the numbers and ask how worried parents and taxpayers should be. Also are there more bees in the world than stars in the galaxy? And would planes be much lighter if they didn't bother with windows? Maths Professor Hannah Fry talks to us about her experience of cancer and the choices she and others have faced after a diagnosis. And we hear from author Simon Singh, who wants to bring fun maths conversations into homes everywhere.

Produced in partnership with the Open University.

Presenter: Tim Harford  
Series Producer: Charlotte McDonald  
Reporters: Nathan Gower, Lizzy McNeill, Jon Bithrey  
Production Coordinator: Brenda Brown  
Sound Engineer: James Beard  
Editor: Richard Vadon

**SUN 20:30 Last Word (m001885m)**  
Dame Paula Rego (pictured), Bruce Kent, Hilary Devey CBE

Matthew Bannister on

Dame Paula Rego, the acclaimed Portuguese-born artist who later made her home in the UK and was renowned for making vivid and disturbing work focussing on the subjugation of women. We talk to her son Nick Willing.

Bruce Kent, the Catholic priest who became a leader of the Campaign for Nuclear Disarmament.

Hilary Devey CBE, who founded a multi-million pound freight distribution business and was one of the Dragons on the TV show Dragons Den.

Producer: Neil George

Interviewed guest: Nick Willing  
Interviewed guest: Jacky Klein  
Interviewed guest: Kate Hudson

Archive clips used: BBC Radio 4, Desert Island Discs - Dame Paula Rego 07/12/1997; Kismet Film Company/ BBC, Paula

Rego - Secrets and Stories 25/03/2017; Eric Minh Swenson Art Films, Samella Lewis - Pioneering Visual Artist and Educator 19/12/2016; BBC Radio Ulster, Bruce Kent documentary 13/03/1988; British Movietone, Aldermaston March - Natural Sound 12/04/1963; British Movietone, The March to Aldermaston in Trafalgar Square 10/04/1958; BBC Radio 4, PM - Cardinal Basil Hume interview 27/04/1983; BBC News, Troops Erect Fence Around RAF Molesworth Base 06/02/1985; CND - YouTube Channel, Bruce Kent - Why I joined CND 18/02/2018; BBC Radio 4, Desert Island Discs - Hilary Devey 02/11/2012; BBC Radio 4, Woman's Hour - Hilary Devey interview 24/05/2012; BBC One, Dragons' Den (Season 10) 2012; ITV Studios - YouTube Channel, Loose Women - Hilary Devey interview 03/06/2015.

**SUN 21:00 Money Box (m0018fxx)**  
[Repeat of broadcast at 12:04 on Saturday]

**SUN 21:25 Radio 4 Appeal (m0018frg)**  
[Repeat of broadcast at 07:54 today]

**SUN 21:30 Analysis (m00187gs)**  
The Advertising Trap

Digital advertising fuels the digital economy, but is it all based on smoke and mirrors?

Ed Butler investigates what some claim is a massive collective deception - a trillion dollar marketing pitch that simply does not deliver value to any of those paying for it. He asks, do online ads actually work, or could it be that some of the biggest names in global tech are founded on a false prospectus?

**SUN 22:00 Westminster Hour (m0018fsz)**  
Carolyn Quinn is joined by the Business minister and minister for London, Paul Scully; Shadow Secretary of State for Wales, Jo Stevens; and the Lib Dem Treasury spokeswoman, Christine Jardine. They discuss the forthcoming rail strikes and the prospect of wider industrial action in the public sector, and the government's policy of sending asylum seekers to Rwanda - ahead of the Commonwealth summit being held in the country this week. The political editor of the Daily Telegraph, Ben Riley-Smith, brings additional insight and analysis.

**SUN 23:00 Loose Ends (m0018ft1)**  
[Repeat of broadcast at 18:15 on Saturday]

**SUN 23:30 Something Understood (b01jwfpj)**  
[Repeat of broadcast at 06:05 today]

## MONDAY 20 JUNE 2022

**MON 00:00 Midnight News (m0018ft3)**  
The latest news and weather forecast from BBC Radio 4.

**MON 00:15 Thinking Allowed (m00187xg)**  
Package holidays and 'authentic' travel

Package holidays and 'authentic' travel: Michael John Law, retired research fellow in History at the University of Westminster, investigates the origin of budget tourism and how the package deal opened up a previously unaffordable world to working class holidaymakers. Also, Kaylan Schwarz, assistant professor in the School of Liberal Education at the University of Lethbridge, Alberta, Canada, explores the experience of international volunteers who insist on experiencing 'authenticity' and claim superiority to every day tourists.

Producer: Jayne Egerton

**MON 00:45 Bells on Sunday (m0018ft5)**  
[Repeat of broadcast at 05:43 on Sunday]

**MON 00:48 Shipping Forecast (m0018ft7)**  
The latest weather reports and forecasts for UK shipping.

**MON 01:00 Selection of BBC World Service Programmes (m0018ft9)**  
BBC Radio 4 presents a selection of news and current affairs, arts and science programmes from the BBC World Service.

**MON 05:20 Shipping Forecast (m0018fte)**  
The latest weather reports and forecasts for UK shipping.

**MON 05:30 News Briefing (m0018ftf)**

The latest news from BBC Radio 4

**MON 05:43 Prayer for the Day (m0018ftf)**  
A spiritual comment and prayer to start the day with George Craig, a Methodist local preacher in Cardiff.

Good morning. My younger sister has often complained that of all the things she could have inherited from our late father it's a bit galling that it had to include his nose and ears. Family resemblances are a funny business, but they must be important because we are told at the start of the Bible that we are made in the image of our Heavenly Father – so it's clearly something we ought to give some serious thought to.

Clearly, we don't all actually look like God physically – a quick glance around any group of people will show that – we really do come in all shapes and sizes. So we have to assume that our likeness to God is of a different order.

And I think there's a clue to be found in one of the relatively harmless pastimes of a grandparent: spotting the various family resemblances amongst grandchildren – attitudes, temperaments, behaviours that seem to pop up in every generation.

The family likeness may not be physical, but the personality and the character are easy to spot.

And it seems to me that is how we can be like God – showing His love, His care and kindness. His tolerance and understanding. The mission of the Christian is to be our Father's living presence in the world.

I'd be honoured to be told that I had inherited any of my father's strengths – and there were many – so my Christian life should be a constant striving to show the world how much I am like my Heavenly Father.

Lord God, You made us in your image and yet we find it so hard to show it. Make us more like you, showing one another a love that truly reflects Yours. Amen

**MON 05:45 Farming Today (m0018ftk)**  
Bird Flu Consortium launched

The Government has launched a consortium of scientists and researchers to tackle the biggest ever outbreak of bird flu. There have already been more than 100 cases - leading to strict restrictions on poultry earlier this year. It's also now killing some sea birds. The task force aims to find out why this outbreak is so bad, and what can be done to contain it in future. However a recent government report found out that the main lab used by teams to tackle these outbreaks is itself run down, with some facilities described as 'not fit for purpose'. How do you keep cattle in a field? It may seem an obvious question but the obvious answer – a fence or hedge - is no longer the only one. GPS electric collars keep cattle in the defined area by delivering a small electric shock – less than an electric fence - if the animals stray too close to the digital boundary. The collar also emits a high-pitched tone until they back away. These 'invisible borders' are set by farmers using a phone app. We meet a farmer trialling this tech, and hoping it will lead to a much larger regional grazing project. This week we're also talking about legumes - plants which produce a pod with seeds inside, so anything from peanuts to beans and peas. Today we hear from a farmer growing fava beans in Yorkshire.

**MON 05:56 Weather (m0018ftm)**  
The latest weather forecast for farmers.

**MON 05:58 Tweet of the Day (b038qk9b)**  
Bluethroat

Tweet of the Day is a series of fascinating stories about our British birds inspired by their calls and songs.

Brett Westwood presents the bluethroat. This is a fine songbird and a sprightly robin-sized bird with a dazzling sapphire bib. Your best chance of seeing one is in autumn when they pass through the north or east coast on migration.

**MON 06:00 Today (m0018g53)**  
News and current affairs, including Sports Desk, Weather and Thought for the Day.

**MON 09:00 Start the Week (m0018g55)**  
Justice, war crimes and targeted killings

Linda Kinstler's Latvian grandfather disappeared after WWII and the family never spoke about him. But as she delved into Boris Kinstler's life she found he had been a member of a killing brigade in the SS linked to the 'Butcher of Riga' Herbert Cukurs, before becoming a KGB agent and then vanishing. She

attempts to uncover the truth in *Come To This Court and Cry: How The Holocaust Ends*, but also interrogates the uncertainties of memory, family, nation and justice.

Although Herbert Cukur's name came up frequently at the Nuremberg war crime trials for the killing of tens of thousands of Jews, he managed to escape and find refuge in South America. It was there he was murdered by Mossad agents who left a note from *Those Who Will Never Forget* saying 'the condemned man has been executed'. The Israeli investigative journalist Ronen Bergman has uncovered his country's most secret activities in *Rise and Kill First: The Secret History Of Israel's Targeted Assassinations* (translated by Ronnie Hope).

The Nuremberg trials in the aftermath of WWII mark the birth of international law and set the framework of modern human rights law. The barrister and writer Philippe Sands has appeared frequently before international courts, and has been involved in many of the most important cases of recent years from Yugoslavia to Rwanda to Guantanamo. He explains what can be done when countries – like Russia – refuse to recognise the jurisdiction of international law.

Producer: Katy Hickman

**MON 09:45 The Escape Artist by Jonathan Freedland (m0018jzc)**

1. Auschwitz

The award-winning journalist Jonathan Freedland reads from his powerful and moving new book about a heroic and courageous young Jewish man who escaped Auschwitz to reveal the truth about the Holocaust.

The *Escape Artist* by Jonathan Freedland, the award-winning journalist, broadcaster and international bestselling author, tells the remarkable story of a young man who made it his mission to expose the chilling reality of Auschwitz and the Holocaust. Courage and a steely determination to do the right thing led Rudolf Vrba and his friend, Fred Wetzler, to make a daring escape from the heavily guarded concentration camp. An eyewitness to many stages of the Final Solution, Vrba committed to memory details of the concentration camp's brutal and murderous regime. His testimony found its way into report that was disseminated to Churchill, Roosevelt and the Pope and ultimately saved the lives of 200,000 Hungarian Jews.

Abridged by Richard Hamilton  
Produced by Elizabeth Allard

**MON 10:00 Woman's Hour (m0018g59)**

#MeToo in Comedy, Prom Dresses, Crowd Surfing

The comedians Katherine Ryan and Sara Pascoe have been making headlines in recent weeks following comments they made on Katherine's new TV show. Both revealed instances when they've worked with men they believe to be predatory and despite complaining these men have not been reprimanded. Emma is joined by Kathryn Roberts who quit comedy because of her experiences and also by Chloe Petts who will be performing her show *Transience* at the Edinburgh Fringe this summer.

School proms return this year, but with more and more families feeling the pinch during the cost-of-living crisis, some students are missing out on this milestone event as they can't afford a dress. Across the UK, pop-up shops for preloved dresses are helping relieve the financial burden for disadvantaged teenagers. We speak to two women involved in such initiatives.

When Amy Maynard offered to take in a Ukrainian lady called Iryna, she didn't realise the other struggle Iryna had been dealing with – fertility. Her first round of IVF was successful until she had a stillbirth, and she has one embryo left in Kyiv. Amy has now decided to raise money for Iryna and her husband Sergey, so they can have the chance to have a family of their own.

Have you ever tried crowd surfing before? One woman decided she would try her hand at it and won a competition. Amanda Mansell from York has been crowned 'Middle-Aged Crowd Surfing Champion'. She had never done it before but now thinks more women should be doing it.

Presenter: Emma Barnett  
Producer: Emma Pearce

**MON 11:00 The Untold (m0018g5c)**

Should GLORIA give up her dreams?

GLORIA has always dreamed of becoming a singer. Growing up in a Pentecostal Christian family near Blackpool, music was always part of her life and she spent her childhood summers performing on the pier before heading off to university to study business, finance and economics. But the siren call of music remained strong, with GLORIA eventually moving to London

and recording vocals for house music producers. Often unpaid and feeling overlooked, Gloria was close to giving up until she met Gaika, a musician and visual artist who encouraged her to find her own sound.

She released her first EP as GLORIA, starting to find her creative voice and a more experimental sound and look. Things were going well. So well, in fact, that she quit her day job in February 2020. Four weeks later the world shut down and with it all her gigs and income disappeared. With no money coming in, she reluctantly left London and moved in with her dad.

Two years later with her savings depleted and no home to call her own, GLORIA gave herself an ultimatum: six months to get her music to a level where she can find a label to back her, try and get a publishing deal and build back the momentum she needs to make singing a sustainable career. Now the six months is nearly up, can she do it or should she give up her dreams?

Produced and presented by Emily Dicks

**MON 11:30 The Bottom Line (m001883t)**

Online Reviews

Can we trust the wisdom of the crowd on online review platforms? Evan Davis and guests discuss how businesses can harness this knowledge to their advantage and how they can deal with bad reviews. And how do the platforms that consumers look to for assurance ensure that we're reading the truth? Plus stories of chip shops, splashing in puddles and the mysterious "review farms"...

Guests:

Anoop Joshi, VP Legal and Platform Integrity, Trustpilot  
Melissa Norton, Commercial Director, Muddy Puddles  
Professor Adrian Palmer, Head of Marketing and Reputation, Henley Business School

Producer: Julie Ball

Editor: Hugh Levinson

Sound: Neil Churchill

Production coordinators: Siobhan Reed and Helena Warwick-Cross

**MON 12:00 News Summary (m0018g6f)**

The latest national and international news from BBC Radio 4.

**MON 12:04 You and Yours (m0018g5h)**

Care home top-up fees, Working holidays on farms, BT digital voice

We look at how some families in England still end up paying top-up fees for relatives in care homes, even when they're entitled to a council funded place. By law, councils have to offer at least one suitable place in a home where no top-up fees are needed. It's been seven years since the law was changed to prevent unfair top-up fees being charged. We ask why some councils in England are still flouting the rules, making relatives pay hundreds of pounds a week towards care. We speak to a woman who was wrongly charged £56,000 in top-up fees for her mother by Stockport Council over a five year period. Following an investigation by the Local Government and Social Care Ombudsman, the council has now agreed to refund the money. We hear more from Donna Campbell, an assistant Ombudsman and David Broome from Age UK.

Many of us will already be looking ahead to a relaxing summer holiday either here in the UK or abroad. But for some people the ideal break involves something more active such as learning new skills on a working holiday and often paying for the privilege. Our reporter, Bob Walker, visits an organic farm in the Shropshire countryside and talks to volunteers there who are both taking a break and working at the same time.

We return to a story we've covered a lot in the last year - the woes of customers who've been cut off phone and broadband following an upgrade to BT's new Digital Voice system. The new internet phone service replaces the old copper wire connection. BT halted the mass rollout at the end of March and has told You and Yours that it won't be resuming, it has technical solutions in place. We speak to Dennis Reed from Silver Voices, a campaign group for the Over 60s.

Presenter: Winifred Robinson

Producer: Tara Holmes

**MON 12:57 Weather (m0018g5k)**

The latest weather forecast

**MON 13:00 World at One (m0018g5m)**

Forty-five minutes of news, analysis and comment, with Sarah Montague.

**MON 13:45 The People Vs J Edgar Hoover (m0018g5p)**

5. "The Most Notorious Liar in the Country"

Martin Luther King Jr crosses Hoover's radar. It doesn't end well.

J Edgar Hoover built then ran the FBI for almost five decades. He turned it from a bureaucratic backwater into a premier crime fighting and counterintelligence force. In the process, he arguably became America's most powerful man. He's been dead 50 years and still his shadow looms over the US. Today's fears of a 'deep state' - of unaccountable government officials working against the public in their own interest - can be traced back to him. In this 8-part series, Emily Maitlis shows how though his job was to enforce the law...he would not always be bound by it.

Producer: Neal Razzell

Research: Louise Byrne

Editor: Hugh Levinson

Production Coordinator: Janet Staples

Sound: Tom Brignell

**MON 14:00 The Archers (m0018fsq)**

[Repeat of broadcast at 19:00 on Sunday]

**MON 14:15 The Price of Oil (b06cvf4w)**

Baby Oil

Daniel Betts, James McArdle and Michael J Shannon star in Jonathan Myerson's imagined political drama, based on real events in the propaganda campaign at the outbreak of the First Gulf War.

1991: the start of the First Gulf War. As the first bombs fall on Baghdad, a young man walks into the Marines Recruiting Office and demands to join up... because the war is his fault.

Baby Oil follows a young staffer's last crazy weeks in the White House, as George Bush Snr's administration struggles to sell to the American people the unpalatable idea of committing US troops to defend an oil-rich monarchy like Kuwait.

That is until the young staffer finds the perfect way...

The *Price of Oil* season of factual dramas explores the history of oil - and the price we've paid for it. It takes us from 1951 to 2045, and around the world from Iran to Alaska, Libya, Nigeria, Turkmenistan, Washington and onto Scotland's offshore rigs, to explore the role oil has played in shaping our world.

Devised by Nicolas Kent, with Jack Bradley & Jonathan Myerson, the season was produced by Jonquil Panting for BBC Audio.

As director of London's Tricycle theatre for almost 30 years, Nicolas Kent championed responsive factual and political drama, including seasons of plays by renowned writers about Afghanistan (*The Great Game*) and nuclear weapons (*The Bomb*). Now he brings that experience to BBC Radio 4, to tell the story of oil.

Recruiting Sergeant/Admiral ..... Daniel Betts

Forbes McEwen III ..... James McArdle

George H W Bush ..... Michael J Shannon

Dick Cheney ..... Sam Dale

UK Military Attache ..... Chris Pavlo

Drake ..... Stephen Critchlow

Diana ..... Jessica Turner

Cashier ..... Alex Treegar

Nayirah ..... Rhiannon Neads

Baby Oil was directed by Nicolas Kent.

**MON 15:00 The 3rd Degree (m0018g5r)**

Series 12

UCL

A funny, lively and dynamic quiz presented by Steve Punt and recorded on location at a different university each week, pitting three undergraduates against three of their professors.

This week the show comes from University College London. The specialist subjects are Biochemical Engineering, Psychology and English Literature and the questions range from Virginia Woolf's Mrs Dalloway to Willy Wonka's Timothée Chalamet and the answers include the words yttrium, walla and quinquere.

The rounds vary between specialist subjects and general knowledge, quickfire bell-and-buzzer rounds and the Highbrow and Lowbrow round cunningly devised to test not only the students' knowledge of current affairs, history, languages and science, but also their Professors' awareness of television, sport, and quite possibly Ed Sheeran. And the Head-to-Head rounds,

in which students take on their Professors in their own subjects, offer plenty of scope for mild embarrassment on both sides.

The other universities in this series are Leeds Beckett, Warwick, Bangor, Lancaster and Gonville and Caius College, Cambridge.

Producer: David Tyler  
A Pozzitive production for BBC Radio 4

**MON 15:30 The Food Programme (m00187gb)**  
[Repeat of broadcast at 12:32 on Sunday]

**MON 16:00 Future Art (m0001fjw)**  
Art Market

When the digital artwork *Everydays: The First 5000 Days* sold for a multi-million dollar sum, the buyer purchased not the art but a digital token called an NFT. The artist, Beeple, was paid in the crypto currency Ether and the art market suddenly seemed on the cusp of a revolution.

In this final episode, art historian James Fox asks how technology is transforming the art market, through online art fairs, virtual reality exhibitions, blockchain verification and the sale of new kinds of art.

The performance artist Marina Abramovic has long believed that the future of art is an 'art without objects'. As the digital revolution gathers pace, Abramovic is one artist turning to new technologies to realise her vision.

In conversation with contributors from Christie's, Hiscox and Hauser and Wirth, James asks whether there is a market for these new kinds of artwork.

Katharine Arnold describes Abramovic's mixed-reality work *The Life*, which sees the artist materialise as a hologram, and James hears the inside story of the estimate-smashing sale of AI-generated artwork the *Portrait of Edmond Belamy*, an 18th century aristocrat who never existed.

And, beyond the online auction rooms, James asks how tech companies are taking on the role of patrons, as the boundaries between art and commerce blur.

Producer : Julia Johnson  
A TBI Media production for BBC Radio 4

Image: *The Life – Mixed Reality* installation with artist's box, by Marina Abramović © Christie's Images Ltd 2021

The Louise Bourgeois audio is courtesy of The Easton Foundation.

**MON 16:30 The Digital Human (m0018g5x)**  
Series 26

Solitary

Aleks Krotoski explores what it means to be solitary in our digital world and whether we should be more nuanced in our approach to the complex human emotion of loneliness.

To mark the 10th anniversary of the Digital Human, we've been reflecting on some of the questions that have stuck with us over the years. When 'Isolation' aired in 2013, the phrase 'loneliness epidemic' often appeared in the press with digital technology regarded as a key culprit in increasing isolation. Aleks interrogated this idea, exploring ways in which technology might facilitate as well as disrupt connection, speaking to inventor Joanna Montgomery whose prototype project 'Pillow Talk' had become an internet sensation.

Things shifted during lockdown when enforced separation from loved ones and, conversely, a lack of personal space, effectively mainstreamed loneliness, with technology reframed as an important tool in keeping us connected. In this follow-up programme Aleks wonders what insights the pandemic revealed about loneliness and how we might future-proof ourselves against it? She finds out what happened next for Joanna Montgomery and talks to writer and historian Fay Bound Alberti who suggests that there is a distinction between transitory and chronic loneliness. 'Wellbeing smuggler' Antony Malmo talks about how the language we use around loneliness can be counter-productive whilst Maff Potts of the Camerados movement explains how setting up 'public living rooms' can remove stigma and encourage community connections.

Produced by Lynsey Moyes in Edinburgh.

Contributors:

Joanna Montgomery is an interaction designer, founder of technology company, Little Riot and the creative mind behind the internet phenomenon "Pillow Talk". Her work explores how

humans engage with technology and the impact it has on society.

Antony Malmo, Director of Change and Capability at Allos Australia describes himself as a 'wellbeing smuggler' and 'jargon cutter' and is an accomplished educator across the fields of management, finance, health, engineering and manufacturing.

Fay Bound Alberti is a writer, historian and consultant. She is UKRI Future Leaders Fellow and Professor in Modern History at the University of York. Her books include *This Mortal Coil* (2016) and *A Biography of Loneliness* (2020).

Maff Potts is founder of the Camerados movement which believes that the simple human act of looking after each other can be transformative. <https://www.camerados.org/>

**MON 17:00 PM (m0018g5z)**

Afternoon news and current affairs programme, reporting on breaking stories and summing up the day's headlines

**MON 18:00 Six O'Clock News (m0018g63)**

The biggest train strikes in decades will start tomorrow after talks between rail bosses and unions failed to reach a resolution

**MON 18:30 Just a Minute (m0018g65)**

Series 89

A Seating Plan, Doris Day and Under the Floorboards

Sue Perkins challenges Gyles Brandreth, Ria Lina, Zoe Lyons and Paul Merton to speak for 60 seconds without repetition, deviation or hesitation.

The long-running Radio 4 national treasure of a parlour game is back for a new series with subjects this week ranging from Doris Day to Under the Floorboards.

Production co-ordinator: Caroline Barlow  
Sound editor: Marc Willcox  
Producer: Richard Morris

A BBC Studios Production

**MON 19:00 The Archers (m0018g67)**

Ben finds Steph in the freshly cleaned kitchen at Beth's place – Steph's gesture of thanks to Beth for letting her share her room. Steph knows she's been driving Beth mad, but it's been a weird time for her. Beth gets home from work to find Ben and Steph chatting away. She's blown away by the spotless kitchen and fridge. When Steph offers to make tea Beth jokes she's like a totally different person! Ben tells Beth how overwhelming his prep for work is next week, and Beth suggests they stay in tonight. Ben thinks Beth should go out with Steph, and seeing her sister in a new light, Beth agrees.

As Martha and Xander play in the park, Adam chats to Alice about his and Ian's artisan pizza van venture. Alice is unhappy when Chris arrives to pick up Martha earlier than agreed. Alice and Chris argue over who's unreasonable, but as Adam attempts to mediate they all miss Martha climbing up a slide. Martha falls and injures her head. In A&E Chris and Alice are tense as a doctor confirms Martha can go home when she wakes up. Neither want to leave Martha tonight. They argue about who she should go home with, and whose fault it was that Martha fell. Having overheard their ugly row, the doctor explains she understands this was an accident, but she is concerned for Martha's welfare. She's made a referral to children's social services. Alice and Chris are horrified.

**MON 19:15 Front Row (m0018g69)**

Baz Lurhmann on Elvis, new productions of *Carmen* and Tom, Dick and Harry

Director Baz Lurhmann on the making of *Elvis*, his new biopic of Elvis Presley, starring Austin Butler and Tom Hanks.  
Director Mathilde Lopez talks about drawing on her heritage for a new production of Bizet's opera *Carmen* at Longborough Festival Opera. Theresa Heskins, Artistic Director of the New Vic, Newcastle-under-Lyme on Tom, Dick and Harry, a new play about the escape attempt from Stalag Luft III in World War II. And Jessica Moor, author of the feminist thriller *Keeper*, singles out her 'moment of joy' in *Little Women* by Louisa May Alcott.

Presenter: Tom Sutcliffe  
Producer: Julian May

**MON 20:00 The Virtual World of Sex Education (m0018g6c)**

In today's ever-evolving digital world, social media can sometimes feel like a frightening place. But is it all bad? As our online and offline lives are becoming increasingly blurred

perhaps it is time we looked at the ways social media can be used for good?

Ruby Rare is a sex educator and author who has delivered relationships and sex education workshops to all ages up and down the country.

Ruby speaks to a group of teens about the ways they use social media to fill the gaps left by their formal sex education, and parents about their concerns around young people learning about sex and relationships online. We hear from a number of 'sexperts' who address some of the dangers of young people not accessing good sex education and professionals who are using online platforms to provide comprehensive and inclusive sex education for the 21st century.

With contributions from:

Ben Hurst from Beyond Equality, Professor Jessica Ringrose, Eliza Bell from Brook, Genevieve Collister Brown, Dr Tanaya Narendra, Sophia Smith-Galer and Melissa Pintor Carnagey from Sex Positive Families.

Presenter: Ruby Rare  
Producer: Anna de Wolff Evans  
Sound Design: David Thomas

A Pier production for BBC Radio 4

**MON 20:30 Analysis (m0018g6f)**

Germany and Russia: It's Complicated

In late February, three days after the Russian invasion of Ukraine, the German Chancellor Olaf Scholz made a landmark speech in the German parliament, the Bundestag. The invasion, he declared, represented a 'Zeitenwende' - a turning point.

The speech has been much discussed since - was Mr Scholz referring simply to the fact of the invasion, or to the way Germany needed to respond to it?

The speech contained a number of policy statements, the boldest of which was the commitment to set up a 100 billion Euro fund to re-equip Germany's outdated armed forces.

The question now is whether Germany will live up to Mr Scholz' promises, or will the cultural, political and economic bonds that have tied Germany and Russia together get in the way?

Presenter: Caroline Bayley  
Producer: Tim Mansel

**MON 21:00 Lives in Care (m00187qx)**

In May, the Independent Review of Children's Social Care called for £2.6 billion investment to reform a system that is under "extreme stress".

Tony Simpson was born in a Salvation Army Mother and Baby home and then at the age of just three months was taken into care, where he was to remain until he was 16. In this three-part series he compares his experiences with those who have been through the care system more recently.

While policy makers, legislators and service providers consider how the system should be improved, this series considers what the actual experience of being cared for away from home is actually like. It features only those who have been through the care system.

Presented by Tony Simpson  
Mixed by Mike Sherwood  
Produced by Paul Kobrak

A Mindhouse production for BBC Radio 4

**MON 21:30 Start the Week (m0018g55)**

[Repeat of broadcast at 09:00 today]

**MON 22:00 The World Tonight (m0018g6j)**

Eve of 3 day national rail strike

In-depth reporting, intelligent analysis and breaking news from a global perspective

**MON 22:45 The Stranding by Kate Sawyer (m0018g6l)**  
Episode 6

When Ruth leaves London to volunteer with a charity in New Zealand, she leaves behind her job, her family and the relationship with her partner. But she's also escaping the news of an imminent global catastrophe. As the disaster strikes, her only hope of survival lies in taking shelter inside the mouth of a beached whale, in the company of a complete stranger. When

they emerge into an utterly changed world, these two can only rely on each other for survival. As they try and come to terms with their loss and pain, and find a way to build a life for themselves out of the destruction around them, we slowly begin to discover what drove Ruth from London to the New Zealand beach where everything came to an end – and a new beginning.

In a bold and skilful weaving of Ruth's desperate present and her past life in London, the story follows two strangers as they confront the worst that can happen.

6/10: New Arrivals. A baby has been born, and Ruth has a shock when there are other arrivals at the camp.

Writer:

Kate Sawyer worked as an actor and producer before writing *The Stranding*. Published in 2021, it was Kate's debut novel and was shortlisted for the Costa First Novel Award and won the East Anglian Book Awards Fiction Award.

Reader:

Kerry Fox is an award-winning actor who came to prominence playing the writer Janet Frame in Jane Campion's film *Angel at my Table*, since when she's had an international career in films and television.

Abridged by Sara Davies

Produced by Celia de Wolff

Sound Design: Lucinda Mason Brown

Production Coordinator: Sarah Wright

A Pier production for BBC Radio 4

### **MON 23:00 DMs Are Open (m001874)**

Series 1

Episode 5

In the series debut, *DMs Are Open* sees show hosts Athena Kugblenu and Ali Official dissecting the big stories alongside Will Hislop, Meggie Foster and Tom Lawrinson. Tune in for sketches, one-liners and voice notes about over-eager tree surgeons, a Brexit nightclub and the gritty origin story of Donkey Kong.

Written by: Will Adnams, Arfie, Danny Antrobus, Hamish Lloyd-Barnes, Davina Bentley, Carl Carzana, Tasha Dhanraj, Paul Di Paola, David Duncan, Kit Foxley, Jade Gebbie, Jacob Hatton, Neil James Hudson, Tom Lawrinson, Martin Pilgrim & Jennifer Walker

Voice notes by: Hamish Lloyd-Barnes, James Docherty, Kit Foxley, Mo Gascoigne & Phil Green  
Script Editors: Catherine Brinkworth & Gráinne Maguire  
Producers: Sadia Azmat & Rajiv Karia  
Production Coordinator: Sarah Nicholls  
Sound Editor: Sean Kerwin  
Sound Engineer: Neil Goody

A BBC Studios Production

### **MON 23:30 Today in Parliament (m0018g6n)**

Sean Curran reports as MPs debate a statement from the Transport Secretary on the biggest rail strike in 30 years.

## **TUESDAY 21 JUNE 2022**

### **TUE 00:00 Midnight News (m0018g6q)**

The latest news and weather forecast from BBC Radio 4.

### **TUE 00:30 The Escape Artist by Jonathan Freedland (m0018jzc)**

[Repeat of broadcast at 09:45 on Monday]

### **TUE 00:48 Shipping Forecast (m0018g6s)**

The latest weather reports and forecasts for UK shipping.

### **TUE 01:00 Selection of BBC World Service Programmes (m0018g6v)**

BBC Radio 4 presents a selection of news and current affairs, arts and science programmes from the BBC World Service.

### **TUE 05:20 Shipping Forecast (m0018g6x)**

The latest weather reports and forecasts for UK shipping.

### **TUE 05:30 News Briefing (m0018g6z)**

The latest news from BBC Radio 4

### **TUE 05:43 Prayer for the Day (m0018g71)**

A spiritual comment and prayer to start the day with George

Craig, a Methodist local preacher in Cardiff.

Good morning. If there's a single image from the Second World War that embodies the national spirit of hope and defiance during the blitz it's the famous photograph of the dome of St Paul's Cathedral towering over the burning city. The message it sent was that – while St Paul's was standing the nation could deal with whatever was thrown at it. And that picture came into my mind when I discovered that the foundation stone for the cathedral was laid on this day in 1675

Places and buildings can be powerful symbols – but people too can offer powerful and inspiring images – the war in Ukraine has provided many such images of courage and defiance in the face of terrible suffering.

But at a more personal level many of us have people who are hugely important in our lives.

When I was young we lived with my grandmother. My Grandmother's best friend – Jean and her dog Tatters – were my best friends too. When we moved away the disruption was pretty difficult for me – but so long as old Jean and Tatters were there when we went back, unconditional love and support were there too. And that got me through some fairly sticky times as a child growing up a long way from what I thought of as home.

And I find that challenging. As a Christian I know that I am loved and accepted by God, but I also know that it's my job to show and share that love and acceptance with those around me. St Paul's was a symbol of reassurance for the nation. Jean was a symbol of reassurance for me. I need to think hard about what kind of symbol I am in the lives of those around me.

Father God, I pray that, just as your presence in our lives is comforting and strengthening so we may bring comfort and strength into the lives of others. Amen

### **TUE 05:45 Farming Today (m0018g73)**

21/06/22 - Farming Rules for Water, legumes for cattle, red clover for sheep

Since last Autumn, there's been confusion about the rules governing muck spreading – outlining when and how much farmers can spread on their land. In March, DEFRA released new guidance, allowing autumn spreading, and also allowing farmers to spread more muck than their soil or crop required. The Salmon and Trout Conservation group believed the guidance given to the Environment Agency was essentially encouraging farmers to break the law. It threatened to take DEFRA to judicial review. Now, the government has altered its guidance. The National Farmers Union says it's "disappointed", saying the changes "seemingly prevent some farmers applying organic manures to certain fields."

Red clover is a legume, which fixes nitrogen in the soil. Its flowers attract bees and its leafy growth provides calcium and protein-rich grazing, but fifty years ago research suggested the legume could reduce fertility in sheep. Now, a group of farmers in the Midlands and Wales have been testing these findings. The field trials are being run by the "Innovative Farmers" – a group that links up farmers with scientists – and the agricultural consultancy, ADAS. The conclusion is that the original findings were wrong and red clover can actually improve fertility rates.

And a significant part of livestock feed is made of plant-based protein and while feed costs are rising sharply for farmers, a Welsh government funded scheme has been getting more farmers to grow their own cattle-feed ingredients – and that means growing pulses in their fields. We visit one of the farmers who has taken up the challenge.

Presented by Anna Hill

Produced for BBC Audio in Bristol by Heather Simons

### **TUE 05:58 Tweet of the Day (b038qkb3)**

Aquatic Warbler

Tweet of the Day is a series of fascinating stories about our British birds inspired by their calls and songs.

Brett Westwood presents the aquatic warbler. The stripy aquatic warbler is streaked like the sedges it lives in and is the only globally threatened European perching bird. They sing in the marshes of central and eastern Europe where the small European population has its stronghold. Unfortunately, this specialized habitat is disappearing because of drainage, disturbance and peat extraction. They are migrants so it's vital to protect their wintering areas as well as their breeding sites. It's known that up to 10,000 birds winter in the swamps of North-west Senegal.

### **TUE 06:00 Today (m0018g77)**

News and current affairs, including Sports Desk, Weather and Thought for the Day.

### **TUE 09:00 The Life Scientific (m0018g79)**

Vlatko Vedral on the universe as quantum information

Vlatko Vedral describes himself as a quantum information practitioner, who believes that our universe is made up of quantum bits of information.

It is information, he tells Professor Jim Al-Khalili, rather than energy or matter, the traditional building blocks of classical Newtonian physics, that can help us to understand the nature of reality.

Vlatko is Professor of Quantum Information Science at the University of Oxford and the Principal Investigator at the Centre for Quantum Technologies at the National University of Singapore and he talks to Jim in front of an audience at the Cheltenham Science Festival.

At high school in Belgrade, in what was then Yugoslavia, young Vlatko was bowled over by the idea that you could take the micro-laws of quantum mechanics, and apply them to the complex systems of the macro world.

This drive to see the big picture, was fuelled when, as an undergraduate at Imperial College, London, he saw three words – "Information is physical" – the title of a paper by the IBM physicist, Rolf Landauer.

It was a light-bulb moment for Vlatko, who realised that the kind of information processing that the universe is capable of, depends on the underlying laws of physics.

This revelation led to Vlatko's incarnation as a self-confessed "physics fundamentalist" who unashamedly crowns physics the Queen and other disciplines, her servants. It is physics alone, he tells Jim, which can answer the fundamental questions of the universe and discover the ultimate reality.

His PhD in 1997 at Imperial College, London, applied quantum mechanics, including super-positioning and entanglement (which Einstein famously called "spooky action at a distance"), to Claude Shannon's Information theory, making Vlatko one of the pioneers in the field of quantum information.

As new quantum computers come on stream, he tells Jim, quantum information practitioners, like him, will have the capacity to simulate complex systems in the macroscopic domain.

Producer: Fiona Hill

### **TUE 09:30 One to One (m0018g7c)**

Emma Garland and Mike Parker on living in Wales

Emma and Mike have done a kind of cultural house swap - Emma left South Wales when she was 18 and is now London-based. Mike left England over two decades ago and has learnt to speak Welsh. So which of them is more Welsh?

Emma Garland was born in Ynysybwl. She writes for *Dazed*, *Vice* and *Rolling Stone* magazine. Mike Parker lives in Powys and is the author of *Neighbours from Hell* and the forthcoming *All the Wide Border*, which is about the frontier between England and Wales.

The producer in Bristol is Miles Warde

### **TUE 09:45 The Escape Artist by Jonathan Freedland (m0018jz9)**

2. The Devastating Deception

The award-winning journalist Jonathan Freedland reads from his powerful and moving new book. Today, in Auschwitz, a young Jewish man arrives at a devastating realisation and he is compelled to make a courageous decision.

The *Escape Artist* by Jonathan Freedland, the award-winning journalist, broadcaster and international bestselling author, tells the remarkable story of a young man who made it his mission to expose the chilling reality of Auschwitz and the Holocaust. Courage and a steely determination to do the right thing led Rudolf Vrba and his friend, Fred Wetzler, to make a daring escape from the heavily guarded concentration camp. An eyewitness to many stages of the Final Solution, Vrba committed to memory details of the concentration camp's brutal and murderous regime. His testimony found its way into report that was disseminated to Churchill, Roosevelt and the Pope and ultimately saved the lives of 200,000 Hungarian Jews.

Abridged by Richard Hamilton

Produced by Elizabeth Allard

### **TUE 10:00 Woman's Hour (m0018g7f)**

Celebrating midwinter in sub-Antarctic. Olivia Harrison on celebrating her husband though poetry.

As we celebrate the summer solstice on the other side of the world it's the shortest day or mid-winter. For the first time the British Antarctic Survey have an all-female team wintering on Bird Island in the sub-Antarctic. Midwinter is a moment of celebration for the teams on sites. The Bird Island Research Station Leader, Imogen Lloyd, joins Emma to tell her about the work they're doing.

Olivia Harrison has penned a book of poetry called "Came the Lightning" to celebrate her husband, George Harrison's life, more than twenty years after his death. As lead guitarist of The Beatles, his most famous songs included While My Guitar Gently Weeps, and Here Comes the Sun. What prompted her to share her memories in poetry?

A court support service that helps thousands of people who cannot afford a lawyer could be under threat after having its government funding changed. The Chief Executive of Support Through Court Eileen Pereira explains what any loss of core-funding could have on the women they support.

A new story suggests that Boris Johnson may have spoken to Downing Street aides about getting his wife, Mrs Carrie Johnson, two roles while she was living in Number 10 with the Prime Minister as his fiancée. Sources told the Daily Mirror that the Prime Minister raised possible new environmental roles for her in autumn 2020, either on the COP 26 summit or with the Royal Family. His closest advisors are said to have vetoed both suggestions - but what questions does this raise about her being the victim of sexism and the idea of her as a private citizen? We hear from Daily Mirror Political Editor Pippa Crerar

Plus a new coming-of-age TV series was released on Amazon Prime – The Summer I Turned Pretty. The characters are supposed to be 15 and 16 year olds, but the majority of the cast are in their early 20s. Why are films and television shows that focus on the teenage experience so often played by older actors? We hear from Alex Hart an English and History Student at Durham University and Tianna Haffenden a young actor.

Presenter Emma Barnett  
Producer Beverley Purcell

#### **TUE 11:00 Lives in Care (m0018g7h)**

In May, the Independent Review of Children's Social Care called for £2.6 billion investment to reform a system that is under "extreme stress".

Tony Simpson was born in a Salvation Army Mother and Baby home and then at the age of just three months was taken into care, where he was to remain until he was 16. In this three-part series he compares his experiences with those who have been through the care system more recently.

While policy makers, legislators and service providers consider how the system should be improved, this series considers what the actual experience of being in care is like.

Featuring only those who have been through the care system themselves, this is also an honest assessment of the lasting legacy those experiences can have on those who have been cared away from home.

Presented by Tony Simpson  
Mixed by Mike Sherwood  
Produced by Paul Kobrak

A Mindhouse production for BBC Radio 4

#### **TUE 11:30 The Secrets of Storytelling (m0018g7k)**

Real and Imagined Worlds

James Runcie, author of the Grantchester Mysteries series, is a writer in search of the best way to tell a story. In this series he meets high profile authors to discuss the craft of novel writing. Using extracts from the author's own work, as well as classic texts, the conversations will reveal the secrets of the storytelling craft.

In this episode James is joined by Kamila Shamsie to explore the art of creating a convincing sense of place, using analysis of Dickens' Bleak House and Calvino's Invisible Cities, and Kamila's own prize-winning novels including Home Fire and Burnt Shadows.

Presenter: James Runcie  
Producer: Ellie Bury  
Reader: Paterson Joseph

#### **TUE 12:00 News Summary (m0018g7m)**

The latest national and international news from BBC Radio 4.

#### **TUE 12:04 You and Yours (m0018g7p)**

Call You and Yours - How are the train strikes affecting your

life?

We'd like to know what impact the train strike is having on you and your plans.

Is it affecting your work, holidays or exams? Maybe you have had tickets for the first Glastonbury since 2019 - how will you get there

Call You & Yours and let us know - 03700 100 444

Or email youandyours@bbc.co.uk

PRESENTER: WINIFRED ROBINSON

PRODUCER: KEVIN MOUSLEY

#### **TUE 12:57 Weather (m0018g7r)**

The latest weather forecast

#### **TUE 13:00 World at One (m0018g7t)**

Forty-five minutes of news, analysis and comment, with Sarah Montague.

#### **TUE 13:45 The People Vs J Edgar Hoover (m0018g7w)**

6. The Break-In

Amateur burglars risk all to go after Hoover's secrets.

J Edgar Hoover built then ran the FBI for almost five decades. He turned it from a bureaucratic backwater into a premier crime fighting and counterintelligence force. In the process, he arguably became America's most powerful man. He's been dead 50 years and still his shadow looms over the US. Today's fears of a 'deep state' - of unaccountable government officials working against the public in their own interest - can be traced back to him. In the first of an 8-part series, Emily shows how though his job was to enforce the law...he would not always be bound by it.

Producer: Neal Razzell  
Research: Louise Byrne  
Editor: Hugh Levinson  
Production Coordinator: Janet Staples  
Sound: Tom Brignell

#### **TUE 14:00 The Archers (m0018g67)**

[Repeat of broadcast at 19:00 on Monday]

#### **TUE 14:15 The Price of Oil (b06cvgq8)**

Someone's Making a Killing in Nigeria

Nadine Marshall, Obi Abili, and David Ajala star in Rex Obano's drama, set in Rivers State, Nigeria, in 1994.

The Ogoni people's campaign against the environmental degradation of their land by the oil industry has crystallised into a mass movement. Under General Abacha's military regime, the dispute between the people led by Ken Saro-Wiwa on the one hand, and big oil on the other, is reaching its height - when one local businesswoman finds herself caught up in its notoriously violent consequences.

This drama uses fictional characters to reflect on real events, about which responsibilities are still disputed, and many details have never fully come to light.

The Price of Oil season of factual dramas explores the history of oil - and the price we've paid for it. It takes us from 1951 to 2045, and around the world from Iran to Alaska, Libya, Nigeria, Turkmenistan, Washington and onto Scotland's offshore rigs, to explore the role oil has played in shaping our world.

The season was devised by Nicolas Kent, with Jack Bradley & Jonathan Myerson, and was produced by Jonquil Panting for BBC Audio.

As director of London's Tricycle theatre for almost 30 years, Nicolas Kent championed responsive factual and political drama, including seasons of plays by renowned writers about Afghanistan (The Great Game) and nuclear weapons (The Bomb). Now he brings that experience to BBC Radio 4, to tell the story of oil.

Sira Banatu ..... Nadine Marshall  
Monday Banatu ..... Obi Abili  
Felix ..... David Ajala  
Donald Chesworth ..... Jude Akuwudike  
Joseph Idigbe ..... Landry Adelard  
Barinem ..... Zackary Momoh  
The Buyer ..... Jessica Turner  
The Protester ..... Rhiannon Neads  
Schoolboy ..... Michael Ogunseye  
Schoolboy ..... James Okulaja

The poem 'Ogoni! Ogoni!' quoted in the drama, was written by Ken Saro-Wiwa.

Someone's Making a Killing in Nigeria was directed by Jonquil Panting.

#### **TUE 15:00 Short Cuts (m0018g7y)**

Series 31

Numbers

From a rhythm that weaves itself through memory to our relationship with deep time, Josie Long presents a countdown of numerically-inspired short documentaries.

The Everywhen  
Featuring Dave Johnston-Pitt and Sam Juparulla Wickman  
Produced by Jaye Kranz

The Yelling Birds of the Presidio  
Featuring Jenny Phillips, who also shared the field recordings used to create this piece  
Produced by Kalli Anderson and Kaija Siirala

Counting to Six  
Accordian played by Kaveh Ghaffari, Tonbak by Farhad Asadi and Pedal Steel by Michael Eckert  
Produced by Arif Mirbaghi

Curated by Axel Kacoutié, Eleanor McDowall and Andrea Rangecroft  
Series Producer: Eleanor McDowall  
A Falling Tree production for BBC Radio 4

#### **TUE 15:30 A Thorough Examination with Drs Chris and Xand (p0c98bfy)**

Series 1: Addicted to Food

4. Building an ultra processed body

Chris and Xand are doctors, scientists and identical twins. Well, not quite identical. Xand is 20kg heavier, clinically obese, and has a Covid induced heart condition.

Chris believes that the reason Xand is overweight is the same reason that most of us in the UK are overweight - Ultra Processed Food or UPF. It's the main thing that we now eat and feed to our children, but most of us have never heard of it. It's addictive, highly profitable and the main cause of the global obesity pandemic. It's destroying our bodies, our brains and the environment.

In this series, recorded during the first coronavirus lockdown of 2020, Chris wants to help his brother quit UPF and get his health back. So, he has a plan. In an attempt to turn Xand's life around, Chris persuades his brother to eat a diet comprising 80% Ultra-processed food while learning about every aspect of it. By doing this, Chris tests two theories - that Xand is addicted to UPF, and that eating more of the stuff while learning about it, will help him quit.

Chris believes that the science shows UPF is addictive and harmful to the body, not least by driving excess consumption and weight gain. By speaking with the world's leading experts on obesity and nutrition, Xand will learn what UPF is made of, how it's produced, whether it's addictive, what it does to the human brain and body and how it is the number one force driving global obesity.

In episode four - Building an ultra-processed body - Xand starts the diet, eating 80% UPF while continuing to learn about it. Chris thinks the diet will work because he's done it, subsisting on a junk food diet for four weeks while investigating the causes of childhood obesity in a BBC TV documentary. In order to understand the direct effect UPF is having on his body - appetite, hormones and weight - Xand speaks to obesity expert, Dr Janine Makaronidis from University College London. Xand also interviews Dr Kevin Hall from the National Institute of Health in the US about his ground-breaking research into the consumption of UPF. Kevin was the first scientist to prove that UPF causes weight gain.

Presented by Drs Chris and Xand Van Tulleken  
Produced by Hester Cant  
Executive Producers Philly Beaumont and Jo Rowntree  
A Loftus Media and van Tulleken Brothers Ltd production for BBC Radio 4

#### **TUE 16:00 Law in Action (m0018g81)**

Why do so few rape cases go to court?

Explaining the barriers to conviction at every stage of the criminal justice system. Prosecutions for the crime have declined by 40% over the last four years in England and Wales, although they have gone up in Scotland and Northern Ireland. And yet the number of cases reported to the police is higher

than ever. What is going wrong? And what needs to change so that more survivors get justice - and to reduce the threat from rapists?

Joshua Rozenberg is joined by a specialist panel drawn from across the criminal justice system, to find out where the problems lie. They debate what could be done differently, so that fewer cases result in no further action being taken, or with survivors dropping out of the legal process. And he hears first-person testimony from a woman who was raped, who describes her subsequent experience with police and prosecutors.

#### Panellists:

- Alice Kelly, Deputy Chief Crown Prosecutor for the Southeast, Crown Prosecution Service
- Betsy Stanko OBE, emeritus Professor of Criminology, strategic advisor to the Home Office's Operation Soteria Bluestone, and formerly of the Mayor's Office for Policing and Crime
- Claire Waxman OBE, Victims Commissioner for London
- Kirsty Brimelow QC, Vice Chair of The Criminal Bar Association
- Sarah Crew, Chief Constable of Avon and Somerset police and National Lead for rape and serious sexual offences at the Police Chiefs Council
- Wendy Williams CBE, Her Majesty's Inspector of the Constabulary for the Wales and Western Region

Presenter: Joshua Rozenberg

Producers: Arlene Gregorius and Ben Cooper

Researcher: Diane Richardson

Production coordinator: Maria Ogunde

Sound recording: James Beard

Sound mixing: Neil Churchill

#### **TUE 16:30 A Good Read (m0018g83)**

Rob Newman & Sarfraz Manzoor

Comedian Rob Newman and writer Sarfraz Manzoor talk about favourite books. Rob loves John Berger's novel *The Wedding*, but not everyone finds it hugely romantic. Sarfraz has chosen Bob Dylan's *Chronicles: Volume 1*. Thus far, there has been no *Volume 2*. Harriett enjoys Eric Ambler's *The Mask of Dimitrios*, a thriller which criss-crosses pre-war Europe.

Producer Sally Heaven

#### **TUE 17:00 PM (m0018g85)**

Afternoon news and current affairs programme, reporting on breaking stories and summing up the day's headlines

#### **TUE 18:00 Six O'Clock News (m0018g87)**

Railway stations across England, Scotland and Wales have been deserted as services have been largely brought to a halt by the first of three days of strike action this week

#### **TUE 18:30 Damned Andrew (m0018g89)**

Series 1

Episode 1. And So It Begins

Struggling musician and successful delivery driver Andrew O'Neill has inadvertently opened a portal to another dimension in their flat. This is a very bad thing. A million demons have flooded through and they're getting in everyone's way. A comedy about being stuck between worlds - human and demon, millennials and boomers. This is the first narrative comedy starring a non-binary character.

Written by Andrew O'Neill and Tom DeVile and narrated by writer and graphic novelist Alan Moore

Episode One - And So it Begins.

Andrew has inadvertently opened a portal to another dimension and a thousand demons flooded into London and parts of Leeds. That was a year ago and, although people are pretty much getting used to them, they're really getting in the way.

Andrew needs to find a way to close the portal. Which isn't easy when they're completely in denial about it having happened in the first place.

Not only that, their friend and landlord Pad (Sanjeev Kohli) wants to sell the flat Andrew shares with their partner Gabriella (Jen Brister) and Andrew enlists their sister's help (Carly Smallman) to change his mind. Meanwhile, a weird tramp (Phil Nichol) keeps appearing and seems to be trying to tell Andrew something.

#### Cast:

Andrew ..... Andrew O'Neill  
 Gabriella ..... Jen Brister  
 Pad ..... Sanjeev Kohli  
 Phil ..... Phil Nichol  
 Siobhan ..... Carly Smallman.  
 Stolas ..... Lucy Pearman.

Driver/announcer ..... Toby Hadoke  
 Announcer and slayer T Shirt wearer ..... Joel Trill  
 Waiter and announcer ..... Sami Abu Wardah.  
 Bookshop owner ..... Ninia Benjamin

Written by Andrew O'Neill and Tom DeVile

Producer: Alison Vernon-Smith

A Yada-Yada Audio production for BBC Radio 4

#### **TUE 19:00 The Archers (m0018g8f)**

Chris relays to Neil that a date has come through for the court hearing for the care of Martha. Neil suggests Chris fills in his solicitor about Martha's accident. Chris calls Neil to let him know the solicitor's response – it could be used as evidence against Alice, and is Chris sure that Alice hadn't been drinking? Later Neil tries to reassure Chris who is stressed about his social worker interview tomorrow, and consumed by anxiety over his solicitor asking about Alice's drinking. Neil carefully asks how sure he is about Alice's sobriety but Chris doesn't know what to believe anymore.

Kirsty and Lynda reflect on the closure of Grey Gables and Lynda admits it's not easy having Adil as a guest. Adil interrupts them, keen to hear about rewilding. Listening to Kirsty he is reminded of his grandmother who practices zero budget natural farming in Pakistan. Adil tries to compliment Lynda by likening her to his force of nature grandmother. But Lynda remains cool towards Adil. Robert joins them and Adil jokes about Kirsty leaving rewilding to work for the new Grey Gables. Robert ticks off Lynda for not finding it funny. Lynda changes the subject by reminding Adil he has to stop singing in the shower; they've had a complaint. Adil asks for a tour of the rewilding, something Lynda would also like. However, she claims to be unavailable at the time suggested by Kirsty. Kirsty says that's absolutely fine – they'll just have to have separate tours.

#### **TUE 19:15 Front Row (m0018g8h)**

Live music festivals; Roy Williams' play *The Fellowship*; The Horniman Museum

As Glastonbury returns this week after a two year pandemic hiatus, a summer of festivals gets under way while some festivals are forced to cancel due to difficult conditions. We look at how the festival sector has struggled through the challenges of the last two years, and consider the importance of live music festivals to the UK economy and culture. Shahidha is joined live by Melvin Benn – Managing Director of Festival Republic and a director of Glastonbury Festival, Paul Reed CEO of the Association Of Independent Festivals and Lauren Down, Director of End Of The Road festival.

In Roy Williams' new play *The Fellowship*, sisters Dawn and Marcia are children of the Windrush generation. They were activists together in the struggles for justice in the 1980s. The sisters have little in common now, but the fellowship of family connection is powerful. Roy Williams talks to Shahidha Bari about unflinchingly putting the stories of black British people on the stage.

A tour round the Horniman Museum and Gardens in South London, shortlisted for the Art Fund's Museum of the Year, with Chief Executive Nick Merriman and Senior Curator Sarah Byrne.

Presenter: Shahidha Bari

Producer: Nicki Paxman

Image: Glastonbury Festival

#### **TUE 20:00 File on 4 (m0018g8k)**

Dementia: The Final Indignity

Around 800,000 people have dementia in the UK. For those suffering from the illness, incontinence can often be seen as an inevitable consequence - but that's not always the case. Deemed as too embarrassing or taboo, it's a topic that rarely hits the spotlight. Experts say preserving someone's ability to go to the toilet is crucial to maintaining their dignity and quality of life and should be a priority in care settings. But is that always happening? A new report shown exclusively to File on 4 has looked at how continence care is being managed in hospitals – and how, in some cases, those who are continent are actively encouraged to soil themselves. Datsiane Navanayagam speaks to families who say their loved ones were ignored when it came to their continence needs in hospital and that the consequences have left them with health issues and requiring additional support. Nurses and medical staff say that continence training is often seen as a 'Cinderella subject'. We also hear from dementia patients themselves about why maintaining your own dignity and independence is so crucial with this disease. With the government set to reveal a new dementia strategy this year, will continence care be placed higher up the agenda?

Reporter: Datsiane Navanayagam

Producers: Emma Forde, Annabel Deas and Scott Hesketh  
 Production Manager: Sarah Payton  
 Journalism Assistant: Tim Fernley  
 Editor: Carl Johnston

#### **TUE 20:40 In Touch (m0018g8m)**

Museums & Exhibitions

For some visually impaired people, the element of touch is very important when trying to establish what a piece of art work looks like. This prompted listener Mike Lambert to contact the program following a visit to The World of Stonehenge exhibition at the British Museum. Mike was unhappy that he wasn't able to handle some of the stone items displayed at the exhibition and he explains to Peter a series of other access concerns that he has. We put these concerns to the Museum's Equality and Diversity Manager, Will Westwood.

We also take a look at The Barbara Hepworth Museum and Sculpture Garden in St Ives. Here, they ensure that visually impaired visitors are catered for with touch tours, 3D printings of the sculptures and more. We pay a remote visit to the garden with Georgina Kennedy, the museum's Public Program Curator.

Presenter: Peter White

Producer: Beth Hemmings

Production Coordinator: Liz Poole

Website image description: pictured is a sculpture by Barbara Hepworth titled 'Two Forms (Divided Circle)'. The sculpture is asymmetrical, with each part at an angle to the other and one is slightly behind the other. One of the semi-circular sections has a cylindrical hole. On the other, a hole spirals from a circle to an oval. The sculpture is surrounded by lots of shrubbery and behind it, to the right, is a smaller sculpture and to the left is a large white shed with glass windows.

Barbara Hepworth *Two Forms (Divided Circle)* 1969 © Bowness

#### **TUE 21:00 All in the Mind (m0018g8p)**

One mother's story of the psychological impact on her children of her ex husband's sexual offences

They call it "the knock" - when the police are at the door and demand to take away laptops and phones to search for evidence of images of child sexual abuse. Our reporter Jo Morris talks to "Emma" (not her real name) about the moment her life was turned upside down when her then husband was accused of looking at indecent images of children. She felt isolated and wasn't given any support to explain to her children about what was happening, once social services had made sure that the children hadn't been directly harmed by their father. She told her younger children that their father's computer had been taken away because it was broken - and was more open with the older children about what he'd done. The family moved house and changed their name once vigilantes became aware of the case and her oldest child had suicidal thoughts and was hospitalised.

Emma eventually got support from the charity Children Heard and Seen, which offers face-to-face support to children in Oxford and Birmingham and online support to families across the country. Sarah Burrows and James Otley explain how their online groups and mentoring help to support families like Emma's.

The Ministry of Justice say that there is help for children who are victims of crime, but a victim is defined as someone who is directly affected by a criminal offence, so families of offenders are not deemed to be victims of crime. There are no plans to change this as it could result in victims of crime receiving less support.

Robin Dunbar examines the psychology of religion in his new book *How Religion Evolved and Why It Endures*. The Emeritus Professor of Evolutionary Psychology at the University of Oxford believes that the number 150 which he popularised as the "optimum" number for successful social groups also plays a significant role in religious gatherings. He explains how the bonds created by religion offer benefits to individuals and communities.

Our studio guest Professor Catherine Loveday from the University of Westminster offers ideas on how to avoid doomscrolling, when the news feels overwhelming and whether professional or amateur musicians are more at risk of developing anxiety and depression.

Producer: Paula McGrath

Made in partnership with the Open University

#### **TUE 21:30 The Life Scientific (m0018g79)**

[Repeat of broadcast at 09:00 today]

**TUE 22:00 The World Tonight (m0018g8r)**

Widespread disruption for rail passengers

In-depth reporting, intelligent analysis and breaking news from a global perspective

**TUE 22:45 The Stranding by Kate Sawyer (m0018g8t)**

Episode 7

When Ruth leaves London to volunteer with a charity in New Zealand, she leaves behind her job, her family and the relationship with her partner. But she's also escaping the news of an imminent global catastrophe. As the disaster strikes, her only hope of survival lies in taking shelter inside the mouth of a beached whale, in the company of a complete stranger. When they emerge into an utterly changed world, these two can only rely on each other for survival. As they try and come to terms with their loss and pain, and find a way to build a life for themselves out of the destruction around them, we slowly begin to discover what drove Ruth from London to the New Zealand beach where everything came to an end – and a new beginning.

In a bold and skilful weaving of Ruth's desperate present and her past life in London, the story follows two strangers as they confront the worst that can happen.

7/10: To Stay or to Go? As the visitors move on, Ruth and Nik have to make a decision

Writer:

Kate Sawyer worked as an actor and producer before writing *The Stranding*. Published in 2021, it was Kate's debut novel and was shortlisted for the Costa First Novel Award and won the East Anglian Book Awards Fiction Award.

Reader:

Kerry Fox is an award-winning actor who came to prominence playing the writer Janet Frame in Jane Campion's film *An Angel at my Table*, since when she's had an international career in films and television.

Abridged by Sara Davies

Produced by Celia de Wolff

Sound Design: Lucinda Mason Brown

Production Co-ordinator: Sarah Wright

A Pier production for BBC Radio 4

**TUE 23:00 Fortunately... with Fi and Jane (m0018g8w)**

238. Sticking Snowsuits and Magnifying Mirrors, with Ramita Navai

This week on the podcast, Fi and Jane speak to the investigative journalist Ramita Navai, who has covered stories in hostile environments all over the world. Ramita tells them about *The Line of Fire*, her podcast speaking to fellow reporters about their experience covering dangerous events around the globe. Ramita also talks about growing up amidst the Iranian Revolution and the benefits of being a female reporter. Before their guest joined them, Fi has a zoological question, Jane is feeling good about mixed beans and there's a new Italian man in her life.

Get in touch: [fortunately.podcast@bbc.co.uk](mailto:fortunately.podcast@bbc.co.uk)

**TUE 23:30 Today in Parliament (m0018g8y)**

All the news from Westminster with Sean Curran.

**WEDNESDAY 22 JUNE 2022****WED 00:00 Midnight News (m0018g90)**

The latest news and weather forecast from BBC Radio 4.

**WED 00:30 The Escape Artist by Jonathan Freedland (m0018jz9)**

[Repeat of broadcast at 09:45 on Tuesday]

**WED 00:48 Shipping Forecast (m0018g92)**

The latest weather reports and forecasts for UK shipping.

**WED 01:00 Selection of BBC World Service Programmes (m0018g94)**

BBC Radio 4 presents a selection of news and current affairs, arts and science programmes from the BBC World Service.

**WED 05:20 Shipping Forecast (m0018g96)**

The latest weather reports and forecasts for UK shipping.

**WED 05:30 News Briefing (m0018g98)**

The latest news from BBC Radio 4

**WED 05:43 Prayer for the Day (m0018g9b)**

A spiritual comment and prayer to start the day with George Craig, a Methodist local preacher in Cardiff.

Good morning. There have always been celebrities – mostly people whose achievements - good or bad – have got them into the public eye and set them apart to be admired or vilified by the rest of society.

Slightly bafflingly these days there do seem to be an astonishing number of people who are famous just for being famous – being a celebrity seems to have become a career in itself!

But alongside the professional celebrities there are still good old fashioned people, in sport, music and other areas who are famous because they are really good at what they do. Their achievements certainly haven't come overnight and have frequently taken years of very hard work before they found any success or recognition – but they stand as an inspiration for the rest of us.

That thought struck me when I discovered that this day in 1865 was the first-class cricket debut of one of the acknowledged giants of the game – W G Grace. He was a celebrity in every sense of the word and as a 16-year-old boy he was already celebrated enough to be invited to play for the Gentlemen of the South v the Players of the South at Kennington Oval, London. And he was out for a duck!

I have to admit to feeling a bit guilty that finding that out cheered me up quite a lot.

But it is I think legitimate to be reassured that even the best have to start somewhere and even they have their off days.

If W G Grace started with a duck, then maybe the challenges that we are facing are not going to stop us learning and improving.

Father God, I thank you for the example of great men and women who show us that we should never be discouraged by failure – just spurred on to do better next time. Amen

**WED 05:45 Farming Today (m0018g9d)**

22/6/22 - Surplus food, legumes and slug-resistant wheat

The average annual grocery bill in the UK is set to rise by £380 this year, according to research firm Kantar, which monitors food prices. We ask whether farmers with surplus produce could be the answer in providing food to those who need it and reducing food waste.

Many farmers take part in on-farm trials to try to find solutions to issues they are facing. We hear about a network whose latest experiment is a slug-resistant wheat.

All this week on Farming Today we're looking at legumes. As organic farms can't use artificial fertilisers, legumes play a vital part in fixing nitrogen in the soil and we hear how one farm is looking at growing pulses as a cash crop for human food.

Presented by Anna Hill and produced for BBC Audio by Caitlin Hobbs

**WED 05:58 Tweet of the Day (b038qkbj)**

Melodious Warbler

Tweet of the Day is a series of fascinating stories about our British birds inspired by their calls and songs.

Brett Westwood presents the melodious warbler. A lemon-yellow warbler singing on a sunny Spanish hillside will be the well-named Melodious Warbler. They are slightly smaller than blackcaps, moss-green above and pale yellow below. You may occasionally see them in the UK in late summer or autumn. The song is melodious and the bird often includes nasal chattering phrases that sound like house sparrows.

**WED 06:00 Today (m0018g9q)**

News and current affairs, including Sports Desk, Weather and Thought for the Day.

**WED 09:00 More or Less (m0018g9l)**

Rail strikes, tyre pollution and sex statistics

Do rail workers really earn £13,000 a year more than nurses? As rail strikes severely hit services we look at some of the claims being made around pay – and explain how you can measure average pay in different ways.

Plus we investigate claims that Chancellor Rishi Sunak wasted

£11bn by paying too much interest on Britain's national debt.

Is pollution from tyres really 2000 times worse than pollution from exhausts?

And we look at sex and statistics in America.

Produced in partnership with the Open University.

Credits:

Presenter: Tim Harford

Series Producer: Charlotte McDonald

Reporters: Nathan Gower, Jon Bithrey

Production Coordinator: Janet Staples

Sound Engineer: James Beard

Editor: Richard Vadon

**WED 09:30 Just One Thing - with Michael Mosley (m0018g9q)**

An Apple a Day

In this episode, Michael delves into the surprising research on the humble apple, revealing how it can help your heart, gut, and brain. He speaks to Dr Catherine Bondonno from Edith Cowan University in Australia to find out how and why simply eating more apples could reduce risk of dying early by up to 35%! They discuss what apples can do to our gut bacteria and blood vessels to keep them healthy. Meanwhile, our volunteer Lee overcomes sensory challenges, finding different ways of adding apples to his diet.

**WED 09:45 The Escape Artist by Jonathan Freedland (m0018jzh)**

3. The Hideaway

The award-winning journalist Jonathan Freedland reads from his powerful and moving book. In Auschwitz, in early 1944, a daring escape plan is formulated, and a courageous young Jewish man prepares to take action.

The Escape Artist by Jonathan Freedland, the award-winning journalist, broadcaster and international bestselling author, tells the remarkable story of a young man who made it his mission to expose the chilling reality of Auschwitz and the Holocaust. Courage and a steely determination to do the right thing led Rudolf Vrba and his friend, Fred Wetzler, to make a daring escape from the heavily guarded concentration camp. An eyewitness to many stages of the Final Solution, Vrba committed to memory details of the concentration camp's brutal and murderous regime. His testimony found its way into report that was disseminated to Churchill, Roosevelt and the Pope and ultimately saved the lives of 200,000 Hungarian Jews.

Abridged by Richard Hamilton

Produced by Elizabeth Allard

**WED 10:00 Woman's Hour (m0018g9v)**

Kate Bush, Lynn Fitch, Cost of living, Electroconvulsive therapy

In a world exclusive, today Kate Bush gives Emma Barnett her reaction to being discovered by a new generation and making it to number 1 in the UK singles charts 44 years after her first chart-topper *Wuthering Heights*. *Running Up That Hill* was first released in 1985 and its use in the Netflix hit series *Stranger Things* has made Kate Bush a social media and streaming sensation. We also speak to Caitlin Moran about how rare it is to hear from Kate and why she is inspired by her songs.

A report out today has found that the number of abortions has increased over the course of the pandemic. The cost of living has been cited as a key factor for this rise at an uncertain time in the economy and with job insecurity. Mary-Ann Stephenson is co-director of the Women's Budget Group, an independent body which analyses the impact of government policy on women.

A decision is also expected any day from the US Supreme Court on whether to overturn *Roe v Wade* – the historic 1973 ruling which has guaranteed women access to abortion nationwide. At the centre of this legal challenge, is a woman who is being hailed by some as the lawyer who could end *Roe v Wade*. She is the Mississippi Attorney General Lynn Fitch...and the BBC's Holly Honderich joins Emma to explain more.

Twice as many women than men are receiving electroconvulsive therapy (ECT) according to researchers at the University of East London. ECT is used to treat a range of mental health issues including severe depression, long-lasting mania, and catatonia. But an FOI request to twenty NHS Trusts has also revealed that older women are also more likely to be receiving treatment. They are concerned it causes memory loss and that patients are not given sufficient information to make informed decisions before they give consent to treatment. Emma is joined by one of the lead researchers, clinical

psychologist Dr Chris Harrop and by Dr Trudi Seneviratne, Registrar of the Royal College of Psychiatry.

Emma speaks to the writer, DJ and broadcaster, Annie Mac on what has been a big week for music. They discuss Beyonce's new single, Break My Soul, which marks a change of musical genre for her as it's a House track. They talk about the history of house music and it's cultural shifts and about Kate Bush and Glastonbury 2022.

**WED 11:00 The Virtual World of Sex Education (m0018g6c)**

[Repeat of broadcast at 20:00 on Monday]

**WED 11:30 All About Yves (m0018gqz)**

Sixty years ago, the young, exuberant and blisteringly talented Yves Klein suffered a heart-attack at the Cannes Film Festival and died soon after.

In this story of an art world revolutionary, Dr James Fox talks to Klein's widow Rotraut Klein-Moquay and son Yves Amu Klein, as he looks back at the life and work of an artist often remembered only for a beautiful shade of blue.

In fact, James argues, Yves Klein was a conceptual artist before conceptual art was invented, a pop artist before pop art, a minimalist before minimalism, and a pioneer of performance and installation art whose influence can be seen in galleries across the world.

Klein's origin story begins on a beach in the South of France, under a deep blue sky, a colour which inspired the vibrant ultramarine of his International Klein Blue monochromes, sponges and body prints.

But Klein also created art out of fire, experimented with photography and music, studied Judo in Japan, released hundreds of balloons into the night sky, strapped wet canvases to the roof of his car and exhibited an empty gallery in post-war Paris.

Both showman and visionary, Klein leapt into the void, rejected the art of the line but was always ahead of the curve.

To discuss Klein's art and life, James is joined by the art historian Professor Noit Bani, Tate curator Darren Pih, Gagosian Director Richard Calvoceossi, Emma Baker of Sotheby's, Rotraut Klein-Moquay and Yves Amu Klein.

Produced by Julia Johnson  
A TBI Media production for BBC Radio 4

**WED 12:00 News Summary (m0018gr3)**

The latest national and international news from BBC Radio 4.

**WED 12:04 You and Yours (m0018gr7)**

Airport parking crackdown; Holiday house swap; Car parts crisis

Police in Cheshire have launched a crackdown on what they describe as 'rogue' airport car parks in an operation around Manchester Airport. Police, immigration officers and tax officials were among a 50-strong team targeting sites in Styal, Cheshire. It follows several incidents ranging from car thefts to criminal damage, and reports of some motorists returning from holiday to find their car had been driven hundreds of miles. In one particular incident in April of this year, police say around 150 people returned to find their car keys were missing and their vehicles were stuck in a boggy field. Although the police admit that the car parks they have targeted are not illegal, they believe that some of the activities on the sites are illegal. They want to send a message to other operators that they need to operate lawfully. They also warn consumers to be wary of selecting the cheapest option for their holiday car parking.

The loss to business caused by this week's rail strikes has been put at more than £100 million. Retail analysts Springboard also say there'll be 10% fewer shoppers on the High Streets. And it's the shops and hospitality venues that are directly reliant on rail passengers that are also feeling the financial strain. We've been hearing from businesses dependant on passengers around Piccadilly Station in Manchester.

The demand for second-hand car parts is causing a crisis in the industry among some suppliers. It's because people are holding on to their older cars for longer, together with the fact that there's a shortage of parts for new cars. It's putting huge pressure on the suppliers of second hand car parts. Not only is the parts shortage causing problems for businesses it's also fuelling an increase in the number of those operating illegally. The trade association representing around 200 licensed car recycling companies has accused the Government of failing to tackle the illegal trade in parts.

Getting away on holiday has been a challenge the last couple of

years. With travel abroad restricted, many of us opted for staycations instead. But what about swapping houses? The home exchange platform Love Home Swap says they have seen a 140% increase in their UK members taking trips compared to the start of 2021. It works by paying a membership fee to a home swap website, taking some photos of your home and uploading them to the site, along with a description. Then you contact others - both in the UK and abroad - to agree a date to stay in each other's homes. We hear from some who've swapped homes - the benefits, and the pitfalls.

PRESENTER: PETER WHITE  
PRODUCER: CRAIG HENDERSON

**WED 12:57 Weather (m0018grc)**

The latest weather forecast

**WED 13:00 World at One (m0018grg)**

Forty-five minutes of news, analysis and comment, with Sarah Montague.

**WED 13:45 The People Vs J Edgar Hoover (m0018grj)**

7. Publish and Be Damned

Hoover begins to lose control of the American narrative. J Edgar Hoover built then ran the FBI for almost five decades. He turned it from a bureaucratic backwater into a premier crime fighting and counterintelligence force. In the process, he arguably became America's most powerful man. He's been dead 50 years and still his shadow looms over the US. Today's fears of a 'deep state' - of unaccountable government officials working against the public in their own interest - can be traced back to him. In the first of an 8-part series, Emily shows how though his job was to enforce the law...he would not always be bound by it.

Producer: Neal Razzell  
Research: Louise Byrne  
Editor: Hugh Levinson  
Production Coordinator: Janet Staples  
Sound: Tom Brignell

**WED 14:00 The Archers (m0018g8f)**

[Repeat of broadcast at 19:00 on Tuesday]

**WED 14:15 The Price of Oil (b06cvgy2)**

No Two Days

Faye Marsay and Paul Higgins star in Joy Wilkinson's maze of tales about risk, passion and deep-sea oil.

On 20th April 2010, the Deepwater Horizon rig explodes, spilling millions of gallons of oil into the Mexican Gulf. An ambitious young journalist is determined to investigate, but her story becomes confused between youthful romantic dreams and reality. It leads her to a massive old oil rig off the coast of Aberdeen, and a grizzled but good-looking drilling engineer. Their lives become entwined in a sparkling series of alternative stories about the risks, rewards and realities of deep-sea drilling.

The Price of Oil season of factual dramas explores the history of oil - and the price we've paid for it. It takes us from 1951 to 2045, and around the world from Iran to Alaska, Libya, Nigeria, Turkmenistan, Washington and onto Scotland's offshore rigs, to explore the role oil has played in shaping our world.

Devised by Nicolas Kent, with Jack Bradley & Jonathan Myerson, the season was produced by Jonquil Panting for BBC Audio.

As director of London's Tricycle theatre for almost 30 years, Nicolas Kent championed responsive factual and political drama, including seasons of plays by renowned writers about Afghanistan (The Great Game) and nuclear weapons (The Bomb). Now he brings that experience to BBC Radio 4, to tell the story of oil.

Izzy ..... Faye Marsay  
Richard ..... Paul Higgins  
Marco ..... Sam Dale  
Samantha ..... Amelia Lowdell  
Shahana ..... Jessica Turner  
Dudley ..... David Hounslow  
Steve ..... Mark Edel-Hunt

No Two Days was directed by Nicolas Kent.

**WED 15:00 Money Box (m0018grl)**

Self Publishing

Do you want to write a book? How would you go about publishing one? Many people now look away from traditional publishing and towards self publishing. Whether it's doing it all

yourself or using hybrid publishers, which offer publishing services for a cost, it can be a risky and potentially expensive option for would be authors.

Felicity Hannah is joined by our panel of experts to discuss self publishing and to hear experiences, comments and questions from callers.

Panel:

Nicola Solomon - Chief Executive - Society of Authors

Adam Croft - Author of The Rutland Crime series.

Producer: Paul Waters and Drew Hyndman

Editor: Beatrice Pickup and Justin Bones

**WED 15:30 All in the Mind (m0018g8p)**

[Repeat of broadcast at 21:00 on Tuesday]

**WED 16:00 The Caretakers (m00162tl)**

Episode 1: Reimagine

In every museum and gallery, cleaning and conservation teams look after our cultural treasures. They have an intimate knowledge of the buildings and collections they care for, yet their opinions are rarely heard.

Artist Eloise Moody has been working closely with nine people across the United Kingdom tasked with keeping their respective museums, galleries and collections clean. Every sound you hear in this programme - from brushes sweeping to each word and sigh - was collected and recorded by the Caretakers themselves. This series offers a rare chance to perch invisibly on the shoulders of these exceptional guides, noticing what they stop to consider as they go about their work.

Doreen is the cleaner in the Glasgow Women's Library. At the end of her shift, she sits in what was once an exclusively male reading room, thinking about its change in identity. As she imagines, she reveals potential - in people, objects and places.

Art gallery Compton Verney is set in a historic mansion. In its impressive halls we meet Michael who left a career in the Chinese army before settling in Warwickshire. Having completely rethought his lifestyle, he explores the collections while considering the role of destiny in his life.

Philippa works in conservation at The Hardmans' House, a National Trust property. The specialist cleaning she does brings her in close contact with the contents of the house and its former inhabitants. What were once belongings are now 'a collection'. As the house has its annual deep clean, we re-examine the objects through Philippa's eyes.

Producer: Eloise Moody  
Producer and Editor: Emma Barnaby  
Executive Producer: Anishka Sharma

A Whistledown production for BBC Radio 4

**WED 16:30 The Media Show (m0018grn)**

Another Warning for the BBC

The media regulator Ofcom has released a review of how the BBC operates. It's considered how the BBC deals with complaints, how it approaches impartiality, and how it decides which services to provide. Across all three, Ofcom wants an improvement.

Guests: Kevin Bakhurst, Group Director, Ofcom; Owen Meredith, Chief Executive, News Media Association; Roger Mosey, former Head of TV News, BBC; and Alice Enders, Head of Research, Enders Analysis

Producer: Steven Williams

Presenter: Ros Atkins

**WED 17:00 PM (m0018grq)**

Afternoon news and current affairs programme, reporting on breaking stories and summing up the day's headlines

**WED 18:00 Six O'Clock News (m0018grs)**

The Taliban appeals for help after an earthquake devastates south-eastern Afghanistan, killing at least 1,000 people

**WED 18:30 Heresy (m0018grv)**

Series 12

Episode 5

Victoria Coren Mitchell presents another edition of the show which dares to commit heresy. This week with Katy Brand, Phil Wang and David Mitchell.

Written, presented and produced by Victoria Coren Mitchell with additional material from Dan Gaster and Charlie Skelton Series created by David Baddiel

An Avalon production for BBC Radio 4

**WED 19:00 The Archers (m0018grx)**

As Neil tries to calm Chris before the imminent social worker visit, Chris can't remember the last time he felt vaguely relaxed. Sam the social worker asks Chris about what happened with Martha's accident. Chris is full of guilt. When Sam asks if Chris thinks Alice's recovery has lapsed, Chris emphatically replies no. Chris praises Alice's strengths as a mother and then gets tearful. He admits he's heartbroken that their marriage is over. Kirsty ties herself in knots as she compliments Adil on his appearance when they meet for a tour of the rewinding land. Adil's amused, and teases her. Kirsty explains that part of her role is to grow the number of visitors the rewinding site has. Adil asks for advice on winning round Lynda. Kirsty's sure Lynda would like him if she gave him a chance. Kirsty's impressed with how Adil handled yesterday when Lynda was rude to him. Adil's determined to keep trying with Lynda. He hopes the new Grey Gables will have approval from the whole community, including Lynda. The social worker thanks Chris for the tea and biscuits before heading out. Neil arrives and tells Sam that Chris is a fantastic father, embarrassing Chris. Neil also mentions it's Chris's birthday. Once Sam has left, Chris worries that his dad's words might have made it look like he was asking for special treatment. He also frets that he's been too nice about Alice in his social worker interview. He feels like his whole future depends on whatever Alice says in her interview.

**WED 19:15 Front Row (m0018grz)**

Rowan Atkinson, Windrush Sculptures, Susanne Bier

Rowan Atkinson is associated with a lot of 'B's – Blackadder, Bean, bumbling British spies... and now bees. He plays an inept house-sitter in a luxury mansion chasing after an insect in Netflix's new Man Vs Bee. He talks about this, his iconic characters, and why making comedy isn't always that fun.

Artist Thomas J Price's Warm Shores, a pair of 9 foot tall bronze figures, have just been installed outside Hackney Town Hall in London to mark Windrush Day. 74 years on from the arrival of the SS Empire Windrush at Tilbury Docks, Thomas joins Tom live in the studio to discuss how his work honours the Windrush Generation while playing with ideas of power, public space and 3D body scans.

When the Oscar-winning film director Susanne Bier turned her attention to television, the result was the acclaimed series The Night Manager, followed by The Undoing. She talks about her new series, The First Lady, which explores the lives of the wives of three American Presidents – Michelle Obama, Betty Ford, and Eleanor Roosevelt.

Presenter: Tom Sutcliffe  
Producer: Emma Wallace

**WED 20:00 Moral Maze (m0018gs1)**

The morality of striking

Is it morally acceptable to go on strike, disrupting the lives and livelihoods of millions of people who are uninvolved in a dispute? This week's rail strike is expected to be the biggest in 30 years with only a fraction of services running and widespread disruption. But whatever the arguments behind the dispute, what's the moral case for a strike?

The right to withdraw labour is seen by many as fundamental, an essential last resort in a battle with employers where workers are trying to secure reasonable pay and conditions. Improved pay deals resulting from strikes are seen as clear evidence that striking itself is legitimate.

But where should the limits be? The police and armed forces can't go on strike but doctors and nurses can, as well as other essential workers. Is a strike still morally acceptable if it causes widespread misery or severely damages the economy, or if lives are lost as a result?

Some feel that strikes are always unfair. The main victims are usually not employers but people uninvolved in the dispute. Also strikes by some groups of workers are far more disruptive than strikes by others. Has that unfairly driven up pay in some sectors?

It is decades since widespread strikes were a common feature of life in the UK, but this year some are predicting a "summer of discontent", a wave of disputes that could involve teachers, NHS staff, and others. Should tougher laws be introduced, to

protect us all from the worst effects of strikes? Or is it essential that the basic rights of workers are upheld by the law? What's the moral case for striking? With Paul Nowak, Caroline Farrow, Dr Sam Fowles and Benjamin Loughnane.

Presenter: Edward Stourton  
Producers: Jonathan Hallewell and Peter Everett

**WED 20:45 Just One Thing - with Michael Mosley (m0018gqq)**

[Repeat of broadcast at 09:30 today]

**WED 21:00 A Thorough Examination with Drs Chris and Xand (p0c98bfy)**

[Repeat of broadcast at 15:30 on Tuesday]

**WED 21:30 The Media Show (m0018grn)**

[Repeat of broadcast at 16:30 today]

**WED 22:00 The World Tonight (m0018gs3)**

Afghanistan's worst earthquake for 20 years

In-depth reporting, intelligent analysis and breaking news from a global perspective

**WED 22:45 The Stranding by Kate Sawyer (m0018gs5)**

Episode 8

When Ruth leaves London to volunteer with a charity in New Zealand, she leaves behind her job, her family and the relationship with her partner. But she's also escaping the news of an imminent global catastrophe. As the disaster strikes, her only hope of survival lies in taking shelter inside the mouth of a beached whale, in the company of a complete stranger. When they emerge into an utterly changed world, these two can only rely on each other for survival. As they try and come to terms with their loss and pain, and find a way to build a life for themselves out of the destruction around them, we slowly begin to discover what drove Ruth from London to the New Zealand beach where everything came to an end – and a new beginning.

In a bold and skilful weaving of Ruth's desperate present and her past life in London, the story follows two strangers as they confront the worst that can happen.

8/10: The Family Grows. A sister for Frankie adds to Ruth's and Nik's joy, but brings fears for the future.

Writer:

Kate Sawyer worked as an actor and producer before writing The Stranding. Published in 2021, it was Kate's debut novel and was shortlisted for the Costa First Novel Award and won the East Anglian Book Awards Fiction Award.

Reader:

Kerry Fox is an award-winning actor who came to prominence playing the writer Janet Frame in Jane Campion's film An Angel at my Table, since when she's had an international career in films and television.

Abridged by Sara Davies  
Produced by Celia de Wolff  
Sound Design: Lucinda Mason Brown  
Production Co-ordinator: Sarah Wright

A Pier production for BBC Radio 4

**WED 23:00 No-Platformed (m0018gs7)**

Series 1

Episode 2

Russ, Stuart, and Clara battle a parcel conglomerate and The Railway Children meet an untimely end. Comedy that drives a train through conventional sitcom-land via a platform crowded with silly jokes.

Three members of staff, one dysfunctional railway station, zero passengers. From the team behind the multi award-winning The Skewer and the also-multi-award-winning podcast Cold Case Crime Cuts.

Starring:

Geoff McGovern (Ghosts / Peep Show / Hitchhiker's Guide .. .oh, hundreds of things)  
Tim Downie (Toast of London / Upstart Crow / Good Omens)  
Alexandra Mardell (Coronation Street)

With

Olivia Williams (Ten Percent, The Crown, The Father, The Sixth Sense)  
Rufus Jones (Paddington / Stan and Ollie / Ch4's Home)  
Tracy Ann Oberman (EastEnders / Toast of London / Friday

Night Dinner)

Hugh Dennis (Fleabag / Outnumbered / Mock The Week / The Now Show)

Featuring  
Jake Yapp  
Naomi McDonald  
Yoriko Kotani

An unusual production for BBC Radio 4

**WED 23:15 Rosie Jones: Box Ticker Too (m00127vv)**

Northern, with Louise Young

Stand-up comedy and chat from triple-threat Rosie Jones. She's disabled, gay and northern. But she's not a great example of any of these communities and she's tired of being asked to speak on their behalf.

This week, Rosie looks at being Northern. She grew up in a coastal town in Yorkshire, but seems to be ashamed that she moved to London for work. Louise Young joins Rosie on stage to examine what it means to be from the North, and if their identities and attitudes are really tied to where they are from.

Recorded in a live comedy club, prepare to be shocked and disappointed by Rosie's lack of respect for your expectations.

Produced by Richard Melvin  
A Dabster production for BBC Radio 4

**WED 23:30 Today in Parliament (m0018gs9)**

Sean Curran reports from Westminster where a row over this week's rail strikes dominated a noisy Prime Minister's Questions.

**THURSDAY 23 JUNE 2022**

**THU 00:00 Midnight News (m0018gsc)**

The latest news and weather forecast from BBC Radio 4.

**THU 00:30 The Escape Artist by Jonathan Freedland (m0018jzh)**

[Repeat of broadcast at 09:45 on Wednesday]

**THU 00:48 Shipping Forecast (m0018gsf)**

The latest weather reports and forecasts for UK shipping.

**THU 01:00 Selection of BBC World Service Programmes (m0018gsh)**

BBC Radio 4 presents a selection of news and current affairs, arts and science programmes from the BBC World Service.

**THU 05:20 Shipping Forecast (m0018gsk)**

The latest weather reports and forecasts for UK shipping.

**THU 05:30 News Briefing (m0018gsm)**

The latest news from BBC Radio 4

**THU 05:43 Prayer for the Day (m0018gsp)**

A spiritual comment and prayer to start the day with George Craig, a Methodist local preacher in Cardiff.

Good morning. The first house that my wife and I lived in had coal fires. To help with chopping the kindling my father gave me an old axe that had belonged to his grandfather. I used it regularly until we moved into a house with central heating and at that point the axe disappeared into a dark corner of the shed. And it stayed there for years, until I rediscovered it recently it while I was having a clear-out of the shed.

It was in a sorry state. But I realised that it gave me a direct and tangible connection back to my great-grandfather and I was a bit shocked to think that I had forgotten about it, and might actually have lost it. So, I had the head cleaned and sharpened and mended the handle, and now I keep it somewhere safe as a treasured memento.

But it reminded me that it's not just things that get neglected. People can be, too. And that got me thinking about people who had been important in my life that I had lost touch with.

So, I set about ringing up or e-mailing and, where I could, meeting those that were still around - restoring the relationship and trying to make up for lost time. And I was pleasantly surprised that all those that I contacted were actually pleased to hear from me! It's one of the most rewarding things I've ever done, and I have every intention of looking after and maintaining those links.

The simple lesson for me was that if a thing's important it's worth looking after.

Father God, help us to see that whether it's the things that we value or the people we love, we need to take care of what's precious – or we might lose it. Amen

**THU 05:45 Farming Today (m0018gsr)**

23/06/22 - Groundswell 2022

The principles of regenerative agriculture include increasing crop diversity, protecting the soil with ground cover, involving livestock, reducing tillage and keeping living roots in the soil. But why do it? In this programme, Charlotte Smith visits the regenerative agriculture show, Groundswell, to find out.

Presented by Charlotte Smith

Produced for BBC Audio in Bristol by Heather Simons

**THU 05:58 Tweet of the Day (b038qkcg)**

Great Reed Warbler

Tweet of the Day is a series of fascinating stories about our British birds inspired by their calls and songs.

Brett Westwood presents the great reed warbler. As you'd expect from their name, Great Reed Warblers are a much larger version of the Common Reed Warbler and breed in Continental Europe where their very loud song echoes around reed-beds, it can be heard up to half a kilometre away. We can hear one or more singing Great Reed Warblers in the UK each spring.

**THU 06:00 Today (m0018hd3)**

News and current affairs, including Sports Desk, Weather and Thought for the Day.

**THU 09:00 In Our Time (m0018hd7)**

Angkor Wat

Melvyn Bragg and guests discuss the largest and arguably the most astonishing religious structure on Earth, built for Suryavarman II in the 12th Century in modern-day Cambodia. It is said to have more stone in it than the Great Pyramid of Giza, and much of the surface is intricately carved and remarkably well preserved. For the last 900 years Angkor Wat has been a centre of religion, whether Hinduism, Buddhism or Animism or a combination of those, and a source of wonder to Cambodians and visitors from around the world.

With

Piphal Heng

Postdoctoral scholar at the Cotsen Institute and the Programme for Early Modern Southeast Asia at UCLA

Ashley Thompson

Hiram W Woodward Chair of Southeast Asian Art at SOAS University of London

And

Simon Warrack

A stone conservator who has worked extensively at Angkor Wat

Producer: Simon Tillotson

**THU 09:45 The Escape Artist by Jonathan Freedland (m0018jzf)**

4. On the Run

Jonathan Freedland reads his gripping new book about the heroic and courageous young Jewish man who escaped Auschwitz. Today, with his friend, he is on the run from his Nazi captors, who are in hot pursuit.

The Escape Artist by Jonathan Freedland, the award-winning journalist, broadcaster and international bestselling author, tells the remarkable story of a young man who made it his mission to expose the chilling reality of Auschwitz and the Holocaust. Courage and a steely determination to do the right thing led Rudolf Vrba and his friend, Fred Wetzler, to make a daring escape from the heavily guarded concentration camp. An eyewitness to many stages of the Final Solution, Vrba committed to memory details of the concentration camp's brutal and murderous regime. His testimony found its way into report that was disseminated to Churchill, Roosevelt and the Pope and ultimately saved the lives of 200,000 Hungarian Jews.

Abridged by Richard Hamilton

Produced by Elizabeth Allard

**THU 10:00 Woman's Hour (m0018hdh)**

Decisions about embryos, Female wildlife rangers, Amanda

Blanc, Nude images and teens

The physical and emotional challenges of in vitro fertilisation, or IVF, never fade from your memory - whatever the outcome. But what happens when you have been lucky enough to have a child or children and you still have frozen embryos in storage you are sure you will not use. None of the choices you face are easy - to donate to another couple in need, or to science, to let them be discarded or continue to preserve them. We hear from Alison Murdoch, Professor of Reproductive Medicine at Newcastle University and two women who have come to different conclusions about what they will do.

A new study of over 5000 teenagers in 46 schools has found that more than a third of teenage girls who sent nude images of themselves had been pressured into doing so. Researchers found that girls felt "shamed" when their nude images were leaked, while boys said that the leaking could lead them to gain social status. It also revealed that 34% of girls were first asked to send a nude when they were 13 or younger. Emma is joined by Soma Sara, the founder of Everyone's Invited - a safe place for survivors to share their stories anonymously - and Ruby Wootton, associate director from Revealing Reality, one of the authors of the study - which was done in collaboration with PHSE, that's the national body for personal, social, health and economic education.

Being a ranger in the wild - protecting animals from poachers, leading conservation efforts and sometimes putting yourself in the line of fire - isn't often a job taken on by women. In fact, less than 11% of the global wildlife ranger workforce is female - something many in the sector want to change. Holly Budge is a British adventurer who's founded World Female Ranger Week following a successful World Female Ranger Day last year. Purnima Devi Barman is a conservationist from the state of Assam in north-eastern India who set up her own 'Stork Army' to save one species of bird. They both join Emma on the programme.

The Treasury's Women in Finance Charter has published its annual review looking at gender diversity within the financial sector in the UK for 2021. Amanda Blanc is CEO of Aviva, the UK's leading insurer and leads the Women in Finance Charter and speaks to Emma about the review as well as her experiences of sexism as one of a handful of female FTSE 100 bosses.

**THU 11:00 From Our Own Correspondent (m0018hjj)**

More Killing In Kashmir

The situation in Kashmir is deteriorating again, with a new wave of attacks on civilians. Militant separatist groups appear to be targeting people purely because of their religion, while the Indian army stands accused of human rights violations. Yogita Limaye has been hearing from two families affected by the violence.

Turkey appears to be in the midst of a crackdown on live music. The country's President, Recep Tayyip Erdogan had already condemned what he regards as immoral influences on television and film. Now, a series of popular singers have seen their concerts cancelled. Ayla Jean Yackley has been speaking to them.

Across huge swathes of the world, it is the norm for people to earn money from day-to-day opportunities, rather than having a fixed job. There is an on-going debate about whether or not this is a good idea - for the people involved, and for the societies they live in. Samuel Derbyshire has been hearing about the ups and downs of life as an informal worker in Kenya.

The Suwalki Gap has been described as the most important place in the world that almost nobody has heard of - the spot where some fear World War Three could one day start. This small stretch of land in northern Poland sits in a crucial strategic position - and people fear that if Russia took control, it could cut off three Baltic states from their NATO allies. Sadakat Kadri visited Suwalki, to ask people there how they felt about living in this geopolitical hotspot.

Amsterdam today is a picture postcard city, famous for its museums, its coffee shops, and its canals. However, hundreds of years ago, those canals, and also the city's docks made the city notorious for its smell. Now, those odours have been recreated, and will soon be offered to visitors as part of a scent-focused guided tour. Christa Larwood had a preview.

Producer: Paul Moss

Production coordinator: Iona Hammond

Editor: Richard Fenton-Smith

**THU 11:30 Fairy Meadow (p0bhv6kl)**

3. Somebody of Interest

The Grimmer family have always hung on to the idea that somehow Cheryl might still be alive. Then, out of the blue, Ricki gets a call from the police which seems to put an end to their hopes.

BBC News Correspondent Jon Kay continues his investigation into the disappearance of 3 year old Cheryl Grimmer from an Australian beach in 1970. He meets one of the two detectives involved in a cold case review. There's someone the police want to talk to.

Produced for BBC Audio in Bristol by Chris Ledgard

Music: Elizabeth Purnell

Studio engineer: Jacques Sweeney

Editor: James Cook

**THU 12:00 News Summary (m0018hjm)**

The latest national and international news from BBC Radio 4.

**THU 12:04 You and Yours (m0018hjp)**

Gapfinders: Nisha Katona

Mowgli CEO Nisha Katona talks to Winifred about finding the gap in the market for Indian street food. 8 years after opening her first restaurant in Liverpool, Nisha now runs a chain across England, Scotland and Wales and is due to open her 20th next month. She talks about her 'maternal management style', her zero tolerance approach to aggression in the kitchen, the racism her parents experienced when they came to Britain from India and how food helped build a bridge between communities when she was growing up.

PRESENTER: WINIFRED ROBINSON

PRODUCER: CATHERINE MURRAY

**THU 12:32 Sliced Bread (m0018hrj)**

Air Fryers

It seems like everyone's talking about air fryers. They were recently dubbed the product that defined 2021, with sales up by 400%. But how do they fry with air?

Listener Sally in Harrogate has another question too: at a time when the cost of living is rocketing will cooking with an air fryer save her money?

And, because they use little to no oil, is cooking food in an air fryer also "healthier"?

Greg Foot investigates, speaking to a food scientist at Imperial College London and the BBC's Good Food Magazine, to find out whether the claims being made around air fryers live up to the hype or are just marketing BS.

This series, we're testing your suggested wonder-products. If you've seen an ad, trend or fad and wonder if there's any evidence to back up a claim drop us an email to sliced.bread@bbc.co.uk or you can send us a voice note to our new WhatsApp number: 07543 306807

PRESENTER: Greg Foot

PRODUCER: Simon Hoban

**THU 12:57 Weather (m0018hjt)**

The latest weather forecast

**THU 13:00 World at One (m0018hju)**

Forty-five minutes of news, analysis and comment, with Sarah Montague.

**THU 13:45 The People Vs J Edgar Hoover (m0018jzk)**

8. Shredded

Hoover's death starts a race to control his secret personal files. But his power extends beyond the grave.

J Edgar Hoover built then ran the FBI for almost five decades. He turned it from a bureaucratic backwater into a premier crime fighting and counterintelligence force. In the process, he arguably became America's most powerful man. He's been dead 50 years and still his shadow looms over the US. Today's fears of a 'deep state' - of unaccountable government officials working against the public in their own interest - can be traced back to him. In the first of an 8-part series, Emily shows how though his job was to enforce the law...he would not always be bound by it.

Producer: Neal Razzell

Research: Louise Byrne

Editor: Hugh Levinson

Production Coordinator: Janet Staples

Sound: Tom Brignell

**THU 14:00 The Archers (m0018grx)**

[Repeat of broadcast at 19:00 on Wednesday]

**THU 14:15 Drama (m0018hjy)**

The Making of a Monster

Connor is a bright, mixed race Newport teenager, but his life is in danger of spiralling out of control, fuelled by his confusion and despair over who he is and why his father is largely absent from his life. Autobiographical drama about second chances, written and performed by Welsh Children's Laureate, Connor Allen.

## CAST

Adult Connor.....Connor Allen  
 Little Man.....Jace Henry  
 Teenage Connor.....Jailen O'Daime  
 Mum.....Siwan Morris  
 Jonny/ Operator.....Gabin Kongola  
 Dad.....Kev McCurdy  
 Form Teacher/ Trolley Lady.....Claire Cage  
 Police Officer/ Judge.....Dick Bradnum

Production co-ordinator.....Eleri McAuliffe  
 Sound design.....Nigel Lewis

Directed by Emma Harding for BBC Audio in Wales

**THU 15:00 Open Country (m0018hk0)**

Cornwall's Steam Heritage

Ian Marchant finds the streets of Camborne alive and hissing with the sound of steam traction engines. It's Trevithick Day, commemorating Richard Trevithick, the inventor of the first steam-powered vehicle. As Ian finds out, the invention was a step towards the mechanisation of farming and road building, as well as the development of railways. Ian visits the preserved East Pool Tin Mine and hears how Trevithick's innovation in high pressure steam-pumping engines contributed to the 19th century mining boom in Cornwall and around the world. He finds out how Trevithick's inventions have left their mark on the British landscape. Back in Camborne, Trevithick Day culminates with steam engines saluting the great man's statue in a whistling drive past. Peep peep!

Presenter: Ian Marchant  
 Producer: Sarah Swadling

**THU 15:27 Radio 4 Appeal (m0018frg)**

[Repeat of broadcast at 07:54 on Sunday]

**THU 15:30 Open Book (m0018fs8)**

[Repeat of broadcast at 16:00 on Sunday]

**THU 16:00 Mary Portas: On Style (m0017cm2)**

Staying In and Going Out

This week we're embracing the return of event dressing with fashion designer Jenny Packham, who has been creating beautiful gowns for the past 35 years. She talks bespoke bridal, sustainable sequins, and what she's learnt from failure.

Dieter Rams is a hero in the design world. His 10 principals of design have become a foundational text for designers the world over. This month he turns 90 and we talk to Dejah Sudijc about his most influential designs and his practise that aimed for sustainability at a time when the rest of the world was becoming enthralled by disposable plastic.

Finally former Vogue colleagues Lucinda Chambers and Serena Hood on their cross-generational partnership at Collagerie, Spring style, and why the time was right for the comeback of the flared jean.

Presenter: Mary Portas  
 Producer: Jessica Treen

**THU 16:30 BBC Inside Science (m0018hdm)**

Engineering Around Mercury, Science Festivals, and The Rise of The Mammals

How hard is it to get to Mercury and why are we going? Also, do science festivals work? And why did mammals survive when dinosaurs died? Marnie Chesterton and guests dissect.

As this programme went out, scientists and engineers eagerly wait for new images of the planet Mercury to arrive, snapped from a speeding probe passing just 200km from the surface, as it desperately tries to shed some velocity on its seven-year braking journey. ESA/JAXA's BepiColombo mission to Mars is using gravitational swing-shots (just four more to go) to lose enough energy to eventually, in Dec 2025, enter orbit around the planet closest to our sun.

Dr Suzie Imber of Leicester University has skin in the game, being co-investigator on one of the instruments that will

eventually be able to teach us more than we've ever known about this bizarre world.

Suzie is also last year's winner of the Royal Society's Rosalind Franklin Award, and works hard doing science outreach talks and events to help inspire the next generation of scientists and engineers.

Thurs 23rd June is International Women in Engineering Day, celebrating remarkable engineering as a career option. Report Emily Bird goes along to the Great Exhibition Road Festival to see how science festivals such as this one can help raise the profile of engineering and scientific endeavours in the society of tomorrow.

One thing most kids like is Space. The other is dinosaurs. But what about long-dead Mammals? Prof Steve Brusatte of Edinburgh university is a palaeontologist and author whose last book on dinosaurs even led to him being consulted for the latest film in the Jurassic Park franchise. Why then does his new book focus on furrer beings in The Rise and Reign of The Mammals? He tells Marnie of the exciting millions of years of evolution that led to us, after the dinosaurs croaked their last..

Presented by Marnie Chesterton  
 Reporting by Emily Bird  
 Produced by Alex Mansfield

**THU 17:00 PM (m0018hk2)**

Afternoon news and current affairs programme, reporting on breaking stories and summing up the day's headlines

**THU 18:00 Six O'Clock News (m0018hk4)**

Taliban authorities say search for survivors has been finished; experts express surprise.

**THU 18:30 Thanks a Lot, Milton Jones! (m0018hk6)**

Series 5

Space Age In Aisle Three

When Milton's old school friend becomes a retail billionaire, it's time to take a shopping trolley to the stars.

Mention Milton Jones to most people and the first thing they think is 'Help!'. Because each week Milton and his trusty assistant Anton (played by Milton regular, Tom Goodman-Hill) set out to help people and soon find they're embroiled in a new adventure. When you're close to the edge, Milton can give you a push...

"Milton Jones is one of Britain's best gagsmiths with a flair for creating daft yet perfect one-liners" – The Guardian.

"King of the surreal one-liners" - The Times

"If you haven't caught up with Jones yet – do so!" – The Daily Mail

Written by Milton with James Cary (Bluestone 42, Miranda), and Dan Evans (who co-wrote Milton's Channel 4 show House Of Rooms), the man they call "Britain's funniest Milton" returns to the radio with a fully-working cast and a shipload of new jokes.

The cast includes regulars Tom Goodman-Hill ( Spamalot, Mr. Selfridge) as the ever-faithful Anton, Josie Lawrence and Dan Tetsell (Peep Show, Upstart Crow)

With music by Guy Jackson.

Produced and Directed by David Tyler

A Pozzitive production for BBC Radio 4

**THU 19:00 The Archers (m0018h1c)**

Beth and Steph both enjoyed their recent night out but that doesn't help Beth make sense of Steph's plans for her Suddenly Single party, which includes a stripper. Beth tries to persuade Steph to cancel the party. Steph's defensive at first but then seems like she might come round. Ben arrives with the decorations Steph requested. Steph quickly dismisses her and Beth's conversation. They look through the items and Steph gets more excited to Beth's consternation.

Later Beth asks Ben why he's supporting Steph's party when it's a terrible idea. Ben accepts she might be right but tries to offer a more positive view. Beth apologises for having a go at him but then accuses him of encouraging Steph just to get their own space again. Ben talks her down, saying there is only so much she can do to protect her sister. She sees his point and agrees it would be great to have her room back to herself.

Alice gives her version of Martha's accident in the playground to Sam the social worker. She declares that she's an alcoholic in recovery and Sam assures her he's not there to catch her out. Alice explains it's been fraught between her and Chris lately

due the financial settlement and care hearing for their divorce. Alice is surprised when Sam asks about Chris's relationship with Amy. Alice defends Chris and denies the relationship had any impact on his care for Martha. She concludes that it's money that has poisoned their divorce and she's not even sure how it has all become so stressful.

**THU 19:15 Front Row (m0018hdh)**

Reviews of the plays Rock, Paper, Scissors and documentary Studio Electrophonique, The People's History Museum, Michael Rosen

Critic Ben East and academic Catherine Love review Rock, Paper, Scissors, a trilogy of plays written by Chris Bush to mark the 50th anniversary of Sheffield Theatres and A Film About Studio Electrophonique, a documentary about Ken Patten's influential home studio in Sheffield.

The three separate but interlinking plays will be performed simultaneously on the three stages of the Sheffield Theatres complex – Rock at the Crucible, Paper at the Lyceum and Scissors at Studio.

A Film About Studio Electrophonique premieres this week at Sheffield DocFest. The documentary shines a loving spotlight on Ken Patten who built a recording studio in his council home in Sheffield and through his recording and mixing skills provided the launchpad for Pulp, ABC, Human League and many other burgeoning musicians in the steel city.

The People's History Museum has been shortlisted for this year's Art Fund Museum of the Year prize. It was the Migration: a human story project which wove stories of contemporary and historic migration into the museum's existing collection that caught the judges' attention. Dr John Gallagher, associate professor of Early Modern History at Leeds University, went to visit the museum for Front Row.

Saturday marks 75 years since The Diary of Anne Frank was published. Poet, writer and broadcaster Michael Rosen has written a sonnet to commemorate this and he joins Front Row to give the first public reading and discuss the enduring significance of Anne Frank's book.

Presenter: Shahidha Bari  
 Producer: Olivia Skinner

Image: Chanel Waddock as Coco and Daisy May as Molly in ROCK at The Crucible Theatre, Sheffield. Photographer credit: Johan Persson

**THU 20:00 Law in Action (m0018g81)**

[Repeat of broadcast at 16:00 on Tuesday]

**THU 20:30 The Bottom Line (m0018hdk)**

How to run a petrol station

As petrol and diesel prices hit record highs, Evan Davis looks at the economics of running a petrol station. There's an allegation motorists are being ripped off at the pumps. However, the actual amount of profit some forecourts make from selling fuel may come as a surprise.

Guests:  
 Kirsty Waddingham, RKW Plumbing  
 David Charman, Parkfoot Garages  
 James Lowman, Association of Convenience Stores  
 David Fyfe, Argus Media

Producer: Nick Holland  
 Sound: Neil Churchill and Rod Farquhar  
 Production Coordinators: Sophie Hill and Siobhan Reed  
 Editor: Hugh Levinson

**THU 21:00 BBC Inside Science (m0018hdm)**

[Repeat of broadcast at 16:30 today]

**THU 21:30 In Our Time (m0018hd7)**

[Repeat of broadcast at 09:00 today]

**THU 22:00 The World Tonight (m0018hdq)**

Polls close in 2 crucial by-elections

In-depth reporting, intelligent analysis and breaking news from a global perspective

**THU 22:45 The Stranding by Kate Sawyer (m0018hds)**

Episode 9

When Ruth leaves London to volunteer with a charity in New Zealand, she leaves behind her job, her family and the relationship with her partner. But she's also escaping the news of an imminent global catastrophe. As the disaster strikes, her

only hope of survival lies in taking shelter inside the mouth of a beached whale, in the company of a complete stranger. When they emerge into an utterly changed world, these two can only rely on each other for survival. As they try and come to terms with their loss and pain, and find a way to build a life for themselves out of the destruction around them, we slowly begin to discover what drove Ruth from London to the New Zealand beach where everything came to an end – and a new beginning.

In a bold and skilful weaving of Ruth's desperate present and her past life in London, the story follows two strangers as they confront the worst that can happen.

9/10: Eighteen Years. Ruth knows she will soon have to leave her daughters to fend for themselves.

**Writer:**

Kate Sawyer worked as an actor and producer before writing *The Stranding*. Published in 2021, it was Kate's debut novel and was shortlisted for the Costa First Novel Award and won the East Anglian Book Awards Fiction Award.

**Reader:**

Kerry Fox is an award-winning actor who came to prominence playing the writer Janet Frame in Jane Campion's film *An Angel at my Table*, since when she's had an international career in films and television.

Abridged by Sara Davies

Produced by Celia de Wolff

Sound Design: Lucinda Mason Brown

Production Co-ordinator: Sarah Wright

A Pier production for BBC Radio 4

**THU 23:00 Bridget Christie's Utopia (b09rz65d)**

Series 1

The Countryside

Witness episode 3 of award-winning stand-up comedian Bridget Christie's BBC Radio 4 comedy series, *Bridget Christie's Utopia*.

As Bridget Christie struggles to come to terms with current world events - Kim Jong-un, the melting polar ice caps and parakeets in her garden reminding her of Brexit, she embarks on a comic quest for her Utopia - a way of living that will make her less anxious and enable her to have her first happy wee since the Brexit vote in 2016.

**EPISODE 3 : COUNTRYSIDE**

In this third episode of the series, Bridget explores the countryside - to see if that will make her happier. Could living on a rural commune or moving her family to the country be the answer to all her problems? Or will life still be completely rubbish? In her tour of the countryside, Bridget meets a woman who runs her own commune - Fran Blockley - in rural Wales. Could a new life in the countryside help this town mouse switch off?

Stand-up show recorded in front of a studio audience at the BBC Radio Theatre.

Starring: Bridget Christie.

With special guest Fran Blockley.

Producers: Simon Nicholls and Alison Vernon-Smith.

A BBC Studios Production.

**THU 23:30 Today in Parliament (m0018hdv)**

Susan Hulme reports on calls for the UK government to do more to evacuate Afghans who worked for the UK.

**FRIDAY 24 JUNE 2022**

**FRI 00:00 Midnight News (m0018hdx)**

The latest news and weather forecast from BBC Radio 4.

**FRI 00:30 The Escape Artist by Jonathan Freedland (m0018jzf)**

[Repeat of broadcast at 09:45 on Thursday]

**FRI 00:48 Shipping Forecast (m0018hdz)**

The latest weather reports and forecasts for UK shipping.

**FRI 01:00 Selection of BBC World Service Programmes (m0018hf1)**

BBC Radio 4 presents a selection of news and current affairs, arts and science programmes from the BBC World Service.

**FRI 05:20 Shipping Forecast (m0018hf3)**

The latest weather reports and forecasts for UK shipping.

**FRI 05:30 News Briefing (m0018hf5)**

The latest news from BBC Radio 4

**FRI 05:43 Prayer for the Day (m0018hf7)**

A spiritual comment and prayer to start the day with George Craig, a Methodist local preacher in Cardiff.

Good morning. A few years ago our whole family took ourselves off to a big holiday park for a week. Because we are all scattered around the country, it's only when we plan events like this that we all get to be together.

When we got to the park we all assembled in the main chalet and everyone was standing around discussing important stuff like the traffic on the journey and who was going to sleep where, when the youngest grandson – then about two – burst into the room.

And instead of joining the main group, he charged past his uncles, aunts and cousins, and headed straight for the patio doors where he stood, waving his arms, squealing and looking in a baffled way at the rest of us. He couldn't understand why he seemed to be the only one who had noticed that just outside the window were a dozen ducks. And as far as he was concerned that was the most interesting and exciting thing that was going on at that point – certainly much more interesting than the traffic on the M4.

And I think he had a point.

It's a simple and sad fact that, particularly as we get older, the practical business of our daily lives does pretty much fill our horizon. But the world is full of extraordinary and wonderful things that we are somehow too preoccupied to notice and enjoy.

Jesus pointed out just that the common wild flowers we all walk past every day are actually very beautiful. That little boy was giving us all a very similar lesson.

Father God, we get so tied up in the routines of our lives that we too often miss the gifts of beauty with which you have surrounded us. Open our eyes to see and our hearts to rejoice in Your gifts. Amen

**FRI 05:45 Farming Today (m0018hf9)**

24/06/22 - Labour Shortages, Bird Flu, Pollution Fine

The government doesn't understand labour shortages in food and farming, and is putting the future of the sector in danger, according to MPs on the Environment Food and Rural Affairs committee who wrote a report on the issues earlier this year. The government has just published its response – rejecting their calls for the Seasonal Workers Scheme to be made permanent, and for the English language requirement for skilled workers in the sector to be lowered. Ministers say they've worked closely with industry to respond to labour shortages, pointing to the extra 10,000 visas added to the seasonal worker scheme this year and the plan for an independent review of labour in food and farming. Conservationists in Scotland are warning that the current bird flu outbreak could drive a seabird species into extinction in the country. The government has already launched a consortium of experts to tackle this, the largest and longest-running bird flu outbreak. But it could come too late for Great Skua's on St Kilda, a series of remote islands off the Scottish mainland. A hundred have been found dead this season, with numbers thought to be down around two thirds over the past three years. Dairy Crest has been fined one and a half million pounds after admitting a host of pollution and odour charges. The company, which produces cathedral city cheese and country life butter, admitted 21 pollution incidents at its Davidstow creamery in Cornwall between 2016 and 2021, two of which killed fish in a local river.

**FRI 05:58 Tweet of the Day (b038qkck)**

Tawny Pipit

Tweet of the Day is a series of fascinating stories about our British birds inspired by their calls and songs.

Brett Westwood presents the tawny pipit. Tawny pipits have never bred in the UK in real life but they have in fiction. Released in 1944 the film, 'The Tawny Pipit', featured a pair found in an English village. Their rarity causes the village to rally round to protect the birds when the field in which they are nesting is marked out for ploughing. The film leaves the audience with the message that nothing can change traditional village life.

**FRI 06:00 Today (m0018h0w)**

News and current affairs, including Sports Desk, Weather and Thought for the Day.

**FRI 09:00 Desert Island Discs (m0018frv)**

[Repeat of broadcast at 11:15 on Sunday]

**FRI 09:45 The Escape Artist by Jonathan Freedland (m0018jzz)**

5. The Report

Jonathan Freedland reads his book about the heroic Jewish man who risked all to reveal the truth about the Holocaust. Today, this brave young man gives his detailed account of the horrors he witnessed at Auschwitz. The report that follows makes its way into the world.

The Escape Artist by Jonathan Freedland, the award-winning journalist, broadcaster and international bestselling author, tells the remarkable story of a young man who made it his mission to expose the chilling reality of Auschwitz and the Holocaust. Courage and a steely determination to do the right thing led Rudolf Vrba and his friend, Fred Wetzler, to make a daring escape from the heavily guarded concentration camp. An eyewitness to many stages of the Final Solution, Vrba committed to memory details of the concentration camp's brutal and murderous regime. His testimony found its way into report that was disseminated to Churchill, Roosevelt and the Pope and ultimately saved the lives of 200,000 Hungarian Jews.

Abridged by Richard Hamilton

Produced by Elizabeth Allard

**FRI 10:00 Woman's Hour (m0018h0y)**

Althea Gibson, Bill of Rights, Sexual assault at festivals, Miscarriage & stroke, Viking Festival - Up Helly Aa

On Wednesday the government announced plans to create a new 'Bill of Rights' to Parliament, that will replace the current Human Rights Act. It argues that these reforms will 'reinforce freedom of speech, enable us to deport more foreign offenders and better protect the public from dangerous criminals'. But organisations that work with female victims of crime say this is a direct attack on women's rights. They say the Human Rights Act is an important weapon when it comes to victims and survivors' ability to seek justice.

Next Monday is the start of this year's Wimbledon and today we discover the story behind Althea Gibson the first Black woman to win Wimbledon in 1957 and 1958. Despite many obstacles her achievements, now more than 60 years ago, led seven-times Wimbledon winner, Serena Williams, to describe her as the 'most important pioneer for tennis'. Writer and performer Kemi-Bo Jacobs was so inspired by her that she has written a one-woman play about this trailblazer, now on stage at the Alhambra Theatre in Newcastle.

With festival season well underway, the Association of Independent Festivals has re-launched the Safer Spaces campaign which tackles sexual assault and harassment at festivals. Over 100 festivals have signed up to their charter, and will be rolling out their policies over the summer. Anita Rani is joined by Kate Osler, who is on the non-executive board of the Association of Independent Festivals and is secretary director for the El Dorado festival where she is currently setting up for next weekend, and Bea Bennister, who co-founded Girls Against, a non-profit organisation fighting sexual assault at live music events.

Women who have suffered multiple miscarriages and stillbirths are at greater risk of stroke, according to new research published by the British Medical Journal. The data looked at over 600,000 women around the world, and in particular women aged between 32 and 73 who were then followed up for an average of 11 years.

Professor Gita Mishra is from the University of Queensland, School of Public Health and the senior author on this project.

As far as festivals go, Shetland's famous Up Helly Aa fire festival has to be one of the most spectacular. It takes place in January and remembers the Vikings who used to rule the Shetland islands 1,000 years ago. Warriors parade through the streets by torchlight as visitors from across the world gather to watch the spectacle and the day culminates with the dramatic burning of a replica Viking long ship. But women and girls have never been allowed to take part in Lerwick - which is the capital of Shetland - until now. It was announced earlier this week there will no longer be gender restrictions. Johan Adamson is a campaigner from the group Up Helly Aa for Aa and Amy Gear is codirector of arts organisation Gaada who looked at the equality of Up Helly Aa for of their projects.

Presenter: Anita Rani

Producer: Kirsty Starkey

Interviewed Guest: Hannah Couchman

Interviewed Guest: Victoria Atkins

Interviewed Guest: Kemi-Bo Jacobs

Interviewed Guest: Kate Osler

Interviewed Guest: Bea Bennister

Interviewed Guest: Professor Gita Mishra

Interviewed Guest: Johan Adamson

Interviewed Guest: Amy Gear

**FRI 11:00 In Dark Corners (m0017cqm)**

Eton to Fettes

Alex Renton attended three traditional private schools. When he was eight he left home and boarded at Ashdown House, a prep school in East Sussex; a feeder school to Eton College.

Within weeks of his arrival he was sexually abused by a teacher. The teacher was never charged or even sacked. He died in 2011, a free man.

The assault, compounded by the physical and emotional abuse so often a feature of boarding school life, has stayed with Alex. And like a great number of the million Britons alive today who attended these institutions, he spent the subsequent years trying to forget what had happened to him there.

Then, in 2014, Alex finally decided he had to face his demons. He wrote a book, *Stiff Upper Lip*, about public schools and about the experiences he and others had within them. That's when the emails and letters started pouring in. Former pupils, men and women, from all around the country, shared with him their stories of sexual and physical abuse. The scale was breathtaking.

Now, years later, Alex Renton has unfinished business with Britain's elite schooling system.

In the second of a three part series, Alex tracks how a prolific abuser was able to make his way through some of the UK's most elite schools - from Shrewsbury, to Bradfield and from Eton College to Fettes College in Edinburgh. Alex discovers that in the 1970s a number of paedophiles were operating at the same time in Fettes. One is still alive today.

Producer: Caitlin Smith

Researcher: Claire Harris

Sound Design: Jon Nicholls

Editors: Gail Champion and Heather Kane-Darling

Photo: Alex at eight years old

**FRI 11:30 The Break (m0018h10)**

Series 4

Would Not Recommend

Fish Shop Frank Bridgewater (Mark Benton) has a problem - someone has been writing poisonous online reviews of his restaurant.

Jeff (Philip Jackson) and Andy (Tom Palmer) undertake to hunt down the culprit. Among the suspects are Copper Kettle proprietor Joyce Rickles (Alison Steadman) and Flamford's Number One aged curmudgeon Mr Truepenny (Rasmus Hardiker).

As part of their investigation, Jeff and Andy visit The Flamford Bugle, host of the offending restaurant rating website, run by disgruntled Employee of the Month, Mira (Shobna Gulati). The truth, they find, is under their very noses.

Starring:

Philip Jackson

Tom Palmer

Alison Steadman

Mark Benton

Shobna Gulati

Rasmus Hardiker

Created and Written by Ian Brown and James Hendrie

Studio Engineered and Edited by Leon Chambers

Production Manager Sarah Tombling

Produced and Directed by Gordon Kennedy

Recorded at The Soundhouse Studios, London

An Absolutely production for BBC Radio 4

**FRI 12:00 News Summary (m0018h12)**

The latest national and international news from BBC Radio 4.

**FRI 12:04 AntiSocial (m0018h14)**

Trans rights and free speech

Why is the conversation about trans rights and women's rights so toxic?

This week, two sports governing bodies decided that trans women should not compete in women's categories. Other sports announced they would review their policies. There's a row about that, but beneath that is a deeper argument about how the tensions around gender identity are discussed and debated.

Presenter: Adam Fleming

Producers: Lucy Proctor & Simon Maybin

Researcher: Ellie House

Music: Oskar Jones

Editor: Emma Rippon

**FRI 12:57 Weather (m0018h17)**

The latest weather forecast

**FRI 13:00 World at One (m0018h19)**

Forty-five minutes of news, analysis and comment, with Jonny Dymond.

**FRI 13:45 One to One (m000zdzq3)**

Escapes: Anna Freeman talks to Brian Robson

In this episode of *One to One*, the writer Anna Freeman speaks to Brian Robson. In 1962, Brian was so desperate to return home to the UK from Australia, that he hatched a plan to mail himself home in a crate.

He became the first person in history to fly for nearly five days in a crate across the Pacific Ocean; an incredibly dangerous feat. Anna hears how behind this daring tale was a young man willing to risk his life, just to make it home.

Producer for BBC Audio in Bristol: Caitlin Hobbs

**FRI 14:00 The Archers (m0018h1c)**

[Repeat of broadcast at 19:00 on Thursday]

**FRI 14:15 Limelight (m0018h1f)**

The System - Series 2

The System - Step 3: The Art of the Steal

Or How to Save the World in 5 Easy Steps

Step 3: The Art of the Steal

Ben Lewis's award-winning thriller returns for a second season.

The System is still holding five of the UK's richest men.

Jake and Maya are running out of time to find them.

And Jess's masterplan is about to take an entirely unexpected turn.

Cast:

Jake ... Alex Austin

Maya... Siena Kelly

Coyote ... Divian Ladwa

Jess ... Chloe Pirrie

Richard...Pips Torrens

Original music and sound design by Danny Krass  
Featuring tracks from Equiknox music collective

A BBC Scotland Production directed by Kirsty Williams

**FRI 14:45 Living with the Gods (b09cz0jl)**

Gifts to the Gods

Neil MacGregor continues his series on the expression of shared beliefs in communities around the world and across time, and focuses on offerings.

High in the Andes in Colombia, the indigenous Muisca population consigned highly-wrought gold figurines to the waters of Lake Guatavita.

Records of the treasures stored in the Parthenon, Athens, dating from around 400BC, reveal numerous gifts for the goddess Athena - gifts with a double role. The Parthenon was also a kind of central bank, capable of operating as a lender of last resort, creating an intimate connection between the temple of a goddess and the finance of the state.

Producer Paul Kobrak

Produced in partnership with the British Museum  
Photograph (c) The Trustees of the British Museum.

**FRI 15:00 Gardeners' Question Time (m0018h1h)**

Stamford

Horticultural programme featuring a group of gardening experts. In the chair this week is Peter Gibbs, and he's joined by experts Bob Flowerdew, Matthew Pottage and Bunny Guinness.

This week the panel are on Bunny's home turf in the historic town of Stamford. They explain what to do with an overgrown tulip tree, and how to safely plant out runner beans. They also recommend some plants for a Mexican themed garden, and suggest ideas for what to do with a glut of loofah plants.

Away from the questions Matthew takes a trip up the road to Bunny's garden, and learns about her new rose meadow project.

Producer: Jemima Rathbone

Assistant Producer: Aniya Das

A Somethin' Else production for BBC Radio 4

**FRI 15:45 From Fact to Fiction (m0018h1k)**

Will LT make it to Glastonbury?

LT has got a ticket for Glastonbury, but he's refused a lift, there's a rail strike and now his car has broken down. Maybe that's a relief. Does he even really want to go? He's out of his comfort zone. He's definitely missed Ziggy Marley and the programme says Wolf Alice are about to go on. Whoever they are.

Should he try and get there for Little Simz? The journey to the festival takes on an unexpected meaning.

Poet, playwright and historian Edson Burton creates a fictional response to a story in this week's news.

Edson has maintained a parallel career as a poet, academic and writer for theatre, radio & screen. His acclaimed contemporary fantasy trilogy for BBC Radio 4 stars Don Warrington as the enigmatic Deacon. Edson's most recent collaboration with Bristol Old Vic and Bristol's Colston Hall concerns the 19th Century African American abolitionist Frederick Douglass, with a cast including Kwame Kwei-Armah; chaplain to the House of Commons, Rose Hudson-Wilkins; and Danny Sapani.

Edson's academic specialisms include Black Religiosity, Bristol and the Transatlantic Slave Trade, Black History in the USA, Cultural Continuities between Africa & the New World, Race and Representation.

Edson is a regular commentator on radio and television, including *Countryfile*, *Hairy Bikers*, *Books that Made Britain*, *There is Black in the Union Jack*, *Civilisations Stories: The Remains of Slavery* and *The Antiques Road Show*.

Reader...Don Gilét.

Producer...Mary Ward-Lowery

**FRI 16:00 Last Word (m0018h1m)**

Dom Phillips (pictured), Stephen S. Thompson, Caroline Drummond, Maureen Hiron

Matthew Bannister on

Dom Phillips, the freelance journalist who was ambushed and shot dead on a trip into the Amazon rain forest.

Stephen S. Thompson, the novelist and screenwriter who won a BAFTA for his TV drama telling the story of his brother's experiences during the Windrush scandal.

Caroline Drummond, who campaigned for greater links between farming and environmental protection - and oversaw the launch of Open Farm Sunday.

Maureen Hiron, the top-class bridge player who invented many new games including Continuo and Quizwangle.

Producer: Neil George

Interviewed guest: Sian Phillips

Interviewed guest: Sylvia Colombo

Interviewed guest: Anthony Bryan

Interviewed guest: Krishnendu Majumdar

Interviewed guest: Minette Batters

Interviewed guest: Ian Pigott

Interviewed guest: W. Eric Martin

Interviewed guest: Deej Johnson

Archive clips used: BBC News 24, Dom Phillips and Bruno Pereira 16/06/2022; Metrôpoles - Café da Manhã Com Jornalistas 14/06/2022; BBC News Online, Amber Rudd's regret over scale of Windrush problem 26/04/2018; Edinburgh Television Festival, Sitting in Limbo - Edinburgh TV Festival 2021 12/06/2021; Left Bank Pictures/BBC/Ian Johnson Publicity, BBC Trailers Sitting in Limbo 01/06/2020; BAFTA, Sitting in Limbo wins Single Drama BAFTA TV Awards 2021

06/06/2021; BBC Radio 4, The Archers 07/06/2019; BBC Two, A Will To Win 20/10/1986; Granada TV, The Krypton Factor 1993.

**FRI 16:30 More or Less (m0018gq)**

[Repeat of broadcast at 09:00 on Wednesday]

**FRI 17:00 PM (m0018h1p)**

Afternoon news and current affairs programme, reporting on breaking stories and summing up the day's headlines

**FRI 18:00 Six O'Clock News (m0018h1r)**

The US Supreme Court overturns a ruling that gave women the constitutional right to an abortion

**FRI 18:30 Dead Ringers (m0018h1t)**

Series 22

Episode 2

Topical satire. Why is Lib Dem leader Ed Davey trapped down a tin mine? What is Ozzy Osbourne doing in the Upsidedown? What sort of hat will Liz Truss wear to impress the people of Northern Ireland? All is revealed.

Performed by Jon Culshaw, Lewis Macleod, Jan Ravens, Debra Stephenson and Duncan Wisbey.

The series is written by: Nev Fountain & Tom Jamieson, Laurence Howarth, Ed Amsden & Tom Coles, James Bugg, Edward Tew, Rebecca Bain, Cody Dahler, Jade Gebbie, Robert Dark, Sophie Dickson, Rachel E. Thorn and Cameron Loxdale.

Produced and created by Bill Dare  
Production Co-ordinator: Caroline Barlow  
Sound design Rich Evans

**FRI 19:00 The Archers (m0018h1w)**

Writer, Katie Hims  
Director, Kim Greengrass  
Editor, Jeremy Howe

Ben Archer ..... Ben Norris  
Alice Carter ..... Hollie Chapman  
Chris Carter ..... Wilf Scolding  
Neil Carter ..... Brian Hewlett  
Beth Casey ..... Rebecca Fuller  
Steph Casey ..... Kerry Gooderson  
Usha Gupta ..... Souad Faress  
Adam Macy ..... Andrew Wincott  
Kirsty Miller ..... Annabelle Dowler  
Adil Shah ..... Ronny Jhutti  
Lynda Snell MBE ..... Carole Boyd  
Robert Snell ..... Graham Blockey  
Doctor ..... Adaya Henry  
Sam ..... Thom Petty

**FRI 19:15 Add to Playlist (m0018h1y)**

Hannah French and Neil Brand bring on the musical fireworks

Cerys Matthews and Jeffrey Boakye are joined by musicologist Hannah French and composer Neil Brand as they take us from the stables of Versailles to a Shirley MacLaine classic as they add another five tracks to the playlist.

Bhangra specialist DJ Sonny Ji celebrates a joyous track inspired by the children's chant 'Eeny, meeny, miny, moe'.

Presenters Cerys Matthews and Jeffrey Boakye  
Producer Jerome Weatherald

Listen to Hannah French's Radio 3 documentary The Silence of my Pain <https://www.bbc.co.uk/programmes/m000p6d4>

The five tracks in this week's playlist:

Coppélia: Galop Final by Léo Delibes  
Overture to Acante et Céphise by Rameau  
If They Could See Me Now by Shirley MacLaine  
Get Ur Freak On by Missy Elliott  
Eena Meena Deeka by Kishore Kumar

Other music in this episode:

Black Sky by The Ozark Mountain Daredevils  
And the Swallow by Caroline Shaw  
Jubilee Rag by Winifred Atwell  
Galloping Home by Denis King  
Pygmalion: Overture by Jean-Philippe Rameau

**FRI 20:00 Any Questions? (m0018h20)**

Jackie Baillie MSP, Lord Lamont, Jen Stout, Maree Todd MSP

Chris Mason presents political debate and discussion from Shetland Museum and Archives with the MSP and Deputy Leader of Scottish Labour Jackie Baillie, Conservative peer and former Chancellor Lord Lamont, the journalist Jen Stout and the MSP and Minister for Public Health at Holyrood Maree Todd.

Producer: Camellia Sinclair  
Lead broadcast engineer: Ken Garden

**FRI 20:50 A Point of View (m0018h22)**

Driving the American Dream

Sarah Dunant relives a road trip she took 50 years ago, travelling across the USA at a time when Roe v Wade was the talk of America, and revolution was in the air.

'I can only imagine what it must be like to be a woman living in America this week, she writes in the aftermath of the decision by the US Supreme Court - a decision which almost instantly makes abortion illegal in more than 20 US states.

She takes us back to 1972 and her travels across America in a beat-up car, when radical lawyers were honing their arguments to first present the case to the country's highest court.

'America's post-war abundance and energy, its style, its movies and its music saturated our youth', she says. 'We had the time of our lives - even the bad bits were good, we were living the dream'.

And, fifty years on, she reflects on what has happened to 'the fabric of this extraordinary country'.

Producer: Adele Armstrong  
Sound: Peter Boshier  
Production coordinator: Iona Hammond  
Editor: Richard Fenton-Smith

**FRI 21:00 Archive on 4 (b08tv9th)**

Father's Day

Mark Thomas examines how the image of dad has been made and re-made over the decades.

This is a personal journey into the BBC archives and beyond. Mark's own Dad was tough. Mark says he's a softie as a father. Do we need more definition of what it is to be dad?

While motherhood is traditionally twinned with apple pie, one strong image of fatherhood is a man dressed in a batman suit protesting his rights of access to his children. There's no single dominant image, though. We have gay dads, soft dads, disciplinarian dads, workaholic dads, stay-at-home dads and absentee dads.

This is rich and rewarding territory, and the archive comes both from the public and private sphere. We hear experts and writers on fatherhood, famous dads like David Beckham and Sir Bob Geldof, and civilian dads' tales too.

Seismic events and cultural awakenings have shaped and re-shaped the figure of the father and yet today we still question who he really is. Why?

Mark also talks to fatherhood experts and those who have been watching the changing role of the father with a passionate interest over the decades - MP David Lammy, Adrienne Burgess from the Fatherhood Institute and Professor Charlie Lewis.

Producer: Sarah Cuddon

A Testbed production for BBC Radio 4, first broadcast in June 2017.

**FRI 22:00 The World Tonight (m0018h25)**

In-depth reporting, intelligent analysis and breaking news from a global perspective

**FRI 22:45 The Stranding by Kate Sawyer (m0018h27)**

Episode 10

When Ruth leaves London to volunteer with a charity in New Zealand, she leaves behind her job, her family and the relationship with her partner. But she's also escaping the news of an imminent global catastrophe. As the disaster strikes, her only hope of survival lies in taking shelter inside the mouth of a beached whale, in the company of a complete stranger. When they emerge into an utterly changed world, these two can only rely on each other for survival. As they try and come to terms with their loss and pain, and find a way to build a life for themselves out of the destruction around them, we slowly begin to discover what drove Ruth from London to the New Zealand beach where everything came to an end – and a new beginning.

In a bold and skilful weaving of Ruth's desperate present and her past life in London, the story follows two strangers as they confront the worst that can happen.

10/10: And Then There Were Two. Măia and Frankie face the future.

Writer:

Kate Sawyer worked as an actor and producer before writing The Stranding. Published in 2021, it was Kate's debut novel and was shortlisted for the Costa First Novel Award and won the East Anglian Book Awards Fiction Award.

Reader:

Kerry Fox is an award-winning actor who came to prominence playing the writer Janet Frame in Jane Campion's film An Angel at my Table, since when she's had an international career in films and television.

Abridged by Sara Davies

Produced by Celia de Wolff  
Sound Design: Lucinda Mason Brown  
Production Co-ordinator: Sarah Wright

A Pier production for BBC Radio 4

**FRI 23:00 A Good Read (m0018g83)**

[Repeat of broadcast at 16:30 on Tuesday]

**FRI 23:30 Today in Parliament (m0018h29)**

News and views from Westminster with Mark D'Arcy.