

SATURDAY 23 JULY 2022**SAT 00:00 Midnight News (m0019b72)**

The latest news and weather forecast from BBC Radio 4.

SAT 00:30 The Expectation Effect by David Robson (m0019js4)

The Super-Agers

The Expectation Effect is David Robson's book about the remarkable science of our mindset, and how your brain can change your world for the better.

In this episode David looks at how we can re-evaluate our attitudes to ageing for the better.

David Robson has worked at The New Scientist and BBC Future. His writing has also appeared in the Guardian, the Atlantic, Aeon, Men's Health and many more outlets. In 2021, David received awards from the Association of British Science Writers and the UK Medical Journalists' Association for his writing on misinformation and risk communication during the COVID pandemic. David's first book, The Intelligence Trap, was published in 2019.

Written and read by David Robson
Abridged by Richard Hamilton
Produced by Anne Isger
A BBC Books Production

SAT 00:48 Shipping Forecast (m0019b74)

The latest weather reports and forecasts for UK shipping.

SAT 01:00 Selection of BBC World Service Programmes (m0019b76)

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 (m0019b78)

The latest weather reports and forecasts for UK shipping.

SAT 05:30 News Briefing (m0019b7b)

The latest news from BBC Radio 4

SAT 05:43 Prayer for the Day (m0019b7d)

A spiritual comment and prayer to begin the day with the Most Reverend and Right Honourable Stephen Cottrell, the archbishop of York

Good morning.

In Canterbury this week, an international meeting of Anglican Bishops, the Lambeth Conference, will put the first letter of Peter at the centre of our discussions. My reflections also begin with some of his challenging words: 'Be hospitable to one another.'

Some years ago I visited the Diocese of Kimberley and Kuruman in South Africa. I asked to lodge with a family, and stayed a few nights with Maria in the Township parish of Paballelo, close to the Namibian border.

Her house was a kind of corrugated iron shack. Very few amenities. Spaces separated from one another by cardboard tacked onto simple wooden frames. She lived there with her two daughters. There was only one bed. No toilet. No running water.

That night I looked through the holes in the ceiling to the African sky, thinking I won't be able to wash, or have the cup of tea that I usually think so essential to start the day. I didn't sleep well.

At about 5:00am I heard Maria get up. Through the thin walls, I heard her say her prayers and go outside. About half an hour later there was a tap on my door. Maria came in with a basin of warm water and a cup of tea.

To receive hospitality is always a humbling joy. But to receive hospitality from the poorest of the poor is something I'm still processing.

And so we pray –
Generous God, I know all too well, that I'm not always very good at showing hospitality to others. Teach me, like Maria, to learn from the scriptures, to learn from Jesus that our discipleship is measured by love. And help us as a nation and a world to be more generous.

Amen.

SAT 05:45 Four Thought (m0019b7g)

Cities made for our mental health

Dr Layla McCay asks us to think again about how our buildings and towns can both benefit and harm our mental health. As a trained psychiatrist and head of the Centre for Urban Design she has brought together the research around this topic for the first time.

Looking at how plants and water can reduce the risk of psychosis and 'bumping' places, where people can casually meet to form connections and potentially ease depression.

Layla's work as the Director of the NHS Confederation has convinced her of the importance of design and physical health but also how little attention has been paid to it's impact on the mind.

She says the concept of 'restorative cities' - those that help heal or calm the mind are what we should be aiming for. Designing places that help counter loneliness, improve connections and keep depression at bay. Post Pandemic can we redesign our surroundings to support a happier and healthier life?

Presenter Ollly Mann
Producer- Jordan Dunbar
Editor- Tara McDermott

SAT 06:00 News and Papers (m0019jp1)

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

SAT 06:07 Open Country (m0019bwr)

Uncharted Stories of the Causeway Coast

Helen Mark is in Northern Ireland to hear little known histories about the Causeway Coast. A new project is gathering stories from the local community to add to a digital map, before they are forgotten forever.

Produced by Beatrice Fenton.

SAT 06:30 Farming Today (m0019jp3)

23/07/22 Farming Today This Week: Australian trade deal, farm accidents, livestock feed

A farmer talks about a tragic tractor accident which cost his 4 year old nephew his life.

No parliamentary scrutiny for the Australia trade deal - what does that mean for future deals and UK farmers?
All week we've been looking at livestock feed. 40% of UK arable land is used to grow feed: the WWF says the system must change to address climate change, biodiversity loss and food security challenges.

Presented by Anna Hill and produced by Beatrice Fenton.

SAT 06:57 Weather (m0019jp5)

The latest weather reports and forecast

SAT 07:00 Today (m0019jp7)

Including Sports Desk, Weather and Thought for the Day.

SAT 09:00 Saturday Live (m0019jp9)

Robert Peston

Robert Peston joins Nikki Bedi and Peter Curran. Whilst keeping very busy as ITV News' Political Editor, Robert Peston has written his debut novel. He talks about the memories it triggered, career highlights and passions outside work.

Listener Gerry Wright got in touch to talk about the significance of sailing for her family, and a particularly poignant bedside trip with her mother.

Ben Aldridge used to suffer from severe anxiety until he used the ancient Greek philosophy of stoicism to get outside his comfort zone – challenges he set himself included running a marathon in his garden and climbing Everest on his stairs during lockdown.

Noma Dumezweni shares her Inheritance Tracks: Pata Pata by Miriam Makeba and O-o-h Child by Five Steps.

Michael Spicer is best known as the cynical and world-weary political advisor character in 'The Room Next Door' sketches. Michael spent decades writing in his spare time whilst doing unfulfilling jobs to pay the bills, leading to a double life when he got internet fame.

The Whistleblower by Robert Peston is out now.
How To Control The Uncontrollable by Ben Aldridge is out now.

Noma Dumezweni is in A Doll's House, Part 2 which runs at London's Donmar Warehouse until the 6 August.
Michael Spicer's Edinburgh show The Room Next Door runs

from the 19th to the 28th of August at Assembly George Square Studios - Studio One.

Producer: Claire Bartlett

SAT 10:30 The Kitchen Cabinet (m0019jpc)

Series 37

The Royal Institution

Jay Rayner and a panel of culinary experts visit the Royal Institution, London. Angela Hartnett, Tim Anderson, Shelina Permalloo and Professor Barry Smith are on hand to answer questions from keen cooks.

Like the inventors at the Royal Institution before them, the panellists share their Eureka moments in the kitchen and their top salad-dressing secrets. In an auditory experiment, Professor Barry Smith explains the relationship we have between taste and crunch.

Joining the panel this week is Royal Institution Curator of Collections, Charlotte New, who tells us the story of the Count that invented Sous Vide cooking.

Producer - Jemima Rathbone
Assistant Producer - Aniya Das

A Somethin' Else production for BBC Radio 4

SAT 11:00 The Week in Westminster (m0019jpf)

Top commentators review the political week

SAT 11:30 From Our Own Correspondent (m0019jph)

Valentina's Kiosk

Vladimir Putin's invasion of Ukraine is now entering its sixth month and there are no signs of a resolution or ceasefire. Russian citizens continue to be fed a daily diet of propaganda on State TV, with fewer sources of independent news. To keep abreast of the Russian point of view, Steve Rosenberg has a daily ritual: buying his newspapers from his local newspaper kiosk, run by a woman called Valentina. He tells the story of how they became friends.

In Ukraine, a recent missile attack in the city of Vinnytsia, in the central-west of the country, has served as a stark reminder of the indiscriminate nature of Russia's military onslaught. Everyday routines have become fraught with hazard, from a trip to the shops to a walk to school, even in cities considered to be 'safe'. Sarah Rainsford has been in Vinnytsia and Mykolaiv.

The Lebanese economy is in a state of collapse, but the government hopes that the summer tourist season, when many Lebanese living abroad return for a holiday, will provide a much-needed boost. But any visitor must navigate a tangled web of erratic exchange rates, as Angelica Jopson has found.

And finally, to South Africa's West Coast, the site of a large saltwater lagoon situated in a National Park, around 55 miles north of Cape Town. The area, which is also a marine reserve, attracts numerous water birds and sea life, as the Atlantic waves pound its edge. Antonia Quirke went to explore the lagoon and its local history.

Presenter: Kate Adie
Producer: Serena Tarling
Production Coordinator: Gemma Ashman
Editor: Richard Fenton-Smith

SAT 12:00 News Summary (m0019jpk)

The latest national and international news from BBC Radio 4.

SAT 12:04 Money Box (m0019jpm)

Food banks warn they are struggling to meet demand

Food banks across the UK have told Money Box they are facing increased demand, but falling donations, as the cost of living crisis bites people across the income range. This research, which took place in June, covered 116 out of 505 organisations which are part of IFAN - the Independent Food Aid Network. Those 116 organisations cover 203 food banks across the UK and 9 out of 10 of them told us they had seen an increase in demand since the start of this year. More than half said they've also seen food donations fall. IFAN, a registered charity and anti-poverty campaign group, helps run food banks which tend to be run by volunteers across local communities. For context, we don't know how many food banks there are in the UK, but the Trussell Trust, which has its own network of more than 1,400 of them, recently reported giving out more than 2.1 million food parcels in the year to March.

We reported on Money Box a couple of weeks ago that energy prices are expected to rise substantially in October and then

again in January. But why does the price get fixed by the regulator Ofgem? Would a change in the way the market works bring bills down? We'll hear from Dr Craig Lowrey, Senior Consultant at Cornwall Insight which produces forecasts of where the price of energy is going.

Why it's not too late for pensioners to claim extra help and get the first £326 cost of living payment that is being sent out this week. (the number for claiming is 0800 991234)

Plus, new data suggests many homeowners are fixing their mortgage rates early, in the hope of securing a better deal.

Presenter: Paul Lewis
Reporter: Dan Whitworth
Researcher: Sandra Hardial
Editor: Jess Quayle

(First broadcast 12pm Saturday 23rd July, 12pm)

SAT 12:30 Dead Ringers (m0019b5q)
Series 22

Episode 6

You don't have to wait until September to discover who the next prime minister will be, because Dead Ringers has the inside track on the party faithful. Rishi Sunak comes clean about Britain's future, and Sir Keir Starmer tries to get a little attention.

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

This episode was written by: Nev Fountain & Tom Jamieson, Laurence Howarth, Ed Amsden & Tom Coles, James Bugg, Edward Tew, Robert Darke, Rachel E. Thorn, Sophie Dickson and Sarah Campbell

Produced and created by Bill Dare
Production Co-ordinator: Caroline Barlow

SAT 12:57 Weather (m0019jpp)
The latest weather forecast

SAT 13:00 News and Weather (m0019jpr)
The latest national and international news and weather reports from BBC Radio 4

SAT 13:10 Any Questions? (m0019b69)
Kirsty Blackman MP, Iain Macwhirter, Ian Murray MP, Iain Stewart MP

Anita Anand presents political debate and discussion from MacRobert Memorial Hall, Tarland, with SNP Work and Pensions spokesperson at Westminster Kirsty Blackman MP, columnist at The Herald Iain Macwhirter, Shadow Secretary of State for Scotland Ian Murray MP and Minister in the Scotland Office Iain Stewart MP.

Producer: Camellia Sinclair
Lead broadcast engineer: Fraser Jackson

SAT 14:00 Any Answers? (m0019jpt)
Have your say on the issues discussed on Any Questions?

SAT 14:45 28ish Days Later (m0019jpw)
Day Twenty: Chemical Disruption

India meets with the founder and director of Chem Trust, Elizabeth Salter Green, and Shruthi Mahalingaiah Assistant who is a Professor of Environmental Reproductive and Women's Health at the Harvard T H Chan School of Public Health, to discuss the implication of modern day synthetic chemicals on the menstrual cycle and the natural world.

Credits:
Presented by India Rakusen.
Producer: Ellie Sans.
Assistant Producer: Jorja McAndrew.
Executive Producer: Suzy Grant.
Original music composed and performed by Rebekah Reid.
Sound Design by Charlie Brandon-King.

Special thanks to all contributors and audio diarists.

A Listen production for BBC Radio 4 and BBC Sounds.

SAT 15:00 DH Lawrence: Tainted Love (m000xlww)
Women in Love

Women in Love by DH Lawrence. Dramatised by Ian Kershaw.

The Brangwen sisters are looking for love in the Midlands mining town of Beldover. Ursula is a teacher and Gudrun an artist. They meet two friends who live nearby, school inspector Rupert Birkin and Gerald Crich, heir to a coal-mine, and they become romantically attached. But Gerald and Rupert have a troubled friendship.

Ursula Cassie Bradley
Gudrun Katie Redford
Rupert Alexander Arnold
Gerald James Cooney
Hermione Emily Pithon
Diana/Pussum Verity Henry
Julius Rupert Hill

Director/Producer Gary Brown

'DH Lawrence: Tainted Love' dynamically puts centre stage Lawrence's daring writing on the complexity of human love. Sexual awakenings, transgressive same sex love and internalised repression are explored as his characters try to find fulfilment in uncertain times. Set in a mining town in Nottinghamshire, this drama is a celebration of Lawrence at his most bold, pushing the boundaries of sexuality in the dawning of the Twentieth Century.

In 'Women in Love' Ursula Brangwen's younger sister Gudrun comes into equal focus as the two sisters embark on love affairs. Gudrun is an artist who pursues a destructive relationship with Gerald Crich, a rich industrialist who is haunted by family tragedy. Lawrence contrasts this pair with the love that develops between Ursula and Rupert Birkin, an alienated intellectual who articulates many fashionable nihilistic opinions. The emotional relationships are given further depth and tension by an intense psychological and physical attraction between Gerald and Rupert.

With thanks to the Estate of Frieda Lawrence Ravagli.

SAT 16:00 Woman's Hour (m0019jpy)
Weekend Woman's Hour: Vicky Pattison, Bananarama, Women's Health Strategy

TV personality Vicky Pattison shot to fame on the reality show Geordie Shore, where her extreme party-girl lifestyle in Newcastle was lived out in front of the cameras. Now, she's taking a long, hard look at her past in a new documentary which centres around her father's struggle with alcoholism for most of his adult life. She explains how this has, in part, contributed towards her own unhealthy relationship with drinking.

England's first ever Women's Football team will finally be recognised with caps for a match that took place in 1972. Sue Whyatt, the reserve goalkeeper of the team shares what this recognition means to her and her teammates.

Earlier this week the government launched its much awaited Women's Health Strategy for England. We discuss with Women's Health Minister Maria Caulfield; Dame Professor Lesley Regan, the newly appointed Women's Health Ambassador; and BBC Health Correspondent Catherine Burns.

Sara Dallin and Keren Woodward from Bananarama come into the Woman's Hour studio to talk about how it all started, their friendship and their new album, Masquerade.

At least 20 Iranian feminists, most connected to Iran's #MeToo Movement, have written a letter of complaint to Instagram and Facebook after they were bombarded with thousands of fake followers. They say they've been deliberately targeted and want META - the owner of the social media platforms - to take action. We speak to one of the women affected, Samaneh Savadi, an Iranian women's rights activist based in the UK.

The author RJ Palacio discusses the 10th anniversary of her bestselling children's book Wonder, and shares her top tips for writing a book.

Presenter: Paulette Edwards

SAT 17:00 PM (m0019jqd)
Full coverage of the day's news

SAT 17:30 Boris (m0019lqf)
3. The Early Journalism Years: Shouting at the Yucca Plant

Alexander Boris de Pfeffel Johnson. A bit of a mouthful. To most people - and there are those that hate it - he's simply Boris

This series tells the story of Boris Johnson - from boy to man to Prime Minister. In each episode, Adam Fleming talks to a range of people who've known, watched, worked or dealt with him.

In the third episode, we hear about the early journalism years.

Guests:

Sonia Purnell is a writer and journalist and author of Just Boris: A Tale of Blond Ambition and a former colleague of Boris Johnson at the Daily Telegraph

Geoff Meade, Brussels Correspondent for PA at the same time as Boris's stint as The Telegraph's Brussels Correspondent. He has over 35 years experience covering EU affairs.

Peter Guilford, a former Times correspondent and later a spokesperson for European Commissioner, Leon Brittan

Producers: Ben Carter, Natasha Fernandes and Lucinda Borrell
Editor: Emma Rippon
Production co-ordinator: Brenda Brown
Studio Engineer: James Beard

SAT 17:54 Shipping Forecast (m0019jq2)
The latest weather reports and forecasts for UK shipping.

SAT 17:57 Weather (m0019jq4)
The latest weather reports and forecast

SAT 18:00 Six O'Clock News (m0019jq6)
The monkeypox outbreak has been declared a global health emergency by the WHO.

SAT 18:15 Loose Ends (m0019jq8)
Ian McKellen, David Sedaris, Imelda May, Simon Munnery, The Heavy Heavy, Carwyn Ellis, Yasmeen Khan, Clive Anderson

Clive Anderson and Yasmeen Khan are joined by Ian McKellen, David Sedaris, Imelda May and Simon Munnery for an eclectic mix of conversation, music and comedy. With music from Carwyn Ellis and The Heavy Heavy.

SAT 19:00 Profile (m0019jqb)
Rishi Sunak

Just seven years after first entering Parliament as Conservative MP for Richmond, North Yorkshire, Rishi Sunak is now one vote away from becoming Prime Minister. From replacing party grandee William Hague to managing the country's finances through the coronavirus pandemic, Mark Coles follows his journey in British politics and talks to those who know him outside the political world of Westminster.

Presenter: Mark Coles
Production team: Sally Abrahams, Diane Richardson and Ben Cooper
Editor: Richard Vadon

SAT 19:15 The Infinite Monkey Cage (m0019jqd)
Series 24

Astronauts

Brian Cox and Robin Ince look back at Planet Earth from the unique perspective of space with the help of astronauts Nicole Stott and Chris Hadfield, Space scientist Carolyn Porco and comedian and author Katy Brand. What can we learn about our own planet by looking back at it from space? The panel talk about the emotional response of looking back on earth, either from the ISS or via amazing photographs like Voyager's Pale Blue Dot, and the importance of realising our own place and significance in the vast cosmos.

Executive Producer: Alexandra Feachem

SAT 20:00 Archive on 4 (m0019jqg)
Brum Britain

As Birmingham prepares to host the Commonwealth Games, comedian Darren Harriott is joined by a legion of Brummy legends to argue that a new Global Britain needs a new centre of power and that this should clearly be Birmingham. Is it time for the UK's Second City to become its First City?

The Birmingham accent is still mocked and hated, and so many of the city's achievements remain underplayed. Brummies have always been the bridesmaids and never the bride.

But to prove the city's worthiness to take control of the country, Darren offers comedic insight into Brum's rich history and its movers and shakers - from the experimentalists of the Lunar Society such as Erasmus Darwin, Josiah Wedgwood, Matthew Boulton and James Watt (who changed the world but inadvertently kick-started Climate Change) to Ozzy Osbourne, Tony Hancock, Lenny Henry, Jasper Carrot, Julie Walters, Joe Lycett, Stewart Lee, Shazia Mirza, Benjamin Zephaniah, Kit De Waal and Steven Knight.

Through archive and fresh commentary, Darren explores the lasting legacy of Birmingham's culture from Tolkien and Heavy Metal (Black Sabbath, Judas Priest, Led Zeppelin) to Duran Duran, Steel Pulse, UB40, Bhangra, Balti's, The Streets and Peaky Blinders.

To help an understanding of the city today, Darren takes a tour. He walks the streets of Birmingham, talking with social historian Professor Carl Chinn, Peaky Blinders creator Steven Knight, Steel Pulse founder Basil Gabbidon, and writer Kit De Waal about how this huge city in the middle of England is always evolving and re-inventing itself. Surely it's ready to step up and take control!

Producer: Helen Lennard
A Must Try Softer production for BBC Radio 4

SAT 21:00 Tumanbay (m000kmjp)
Series 4

Menagerie of All Life

The murderous governor's wife Fatima has taken control of the palace. The sultan Manel has been exiled to a madhouse in the desert. And former spymaster Gregor discovers a terrible secret in the passageways beneath the city about the worlds he lives in.

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

Cast:
Gregor..... Rufus Wright
Grand Master..... Anton Lesser
Alkin..... Nathalie Armin
Fatima..... Kirsty Bushell
Manel..... Aiysha Hart
Cadali..... Matthew Marsh
Medmed..... Nadim Sawalha
Sarp..... Joplin Sibtain
Heaven..... Olivia Popica
Angel..... Steffan Donnelly
Piero..... Pano Masti
Frog..... Misha Butler
Matilla..... Albane Courtois
Dumpy..... Ali Khan
Bello..... Albert Welling
Hafiz..... Antony Bunsee
Landlady..... Arita Sadiku

Original Music by Sacha Puttnam

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 (m0002c3h)
Episode 8

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 (m0019jqj)
The latest national and international news from BBC Radio 4

SAT 22:15 Moral Maze (m0019b9j)
The Future of the NHS

The Future of the NHS

Can the UK keep its promise of free healthcare for everyone? NHS spending is higher than ever, yet waiting lists are getting longer and patient satisfaction is falling. The worst of the

pandemic may have passed, but weekly Covid admissions remain high and many services are still struggling. While many patients feel delighted with the treatment and care they receive, stories of missed targets, staff shortages and crumbling buildings are common. Whether its waiting for an operation, mental health support, getting a GP appointment or just hoping an ambulance arrives in time, our cherished and beloved NHS is letting many people down, in spite of the heroic efforts of its staff. The people vying to be our next Prime Minister have acknowledged the problems, but are not promising big improvements. Is it time for a new model?

Some believe it's about funding, and we need to accept that the NHS we want and need will cost us much more. But in a cost of living crisis, are people really prepared to pay higher taxes to improve the NHS, and if not, why do we still expect a Rolls Royce health system? Others think it's a bottomless pit of demand and it's time to reduce our expectations. Can we afford the NHS to be anything more than a safety net for the sickest and poorest? Is it right to promise care to everyone, even those who can afford to go private? Or, might the public's willingness to pay for the NHS evaporate, if it's no longer there for all of us? We may love our NHS, but how much should we expect of it, and how much are we willing to pay? With Tim Knox, Dr Jennifer Dixon, Matthew Lesh and Prof Allyson Pollock.

Producers: Jonathan Hallowell and Peter Everett
Presenter: Michael Buerk

SAT 23:00 The 3rd Degree (m00199w7)
Series 12

Bangor University

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 Bangor University, the specialist subjects are Education, Film Studies and Zoology with Herpetology, and the questions range from the Miracle at Cana to the sex life of Komodo Dragons. And you can play along to the well-known game, Name Five Famous Spaniards.

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 pop. 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 University College London, Warwick, Leeds Beckett, Lancaster and Gonville and Caius College, Cambridge.

Producer: David Tyler
A Pozzitive production for BBC Radio 4

SAT 23:30 Tongue and Talk: The Dialect Poets (m00199qf)
Hull

The popular series soaking up poetry and dialect from different corners of the UK returns - and in the first episode playwright, comedian and poet Gill Adams explores the way people speak in her home city of Kingston upon Hull on Yorkshire's East Coast.

From the heart of Hesse Road in the centre of Hull, once a thriving fishing community, to the banks of the river Humber, Gill goes back to her roots with fellow poets Dean Wilson, Carol Coiffait, Ian Winter and David Okwesia.

Gill asks if the Hull dialect with its flat vowels and unique terminology come from the fact that it's a port and gateway to Europe? Or are we still hanging onto the sayings our Mams and Granmies used to keep us in check when the men were away at sea?

Gill visits Rayners, the pub at the very heart of the sea-faring community, she talks about her childhood and growing up in Hull, hears from experts about how the unique dialect of Hull has evolved over the years, and finds out how new writers are using the changing dialect and accent in their poetry.

Other episodes in the series explore poetry and dialect in Portsmouth, Liverpool and Cornwall.

A Made in Manchester production for BBC Radio 4

SUNDAY 24 JULY 2022

SUN 00:00 Midnight News (m0019jql)
The latest news and weather forecast from BBC Radio 4.

SUN 00:15 Living with the Gods (b09dtd3p)
The Proteoresses

Neil MacGregor's series on the role and expression of beliefs continues this week with a focus on images.

In Mexico, the image of Our Lady of Guadalupe came not from the hand of an artist, but was directly given from heaven - according to its history. Our Lady of Guadalupe is now the most powerful of presiding images, and the Basilica of Guadalupe near Mexico City is said to be the most visited Roman Catholic pilgrimage site in the world.

The sanctuary of the goddess Artemis in the great trading city of Ephesus, now in western Turkey, was by far the most celebrated temple of the antique Mediterranean, and the cult of Artemis spread eastwards towards the Black Sea, and westwards towards Spain. Artemis was thought to protect the vulnerable at their moments of greatest personal danger.

Neil MacGregor also visits a shrine devoted to a woman sometimes perceived as a contemporary proteoress.

Producer Paul Kobrak

The series is produced in partnership with the British Museum, with the assistance of Dr Christopher Harding, University of Edinburgh.
Photograph (c) The Trustees of the British Museum.

SUN 00:30 Commonwealth Stories (m0019b4n)
Indecent Exposure

To celebrate the tenth anniversary of the Commonwealth Short Story Prize, and mark this year's Commonwealth Games celebrations, three recent prize winners have written specially commissioned stories for Radio 4.

Today's story is by Kanya D'Almeida, from Sri Lanka, who won the 2021 prize with I Cleaned the Her new story, Indecent Exposure, is a quietly searing tale of motherhood, poverty and longing. A young woman finds herself in court and knows that the forces ranged against her will never understand or pardon the desperate need that brought her here.

Kanya D'Almeida has an MFA in fiction from Columbia University's School for the Arts. She is writing a collection of short stories about women and mental health, and is the host of The Darkest Light, a podcast on birth and motherhood in Sri Lanka.

The Commonwealth Short Story Prize attracts between 6,000 – 7,000 entries every year from nearly all the 54 Commonwealth countries, and taps into a rich, rewarding vein of storytelling from around the world. Five regional prizes are awarded from which one writer is chosen as the overall winner.

Producer: Sara Davies
Sound Design: Lucinda Mason Brown
A Pier production for BBC Radio 4

SUN 00:48 Shipping Forecast (m0019jqn)
The latest weather reports and forecasts for UK shipping.

SUN 01:00 Selection of BBC World Service Programmes (m0019jqj)
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 (m0019jqs)
The latest weather reports and forecasts for UK shipping.

SUN 05:30 News Briefing (m0019jqv)
The latest news from BBC Radio 4

SUN 05:43 Bells on Sunday (m0019jqx)
The Minster Church of Kingston-upon-Hull in East Yorkshire.

Bells on Sunday comes from the Minster Church of Kingston-upon-Hull in East Yorkshire. The church dates back to about 1300 and is the largest parish church in England by floor area. It contains what is widely acknowledged to be some of the finest medieval brick work in the country. The large central tower houses a chime of twenty five bells and a peal of twelve with three semitone bells, all of which were cast by John Taylor of Loughborough. The tenor weighs twenty five and a half hundredweight and is tuned to D. We hear them ringing Little Bob Royal.

SUN 05:45 Profile (m0019jqb)
[Repeat of broadcast at 19:00 on Saturday]

SUN 06:00 News Summary (m0019jtc)

The latest national and international news from BBC Radio 4

SUN 06:05 Something Understood (b01jqb8c)

Life in a Seminary

Mark Tully is intrigued by life in a Roman Catholic seminary. How are young men trained for the priesthood?

In 2012, he visited Allen Hall Seminary in the busy heart of London, where Dean of Studies and Formation Advisor Father Stephen Wang explained the need for his students to train for their pastoral role within the Catholic community. Seminarians at Allen Hall spend much of their time in local parishes, schools and hospitals preparing for life as a Diocesan priest. And yet it's also crucial that they have the quiet, contemplative space they need to develop spiritually. They must become men of God and men of communion.

Mark explores the history of the seminary system, with readings from Anthony Kenny and Denis Meadows, and hears music written by ancient monks in isolation. He speaks to writer and academic John Cornwell, whose own time at Upholland Seminary in the 1950s left a strong imprint on his spiritual life. The Junior Seminary system he experienced from the age of 12 no longer exists, but John believes that there are still serious flaws in the way the Catholic Church trains its priests. He argues that seminarians are too separated out from the world and from the people they are destined to serve once ordained.

Ultimately, becoming a priest requires huge dedication - what Jesuit Father Pedro Arrupe described as a 'falling in love' with God. Perhaps what is also needed is a balance, between the prosaic and the spiritual, between being within the world and being apart from it.

Producer: Hannah Marshall

A Loftus production for BBC Radio 4

SUN 06:35 On Your Farm (m0019jtf)

Bridging the Skills Gap

Jane Scotter produces fruit, veg and flowers on around 12 acres in Herefordshire, and has made a business supplying her specialist products to a London restaurant. Over the years, she has found it almost impossible to find people with the skills required to work on her farm: how to propagate plants, how to drive a tractor, how to care for fruit trees. To try and fill the skills gap she takes on volunteers who have to work hard in return for a hut in one of the fields, fresh produce from the farm, and the chance to learn from Jane. Many of these volunteers go on to be members of paid staff.

Presented by Anna Jones

Produced for BBC Audio in Bristol by Heather Simons

SUN 06:57 Weather (m0019jth)

The latest weather reports and forecast

SUN 07:00 News and Papers (m0019jtk)

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

SUN 07:10 Sunday (m0019jtm)

The Pope in Canada, faith groups at the Commonwealth games, the theology of Stranger Things

Birmingham is gearing up for the Commonwealth Games and faith communities across the West Midlands are involved in the preparations, including Ranjit and Manpreet from Wolverhampton Wrestling Club who will both be taking part in The Queen's Baton Relay. William speaks to them about Wolverhampton, wrestling and what it means to be a Sikh on the mat.

Conservative party members are preparing to vote for their new leader and our next Prime Minister. As they decide between Liz Truss and Rishi Sunak, we discuss the candidates' religious hinterland and ask what bearing, if any, religious questions might have on the leadership race.

The smash Netflix hit, Stranger Things, has just aired its fourth series. Some religious commentators say the success of Stranger Things is down to the fact that, at its heart, is the age-old battle between good and evil. In the latest series there seems to be no let up on the religious iconography. Culture writer Sophie Caldecott decodes some of the deeper, spiritual meanings at work in the series.

Pope Francis flies to Canada this week where he's expected to apologise for the abuse of Indigenous children in church-run residential schools. William hears from Dark Cloud, who was adopted by a British family as a child after being forcibly taken in what is known as The Sixties Scoop. Joy Spearchief-Morris, Indigenous Black Canadian writer and advocate tells us the

situation in Canada and the BBC's Religion Editor, Aleem Maqbool highlights what we can expect from the Papal visit.

As East Africa faces the worst drought in 40 years, William speaks to Elizabeth Myendo, Tearfund's Disaster Management Lead for East and Southern Africa live from Nairobi with an account of the impact on people living in countries like Kenya, Somalia and Ethiopia.

The 15th Lambeth Conference is to be held in Canterbury from 26 July to 8 August. The bishops will issue affirmations and "calls" from the conference based on their discussions around mission, the environment, safe church, interfaith relations and Anglican identity but there are some notable absences. Church leaders from Rwanda, Nigeria and Uganda are boycotting the conference in protest at what they see as a liberalisation of teaching on human sexuality. The Archbishop of Cape Town, Dr Thabo Makgoba, is chair of the Lambeth design group and speaks to William Crawley about the boycott.

And Daniel Mullhall, Ireland's ambassador to the United States, tells us about religion in James Joyce's Ulysses.

SUN 07:54 Radio 4 Appeal (m0019jtp)

Plant Your Future

Botanist, author and television presenter Frances Tophill makes the Radio 4 Appeal on behalf Plant Your Future.

To Give:

- UK Freephone 0800 404 8144

- You can donate online at 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 'Plant Your Future'.

- Cheques should be made payable to 'Plant Your Future'.

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: 1134720

SUN 07:57 Weather (m0019jtr)

The latest weather reports and forecast

SUN 08:00 News and Papers (m0019jtt)

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

SUN 08:10 Sunday Worship (m0019jtw)

Dwelling in Unity

On Thursday, the Commonwealth Games will open in Birmingham, bringing 'nations together in a colourful celebration of humanity'.

What better place to hold the Commonwealth Games than Birmingham where that 'colourful celebration of humanity' is represented in the makeup of the city's population... What better theme for Sunday Worship than 'Dwelling in Unity' as the 'Games aim to unite the Commonwealth family through a glorious festival of sport that is 'underpinned by the core values of humanity, equality, and destiny'... 56 independent countries make up the Commonwealth in Africa, Asia, the Americas, Europe and the Pacific - each unique and a valuable member of the union. Likewise, Birmingham Community Gospel Choir sees itself as an example of people of different ethnicities, Black, South Asian and White cultural backgrounds, church traditions and personalities dwelling in unity "because what unites us is the commonality of our belief and faith in God; we are in unity with each other and with God. Disagreements are a normal part of life but our faith in God enables us to seek resolutions so that we maintain that oneness as we witness to the Christian faith in song." Director of music and service leader: Maxine Brooks. Producer: Andrew Earis

SUN 08:48 A Point of View (m0019b6k)

Climate Change and the Fall of Icarus

Tom Shakespeare decided several years ago he was no longer going to fly for pleasure. But his father's cousin - who lives in the US - has just turned 90 and he'd love to see her again. He describes his fraught decision - as he grapples with his environmental conscience.

Reading from WH Auden's poem, 'Musée des Beaux Arts'.

Producer: Adele Armstrong

Sound: Peter Boshier

Production coordinator: Gemma Ashman

Editor: Richard Fenton-Smith

SUN 08:58 Tweet of the Day (b04mj5kt)

New Zealand Bellbird

Tweet of the Day is the voice of birds and our relationship with them, from around the world.

Chris Packham presents the New Zealand bellbird. In 1770, during Captain James Cook's first voyage to New Zealand, an extraordinary dawn chorus caught the attention of his crew "like small bells exquisitely tuned": these were New Zealand bellbirds. New Zealand bellbirds are olive green birds with curved black bills and brush-like tongues which they use to probe flowers for nectar. Like other honeyeaters, they play an important role in pollinating flowers and also eat the fruits which result from those pollinations and so help to spread the seeds. The well camouflaged bellbird is more often heard before it is seen. They sing throughout the day, but at their best at dawn or dusk when pairs duet or several birds chorus together. Their song can vary remarkably, and it is possible hear different 'accents' in different parts of New Zealand, even across relatively short distances.

Producer : Andrew Dawes

SUN 09:00 Broadcasting House (m0019jty)

News with Paddy O'Connell, including travel chaos - is it because of Brexit? On the news review: Steve Richards, Inaya Folarin Iman and Kate Mosse.

SUN 10:00 The Archers Omnibus (m0019jv0)

Writer, Caroline Harrington

Director, Peter Leslie Wild

Editor, Jeremy Howe

Adam Macy Andrew Wincott
Adil Shah Ronny Jhutti
Alice Carter Hollie Chapman
Brad Horrobin Taylor Uttley
Chelsea Horrobin Madeleine Leslay
Clarrie Grundy Heather Bell
Helen Archer Louiza Patikas
Jazzer McCreary Ryan Kelly
Jill Archer Patricia Greene
Josh Archer Angus Imrie
Justin Elliott Simon Williams
Lilian Bellamy Sunny Ormonde
Lynda Snell MBE Carole Boyd
Natasha Archer Mali Harries
Oliver Sterling Michael Cochrane
Pat Archer Patricia Gallimore
Pip Archer Daisy Badger
Shula Hebden Lloyd Judy Bennett
Susan Carter Charlotte Martin
Tom Archer William Troughton
Tracy Horrobin Susie Riddell
Obstetrician Janice Acquah

SUN 11:15 Desert Island Discs (m0019jv2)

Kate Moss, model

Kate Moss came to fame in the 1990s, and her distinctive look went on to embody the era of Cool Britannia. She has appeared on the cover of hundreds of magazines and starred in campaigns for many of the top fashion houses. She has made cameos on film and television and inspired artists including Lucian Freud, Tracey Emin and Marc Quinn.

Kate was born in Croydon in 1974. When she was 14, she was spotted at JFK airport by Sarah Doukas who signed her to her modelling agency. Two years later Kate was on the cover of the style magazine the Face - one of a series of photographs shot on Camber Sands by Corinne Day. The images were raw and natural and Kate's slight, delicate build, in stark contrast to the curvaceous supermodel silhouette that had defined the decade, heralded a new era in modelling.

Kate moved on to high profile campaigns for the designers Calvin Klein and Marc Jacobs. In 1993 she appeared on the cover of British Vogue for the first time. Later her waif-like figure attracted criticism from some commentators who thought some of her photographs glamorised thinness.

In 2013 Kate received a Special Recognition award at the British Fashion Awards, acknowledging her 25-year contribution to fashion. Kate set up her own talent agency in 2016 and one of the agency's first signings was her daughter Lila.

DISC ONE: Back to Life by Sunday Service and Jazzie B (Soul II Soul mix)

DISC TWO: A Whiter Shade of Pale (Live) by King Curtis

DISC THREE: Harvest Moon by Neil Young

DISC FOUR: Life on Mars by David Bowie

DISC FIVE: Oh! Sweet Nuthin' by The Velvet Underground

DISC SIX: Sympathy for the Devil by The Rolling Stones

DISC SEVEN: My Sweet Lord by George Harrison

DISC EIGHT: Madame George by Van Morrison

BOOK CHOICE: The Little Prince by Antoine de Saint-Exupéry
LUXURY ITEM: A cashmere blanket
CASTAWAY'S FAVOURITE: My Sweet Lord by George Harrison

Presenter: Lauren Laverne
Producer: Paula McGinley

SUN 12:00 News Summary (m0019jv4)
The latest national and international news from BBC Radio 4.

SUN 12:04 I'm Sorry I Haven't A Clue (m00199wn)
Series 77

Episode 2

This 50th Anniversary Series of Radio 4's multi award-winning 'antidote to panel games' promises more homespun wireless entertainment for the young at heart. This week the programme pays a return visit to London's Royal Albert Hall where Tony Hawks and Pippa Evans are pitched against Harry Hill and the programme's creator Graeme Garden, with Jack Dee in the chair. At the piano - Colin Sell.

Producer - Jon Naismith
A BBC Studios production

SUN 12:32 The Food Programme (m0019jv6)
Sandor Katz: Fermentation Journeys

Dan Saladino talks with Sandor Katz about the diversity of fermentation around the world.

Produced and presented by Dan Saladino.

SUN 12:57 Weather (m0019jv8)
The latest weather forecast

SUN 13:00 The World This Weekend (m0019jvb)
Radio 4's look at the week's big stories from both home and around the world

SUN 13:30 The Listening Project (m0019jvd)
Dreams and Reality

Fi Glover presents three conversations between strangers and a TLP 10th Anniversary catch-up chat with mother and daughters.

This week: Karen and Diane share their enthusiasm for volunteering for the Commonwealth Games; Nicola and Katie make a powerful connection reflecting on whether to have children or not; ardent Newcastle United fans Samantha and Steve go over the pros and cons of the Saudi Arabian consortium takeover of their club; and Fi catches up with mother and daughter Victoria and Rosie, recorded for the Project in 2016, discussing Rosie's sister, Martha, who had severe eczema as a baby.

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

Producer: Mohini Patel

SUN 14:00 Gardeners' Question Time (m0019b4g)
London Stadium: 2012 Olympics 10th anniversary

Kathy Clugston and team are at the London Stadium for the tenth anniversary of the 2012 Olympics. Fielding questions from a live audience are experts Matthew Wilson, Christine Walkden and James Wong.

This week, the panellists answer queries on biodiversity in playgrounds, improving soil quality, and how much neglect the resilient peralgonium can take.

Over in the Queen Elizabeth Park, Ashley Edwards chats to Design Principal Ruth Holmes about the special legacy held by the park's horticulture and, down on the pitch, Head Groundsman James Williams tells us how they keep the stadium turf in tip top shape.

Producer: Daniel Cocker
Assistant Producer: Bethany Hocken

A Somethin' Else production for BBC Radio 4

SUN 14:45 28ish Days Later (m0019jvg)
Day Twenty-One: In the Moonlight

We find India at the top of the cliffs of Folkestone in South East England to meet a group of women who swim under the light of the full moon. Meanwhile, on the other side of the world in Australia, the coral of the Great Barrier Reef is spawning to coincide with the full moon. Professor Oren Levy of Marine Biology at Bar Ilan University talks us through this wonder.

Credits:
Presented by India Rakusen.
Producer: Ellie Sans.
Assistant Producer: Jorja McAndrew.
Executive Producer: Suzy Grant.
Original music composed and performed by Rebekah Reid.
Sound Design by Charlie Brandon-King.

Special thanks to all contributors and audio diarists.

A Listen production for BBC Radio 4 and BBC Sounds.

SUN 15:00 Drama (m0019jvj)
Separate Tables

Table by the Window

Separate Tables is a vital portrait of post-war Britain in flux. Here, in a small, shabby hotel in Bournemouth, a brutal clash of generations is playing out. Beneath a veneer of respectability lies a modern world of desire, deception and violence.

Separate Tables comprises two linked one-act plays: Table By The Window and Table Number Seven. In this play, Table By The Window, Anne arrives from London, and she and her ex-husband John must confront their painful past.

CAST
John Malcolm Shaun Dooley
Anne Shankland Naomi Frederick
Miss Cooper Nathalie Armin
Mrs Railton-Bell Susan Brown
Lady Matheson Ruth Everett
Mabel Alexandra Hannant
Charles Matthew Durkan
Jean Marilyn Nnadebe
Miss Meacham Rebecca Crankshaw
Mr Fowler Neil McCaul

Written by Terence Rattigan
Directed by Anne Siger
Sound by Keith Graham, Mike Etherden, Ali Craig, Anne Bunting
Production Co-ordination by Gaelan Connolly and Clare Ewing
A BBC Audio Production for BBC Radio 4

SUN 16:00 Open Book (m0019jvm)
Tess Gunty on The Rabbit Hutch; Jackie Kay on the writing of Jamaica Kincaid

Johny Pitts talks to debut novelist Tess Gunty about her novel The Rabbit Hutch which has just been shortlisted for Waterstones Debut Fiction Award. The Rabbit Hutch is a polyphonic novel that revolves around 18-year-old Blandine and the residents of a low-cost apartment block in the Rust Belt of the US. The automobile industry has abandoned Vacca Vale, Indiana, leaving the residents behind, all of them looking for ways to live in a dying city.

The poet and writer Jackie Kay talks to Johny about the writing of Jamaica Kincaid asher books are republished by Picador to celebrate their 50th anniversary. Among the freshly available titles are the writer's first novel, Annie John, and her travel memoir, Among Flowers.

And the author of The Return of Faraz Ali, Aamina Ahmad, explores her mother's secret life with books from Urdu poetry to feminist book clubs.

Book List – Sunday 24 July and Thursday 28 July

The Rabbit Hutch by Tess Gunty
NW by Zadie Smith
The Tesseract by Alex Garland
Ulysses by James Joyce
Middlemarch by George Eliot
Annie John by Jamaica Kincaid
The Autobiography of my Mother by Jamaica Kincaid
Among Flowers: A Walk in the Himalayas by Jamaica Kincaid
My Brother by Jamaica Kincaid

At the Bottom of the River by Jamaica Kincaid
The Return of Faraz Ali by Aamina Ahmad

SUN 16:30 Tongue and Talk: The Dialect Poets (m0019jvp)
Portsmouth

Poet Maggie Sawkins, winner of the Ted Hughes Award for New Work in Poetry, explores the language, dialect and poetry of her native Portsmouth in Hampshire.

Maggie meets fellow poets Denise Bennett and Liz Neal at the city's Historic Dockyard, to ask whether the Pompey dialect has been relegated to the margins or is now moving into the modern mainstream. At Fratton Park, home of Portsmouth FC, she chats with George Marsh, former Poet in Residence, to find out how working with Pompey fans has inspired his poetry. From there, she heads to the roof of the iconic Square Tower in Old Portsmouth, the home of her own poetry and music club, Tongues & Grooves, to talk to Al Wright about his novel The Winch, set in a futuristic Portsmouth where people still use a version of the dialect.

Along the way, we hear from poet Jackson Davies about 'sailor speak', and Maggie investigates how dialect poetry can aid mental health. While graphic designer George Bodkin, from the art collective Pompey Banana Club, discusses how dialect has moved from street slang to being celebrated in various art forms around the city.

Other episodes in this series explore dialect and poetry in Hull, Liverpool and Cornwall.

A Made in Manchester production for BBC Radio 4

SUN 17:00 Welcome to Rwanda (m0019b6x)

The government has described Rwanda, where it intends to send some people who arrive illegally in the UK, as "one of the world's safest nations". But this small, landlocked country in east Africa divides opinion. To some, it's the Singapore of Africa, with a burgeoning economy, clean streets and gleaming skyscrapers. It's also heralded for having the highest proportion of women parliamentarians in the world. But to others, Rwanda is a frightening and repressive place.

In this programme, Victoria Uwongkunda looks at what's happening in the country of her birth, which she fled as a child during the genocide of 1994. Is this country a developmental model for the rest of the continent – or an autocratic and ruthless state?

SUN 17:40 Profile (m0019jqb)
[Repeat of broadcast at 19:00 on Saturday]

SUN 17:54 Shipping Forecast (m0019jvr)
The latest weather reports and forecasts for UK shipping.

SUN 17:57 Weather (m0019jvt)
The latest weather reports and forecast

SUN 18:00 Six O'Clock News (m0019jvw)
Travellers and lorries have faced waits of up to 21 hours to reach the Eurotunnel in Kent

SUN 18:15 Pick of the Week (m0019jvy)
Neil Nunes

A selection of highlights from the past week on BBC radio chosen by Neil Nunes.

SUN 19:00 The Archers (m0019jw0)
Freddie charges Chelsea with looking after a new member of the Orangery serving team. He thinks she might find they have things in common. Chelsea's horrified when she later discovers the new recruit is her brother Brad. Chelsea reckons she can't train Brad, he's hopeless. Freddie asserts that while he understands it's hard for her to work with her brother, she can't pick and choose, and reminds her of her own shaky early days at the Orangery. Chelsea's impatient with Brad but puts on a good front to Freddie. Oblivious Freddie declares he knew Chelsea would be the best person to show Brad the ropes. Privately Chelsea hisses to Brad that she doesn't want him showing her up. She's worked hard to get to this point, so while they're at work, they're not related.

Freddie offers to put tickets aside for Russ to his upcoming 90s DJ night. He asks Russ to cast his expert eye over the proposed playlist, which Russ is delighted to do.

Fussy Tom helps Natasha get the twins over the April Cottage threshold, but before they can make it Natasha's mum emerges to greet them. Caitlin's happy to take over from here. Later with

the new parents frantically juggling babies, and Tom finding it hard to settle wailing Nova, Natasha reckons they should call on their mums' help. Sure enough Caitlin and Natasha are soon happily singing a lullaby to the sleeping babies. Realising he's surplus to requirements, Tom sets about posting an announcement of the twins' arrival on their business website.

SUN 19:15 Alexei Sayle's Strangers on a Train (m0019jw2)
Series 1

Bristol to Penzance

Author, actor and comedy icon, Alexei Sayle continues his travels across the country by rail in the third of a new six part series for Radio 4.

Alexei's mission is to break the golden rule of travelling by train and actually talk to his fellow passengers in a quest for conversations that reveal their lives, hopes, dreams and destinations. There's humour, sadness and surprise as people talk about what is going on in their lives and, as Alexei passes through familiar towns and cities, he also tells stories and memories from his career and childhood.

Alexei has a lifelong "ticket to ride" in his DNA. His father was a railway guard and the Sayle family benefitted from free travel in the UK and across Europe. As a boy, Alexei and his family roamed far and wide from the family home in Anfield, Liverpool. At a time when most people thought an exciting trip by train was to Brighton or Blackpool, Alexei travelled thousands of miles to mysterious towns with unpronounceable names in far flung corners of the continent.

In each programme in the series, he embarks on a rail journey, taking a chance on who he might meet and inviting them to have a conversation with him. In this episode, Alexei travels from Bristol to Penzance and meets Bert, a Cornish Bard, Marissa and Leanne who have travelled the world working on cruise liners, Angela who for many years ran one of Cornwall's most famous and historic pubs, and Astra who is learning the ropes at circus school.

Producers Peter Lowe and Nick Symons
A Ride production for Radio 4

SUN 19:45 Three Fires (m0019jw4)
Episode 2: Girolamo Defeated

This five-part serial from award-winning crime writer Denise Mina takes a dark, contemporary look at Renaissance-era Florence. In a corrupt city riven by factionalism, wealth inequality and suffering from a rampant outbreak of plague, the pressure is building.

Young scholar Girolamo Savonarola is bearing a weight of expectation from his impoverished family but increasingly feels the pull of a different way of life.

Written by Denise Mina
Read by Kieran Hodgson
Producer: Eilidh McCreadie

SUN 20:00 Feedback (m0019b54)

The BBC's Environment Analyst tells Roger Bolton he is scared about what is happening to the climate. Roger Harrabin, who is shortly to leave the Corporation, gives Feedback a frank and revealing interview about climate change, the way politicians are dealing with it, and the way the BBC covers it.

Adam Fleming talks about his new eight part podcast and series on Radio 4 about the origins and downfall of Boris Johnson. Is it too much and too late?

And listeners compare live theatre and radio drama.

Presenter: Roger Bolton
Producer: Alun Beach
Executive Producer: Samir Shah

A Juniper Connect production for BBC Radio 4

SUN 20:30 Last Word (m0019b4y)

Tony Sirico (pictured), José Eduardo dos Santos, Ann Shulgin, Ivana Trump

John Wilson on

Tony Sirico, the former armed robber turned actor who found fame playing the role of mobster Paulie Walnut in ground-breaking television series *The Sopranos*.

José Eduardo dos Santos, who ruled Angola as president for 37 years, steering the country through a bloody civil war, and reaping the benefits of an oil boom while being accused of huge levels of corruption.

Ann Shulgin, a therapist who pioneered the use of psychedelics and MDMA in therapy together with her chemist husband Sasha.

And Ivana Trump, the Czechoslovakian skier and model whose marriage to Donald Trump made her a fixture of tabloid and society pages for decades.

Producer: Tim Bano

Interviewed guest: Fr Robert Sirico
Interviewed guest: Dr Justin Pearce
Interviewed guest: Amanda Feilding
Interviewed guest: Professor David Nutt

Archive clips used: Paramount Pictures, *The First Wives Club* (1996); American Playhouse, *The Big Bang* (1989); NBC Today, 20th Anniversary of 'The Sopranos' 10/01/2019; HBO, *The Sopranos* (1999); Miramax/Sweetland Films/ Magnolia Production, *Bullets Over Broadway* (1994); YouTube, Comicio José Eduardo dos Santos - Angola 1992 16/09/2010; BBC Sound Archive, Independence celebrations in Angola 11/11/1975; BBC Radio 4, News 23/02/2002; BBC News Archive, Angola vote in first election for 16 years 05/09/2008; BBC Two, Panorama - The Corrupt Billionaire 25/01/2020; Viveka Films, *MDMA The Movie* - Promo Clip (2016); CBS News, When Ecstasy was legal 1985; gaiamedia/ YouTube channel, Ask the Shulgins 17/03/2014; BBC One, Wogan - Ivana Trump interview 03/06/1992; CBS Sunday Morning, Ivana Trump interview 08/10/2017; BBC Radio 4, Woman's Hour - Ivana Trump interview 03/06/1992; HBO/ Harpo Productions, *The Oprah Winfrey Show* 25/04/1998; BBC One, *Modern Times* - The Fame Game 03/01/1996; Del Monte/ Brian Jackson, UK Del Monte pears advert (2014).

SUN 21:00 Money Box (m0019jpm)
[Repeat of broadcast at 12:04 on Saturday]

SUN 21:25 Radio 4 Appeal (m0019jtp)
[Repeat of broadcast at 07:54 today]

SUN 21:30 Analysis (m00199x1)
Is the UK the new sick man of Europe?

Throughout the 1960s and 1970s, the United Kingdom was sometimes characterised as the 'sickman of Europe' due to industrial strife and poor economic performance compared to other European countries.

Today, inflation is once again rising and growth is forecast to slow considerably and economists predict that the UK could suffer a greater hit to living standards next year than any other major European country.

BBC economics correspondent Dharshini David asks just how hard the times ahead will be and how might we find a cure to avoid the mantle of 'sick man of Europe' once more?

Producer: Caroline Bayley
Editor: Richard Fenton - Smith
Sound Engineer: Rod Farquhar
Production Coordinators: Maria Ogundele and Helena Warwick-Cross

SUN 22:00 Westminster Hour (m0019jw6)

Ben Wright discusses the latest developments in the Conservative Party leadership contest with Tory MP Chris Philp; former government special adviser, Salma Shah; and Pat McFadden - Shadow Chief Secretary to the Treasury. The Sunday Times political editor Caroline Wheeler brings additional insight and analysis.

SUN 23:00 Loose Ends (m0019jq8)
[Repeat of broadcast at 18:15 on Saturday]

SUN 23:30 Something Understood (b01jqb8c)
[Repeat of broadcast at 06:05 today]

MONDAY 25 JULY 2022

MON 00:00 Midnight News (m0019jw9)
The latest news and weather forecast from BBC Radio 4.

MON 00:15 Sideways (m0019b8f)
26. War Games in the Pink Tower

In 1961, a group of American officials decided to play a game of war. Sitting around a table, they tried imagining a nuclear crisis - and how it could be resolved. The outcome of their thought experiment surprised them all, raising far reaching

questions about the strength of America's nuclear strategy.

Once nuclear weapons were unleashed into our world in the 1940s, it was obvious that a completely new set of rules of war had to be designed to prevent nuclear annihilation. In this episode, Matthew travels back to 1940s Santa Monica Beach to explore the origins of an idea that would become the guiding principle of nuclear strategy - deterrence. The threat posed by these new weapons had to be used to avoid war, not to start it.

Matthew learns about the original think tank - the RAND corporation - where nuclear strategists first gave shape to nuclear deterrence and came up with ways to strengthen the credibility of the US government's deterrence strategy. The most bombastic thinker amongst them was Herman Kahn - the inspiration for Stanley Kubrick's *Doctor Strangelove*. Kahn's ideas were provocative in the way they urged leaders to consider just how many people they would be willing to kill in a nuclear war in order to make their nuclear threats appear credible.

And as the 1960s progressed, the nuclear stockpile grew and tensions ratcheted up. The strategists gained more ground with successive US administrations, wargaming out scenarios in order to test the validity of deterrence. The 'godfather of nuclear deterrence' and Nobel prize winning economist, Thomas Schelling, enters the frame just at the right time. Through Schelling's innovative work on nuclear deterrence, Matthew reflects on the importance of communication in nuclear crises.

But in the 1980s, the Reagan administration played a new game. With a shocking outcome. Perhaps nuclear deterrence wouldn't always prevent war.

Guests:
Fred Kaplan - The national security columnist at Slate, the author writing about the history of nuclear strategy.
Sir Lawrence Freedman - Emeritus professor of war at King's College London and nuclear strategy expert.
Sharon Ghamari-Tabrizi - A historian of science and technology and the author of 'The Worlds of Herman Kahn'.
Graham Allison - Former dean of the Harvard Kennedy School of Government and nuclear expert.
Paul Bracken - Professor of political science and business at Yale University and nuclear expert.
A special thanks to Stephen Downes-Martin of the Connections War Gaming Conference for his generous help in sourcing archival footage of Thomas Schelling's keynote speech.

Presenter: Matthew Syed
Producer: Jake Otajovic
Series Editor: Katherine Godfrey
Researcher: Nadia Mehdi
Sound Design: Rob Speight
Theme tune by Ioana Selaru

A Novel production for BBC Radio 4.

MON 00:45 Bells on Sunday (m0019jqx)
[Repeat of broadcast at 05:43 on Sunday]

MON 00:48 Shipping Forecast (m0019jw)
The latest weather reports and forecasts for UK shipping.

MON 01:00 Selection of BBC World Service Programmes (m0019jwf)
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 (m0019jwh)
The latest weather reports and forecasts for UK shipping.

MON 05:30 News Briefing (m0019jwk)
The latest news from BBC Radio 4

MON 05:43 Prayer for the Day (m0019jwm)
A spiritual comment and prayer to begin the day with the Most Reverend and Right Honourable Stephen Cottrell, the archbishop of York

Good morning.

The first letter of Peter tells us to 'live by the will of God'. And, of course, those words, 'Thy will be done', are at the heart of Christian prayer.

When I was Bishop of Chelmsford we had a close partnership with the diocese of Marsabit, in Northern Kenya, a region where Christians and Muslims live alongside each other.

Over the past few years, this region has suffered one drought after another. I saw an elephant tunnelling its trunk into a dried

up riverbed in search of water. I saw the decaying corpses of the dead animals that semi nomadic people had had to abandon as they gave up their way of life and settled by the side of the one road that goes through the region, because that was the only way of getting water. Most distressing of all, I saw children begging for water and drinking dirty water from a ditch. If you're that thirsty you'll drink whatever's available.

Climate change, that Kenya had so little part in creating, is real.

But it is God's will that we care for the earth. And God's will that we are stewards of creation.

At the Lambeth Conference, a gathering of international Anglican Bishops, much media attention may focus on some of the internal issues that inevitably challenge a worldwide communion, but the most important thing we'll be discussing is how we inhabit the world sustainably and show the world a different way. Bishops from those places most affected will hold us to his account.

And so we pray -
Creator God, teach us to care for your creation, show us what enough looks like, help us to live lightly on the earth, and save us from ourselves.

Amen.

MON 05:45 Farming Today (m0019jwp)
25/7/2022 - Beavers, Rabbit farm, Global food crisis

The Government has given legal protection to beavers in England, which means it will be illegal to harm or move them without a licence. They have had protection in Scotland since 2019. We hear from a farmer in Scotland who says they do cause problems there, and from the Wildlife Trust which welcomes the protection, but urges the government to provide more details of management practices.

A campaign against a controversial rabbit meat and fur farm in Nottinghamshire is being stepped up. Opponents are staging weekly protests outside the site at East Bridgford. But the owners say it complies with all regulations and standards. Last month 12 rabbits were taken from the farm in a late night raid that's now being investigated by police.

All week we're going to be exploring the pressure on food systems around the world and hear why they are under stress. The reasons are multiple and complex – rather like the global food system itself. A deal has been signed to release millions of tonnes of grain from Ukraine – but it will take time for global wheat supplies to get back to normal. There are also high input prices, and the cost of fuel. Longer term, the pressure of climate change on food production and who needs food, keeps building.

The presenter is Anna Hill.

MON 05:56 Weather (m0019jwr)
The latest weather forecast for farmers.

MON 05:58 Tweet of the Day (b04mj64k)
Red-breasted Goose

Tweet of the Day is the voice of birds and our relationship with them, from around the world.

Chris Packham presents the red-breasted goose in Siberia. Red-breasted geese are colourful birds with art-deco markings of brick-red, black and white. Despite their dainty and somewhat exotic appearance, these are hardy birds which breed in the remotest areas of arctic Siberia. They often set up home near the eyries of birds of prey, especially peregrine falcons. But there's method in the madness; These wildfowl nest on the ground where their eggs and chicks are vulnerable to predators such as Arctic foxes. But the ever vigilant peregrine falcons detecting a predator, will defend their eyries by calling and dive-bombing any intruders, and this also doubles as a warning system for the geese. In winter red-breasted geese migrate south where most of them graze on seeds and grasses at a few traditional sites in eastern Europe around the Black Sea.

Producer : Andrew Dawes

MON 06:00 Today (m0019k2x)
News and current affairs, including Sports Desk, Weather and Thought for the Day.

MON 09:00 This Cultural Life (m0016gwh)
Neil Tennant

Neil Tennant, singer and songwriter with the Pet Shop Boys, is one half of the most successful British pop duo of all time, having sold 100 million records worldwide. With his musical

partner of over 40 years, Chris Lowe, Neil Tennant is known for wry, observational lyrics set to electronic dance beats and bittersweet melodies. They've made 14 studio albums, all of them with one word titles - from Please and Actually in the 80s, to Super and Hotspot in recent years.

Neil Tennant tells John Wilson about his most important cultural influences. He joined the Young People's Theatre in his native Newcastle in the 1960s, the start of a lifelong passion for drama and live performance. He recalls buying an acoustic guitar at the age of 11 and writing his first ever songs. David Bowie was a huge influence on Neil, having seen the legendary Ziggy Stardust show at Newcastle City Hall in 1972. He later collaborated with his hero when Pet Shop Boy remixed the Bowie track Hallo Spaceboy in 1996. Neil also recalls the social and cultural influence of Heaven nightclub in the early 1980s, the centre of London's gay scene, where he first heard the work of producer Bobby Orlando and other pioneers of electronic dance music.

Producer: Edwina Pitman

MON 09:45 Pharaohs of the Sun by Guy de la Bédoyère (m0019k2z)
Episode 1

3,500 years ago, Egypt entered the 18th Dynasty with a succession of kings and queens who were obsessed with wealth and power. They spent Egypt's money on grandiose temple building projects at Karnak and Luxor on the River Nile, and extravagant tombs designed to bear witness to their magnificence.

The wealth of the kings came at a huge cost to the people of Egypt whose needs were not uppermost in the rulers' concerns. Neighbouring countries were held to ransom by the power of the Egyptian army and the wealth gained in response was used solely for the kings' purposes.

They were the most powerful, successful and richest of Egypt's long line of Pharaohs. They were usually short in stature, all had a tendency to buck teeth, and most of them married their siblings. They include the female ruler, Hatshepsut, the religious reformer Akhenaten and his queen Nefertiti, and the most famous yet short lived of them all, the boy king Tutankhamun. Although his reign was insignificant the splendour of his tomb has been in the spotlight ever since it was discovered by Howard Carter.

Abridged by Libby Spurrier
Read by Deborah Findlay
Produced by Celia de Wolff
A Pier production for BBC Radio 4

MON 10:00 Woman's Hour (m0019k31)
The vegan stock car racing driver Leilani Münter, Lynne O'Donnell, Abortion stories

The BBC's first Green Sport Awards has announced the winner of its Evergreen Award. Leilani Münter is an American former professional stock car racing driver whose environmental activism has been central to her career. Leilani used her race car as "a 200mph billboard" to get environmental messages in front of the 75 million race fans in the USA. Leilani joins Emma.

A new report by MPs says the NHS in England is facing its worst staffing crisis in history. Women make up 77% of NHS staff. Dame Jane Dacre is a Professor from UCL Medical School and contributed to the report joins Emma alongside Dr Radhika Vohra who is a GP and menopause specialist.

It's almost a year since the Taliban took power in Afghanistan. Lynne O'Donnell has years of experience reporting from the country and decided to return earlier this month. She says she was detained, abused and threatened by the Taliban. Lynne is safely out of Afghanistan and joins Emma Barnett.

Following the overturning of Roe v Wade in the US more women have talked about having had an abortion but many never speak openly about their experiences. In a series first broadcast in 2019 we hear five different personal testimonies from women. Today, a woman who felt her mental health was at risk when she found she was pregnant 10 months after the birth of her third child.

Presenter: Emma Barnett
Producer: Emma Pearce

MON 11:00 My Name Is... (m0019lgw)
My Name Is Laura

When Laura was twelve she was raped by someone who continued to abuse her for years. She wants children today to be better protected and to know where they can get help and support.

MON 11:30 The Bottom Line (m0019bxb)
Russian Exodus

Hundreds of western businesses have decided to stop operating in Russia as a result of the invasion of Ukraine. But what does leaving Russia actually mean in practical terms – how do you go about it and who bears the cost? Can you end up hurting your own company and your Russian workers more than the Russian state? Evan Davis debates with his guests, one of whom leads a global automotive dealer that has just sold its business in Russia to its local managers.

GUESTS:
James Alexander, Chief Executive of the UK Sustainable Investment and Finance Association
John Morrison, CEO of the Institute for Human Rights and Business
Duncan Tait, CEO of automotive dealer Inchcape

Producer: Lucinda Borrell
Sound: Rod Farquhar
Editor: Jon Bithrey
Production Co-Ordinators: Siobhan Reed and Helena Warwick-Cross

MON 12:00 News Summary (m0019k35)
The latest national and international news from BBC Radio 4.

MON 12:04 You and Yours (m0019k37)
App Happy, Car Subscriptions and Hydrogen Boilers

Most people are happy to run their lives off apps. Social media, email and shopping are optional but what about health care or dealing with government departments. There may be an app for that but what if you cannot use them? Are millions being excluded?

Car manufacturers are putting more software into cars. In fact they are increasingly becoming computers on wheels. That's great if it makes adding features easy but what if they start charging subscriptions for features already built into the car you bought?

Tired of beach holidays, fed up with lounging around and eating and drinking too much on your annual break? Have you thought of working in your time off? Many do... in the third of his reports on working holidays Bob Walker meets the volunteers digging and repairing a canal.

Summer holidays are underway for many families across the UK from this week. But for working parents finding affordable, good quality childcare is a huge struggle. The cost of childcare and holiday clubs is high and taking time off work isn't always an option as with rising bills. A new survey from Pregnant Then Screwed says that one in eight parents using formal childcare over the summer expect to spend more than £2000 on it.

There have been many schemes and subsidies designed to tempt us away from carbon based fuels. The feed in tariff, the green deal, the renewable heat incentive and many others. The current government favourite is the heat pump and there is a subsidy available to help you fit one. But are heat pumps the answer? Should we not be encouraging people to install hydrogen ready boilers?

Presenter
Shari Vahl
Producer
Kevin Mousley

MON 12:57 Weather (m0019k39)
The latest weather forecast

MON 13:00 World at One (m0019k3c)
Forty-five minutes of news, analysis and comment, with Sarah Montague.

MON 13:45 28ish Days Later (m0019k3f)
Day Twenty-Two: Love and the Cycle

India sits down with her husband Mark to talk about the cycle and their relationship. They also meet a couple - Bill and Amy - who tailor their life based around Amy's cycle. India and Mark try to decide if this sort of lifestyle is for them.

Credits:
Presented by India Rakusen.
Producer: Ellie Sans.
Assistant Producer: Jorja McAndrew.
Executive Producer: Suzy Grant.
Original music composed and performed by Rebekah Reid.
Sound Design by Charlie Brandon-King.

Special thanks to all contributors and audio diarists.

A Listen production for BBC Radio 4 and BBC Sounds.

MON 14:00 The Archers (m0019jw0)
[Repeat of broadcast at 19:00 on Sunday]

MON 14:15 Trust (m000mbc)
W.A.L.T.

Trust by Jonathan Hall.
Ep 1 W.A.L.T

Yvette Miller is the acting head of an inner-city school in Salford that has just joined Quays Academy Trust, a successful group of academy schools headed by the charismatic Sir Ken. He is a keen advocate of freedom from the shackles of the Local Education Authority. Yvette is a reluctant convert. How will the school fit in?

Yvette Julie Hesmondhalgh
Sir Ken Jonathan Keeble
Andy Rupert Hill
Tim Ashley Margolis
Joy/ Tannoy Susan Twist
Sidrah Purvi Parmar
Emily Molly Ehrenberg-Peters

Director/Producer Gary Brown

MON 15:00 The 3rd Degree (m0019k3h)
Series 12

Lancaster University

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 Lancaster University, the specialist subjects are English Literature, Marketing and French, and the questions range from Les Immortels and Roland Barthes to shopping trolleys and Philip K Dick.

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 pop. 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 University College London, Warwick, Bangor, Leeds Beckett and Gonville and Caius College, Cambridge.

Producer: David Tyler
A Pozzitive production for BBC Radio 4

MON 15:30 The Food Programme (m0019jv6)
[Repeat of broadcast at 12:32 on Sunday]

MON 16:00 Sketches: Stories of Art and People (m0019k3l)
Victory March

In Sketches, we follow artists through the creative process and explore the stories behind the art. And we consider, in turn, how art affects people's lives, whether by making or consuming it.

This episode features Alice Panel-Frederiks, a Stroud-based artist and academic, whose project Victory March is a painful and funny graphic novel about taming grief, defeating depression and conquering motherhood. She has been working on the project since 2019, following the death of her 10-month old son Bas from meningitis. Across its pages of colourful panels in ink, pastel and watercolour she unpacks the experience of loss, and of the incredible love and support she and her husband received from friends, family and strangers.

And we meet lifelong artist and music-lover Gerry Mahood at his home studio in Bournemouth. Gerry always knew he was adopted, but he never knew the facts of his origins or birth parents. Painting and music were a solace and an escape, but there was a big piece of the puzzle missing. At the age of 60, he decided to try to trace his birth mother. A process which has unlocked something for him personally and in his creative work.

Produced by Mair Bosworth

MON 16:30 Don't Log Off (m0017cp0)
Series 13

Roads Less Travelled

Alan Dein shares digital conversations with people from across the world, from the Northwest Territories of Canada to Kolkata in India. Alan reconnects with Leo in Moldova, who discusses his experience as a trans man and his time spent in Guinea-Bissau, West Africa. He also hears from Shugofa, an Afghan refugee living in Rome, Akhil who loves playing the blues on his guitar and Maureen, a Blackburn-born nurse who works above the 60th parallel in Canada.

Presented by Alan Dein
Producer: Sam Peach

MON 17:00 PM (m0019k3n)
Afternoon news and current affairs programme, reporting on breaking stories and summing up the day's headlines

MON 18:00 Six O'Clock News (m0019k3q)
An independent review finds that the governing body of Scottish cricket is institutionally racist, after complaints by two former players

MON 18:30 I'm Sorry I Haven't A Clue (m0019k3s)
Series 77

Episode 3

The nation's favourite wireless entertainment pays a visit to Malvern's Forum Theatre. Marcus Brigstocke and Rachel Parris compete against Rory Bremner and Graeme Garden with Jack Dee in the chair. Colin Sell provides piano accompaniment. Producer - Jon Naismith. It is a BBC Studios production.

MON 19:00 The Archers (m0019jyb)
Brian's back in Ambridge having missed his old life. He'd have found it stressful staying away in Hungary any longer. Alice catches him up with the news, including Chris's decision to settle for a holiday cottage and nothing more from Home Farm. Brian's delighted. Chris arrives, and while Alice tends to newly mobile Martha, he and Brian chat awkwardly. At last Chris declares that since Martha's accident he's realised what's really important, and Brian in turn thanks Chris for being so decent about the divorce. They both apologise for their parts in the battle, and Chris announces he'll probably rent out the cottage. He needs to move on properly. Brian tells him he's a good man. Later Brian confides to Eddie that things are looking a lot more positive between Alice and Chris. Clarrie and Susan are worried that folk are spreading rumours that Jean Harvey's pizza was deliberately nobbled when she choked on an olive stone, and that it might scare people away from the pizza van. Eddie doubts that – one sniff and they'll love the pizzas. Susan suggests Clarrie has a chat with Jean to put a stop to it all. Clarrie discovers Jean's spoken to a reporter from the Echo about the incident. Susan suggests that they head it all off by anonymously outing Jean's past affair with Derek Fletcher. Clarrie feels blackmail's a bit sordid, but she's won over when Eddie reveals later that a report has approached Adam and Ian. Susan insists they need to fight fire with fire. What choice have they got?

MON 19:15 Front Row (m0019k3v)
Singer Bella Hardy, Poet Thomas Lynch, Birmingham 2022 Festival

Singer and fiddle player Bella Hardy talks about her new album – her tenth – Love Songs, which sees this adventurous musician return to where she began, with the traditional songs she's known all her life.

Thomas Lynch is an American poet with strong connections to Ireland. He is, too, an undertaker, a career that has informed his verse and essays, which dwell on life and death, faith and doubt, and also place. From his ancestral cottage in County Clare Lynch talks to Shahidha Bari about these things and reads from Bone Rosary, his New and Selected poems, just out.

The Birmingham 2022 Festival is the biggest celebration of creativity ever in the region, showcasing the work of artists within the Commonwealth. Ahead of the Commonwealth Games starting this week, the arts festival Executive Producer Raidene Carter and artist Beverley Bennett share their continued vision and excitement with Shahida Bari.

Presenter: Shahidha Bari
Producer: Julian May
Photo: Elly Lucas

MON 20:00 Leeds: Life in the Bus Lane (m00199wz)
Rima Ahmed takes the bus into Leeds and tries to find out why it is "the biggest city in Western Europe without a mass transit system". Rima meets passengers, campaigners and history buffs as well

as local politicians to delve into why the city has had so many failed attempts to improve its public transport system since its tram was abolished in 1959.

Leeds was a transport pioneer - it introduced the first electric trams and trolleybuses in the country. In the 1970s and 80s, local councillors proudly declared Leeds "the motorway city" hailing the building of a massive urban motorway right through the city centre. In the 1990s, Sheffield was already building its supertram network and Leeds was also asking government to fund its own version. Despite funding being approved in 2001, £70 million had been wasted by the time Leeds's supertram project was pulled by Transport Secretary Alastair Darling in 2005. A "trolleybus" scheme mooted in 2012 was also scrapped.

Now, the citizens of Leeds have been told that, if they are lucky, they may get a new mass transit system by 2040. Work may begin sometime by the end of the decade. In the meantime, the commuters of Leeds continue to live life in the bus lane.

Presenter: Rima Ahmed
Producer: Johnathan l'Anson
Sound mix: Craig Boardman
Production Co-ordinator: Janet Staples
Editor: Nicola Addyman

MON 20:30 Analysis (m0019k3x)
Addiction in the age of the metaverse

Are we past the point of no return when it comes to our obsession with online technology? Elaine Moore considers her own tech use and explores our future in the metaverse.

According to a YouGov poll, the majority of Brits can't get through dinner without checking their phone. Children and young adults can now be treated on the NHS for 'gaming and internet addiction'. So, with the arrival of the metaverse, which promises to seamlessly blend our real and virtual worlds, are we facing a future which could potentially turbocharge this issue?

Elaine asks if addiction to technology is real, and as it becomes more entwined in our everyday lives, what's being done about it? Speaking to addiction specialists, tech experts, and others, she finds out how we can live more harmoniously with technology and develop healthier relationships with our screens.

With contributions from:

James Ball, author of 'The System: Who Owns the Internet, and How it Owns Us'.

Anna Lembke, Professor of Psychiatry at Stanford University School of Medicine and author of 'Dopamine Nation'.

Dr Rebecca Lockwood from the National Center for Gaming Disorder.

Catherine Price, science journalist and founder of ScreenLifeBalance.com.

Professor of AI and Spatial Computing, David Reid.

Producer: Craig Templeton Smith

MON 21:00 China's Stolen Treasures (m00159z4)
Heists, History and Heritage

In the small hours of 6 August, 2010 thieves set off bombs around Stockholm, Sweden. The bombs were a distraction. The real target was the Chinese Pavilion at the Swedish royal residence, Drottningholm Palace. The thieves smashed open the doors and made off with a haul of Chinese antiquities, many of which used to be owned by Chinese emperors.

But this was not a one-off theft. Similar burglaries took place in the following years in Cambridge, Durham and Norwich in England, as well as in France, Spain and Norway. Were the thefts connected and who might have been behind them?

Many of the objects targeted were looted by British and French troops during what the Chinese call the Century of Humiliation. China was militarily weaker than the two colonial giants of Europe at the time and lost both of the Opium Wars that enriched Britain and impoverished the Chinese. In October 1860, during the Second Opium War, the British looted the emperor's Old Summer Palace close to Beijing. The resonance of this event has echoed down the centuries and, as China grows stronger, so do calls for the return of these antiquities.

With artist Ai Weiwei, historian Liu Yang, China specialists Kerry Brown, Frances Wood, James Miles, Jasper Becker and art collector Christopher Bruckner.

Writer and Presenter - Dr Noah Charney
Producer - Caroline Finnigan
Executive Producer - Rosie Collyer
Researcher - Nadia Mehd

China Producer - Coco Zhao
 Sound Designers - David Smith and Tom Berry for Wardour Studios
 Music Composer - Nicholas Alexander

A Novel production for BBC Radio 4

MON 21:30 The Smugglers' Trail (m0015I05)
 The UK Based Gangs

With the smuggling operations becoming ever more sophisticated and with networks now spanning the globe, Sue Mitchell and Rob Lawrie are on the trail of British based gangs involved in human trafficking.

In this programme they hear from people in those gangs about how things work and the risks that are taken with human life. Confronting one smuggler leads to his admission that the profits are so huge from illegal boat and lorry crossings that he can not stop. He admits there are dangers to the migrants involved, but claims that he has also had a hard life and needs this financial security.

Another smuggler talks of ways they avoid detection, including paying off French police - an account which is later put to the French authorities. From the UK investigative side the head of the National Crime Agency's Organised Immigration Crime Division, Martin Grace, says there are more than fifty operations underway and there have been a number of successful prosecutions to date. One problem faced is the delicate balancing act, where the need to collect evidence has to be weighed against the need to intervene when risks are faced at sea.

Throughout this programme we follow the experiences of fifteen year old Bit Bok: two years ago she was on the French camp negotiating the passage for her, her brother, sister and parents. They are now settled in Gateshead and she is on the brink of seeing her acting dreams become a reality: she's auditioning for a place on a prestigious course. The bravery she showed in the boat crossing is even playing a part in the dramatic monologue she performs at her audition and as she waits to hear the results she reflects on the direction her life has taken.

Reporter: Sue Mitchell

MON 22:00 The World Tonight (m0019k3z)
 Showdown in Stoke

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

MON 22:45 Mrs Bridge by Evan S Connell (m0019k41)
 Episode 1

Evan S. Connell's Mrs Bridge is an extraordinary tragicomic portrayal of suburban life and one of the classic American novels of the 20th century.

Mrs Bridge, a conservative housewife in Missouri, has three children and a kindly lawyer husband. Her married life begins in the early 1930s – and soon after she and her young family move to a wealthy country club suburb of Kansas City. She spends her time shopping, going to bridge parties and bringing up her children to be pleasant, clean and have nice manners. The qualities that she values above all else. And yet she finds modern life increasingly baffling, her children aren't growing up into the people she expected, and sometimes she has the vague disquieting sensation that all is not well in her life.

In a series of comic, telling vignettes, Evan S. Connell illuminates the narrow morality, confusion, futility and even terror at the heart of a life of plenty.

First published in 1959 it was perhaps overshadowed by the critical attention paid to contemporaries like Philip Roth and John Updike - although Mrs Bridge was a finalist for the National Book Award in that year. Ten years later Connell published Mr Bridge which follows that same events largely from the point of view of Walter Bridge. In 1990, James Ivory directed the film Mr and Mrs Bridge based on both novels and starring Paul Newman and his wife Joanne Woodward. Fans of the book today include the novelist David Nicholls and Tracey Thorne, author and singer.

Read by Fenella Woolgar
 Written by Evan S Connell
 Abridged by Isobel Creed and Jill Waters

A Waters Company production for BBC Radio 4

MON 23:00 Word of Mouth (m0019m7c)
 Lords and Ladies: Folk Names for Plants and Flowers

Snotty Gogs and Moggie Nightgown may not immediately mean a lot to you but as common or folk names for the Yew berry and Wood anemone they reveal a fascinating social and cultural history of the countryside. Michael Rosen talks to the natural history broadcaster Brett Westwood about the informative, often funny sometimes bawdy names given to British plants and flowers.

Producer: Maggie Ayre

MON 23:30 You're Dead To Me (p07n8syy)
 Blackbeard

Timbers are shivering as Greg Jenner digs down on the legendary pirate, Blackbeard. Why did Blackbeard blockade a small town while scratching himself in frustration? How many wives is too many wives? And what exactly did he put in his beard?

Greg's joined by historian and piracy expert Dr Rebecca Simon and comedian Stu Goldsmith, host of the Comedian's Comedian podcast.

Produced by Dan Morelle
 Scripted by Greg Jenner
 Researched by Emma Nagouse

A Muddy Knees Media production for BBC Radio 4

TUESDAY 26 JULY 2022

TUE 00:00 Midnight News (m0019k43)
 The latest news and weather forecast from BBC Radio 4.

TUE 00:30 Pharaohs of the Sun by Guy de la Bédoyère (m0019k2z)
 [Repeat of broadcast at 09:45 on Monday]

TUE 00:48 Shipping Forecast (m0019k45)
 The latest weather reports and forecasts for UK shipping.

TUE 01:00 Selection of BBC World Service Programmes (m0019k47)
 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 (m0019k49)
 The latest weather reports and forecasts for UK shipping.

TUE 05:30 News Briefing (m0019k4c)
 The latest news from BBC Radio 4

TUE 05:43 Prayer for the Day (m0019k4f)
 A spiritual comment and prayer to begin the day with the the Most Reverend and Right Honourable Stephen Cottrell, the archbishop of York

Good morning.

'Have a unity of spirit,' says the first letter of Peter. What unites us may be much more than what divides us, but we can't pretend that the church in this age - like the church in every age - finds it hard to agree on some issues.

But our unity is not for our own preservation. Jesus prays that his church is one so the world may believe. All denominations probably underestimate how damaging our disunity is for our proclamation of the gospel. Put simply, I think the world looks and says, 'Well, if they can't even agree amongst themselves, how can we possibly take them seriously?' And what the world urgently needs to hear is that it's possible for those who disagree to still love one another and to live together in respectful unity. But unity is not uniformity. And God has created us with a wonderful and glorious diversity.

In the Anglican church in New Zealand we see this lived out in a particular way. The Church is made up of three streams who order their affairs within their three contexts, that is Maori, those of white European origin, and Polynesian. It can sometimes appear that one diocese has three bishops. But it is a model of unity in diversity that is creative and relational – something like the Trinity, perhaps? This challenges us to look at diversity differently, seeing it not as a problem to be solved, but a gift to be celebrated.

And so we pray –

Transforming God, help us to see unity differently. Help us to disagree well. Teach us that we belong to one another, and that your love for us draws us into community through your Son

Jesus Christ who prayed his church be one.

Amen.

TUE 05:45 Farming Today (m0019k4h)
 26/07/22 - Global food crisis; Drought in Eastern England; Vineyard workers

Anna Hill finds asks why some countries impose export restrictions on agricultural products, and finds out how political decisions affect the global food crisis.

A drought could be declared for parts of Eastern and Central England, where farmers are struggling with a lack of rain. We hear from an estate manager who explains how this is affecting the harvest of some root vegetables.

Staff shortages are a big problem in many farming sectors. We visit a vineyard in East Sussex, where they've managed to recruit pickers who live within a 15 miles radius of the farm.

Presented by Anna Hill and produced by Emma Campbell.

TUE 05:58 Tweet of the Day (b04ml9bd)
 North Island Kokako

Tweet of the Day is the voice of birds and our relationship with them, from around the world.

Chris Packham presents the North Island kokako from New Zealand. Kokakos are bluish-grey, crow-sized birds with black masks. Those from the North Island sport bright blue fleshy lobes called wattles; one on each side of the bill. And they are famous in New Zealand for their beautiful haunting song which males and females sing, often in a long duet in the early morning. Known by some people as the squirrel of the woods because of their large tails and habit of running along branches, kokako used to be widespread, today fewer than 1000 pairs remain. The kokako's slow and deliberate, almost thoughtful, flute-like song evokes the islands' forests and in the film, The Piano, it features as part of the chorus of woodland birds in some of the most atmospheric scenes.

Producer : Andrew Dawes

TUE 06:00 Today (m0019jxl)
 News and current affairs, including Sports Desk, Weather and Thought for the Day.

TUE 09:00 The Long History of Argument (m0019jxn)
 From Socrates to Social Media

Antithesis

Rory Stewart explores the strange human phenomenon of arguing and why it matters so deeply to our lives.

Argument became the way in which we answered the deepest questions of philosophy, established scientific rules, and made legal decisions. It was the foundation of our democracies and the way in which we chose the policies for our state.

Rory grew up believing that the way to reach the truth was through argument. He was trained to argue in school, briefly taught classical rhetoric and he became a member of parliament. But the experience of being a politician also showed him how dangerous arguments can be, and how bad arguments can threaten our democracies, provoke division and hide the truth.

In this episode, Rory explores how modern Europe turned against argument and where arguments go wrong today.

Producer: Dan Tierney.

TUE 09:30 New Storytellers (m0019jxq)
 He Wears a Mask, and His Face Grows to Fit It

Police officers often witness things outside the normal range of human experience – violence, brutality and traumatic death that many of us never see.

For most it is accepted as just part of the job and, although traditionally officers have not been encouraged to share their feelings, what is the emotional cost? How does dealing with trauma on a regular basis, change us as human beings? High profile atrocities like the murder of George Floyd in the US, and Sarah Everard's murder in the UK, have also led to scant understanding and sympathy for policemen and women dealing with the day-to-day realities of policing.

In "He wears a Mask, and his Face Grows to Fit it", retired policeman Guy Gardener reflects on the horrors he witnessed during his 30 year career in British policing and how he learnt

to cope with the emotional fall-out of the job. Now 70, he recorded this candid interview with his son, also called Guy who was making a feature for his audio production course at Goldsmith's College, University of London. Guy the son discovered a great deal about his father's long policing career - stories and feelings that had never been shared before - and he contrasted the reality with an upbeat period recruitment film.

New Storytellers presents the work of new radio and audio producers, and this series features the winners of the Charles Parker Prize 2022 for the Best Student Radio Feature. The judges praised Guy's feature saying that it was 'interesting to hear this perspective in a beautiful interview. The stories the policeman told were 'very vivid' and the programme was a 'powerful listen - a bit gruesome but not in a bad way.'

Producer: Guy Gardener
A Soundscape production for BBC Radio 4

TUE 09:45 Pharaohs of the Sun by Guy de la Bédoyère (m0019jxs)
Episode 2

3,500 years ago, Egypt entered the 18th Dynasty with a succession of kings and queens who were obsessed with wealth and power. They spent Egypt's money on grandiose temple building projects at Karnak and Luxor on the River Nile, and extravagant tombs designed to bear witness to their magnificence.

The wealth of the kings came at a huge cost to the people of Egypt whose needs were not uppermost in the rulers' concerns. Neighbouring countries were held to ransom by the power of the Egyptian army and the wealth gained in response was used solely for the kings' purposes.

They were the most powerful, successful and richest of Egypt's long line of Pharaohs. They were usually short in stature, all had a tendency to buck teeth, and most of them married their siblings. They include the female ruler, Hatshepsut, the religious reformer Akhenaten and his queen Nefertiti, and the most famous yet short lived of them all, the boy king Tutankhamun. Although his reign was insignificant the splendour of his tomb has been in the spotlight ever since it was discovered by Howard Carter.

Abridged by Libby Spurrier
Read by Deborah Findlay
Produced by Celia de Wolff
A Pier production for BBC Radio 4

TUE 10:00 Woman's Hour (m0019jxw)
Samantha Womack as the White Witch in The Lion, The Witch and the Wardrobe.

After an eight month UK tour the children's classic, The Lion, The Witch and The Wardrobe comes to London's West End with Samantha Womack - best known for playing Ronnie in Eastenders - taking on the role of the White Witch.

Following last night's first TV debate Emma's joined by two women who will have a vote but have yet to decide whether to back the former chancellor Rishi Sunak or the foreign secretary Liz Truss. Sally Ann Marks is the chairman of the Maidstone and Weald Conservative Association and Lizzie Hacking is Deputy Chairman of the Hastings and Rye Conservative Association.

If I said the phrase 'girly drink' to you, what image would it conjure up? A sweet cocktail, a fizzy wine? Or would you challenge the very notion that some drinks are for women and others for men? To discuss the history of women's consumption of alcohol and their involvement in making it, Emma is joined by the historian and writer Mallory O'Meara, whose new book is called Girly Drinks - A World History of Women and Alcohol and Melissa Cole, beer writer and author of The Ultimate Book of Craft Beer.

Plus as wedding season is upon us - some people will spend thousands on their special day. However Nell Frizzell, an author and journalist whose new novel is called Square One, had a different approach. How surprised was she that when she tweeted that she'd spent just four pounds on the fabric for her dress and her shoes cost one pound went viral.

And the woman now campaigning for rights for women to get time off work after a miscarriage after losing three babies herself..

Presenter Emma Barnett
Producer Beverley Purcell

TUE 11:00 Science Stories (b085xchl)
Series 4

Mesmerism

Anton Mesmer's magnetic cures for nervous conditions were famous in Vienna and Paris in the 1780s. He figured that the currents of an invisible fluid in the patient's body were like movements of the fluid thought to cause the force of magnetism. And so he decided that he should use magnets to affect it.

Mesmer set up a clinic in his house in which patients came to dip their hands or feet, or even their whole bodies, into baths filled with what he called magnetized water, given healing powers by magnetized iron rods or plates immersed in them. His treatment was a performance as it involved music, gestures, and props, and his own forceful personality.

But in 1784 the suspicious French medical profession persuaded the King, Louis 16th, to launch an official investigation into Mesmer's methods. The inquiry found that his treatment was useless and possibly dangerous and should be stopped. Mesmer retreated to Austria and died in 1815.

This was one of the first occasions on which what we might now call parapsychology was put under scientific scrutiny.

Philip Ball tells the story of Mesmer and the rise and fall of animal magnetism. He talks to Simon Shaffer, Professor of the History of Science at Cambridge University, about the role of spectacle in science and medicine in the late 18th century and to Richard Wiseman, Professor of Psychology at Hertfordshire University, about the legacy of scientific scrutiny of the claims of parapsychology.

TUE 11:30 Techno: A Social History (m0019jxy)
Berlin

In 1989, as the Cold War stuttered to a close, the newly reunified Berlin became a symbol for liberal politics, wide-eyed hedonism, and the promise of a better future. At the same time, Detroit Techno was taking hold in the city's basements, energising a new generation of explorers. Soon, techno parades were drawing millions of revellers to Berlin's streets, and monumental cathedral-like nightclubs were being created in the city's abandoned infrastructure.

DJ and producer Ash Lauryn tells the story of Techno's modern day mecca, featuring stories from the figures who first seized this music and gave it a home in Berlin (Tresor founder Dimitri Hegemann, Love Parade creator Dr Motte) as well as the DJs who have helped cement the city's international reputation (Ellen Allien, Marcel Dettmann, Richie Hawtin).

Produced by Frank Palmer
Sound design by Granny Eats Wolf

A Cup & Nuzzle production for BBC Radio 4

TUE 12:00 News Summary (m0019jy0)
The latest national and international news from BBC Radio 4.

TUE 12:04 You and Yours (m0019jy2)
Call You and Yours - Work

Today we discuss: Is the cost of living crisis forcing you to rethink work?

Are you taking on more hours because you're worried about looming winter energy costs? Have you taken on a second job to cover the cost of your bills? Are you deferring a university place in order to work instead?

The Office for National Statistics say there are now more people over fifty looking for work than before the pandemic began and it is thought that's due to people returning to work from retirement. Are you 'unretiring' or are you delaying retirement in order to continue working?

It may be that you're thinking twice about starting your own business? Or have you had to stop working for yourself to go back into employment?

How is the cost of living crisis making you rethink work? That's the topic for discussion on today's Call You and Yours.

Email: youandyours@bbc.co.uk

PRESENTER: SHARI VAHL
PRODUCER: CRAIG HENDERSON

TUE 12:57 Weather (m0019jy4)
The latest weather forecast

TUE 13:00 World at One (m0019jy6)
Forty-five minutes of news, analysis and comment, with Sarah

Montague.

TUE 13:45 28ish Days Later (m0019jy8)
Day Twenty Three: Exercise

India meets performance physiologist Dr Stacy Sims who offers key advice on how best to tailor your eating and exercise routine to certain points of your cycle whether you're a regular cycling women, experiencing the menopause or on hormonal contraception. They also discuss data bias in the diet and exercise world.

Credits:
Presented by India Rakusen.
Producer: Ellie Sans.
Assistant Producer: Jorja McAndrew.
Executive Producer: Suzy Grant.
Original music composed and performed by Rebekah Reid.
Sound Design by Charlie Brandon-King.

Special thanks to all contributors and audio diarists.

A Listen production for BBC Radio 4 and BBC Sounds.

TUE 14:00 The Archers (m0019jyb)
[Repeat of broadcast at 19:00 on Monday]

TUE 14:15 Trust (m000mcyz)
Purple Enough

Trust by Jonathan Hall.
Episode 2: Purple Enough
The school is having budget difficulties and the financial manager is advocating massive cuts including East Salford's beloved brass band. The Deputy Head is going forward with the rebranding including Byzantium purple hoodies. But then an unfortunate incident occurs in a local nightclub.

Yvette Julie Hesmondhalgh
Sir Ken Jonathan Keeble
Tim Ashley Margolis
Dhruvi Mina Anwar
Joy/ Tannoy Susan Twist

Director/Producer Gary Brown

TUE 15:00 The Kitchen Cabinet (m0019jpc)
[Repeat of broadcast at 10:30 on Saturday]

TUE 15:30 Made of Stronger Stuff (p0bgt04k)
Taste

Psychologist Kimberley Wilson and Dr Xand van Tulleken continue their journey around the human body, asking what our insides can reveal about our lives and the world around us.

Taste buds are on the menu for this episode, as Xand delves into how taste receptors are found all over the body, and might have implications for how well we tolerate illness. Kimberley reveals how much of taste is actually down to our minds. Plus, they meet the UK Chilli Queen, a woman on a quest to be the spiciest champion in the world.

Producer: Georgia Mills
Researcher: Leonie Thomas
Executive Producer: Robert Nicholson
A Whistledown production for BBC Radio 4

TUE 16:00 Word of Mouth (m0019jyf)
Ghosting Caking and Breadcrumbs

Michael Rosen talks to cyber-psychologist Dr Nicola Fox Hamilton about the new language that has emerged now that so many relationships begin online. She has studied the way people use words and expressions to describe themselves in their dating profiles as well as their experiences of internet romance. She reveals how many of the creative new terms to describe relationships forged this way spring from African American speech and language.
If you want to avoid being ghosted, catfished or bread-crumbed then this is for you.

Producer for BBC Audio Wales and West of England: Maggie Ayre

TUE 16:30 A Good Read (m0019jyh)
Salena Godden and Rob Bidolph

Writer Salena Godden chooses Good Morning, Midnight by Jean Rhys, a book she's re-read many times and returns to now - older, wiser and with even greater empathy for its protagonist.

Author-illustrator Rob Biddulph recommends *When the Sky Falls* by Phil Earle, named Children's Fiction Book of the Year at the 2022 British Book Awards, which brought him to tears and conjures London in the Blitz so vividly.

Presenter Harriett Gilbert picks *Mend the Living* by Maylis de Kerangal, translated by Jessica Moore, the story of a heart transplanted from one life to another.

Produced for BBC Audio in Bristol by Sarah Goodman.

TUE 17:00 PM (m0019jyk)

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

TUE 18:00 Six O'Clock News (m0019jym)

EU members agree to reduce gas use by 15 per cent in case Russia halts all supplies

TUE 18:30 Andrew Maxwell Values (m0019jyp)

Series 1

Episode 2

Since the COVID-19 pandemic, we have started to reflect more on our working lives and increasingly question the relative value of different occupations around the UK. Andrew Maxwell investigates why until now we have traditionally valued some jobs above others and what a new understanding of "work" might mean for how we approach our changing world.

This week Andrew looks at the post-pandemic nationwide appetite for retraining.

Producer: Richard Morris
Production co-ordinator: Ryan Walker-Edwards

A BBC Studios Production

TUE 19:00 The Archers (m0019jyr)

Tom shares the responses he's had to his past about the birth of the twins. He hopes the good will turn into orders. Tony says it's just nice that people care. He jokes he feels done out of a job now Caitlin's arrived – it must be great for Natasha to have her mum around. Tom concedes that it is. His anxiety about the farm, and his assertion that he's not needed at home, concern Tony. Tom admits he feels like a spare part at home. Everything he does is for the girls, and right now he feels excluded. Tony reassures him: he's still tired, it's been a lot and it's early days. But Tom's come a long way, and Tony's really proud of him.

Susan's dumbfounded when Clarrie says Jean's article is already on the Echo website. But it's positive and about how Ian saved Jean's life. George reminds Susan that she's never liked Jean. Susan sends him off to sort stock, and admits to Clarrie that she's already posted a note to Jean saying if she didn't make the article go away people would hear about her affair. She's put it in the post box. She panics when she realises the post's about to be collected. Quick-thinking Susan tells Clarrie to ask the postman to give her letter back but Clarrie's refuses; it's Susan who's got them into this mess. As they quickly try to think of ways to fish the letter out, they're stopped in their tracks when they notice the post box is on fire!

TUE 19:15 Front Row (m0019jyt)

Mercury Music and Booker Prize longlists; museums' funding; new LGBTQ+ museum

The Mercury Music and Booker Prize lists - we discuss the albums and books nominated this year for these two major prizes. We're joined by writer and critic Alex Clark, and Ludovico Hunter Tinley, music journalist for the Financial Times, to discuss today's announcements.

Queer Britain – the dedicated LGBTQ+ museum, recently opened in London's King's Cross. We speak to curator Dawn Hoskin, and to director and founder Joseph Galliano.

The complex picture of museum economics. Why are museums facing closure, even as they pick up significant lottery heritage funding? Samira Ahmed talks to Eilish McGuinness, Chief Executive of the National Lottery Heritage Fund, and Kim Streets, member of the English Civic Museums Network and Chief Executive of Sheffield Museums Trust about the different approaches to museum funding.

Presenter: Samira Ahmed
Producer: Nicki Paxman

Photo: Ollie Alexander stage costume, Glastonbury 2019. Photo by Rahil Ahmed.

TUE 20:00 Today (m0019t4g)

The Today Debate: Turning the Economy Around

Mishal Husain is joined by an expert panel to look at the challenges facing the UK economy.

Joining the Today Debate are BBC's Political Editor Chris Mason; Torsten Bell, Chief Executive of the Resolution Foundation; Rain Newton-Smith, Chief Economist at the CBI and Dame Clare Moriarty, Chief Executive of Citizens Advice.

The Today Debate will explore the combination of inflation and stagnation. Turning the economy around is a key thread in the battle to be the next Prime Minister and matters to living standards and wellbeing across the country.

How can it be done?

TUE 20:40 In Touch (m0019jyq)

Covid and Sight Loss; Retinitis Pigmentosa Research

Previously on In Touch, Dr Peter Hampson, clinical Director of the Association of Optometrists warned of a possible link between Covid-19 and sight loss. We talk to Criminal Lawyer Paul Bacon and former children's Laureate Michael Rosen about their personal experience of this. We also get an update from Dr Hampson on what the latest data tells us.

Retinitis Pigmentosa is the most common inherited eye condition, affecting around one in four thousand people in the UK. Currently, there is no known cure or effective treatments that can stop its progression. Do the latest scientific advances give those affected grounds for optimism or would that be misplaced? The charity Fight for Sight is funding research to try and uncover new treatment strategies. We talk to their CEO, Keith Valentine and researcher Mike Cheetham to get their thoughts.

Presenter: Peter White
Producer: Fern Lulham
Production Coordinator: William Wolstenholme

Website image description: Covid test kit unboxed.

TUE 21:00 Inside Health (m0019jyy)

Are too many babies being diagnosed with cows' milk allergy?

Rashes, a runny nose and weird poos are all common in babies. Parents are sometimes told these symptoms mean their baby is allergic to cows milk and are prescribed low allergy formula or advised to avoid dairy if they are breastfeeding. Marijke Peters cut dairy out of her diet to try and help the gut problems her new baby Eva was having - but it made no difference and she's still trying to find out why she has blood in her poo.

Dr Robert Boyle sees babies with allergies in his clinic at St Mary's hospital in London. Those with a cows' milk protein allergy can safely drink low-allergy formula milk - but Dr Boyle thinks that more than the expected 1% of babies are being diagnosed with the allergy. So he looked at the number of prescriptions for these specialised formula milks dispensed in the UK, Norway and Australia. In the UK he says that ten times the number you'd expect to see are prescribed.

Professor Paula Moynihan who's Director of Food and Health at the University of Adelaide says these formula milks could pose a risk to children's teeth because they contain different sugars than the type found in milk - which bacteria in the mouth can feed on, making it more acidic and potentially damaging the teeth. She says that any babies given the dairy-free formulas should have their teeth brushed twice a day with a fluoride toothpaste and start seeing a dentist as soon as the first tooth appears.

Dr Margaret McCartney explains how long-Covid patients are going to extraordinary lengths to try unproven treatments in the hope that they will alleviate their symptoms. We hear how an investigation by the British Medical Journal uncovered how a special type of blood filtering called apheresis and hyperbaric oxygen therapy - costing thousands of pounds - are offered to long-Covid patients in European clinics but there is no evidence that they will help them. Margaret recommends instead signing up for NHS trials investigating potential treatments in a regulated way.

Gout is incredibly painful but many adults diagnosed with the condition aren't taking the recommended medication a year after they were told they had it. Dr Mark Russell from Kings College hospital in London found that only a third of people with gout were taking medication to help lower urate levels in their blood which can turn into crystals in the joints and organs like the kidneys if it is too high.

TUE 21:30 The Long History of Argument (m0019jxn)

[Repeat of broadcast at 09:00 today]

TUE 22:00 The World Tonight (m0019jz0)

England's women reach Euro 2022 final

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

TUE 22:45 Mrs Bridge by Evan S Connell (m0019jz2)

Episode 2

Evan S. Connell's *Mrs Bridge* is an extraordinary tragicomic portrayal of suburban life and one of the classic American novels of the 20th century.

Mrs Bridge, a conservative housewife in Missouri, has three children and a kindly lawyer husband. Her married life begins in the early 1930s – and soon after she and her young family move to a wealthy country club suburb of Kansas City. She spends her time shopping, going to bridge parties and bringing up her children to be pleasant, clean and have nice manners. The qualities that she values above all else. And yet she finds modern life increasingly baffling, her children aren't growing up into the people she expected, and sometimes she has the vague disquieting sensation that all is not well in her life.

In a series of comic, telling vignettes, Evan S. Connell illuminates the narrow morality, confusion, futility and even terror at the heart of a life of plenty.

First published in 1959 it was perhaps overshadowed by the critical attention paid to contemporaries like Philip Roth and John Updike – although *Mrs Bridge* was a finalist for the National Book Award in that year. Ten years later Connell published *Mr Bridge* which follows that same events largely from the point of view of Walter Bridge. In 1990, James Ivory directed the film *Mr and Mrs Bridge* based on both novels and starring Paul Newman and his wife Joanne Woodward. Fans of the book today include the novelist David Nicholls and Tracey Thorne, author and singer.

Read by Fenella Woolgar
Written by Evan S Connell
Abridged by Isobel Creed and Jill Waters

A Waters Company production for BBC Radio 4

TUE 23:00 Fortunately... with Fi and Jane (m0019t5m)

Dodgy Molluscs and Steaming Pants with Marian Keyes

Fi and Jane welcome the novelist Marian Keyes around the Fortunately table to share a bag of chocolates.

The bestselling author has some confessions about her bowling prowess (or lack of it). Marian also talks to Fi and Jane about appreciating the small things, generational change in Ireland and why a bad waxwork is better than a good one.

In addition, the ladies have some consumer confessions, there's a bad smell in Jane's Kitchen and Fi gets dumped.

TUE 23:30 Bridget Christie: Mortal (m000v2sx)

Birth

Episode 1 - Birth

Following on from her hugely successful, award-winning previous series – 'Minds The Gap' and 'Utopia', Bridget now turns her attention to Mortality, covering 'Birth', 'Life', 'Death' and 'The Afterlife'.

Like many of us forced to work from home during lockdown, Bridget has recorded this series herself in her house, and in her local park, on a pre-sanitised recording device sent to her in the post. Batteries weren't included. She had to buy them all herself.

In a collection of informative, personal and absurd recordings, she confronts the difficult questions most of us spend our lives avoiding - all whilst being interrupted by cats, chores, children, foxes and a plumber.

"Do twins share a soul or do they get one each?", "Why don't we bury our placentas and plant a tree on top of them?" and "Who's blocked the toilet again?"

If you are mortal, then this is the show for you.

Written and presented by Bridget Christie
With guest appearances from her dad, her sister Eileen and her friend Ash.

Producer... Carl Cooper
Sound Mixer... Olga M. Reed

Bridget Christie: Mortal is a BBC Studios Production

WEDNESDAY 27 JULY 2022

WED 00:00 Midnight News (m0019jz7)

The latest news and weather forecast from BBC Radio 4.

WED 00:30 Pharaohs of the Sun by Guy de la Bédoyère (m0019jxs)

[Repeat of broadcast at 09:45 on Tuesday]

WED 00:48 Shipping Forecast (m0019jz9)

The latest weather reports and forecasts for UK shipping.

WED 01:00 Selection of BBC World Service Programmes (m0019jzc)

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 (m0019jzf)

The latest weather reports and forecasts for UK shipping.

WED 05:30 News Briefing (m0019jzh)

The latest news from BBC Radio 4

WED 05:43 Prayer for the Day (m0019jzk)

A spiritual comment and prayer to begin the day with the the Most Reverend and Right Honourable Stephen Cottrell, the archbishop of York

Good morning.

Reconciliation is an absolutely central concept for the Christian faith. And working for reconciliation will be a theme running through this week's Lambeth Conference of Anglican bishops. Reconciliation is also something that can be lived out in all sorts of ways – large and small - and in all sorts of divided places.

Near the Shankill and Falls Rd in Belfast, an area known for its violent past during Northern Ireland's 'troubles', the Church Army has one of its centres of mission. It is there to witness to the reconciling love of God and God's presence in every place and every situation, especially where there is disagreement.

A project called 'Baby Basics' works with families from the Republican and Nationalist communities. Ministers from different denominations meet regularly to pray and to grow in understanding.

"We acknowledge that we are a long way from bringing our two communities together," says Karen the Church Army Evangelist working there, "but we are, under God, prepared to pray together, walk together and support all those who want to see this area return to being the place of worship it was and could be again."

'Live for righteousness', says the first letter of Peter. That is exactly what this Church is doing and has been doing for a long time. The word 'shankill' means 'Old Church.' Worship has been offered here since 455AD. But there is still more to do. More hearts to change.

So, we pray –

Righteous God, heal the divisions of the world and make your church a sign of hope in dark and difficult times; and in those places in the word where there is division and conflict bring your peace. Through Christ our Lord.

Amen.

WED 05:45 Farming Today (m0019jzm)

27/07/22 - Australian farmers and global food crisis; UK water shortage; "Pint-sized Farmer"

Farmers in Australia are used to hot weather and droughts, but they've had a whole series of extreme weather events to contend with lately - including widespread flooding. Anna Hill talks to a spokesman from the National Farmers' Federation in Australia, who explains how the situation there is contributing to the global food supply crisis.

Meanwhile the UK's National Drought Group met yesterday. With predictions that by 2050 some rivers could contain between 50 and 80 per cent less water during the summer months, how should farmers be managing their water supplies in the longer term?

And we meet the "Pint-Sized Farmer" - who's been using social media to open up a new window on the farming world.

Presented by Anna Hill and produced in Bristol by Emma Campbell.

WED 05:58 Tweet of the Day (b04mlpj8)

Plumbeous Antbird

Tweet of the Day is the voice of birds and our relationship with them, from around the world.

Chris Packham presents the Plumbeous antbird in a Bolivian rainforest. When army ants go on the march in the Bolivian rainforest, they attract a huge retinue of followers; often heard but rarely seen. These include Antbirds. The Plumbeous Antbird is a lead-coloured bird; the males have a patch of blue skin around their eyes, whilst the females are bright russet below. Like other antbirds they are supreme skulkers, hiding under curtains of dense foliage and only betraying themselves by their calls and song, a particularly fluty call. But you'd think that with a name like antbirds, their diet is easily diagnosed, but surprisingly antbirds rarely eat ants. Instead, most species shadow the columns of army ants which often change nest-sites or raid other ant colonies. As the ants march across the forest floor, they flush insects and other invertebrates which are quickly snapped by the attendant antbirds.

Producer : Andrew Dawes

WED 06:00 Today (m0019k64)

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

WED 09:00 Sideways (m0019k67)

27. A Blip on the Radar

Angie Zelter is on her way to Loch Goil in Scotland. It's a beautiful summer's day, and her friends have packed a picnic. But that's not the real reason they're there. Angie has an urgent message to deliver to the world about nuclear weapons. And she's going to deliver it through an act of destruction.

In this episode, Matthew Syed looks at the danger that nuclear weapons pose, even if nations never use them in a deliberate act of war. He hears about the moments we came within a hair's breadth of disaster through misunderstanding, negligence, accident and even a blackbrown bear.

It's simple - the more weapons there are in the world, the more risk increases. But how to deal with this problem throws up complex solutions and viewpoints.

Some would like the total eradication of nuclear weapons, arguing that disarmament across the world is the only way to avoid catastrophic risk. But others worry about disrupting the delicate balance of nuclear deterrence. As Matthew hears, history shows us that scaling back the numbers is possible - even at the height of the Cold War. He asks whether the possibilities for non-proliferation and scaling back through treaties and verification could be a way forward today.

Contributors:

Angie Zelter - Founder of the Trident Ploughshares movement in the UK, anti-nuclear weapons activist and Peace and Environmental Campaigner

Eryn MacDonald - Global Security Analyst at the Union of Concerned Scientists

Patricia Lewis - Research Director for Conflict, Science and Transformation and Director, International Security Programme
Mariana Bujeryn - Global Fellow with the Wilson Center's Nuclear Proliferation International History Project and Research Fellow at the Project on Managing the Atom and International Security Project at the Harvard Kennedy School's Belfer Center

Presenter: Matthew Syed

Producer: Nadia Mehdi

Series Editor: Katherine Godfrey

Sound Design and Mix: Rob Speight

Theme tune by Ioana Selaru

A Novel production for BBC Radio 4

WED 09:30 Four Thought (m0019k6c)

Asking the right questions about crime

Criminologist Dr Laura Bui wants us to ask the right questions when it comes to crime. The popular genre of 'true crime' may be popular but is it helping us better understand the origins of crime?

We turn to crime novels, film and documentaries to compare ourselves to both victims and perpetrators. How different are we?

This genre loves to tell us the 'origin stories' of infamous criminals to tell us of their childhoods and often past traumas - as if to explain their future actions. But this can have the effect of erasing the victims, diminishing their memory in some way.

But is the habit of asking 'why' a criminal committed a crime and not 'how' they got to the point of becoming a criminal

flawed? We take one criminal out of the public only to have them replaced by another - Laura argues asking 'how' helps to finally break this cycle.

Presenter - Olly Mann
Producer- Jordan Dunbar
Editor - Tara McDermott
SM- Rod Farquhar

WED 09:45 Pharaohs of the Sun by Guy de la Bédoyère (m0019k6h)

Episode 3

3,500 years ago, Egypt entered the 18th Dynasty with a succession of kings and queens who were obsessed with wealth and power. They spent Egypt's money on grandiose temple building projects at Karnak and Luxor on the River Nile, and extravagant tombs designed to bear witness to their magnificence.

The wealth of the kings came at a huge cost to the people of Egypt whose needs were not uppermost in the rulers' concerns. Neighbouring countries were held to ransom by the power of the Egyptian army and the wealth gained in response was used solely for the kings' purposes.

They were the most powerful, successful and richest of Egypt's long line of Pharaohs. They were usually short in stature, all had a tendency to buck teeth, and most of them married their siblings. They include the female ruler, Hatshepsut, the religious reformer Akhenaten and his queen Nefertiti, and the most famous yet short lived of them all, the boy king Tutankhamun. Although his reign was insignificant the splendour of his tomb has been in the spotlight ever since it was discovered by Howard Carter.

Abridged by Libby Spurrier

Read by Deborah Findlay

Produced by Celia de Wolff

A Pier production for BBC Radio 4

WED 10:00 Woman's Hour (m0019k6k)

Jane Roe's daughter, Lionesses semi-final, Voices of Power and Women's Health Apps

It's been just over a month since Roe vs Wade was overturned by the Supreme Court in the United States. On this programme we've covered the aftermath of this ruling many times, but what about the woman at the centre of it all? Jane Roe, or a name you might be less familiar with, Norma McCorvey, the real person behind the Roe vs Wade court case of 1972. Her eldest daughter, Melissa Mills, joins Emma Barnett to discuss what her Mum would have made of the court case she was so central to, being overturned.

Last night the England women's team won in a decisive 4-0 victory against Sweden in the Euro semi-final at Bramall Lane. Emma speaks to BBC sports commentator Robyn Cowen, former England player, Anita Asante and sports commentator Jacqui Oatley about what this means for the sport.

A new oratorio, Voices of Power, that contemplates the nature of female power across the centuries is set to make its world premiere at Hereford Cathedral tomorrow. Composed by Luke Styles and set to libretto by Jessica Walker, it features the thoughts from seven women from across two millennia, including the likes of Boudica, Margaret Thatcher and Eleanor Roosevelt. Luke and Jessica join Emma to discuss.

Period and fertility tracking apps have been growing in popularity for years, but new analysis reveals the majority share sensitive personal data, with experts warning it could be used to target women with tailored advertising. We speak to Fatima Ahmed, obstetrician, gynaecologist and ORCHA'S clinical lead for women's health.

WED 11:00 Leeds: Life in the Bus Lane (m00199zw)

[Repeat of broadcast at 20:00 on Monday]

WED 11:30 Art of Now (m0001j17)

Berlin's Nightlife

DJ Emily Dust investigates where policy and parties meet, as clubs and politicians work together to try and save the scene.

Berlin's famed nightlife brought in over €1.5bn to the city's economy in 2018. Its clubbing scene is eclectic; every type of music, running over hours if not days and bringing millions of visitors each year. At reggae club YAAM, general manager Geoffrey Vasseur describes a city at a crossroads; rising rents and gentrification forcing many venues to relocate or close.

Their future could depend on more collaboration and unity with the state, but can counter-culture survive?

In a former power station, Emily meets Dimitri Hegemann, owner of iconic techno club Tresor, and who now hopes to transport the best of Berlin's culture and creativity out into the provinces.

Jimmy Bamba, resident DJ at 80s Berlin hotspot the Dschungel Club, talks to his son, Freak De l'Afrique and RISE DJ and Producer Aziz Sarr, about how the scene has changed over their generations and how the popularity of African music has grown.

Georg Kössler is the Green Party representative for club culture in Berlin's Parliament. Emily learns the challenges he faces convincing his peers and how he finds ways to quantify the cultural as well as economic value of nightclubs. But not everyone wants to take money from the state. Reclaim Club Culture tell Emily why for them, clubs are not just a cultural force, but a political one.

Plus Pamela Schobess, Chair of the Berlin Club Commission, who is lobbying the state to grant clubs the same cultural status as opera houses and Luz Diaz, co-founder of queer femme and non-binary collective Room 4 Resistance, on the importance of experimentation in the club scene.

Presenter: Emily Dust
Producer: Georgia Catt

WED 12:00 News Summary (m0019k6m)

The latest national and international news from BBC Radio 4.

WED 12:04 You and Yours (m0019k6p)

News and discussion of consumer affairs

WED 12:57 Weather (m0019k6r)

The latest weather forecast

WED 13:00 World at One (m0019k6t)

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

WED 13:45 28ish Days Later (m0019k6w)

Day Twenty Four: To Bleed or Not to Bleed

Millions of women across the world take hormonal contraception either as birth control or to help with problem periods - but do we know how much they might be affecting our brains?

In this episode India asks Dr Jackie Maybin from the University of Edinburgh, whether there is a physiological need for women to have their periods whilst on the contraceptive pill. Dr Katy Vincent explains how women today have far more periods than our recent ancestors ever did and Dr Sarah Hill, author of *How the Pill Changes Everything: Your Brain on Birth Control*, joins to discuss the effect of the pill on women's brains.

Credits:

Presented by India Rakusen.

Producer: Ellie Sans.

Assistant Producer: Jorja McAndrew.

Executive Producer: Suzy Grant.

Original music composed and performed by Rebekah Reid. Sound Design by Charlie Brandon-King.

Special thanks to all contributors and audio diarists.

A Listen production for BBC Radio 4 and BBC Sounds.

WED 14:00 The Archers (m0019jyr)

[Repeat of broadcast at 19:00 on Tuesday]

WED 14:15 Trust (m000mb2j)

A Surgical Head

Trust by Jonathan Hall.

Episode 3: A Surgical Head.

The biggest success in Quays Academy Trust is Lodestone Academy. This formerly failing school has been spectacularly turned around by Surgical Head Kayleigh Britton. But when East Salford's financial manager is loaned out to help with the books she uncovers some interesting details.

Yvette Julie Hesmondhalgh

Tim Ashley Margolis

Dhruvi Mina Anwar

Sir Ken Jonathan Keeble

Terry Sushil Chudasama

Tannoy Susan Twist

Director/Producer Gary Brown

WED 15:00 Money Box (m0019k6y)

A panel of experts answer calls on personal finance.

WED 15:30 Inside Health (m0019jyy)

[Repeat of broadcast at 21:00 on Tuesday]

WED 16:00 Sideways (m0019k67)

[Repeat of broadcast at 09:00 today]

WED 16:30 The Media Show (m0019k70)

Into the Metaverse

In October 2021, Mark Zuckerberg announced that Facebook would change its name to Meta, reflecting its shift towards "the Metaverse". Today, the concept is central to the strategies of the world's biggest tech companies – including Google, Amazon, Apple and Microsoft – who are spending billions of dollars to build it. But what exactly is the Metaverse, how will it work, and what are the opportunities and dangers ahead?

Matthew Ball is a venture capitalist, former head of strategy at Amazon Studios, and now author of "The Metaverse, And How It Will Revolutionise Everything". He joins Ros Atkins for a special edition of The Media Show, dedicated to what some are calling "the next internet".

Producer: Dan Hardoon

Presenter: Ros Atkins

Editor: Richard Hooper

Studio engineer: Emma Harth

WED 17:00 PM (m0019k72)

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

WED 18:00 Six O'Clock News (m0019k74)

Rail passengers suffer another day of travel disruption as thousands of workers strike

WED 18:30 Anneka Has Issues (m0019k76)

Series 1

Therapy

Anneka Rice has led a fascinating and adventure-filled life. In this new stand-up series, she examines four tricky issues that are of particular importance to her. Bringing insight and a refreshingly eccentric but practical mindset to these sometimes taboo subjects she'll explain how her life has been shaped by her background and experiences.

Anneka's default position is jeopardy. It's why she wears stout boots and a tool belt. It also means that low level anxiety is ever present and for decades Anneka has tried all sorts of therapies. In this hilarious account she analyses herself – why all the therapy? And how did she end up pretending to be regressed in front of Philip Schofield?

Producer: Alison Vernon-Smith

Production Coordinator: Katie Baum, Beverly Tagg

A BBC Studios Production

Archive material:

Have I Been Here Before? / ITV Productions

Challenge Anneka / Chatsworth Television for Channel 4

WED 19:00 The Archers (m0019k78)

Caitlin's unhappy to discover Natasha turned off the baby monitor so that Caitlin could get some sleep. There's no point being there if Natasha won't let her help. But Natasha's determined to do things for herself. Later when Natasha confides that her mum makes her feel incapable, Tom suggests she clears the air. Natasha declines; it would be a difficult conversation. Later Tom tries to talk to Caitlin, but she's dismissive. She understands his concerns and she's sure between them, they can keep Natasha on the straight and narrow. When Clarrie finds a can of lighter fluid in George's hoodie, he innocently explains he was using it to degrease his bike chain. He promises that the post box fire was nothing to do with him. Anyway, Clarrie and Susan got what they wanted – no more letter. Clarrie's thinks it's a very strange coincidence. Worried Susan tells Clarrie that Harrison wants her to do a witness statement. He might ask some awkward questions and she can't lie. Clarrie says it's a better alternative than admitting to planning to blackmail Jean! Afterwards Susan tells George it was excruciating pretending to Harrison she had no clue who did it. When George says now no-one will ever know what was in Jean Harvey's letter, Susan asks what he means. He explains he's pieced it all together from things he'd overheard. Now the letter's burned there's no evidence – like there's no evidence it was George who torched the post box. It'll have to remain one big mystery.

WED 19:15 Front Row (m0019k7b)

Sister Act, Dramatising the Ugandan Asian exodus, David Olusoga

Sister Act the Musical is returning to the London stage, after two years of Covid delays and thirty years after the much loved Whoopi Goldberg film. Tom Sutcliffe met the stars of the new Hammersmith Apollo production, Beverley Knight who plays singer on the run Deloris and Jennifer Saunders who takes on the role of Mother Superior, to discuss mixing secular and sacred musical traditions with comedy and choreography.

Curve Theatre, Leicester, has commissioned a series of plays called Finding Home to mark 50 years since the Ugandan Asian exodus initiated by the then President Idi Amin. Many of those who fled came to family and contacts in Leicester. Reporter Geeta Pendse talks to some of the writers and performers and visits Leicester Museum to hear the stories of what happened in August 1972.

Story Trails is a new project that uses virtual reality to reveal hidden local histories in fifteen places across the UK. Film maker David Olusoga, who is the project's creative director, explains how the UK's largest immersive storytelling project will work.

Presenter: Tom Sutcliffe

Producer: Emma Wallace

Picture: Sister Act - Beverley Knight as Deloris van Cartier and Jennifer Saunders as Mother Superior. Photographer Criedit: Manuel Harlan

WED 20:00 Moral Maze (m0019k7d)

The Morality of Snobbery

People like us... you know what I mean. Snobbery? It's everywhere, and most of us would admit to it, at least occasionally. But beyond the caricatures of snooty and disdainful types who enjoy looking down on the tastes, habits and backgrounds of others, there's the serious matter of how it affects people's life chances. The British Psychological Society has launched a campaign to make social class a legally protected characteristic, like sex, race and disability. It would force employers and others to tackle discrimination on the basis of class. The idea is to reduce the damaging effects of class-based prejudice across education, work and health, and create a fairer society.

People from working class backgrounds are less likely to get into a top university or land a highly paid job, but how much of that is down to the snobbery of others? Is a change in the law really going to shift prejudices that have been embedded over generations? Is it right to use the law in this way? More broadly, what's wrong with expressing a preference about how other people present themselves? Isn't some behaviour that gets labelled as snobbery just an attempt to defend high standards, whether in speech, writing, taste or manners? Is there a moral case for snobbery? With Bridgette Rickett, D.J. Taylor, David Skelton and Alex Bilmes.

Producers: Jonathan Hallowell and Peter Everett

Presenter: Michael Buerk

WED 20:45 Four Thought (m0019k6c)

[Repeat of broadcast at 09:30 today]

WED 21:00 Made of Stronger Stuff (p0bg04k)

[Repeat of broadcast at 15:30 on Tuesday]

WED 21:30 The Media Show (m0019k70)

[Repeat of broadcast at 16:30 today]

WED 22:00 The World Tonight (m0019k7g)

RMT strike - major disruption to rail services

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

WED 22:45 Mrs Bridge by Evan S Connell (m0019k7j)

Episode 3

Evan S. Connell's *Mrs Bridge* is an extraordinary tragicomic portrayal of suburban life and one of the classic American novels of the 20th century.

Mrs Bridge, a conservative housewife in Missouri, has three children and a kindly lawyer husband. Her married life begins in the early 1930s – and soon after she and her young family move to a wealthy country club suburb of Kansas City. She spends her time shopping, going to bridge parties and bringing up her children to be pleasant, clean and have nice manners. The qualities that she values above all else. And yet she finds

modern life increasingly baffling, her children aren't growing up into the people she expected, and sometimes she has the vague disquieting sensation that all is not well in her life.

In a series of comic, telling vignettes, Evan S. Connell illuminates the narrow morality, confusion, futility and even terror at the heart of a life of plenty.

First published in 1959 it was perhaps overshadowed by the critical attention paid to contemporaries like Philip Roth and John Updike - although Mrs Bridge was a finalist for the National Book Award in that year. Ten years later Connell published Mr Bridge which follows that same events largely from the point of view of Walter Bridge. In 1990, James Ivory directed the film Mr and Mrs Bridge based on both novels and starring Paul Newman and his wife Joanne Woodward. Fans of the book today include the novelist David Nicholls and Tracey Thorne, author and singer.

Read by Fenella Woolgar
Written by Evan S Connell
Abridged by Isobel Creed and Jill Waters

A Waters Company production for BBC Radio 4

WED 23:00 Tom Mayhew Is Benefit Scum (m0019k7l)
Series 2

Everybody's Changing

Comedian Tom Mayhew is joined by his mate Sian Davies to talk about cheap dates, love and relationships as Tom's stand up explores sexuality and feelings among the working class.

Tom Mayhew Is Benefit Scum is an autobiographical stand-up series where the comedian shares stories about his life growing up working class and his time on benefits. The show takes a wry, sideways look at the prejudices that people have towards benefits claimants and turns those assumptions on their head.

Written and Performed by Tom Mayhew
Featuring Chris Cantrill and Sian Davies
Additional Material – Olivia Phipps
Production Coordinator – Katie Baum
Producer – Benjamin Sutton
A BBC Studios Production.

WED 23:15 Welcome to the Neighbourhood with Jayde Adams (m0019k7n)
Ep. 5: Red Richardson

Jayde Adams and her guest Red Richardson dive into the feisty world of community apps and messageboards, sifting through the angry neighbourhood bins to find disgruntled comedy gold.

From biggest beefs to weirdest news, Jayde discovers a whedon of (largely unintentional) hilarity with graffiti-daubed wheelee bins, stray cats, e-scooters and more.

Jayde and the production team would like to hear about what's riling up the neighbours around Britain. Are your groups kicking off? Listeners can submit screenshots of the funniest and freakiest posts and threads to welcometotheneighbourhood@bbc.co.uk.

Presenter: Jayde Adams
Producer: Cornelius Mendez

An unusual production for BBC Radio 4

WED 23:30 Alex Edelman's Peer Group (m000vwt4)
Series 4

Dead Jews

Award-winning comedian Alex Edelman asks why Jews are still so problematic for so many. With the rise of QAnon and elected members of congress like Marjorie Taylor Greene, antisemitism has somehow crept into the mainstream, especially in America, and a lot of it still seems to go unchecked. As an observant Jew himself, he looks at all the ways his faith, and people's reaction to it, impacts his life and the ways in which society still fails to understand the issues many Jews like him have to live with.

Written by Alex Edelman and Max Davis

With special thanks to
Alfie Brown
Tasha Dhanraj
Rajiv Karia
Mike Birbiglia
Danny Jolles
and
Hannah Einbinder

Produced by Sam Michell

It is a BBC Studios Production

THURSDAY 28 JULY 2022

THU 00:00 Midnight News (m0019k7q)
The latest news and weather forecast from BBC Radio 4.

THU 00:30 Pharaohs of the Sun by Guy de la Bédoyère (m0019k6h)
[Repeat of broadcast at 09:45 on Wednesday]

THU 00:48 Shipping Forecast (m0019k7s)
The latest weather reports and forecasts for UK shipping.

THU 01:00 Selection of BBC World Service Programmes (m0019k7v)
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 (m0019k7x)
The latest weather reports and forecasts for UK shipping.

THU 05:30 News Briefing (m0019k7z)
The latest news from BBC Radio 4

THU 05:43 Prayer for the Day (m0019k81)
A spiritual comment and prayer to begin the day with the the Most Reverend and Right Honourable Stephen Cottrell, the archbishop of York

Good morning.

As the guest speaker at a synod in Canada, which included the vast northern diocese of the Arctic, I met many first nations people, who have suffered horrifying persecution, often supported, even perpetrated by the Church. One evening they invited us to join their worship but it wasn't what I was used to. They sang slowly, really slowly.

Familiar Anglican hymns took on whole new meanings and values and became a plaintive, heartfelt cry to God, an embodiment of those words from the first letter of Peter, 'Cast your cares on him.'

Now, the devil hates music. In fact, the devil hates anything that's beautiful or heartfelt. Ugliness and cynicism are his currency, but that evening, I experienced something astonishingly beautiful and deeply felt. And like the prophet Habakkuk dancing on the hills even though there was desolation everywhere, and just as African American spirituals rejoiced in the final victory even though the oppressive conditions they lived in spoke only of defeat, so this slow singing bore witness to the astonishing power of the Christian faith to sustain people through oppression, find resources of hopefulness, and challenge injustice.

And so we pray –

Holy God, help us to speak about and confront the racism that still exists in our churches and in our world. Teach us to slow down, even to sing and pray more slowly, so that we can really take hold of the amazing grace that, in Christ and through Christ, can set us free.

Amen.

THU 05:45 Farming Today (m0019k83)

As part of our week looking at the global food crisis, we turn our attention to Northern Italy, where in some areas a state of emergency has been declared. Water levels in the River Po have hit record lows, and the largest farmers' union has warned that the drought could threaten more than 30% of agricultural produce. Italy is the EU's biggest rice producer, and we hear from an agronomist working to make growing rice more sustainable.

We report on how a huge engineering project has begun to remove an 18th century weir from the River Nidd in North Yorkshire, to restore the natural life of the river system in the area.

And as scientists in Belgium look into the effect music might have on pigs, we hear from a farmer in Suffolk who says classical tunes help to calm his stock.

Presented by Charlotte Smith and produced by Beatrice Fenton.

THU 05:58 Tweet of the Day (b04mlpjl)

Bell Miner

Tweet of the Day is the voice of birds and our relationship with them, from around the world.

Chris Packham presents the bell miner of eastern Australia. The sound of a tiny hammer striking a musical anvil in a grove of gum trees signifies that bell miners are in search of sugar. More often heard than seen the bell miner is a smallish olive-green bird with a short yellow bill, with a small orange patch behind the eye. It belongs to a large family of birds known as honeyeaters because many have a sweet tooth and use their long bills to probe flowers for nectar. But the bell miner gets its sugar hit in other ways. Roving in sociable flocks, bell miners scour eucalyptus leaves for tiny bugs called psyllids who produce a protective waxy dome. Bell miners feed on these sweet tasting shelters. Some scientists suggest that Bell Miners actively farm these insects by avoiding over-exploiting of the psyllid colonies, allowing the insects numbers to recover before the birds' next visit. So dependent are they on these psyllids bugs that Bell Miners numbers can often fluctuate in association with any boom-and-bust changes in psyllid population.

Producer : Andrew Dawes

THU 06:00 Today (m0019kjm)

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

THU 09:00 Can the Police Keep Us Safe? (m0019kjp)
Community

Helena Kennedy QC, with Police Assistant Commissioner Rob Beckley, explores our expectations of policing today and changing ideas of safety - in public, in private and online.

Can the police keep us safe? It's argued policing has never been good at dealing with crime after the event and struggles now under the weight of increasing expectations. Definitions of harm have widened hugely in recent years and, with this, come more complicated ideas of what safety means to communities.

In the final part of this series, Helena and Rob investigate the realm of online and cyber crime, which poses huge difficulties for policing. They explore the police's role in public order and how the idea of the prevention of harms - responsibility and care within communities rather than reactive policing - might transform public safety.

With public trust in the police shaken by a series of high-profile scandals - the 2021 murder of Sarah Everard by a serving police officer and forces such as the Metropolitan Police and Greater Manchester Police now in special measures - is the social contract between police and public corroding? Did it ever exist for some sections of the public? Robert Peel once wrote 'the police are the public, and the public are the police' - a formula at the heart of policing by consent. But the UK has different publics, and multiple communities, which are policed differently. Certainly some communities feel safer around the police than others.

Talking to all ranks of the police across the UK, and to criminologists and critics, Helena and Rob consider what we expect from the police now - is it too much, can they really deliver? - and what is the primary purpose of the police today? Over the course of the series they ask if this is the moment for a new kind of social contract between public and police, where other institutions, both public and private - as well as citizens themselves - take more responsibility for safety and care in our communities, independent of policing.

Contributors in this episode include: Her Majesty's Chief Inspector of Constabulary Andy Cooke, Deputy Chief Constable Maggie Blythe, criminologist Patrick Williams, active bystander trainer Graham Goulden, independent chair of the oversight board for the 2022 Police Race Action Plan Abimbola Johnson, NPCC coordinator for cyber and fraud Pete O'Doherty, criminologist and author of The End of Policing Alex Vitale, Director of the Police Foundation Rick Muir, author and advisor to government on crime prevention Tom Gash and DI Upile Mitimila, Cheshire Constabulary.

Presented by Helena Kennedy QC with Police Assistant Commissioner Rob Beckley
Produced by Simon Hollis

A Brook Lapping production for BBC Radio 4

This series is dedicated to the late Roger Graef, criminologist and documentary maker

THU 09:30 The Climate Tipping Points (m001817x)
3. Cascading

Will tipping points - such as in the Amazon and in the way that

cloud form - accelerate climate change, pitching us headlong into a much hotter world? Justin Rowlatt continues his series examining how global warming may trigger irreversible changes to our planet.
 Producer: Laurence Knight

THU 09:45 Pharaohs of the Sun by Guy de la Bédoyère (m0019kjr)
 Episode 4

3,500 years ago, Egypt entered the 18th Dynasty with a succession of kings and queens who were obsessed with wealth and power. They spent Egypt's money on grandiose temple building projects at Karnak and Luxor on the River Nile, and extravagant tombs designed to bear witness to their magnificence.

The wealth of the kings came at a huge cost to the people of Egypt whose needs were not uppermost in the rulers' concerns. Neighbouring countries were held to ransom by the power of the Egyptian army and the wealth gained in response was used solely for the kings' purposes.

They were the most powerful, successful and richest of Egypt's long line of Pharaohs. They were usually short in stature, all had a tendency to buck teeth, and most of them married their siblings. They include the female ruler, Hatshepsut, the religious reformer Akhenaten and his queen Nefertiti, and the most famous yet short lived of them all, the boy king Tutankhamun. Although his reign was insignificant the splendour of his tomb has been in the spotlight ever since it was discovered by Howard Carter.

Abridged by Libby Spurrier
 Read by Deborah Findlay
 Produced by Celia de Wolff
 A Pier production for BBC Radio 4

THU 10:00 Woman's Hour (m0019kj)

Clea and Joanna from The Home Edit, Dame Carolyn Fairbairn, Menopause report

Friends and business partners Clea Shearer and Joanna Teplin have become stars of pandemic feel-good TV, with their Netflix show Get Organised with The Home Edit. They go into someone's home – be it a Hollywood celebrity or a stressed family of five - and transform a cluttered space into something beautiful and functional. The emphasis is firmly on giving busy women back some time and headspace through better organisation of their homes. Clea and Joanna join Emma to give some pro tips and explain how they got the business off the ground with a little help from Hollywood actor and exec Reese Witherspoon.

Women with learning disabilities die on average 26 years younger than the general population. This shocking figure is contained in a new report which investigates health inequalities for people with learning disabilities, and the resulting premature and, often, entirely avoidable deaths. In her first interview since taking up the role of Chair of Trustees at the Learning Disability charity Mencap, the former Director General of the CBI Dame Carolyn Fairbairn tells Emma about why the life, and death, of her sister Diana Fairbairn, who had learning disabilities and cerebral palsy, and who died last December, has inspired her new campaigning role to improve support for people with learning disabilities.

As the Women and Equalities Committee in Parliament releases its final report into the overlooked impacts of the menopause, Emma speaks to the Chair of that Committee, Conservative MP Caroline Nokes, about the actions she wants the government to now take up. These include consulting on making menopause a protected characteristic under the Equality Act – meaning employers would have to make reasonable adjustments for menopausal women in the workplace.

Last month, we asked listeners about the matriarchs in their lives, the redoubtable women whose stories deserve to be told. Today, listener Kate from Cambridge tells her Grandmother 'Babushka's story.

THU 11:00 Crossing Continents (m0019kju)

The Return of the Tigers

Tigers are making a remarkable comeback in Nepal. The small Himalayan nation is on track to become the first country to double its wild tiger population in the last decade. A new census will be released on International Tiger Day (29th of July). The recovery is the result of tough anti-poaching measures that have involved the military and the local community. Other iconic species including rhinos and elephant populations have also increased. But this has come at a cost, there has been an increase in tiger attacks on humans. Rebecca Henschke travels to Bardia national park, to find out what's behind the conservation success and what it means for the community living with the Tigers.

(Photo Credit: Deepak Rajbanshi)

Presented by Rebecca Henschke
 Produced by Kevin Kim and Rajan Parajuli, with the BBC Nepali team
 Studio mix by Neil Churchill
 Production coordinators Gemma Ashman and Iona Hammond
 Editor Penny Murphy

THU 11:30 Fairy Meadow (p0bljvp1)

8. The Girl With Blonde Hair And Blue Eyes

It's the 50th anniversary of Cheryl's disappearance and the police have an announcement to make.

Fairy Meadow is presented by BBC News correspondent Jon Kay
 Produced for BBC Audio in Bristol by Chris Ledgard
 Music by Elizabeth Purnell
 Studio engineer, Jacques Sweeney
 Editor, James Cook

THU 12:00 News Summary (m0019kjz)

The latest national and international news from BBC Radio 4.

THU 12:04 You and Yours (m0019kk1)

Gap Finders - Mark Game

Today's guest is gap finder Mark Game, founder of the charity, The Bread And Butter Thing.

The Bread and Butter thing fills the gap between food banks and supermarkets. They are a low-cost food club that regularly redistributes 250,000 meals a week to people on low incomes. Unlike food banks it is not free but it's open to everyone - you don't need to be referred. Members pay £7.50 and in return they get three bags of food.

They also work with local and national partners to provide support for local communities. This includes offering advice and practical solutions for dealing with debt, managing utilities, accessing mental health support and help with housing.

It was started in 2016 and they work in around 70 community locations across the north of England and have over 500 volunteers working with them each week.

With the cost of living crisis pushing up everything from utilities, petrol to food prices, Mark talks to us about how he filled a gap in the market and why he wants to expand the charity further, providing support across the UK at a time that more and more people are being pushed into food poverty.

Producer:
 Jay Unger
 Presenter:
 Peter White

THU 12:32 Sliced Bread (m0019kk3)

Massage Guns

Can massage guns from the likes of Theragun, Pulse Roll and others brands, help you warm up before exercise and recover more quickly after it?

Massage guns are one of the biggest-selling fitness devices of the past few years. They have a vibrating silicone head that delivers percussive pressure onto the muscle.

Manufacturers claim 'vibration' therapy increases bloodflow and helps the user warm up before exercise, perform better during it AND ease soreness afterwards. But does it?

Listener Clare got in touch after she bought one following a tip-off from a friend that they could help relieve aches and pains after a run (including a bad back) as well as her husband's sore shoulder.

Greg Foot finds out if those claims are true by speaking to manufacturers, leading physiotherapists and scientists involved in the latest research.

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 (m0019kk5)

The latest weather forecast

THU 13:00 World at One (m0019kk7)

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

THU 13:45 28ish Days Later (m0019kk9)

Day Twenty Five: Why 28 Days?

How long is too long for a menstrual cycle? And what can be the causes of irregular periods? India talks to Dr Anita Mitra and Dr Dornu Lebari about what's 'normal' as well as the hormonal imbalance that arises from the condition polycystic ovary syndrome. India also finds out about some unusual animal cycles.

Credits:
 Presented by India Rakusen.
 Producer: Ellie Sans.
 Assistant Producer: Jorja McAndrew.
 Executive Producer: Suzy Grant.
 Original music composed and performed by Rebekah Reid.
 Sound Design by Charlie Brandon-King.

Special thanks to all contributors and audio diarists.

A Listen production for BBC Radio 4 and BBC Sounds.

THU 14:00 The Archers (m0019k78)

[Repeat of broadcast at 19:00 on Wednesday]

THU 14:15 Drama (m0011cgt)

Little Miss Burden

Matilda Feiyisayo Ibini draws on her own journey of sharing life with LGMD, in a whirlwind of 90s pop, video games and the joy of having sisters. Little Miss Burden is her most recent award winning stage drama, reimagined for her Radio 4 debut.

Big Sis, Little Sis and Little Miss are inseparable, the coolest, fiercest, most super talented-est girl band ever assembled. At 13, Little Miss is given a gift which cannot be returned. It's a part of her. She has to share her body and life with it. And she needs to find a way for the two of them to get along as they can't both be Player One.

This coming-of-age tale smashes together 90s nostalgia, Nigerian family, East London and Sailor Moon to tell the sometimes tricky, often funny truth about growing up with a physical impairment.

Matilda Feiyisayo Ibini is an award-winning bionic, queer playwright, screenwriter and (occasional) facilitator from London (a Nigerian Londoner if you will). She has Limb Girdle Muscular Dystrophy and is a wheelchair user. Her work often centres women, disabled people, queer people and the Black British experience through a magical realist lens.

Her debut play, Muscovado for BurntOut Theatre, premiered in October 2014. Muscovado subsequently co-won the Alfred Fagon Audience Award 2015. The Grape that Rolled Under the Fridge was broadcast on BBC Radio 3 in 2019. Little Miss Burden premiered at the Bunker Theatre in 2019, was a finalist for an OffWestEnd Award for Best New Play and won a Popcorn Finalist Award.

Co-producer Debbie Hannan's forthcoming stage productions include The Strange Undoing of Prudencia Hart at the Royal Exchange Theatre, Manchester.

Cast:
 Little Miss..... Saida Ahmed
 Lil Sis..... Ani Nelson
 Big Sis..... Ewa Dina
 Mum..... Diana Yekinni

Co-Directors Polly Thomas and Debbie Hannan
 Illustration..... Geroff My Visuals
 Sound Recordist..... John Merriman, Crown Lane Studios
 Sound Designer..... Alisdair McGregor

Thanks to dramaturg Jules Howarth.

Executive Producer..... Eloise Whitmore

A Naked production for BBC Radio 4

THU 15:00 Open Country (m0019kkc)

A new road for Kerrera

It's so close to the mainland that most people don't even realise it is there, but Kerrera in early summer is a jewel, and Antonia Quirke - who lives a couple of miles away - is curious about the impact of a new road. Early one summer morning she and producer Miles Warde take the ferry from Oban to find out

what has changed.

Antonia Quirke is a broadcaster and author. She moved to the west coast of Scotland at the start of lockdown for love.

Produced for BBC audio in Bristol by Miles Warde

THU 15:27 Radio 4 Appeal (m0019jtp)
[Repeat of broadcast at 07:54 on Sunday]

THU 15:30 Open Book (m0019jvm)
[Repeat of broadcast at 16:00 on Sunday]

THU 16:00 The Infinite Monkey Cage (m0019jqd)
[Repeat of broadcast at 19:15 on Saturday]

THU 16:30 BBC Inside Science (m0019kkq)
Heatwave: the consequences

The severity of last week's heatwave is changing the narrative. Gaia Vince talks to Simon Evans, deputy editor of the climate publication Carbon Brief, who has been following the media coverage of this heatwave, and Lorraine Whitmarsh, professor of environmental psychology at the university of Bath.

What has the recent hot weather done to the plants in our gardens, and the crops in our fields? Dr Nicola Cannon from the Royal Agricultural University in Cirencester tells us the low-down. Expect your potatoes to get more expensive this autumn. The RHS want to know about how the heatwave has affected YOUR garden. You can help science by answering on this survey <https://www.surveymonkey.co.uk/r/NVNH5FN>

What if we could use all the excess heat from summer, and store it to heat our homes in winter. It's something a team in the Netherlands and Austria have been looking at, using a thermochemical battery. Wim van Helden from AEE Institute in Gleisdorf in Austria explains how they made a prototype, and what the stumbling blocks are to widespread use of their system.

Is this thermal battery the holy grail of heat supply? We run it, and other options, past Michael de Podestra. An ex-measurement scientist at the National Physics Laboratory until his retirement two years ago, he has since become an expert in retrofitting his house to try and make it carbon-neutral.

THU 17:00 PM (m0019kkj)
Afternoon news and current affairs programme, reporting on breaking stories and summing up the day's headlines

THU 18:00 Six O'Clock News (m0019kkk)
Birmingham welcomes thousands of athletes as the Commonwealth Games are set to begin

THU 18:30 Carbon Lifeforms (m0019m1q)
Food

The brand new carbon neutral comedy magazine show that dangles (think: Emission Impossible) itself over the climate crisis.

Not content to simply be carbon neutral, environmental comedian (and actual Council Waste Education Officer) Jon Long teams up with scientist and TV presenter Tara Shine for a new hybrid BBC Radio 4 show that emits jokes, sketches, games, songs and facts as they aim to (carbon) capture all things climate and environment - demystifying the issues, and helping listeners make positive choices in their everyday lives.

Pilot Episode: Food, with guests Arielle Souma and Jay Rayner

An unusual production for BBC Radio 4

THU 19:00 The Archers (m0019kd2)
Alice and Chris discuss having an outdoor naming ceremony for Martha. When Chris says he'd quite like Alan to do the blessing, Alice says there's someone else she'd like to ask. Toby asks Chris if he knows who torched the post box but Chris says Susan kept saying it will have to remain a mystery. Later Eddie also comments it will have to remain a mystery. Toby declines Eddie's sweepstake on Chris and Alice getting back together. Eddie joins Chris and Alice and is confused when Alice says it's their wedding anniversary and then talks about having a 'Suddenly Single' party like Steph. When Eddie goes, Chris admits he's doesn't regret their Las Vegas wedding. Alice says she's found a photo of them there – one she'd ripped up. It has a corner missing. Chris has the missing piece in his wallet. Alice suggests repairing the photo and putting it in Martha's baby book. Later Chris overhears Eddie's talking

about his sweepstake to Toby and tells them that he and Alice will only ever be friends and he hasn't felt this happy in years. Chelsea's stressed when The Orangery till packs up, and suggests turning it off and on again. Brad has a better idea – he can add the orders up in his head. Freddie's impressed with Brad's mathematical genius and tells him he'll get a bonus. Chelsea's put out and when the till comes back on she points out that her idea worked, so Brad's not that smart. Oliver praises Freddie for taking Brad on.

THU 19:15 Front Row (m0019kkn)
Hit the Road & Mercury Pictures Presents reviewed, Ukrainian Freedom Orchestra, Bernard Cribbins remembered

Panah Panahi is the son of acclaimed Iranian filmmaker Jafar Panahi. Panah's film Hit the Road is a road movie with a difference as a family travel through Iran without acknowledging the real purpose of their trip. It's reviewed by Diane Roberts and Leila Latif. They've also been reading Mercury Pictures Presents by Anthony Marra, a novel set in wartime Hollywood where a new arrival is trying to escape her past.

As the newly formed Ukrainian Freedom Orchestra prepares to perform at the BBC Proms on Sunday, Tom talks to conductor and founder Keri-Lynn Wilson and double-bass player Nazarii Stets, who has recently been allowed to leave Ukraine to join the orchestra's world tour.

And Matthew Sweet joins Front Row to mark the passing of Bernard Cribbins, the much-loved and admired actor and comedian famous for Jackanory, The Railway Children and Dr Who.

Presenter: Tom Sutcliffe
Producer: Kirsty McQuire

THU 20:00 The Briefing Room (m0019kkq)
Adapting to a hotter Britain

Last week, temperatures in the UK reached a record-breaking 40.3 degrees centigrade. As Britons sweltered in their homes and offices, railway lines buckled, fires broke out in Greater London and the tarmac on Luton Airport runway began to lift. Climate Change scientists now describe this kind of heat as 'the new normal'.

How well is Britain set up to cope with extreme weather events? Do we need to start heat-proofing our houses and infrastructure? And does government need to focus more on adapting to climate change?

Joining David Aaronovitch are:

Mark Maslin, professor of Climatology at University College London

Glenn McGregor, professor of Climatology at Durham University

Richard Dawson, professor of Engineering at Newcastle University and member of the UK's Climate Change Committee

Kathryn Brown, former head of the Adaption at the UK's Climate Change Committee

Producers: Tim Mansel, Kirsteen Knight and Simon Watts.
Editor: Penny Murphy.
Studio manager: Graham Puddifoot.
Production co-ordinator: Helena Warwick-Cross.

THU 20:30 The Bottom Line (m0019kks)
Little Boxes?

The government target for building houses in the UK is 300,000 a year, but over the past few years only around 60 per cent of that number have been constructed. The sector faces many challenges; labour and skills shortages and rapidly rising prices for raw materials, not to mention uneven planning laws and green building commitments.

Are they building the homes the country needs and where it needs them? Evan Davis and guests discuss.

GUESTS

Ben Dimson, Partner, Property Sector, McKinsey

Peter Truscott, CEO, Crest Nicholson

Rico Wojtulewicz, Head of Housing and Planning, National Federation of Builders

Presenter: Evan Davis
Producers: Julie Ball and Lucinda Borrell

Editors: Hugh Levinson and Jon Bithrey
Sound: James Beard, Rod Farquhar
Production Co-ordinators: Siobhan Reed and Helena Warwick-Cross

THU 21:00 BBC Inside Science (m0019kkg)
[Repeat of broadcast at 16:30 today]

THU 21:30 How Covid Changed Science (m0019b3n)
Episode 3

In the third and final part of our series How Covid Changed Science, Devi Sridhar Professor of Global Health at Edinburgh University looks at the legacy and lessons of the pandemic for scientific research. Tackling the virus became a global issue, but many have pointed out the inequality of both resources and effort in the response. Going forward do we need to be directing research more towards improving health and disease surveillance in less wealthy parts of the world, would investing there help prevent future pandemics?

THU 22:00 The World Tonight (m0019kkv)
Boris Johnson and Alexander Lebedev

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

THU 22:45 Mrs Bridge by Evan S Connell (m0019kkx)
Episode 4

Evan S. Connell's Mrs Bridge is an extraordinary tragicomic portrayal of suburban life and one of the classic American novels of the 20th century.

Mrs Bridge, a conservative housewife in Missouri, has three children and a kindly lawyer husband. Her married life begins in the early 1930s – and soon after she and her young family move to a wealthy country club suburb of Kansas City. She spends her time shopping, going to bridge parties and bringing up her children to be pleasant, clean and have nice manners. The qualities that she values above all else. And yet she finds modern life increasingly baffling, her children aren't growing up into the people she expected, and sometimes she has the vague disquieting sensation that all is not well in her life.

In a series of comic, telling vignettes, Evan S. Connell illuminates the narrow morality, confusion, futility and even terror at the heart of a life of plenty.

First published in 1959 it was perhaps overshadowed by the critical attention paid to contemporaries like Philip Roth and John Updike – although Mrs Bridge was a finalist for the National Book Award in that year. Ten years later Connell published Mr Bridge which follows that same events largely from the point of view of Walter Bridge. In 1990, James Ivory directed the film Mr and Mrs Bridge based on both novels and starring Paul Newman and his wife Joanne Woodward. Fans of the book today include the novelist David Nicholls and Tracey Thorne, author and singer.

Read by Fenella Woolgar
Written by Evan S Connell
Abridged by Isobel Creed and Jill Waters

A Waters Company production for BBC Radio 4

THU 23:00 Your Place or Mine with Shaun Keaveny (p0c1ynjy)
Sarah Kendall: Newcastle, Australia

In the first episode of Your Place or Mine, comedian and writer Sarah Kendall joins Shaun Keaveny to try and convince him to go on a trip to her hometown, the coal-mining city of Newcastle, Australia. The cafe culture and oceanside bathing pools sound tempting - but will Shaun actually commit to the day-long flight?

Your Place Or Mine is the travel podcast that isn't going anywhere - not until guests can convince Shaun Keaveny it's worth getting off the sofa for. Each week a familiar face will try to persuade Shaun and resident geographer, historian and comedian Iszi Lawrence that jetting off to their favourite destination is worth the hassle.

Across the series listeners will be able to figuratively globe-trot to a new destination, as guests share a personal guide to their favourite place on the planet. Iszi will be on hand to check out the facts during the podcast's metaphorical tour of its visitors' much-loved locations.

With all the missed travel these past two years, Your Place Or Mine will explore whether getting back on a plane is too much for our wallets and limited carbon budgets, or if seeing the world and experiencing global cultures is something we can't

afford to miss.

Your Place or Mine is a BBC Audio production for BBC Radio 4 and BBC Sounds.

Producers: Proinsias O'Coinn and Jen Whyntie

THU 23:30 Dr Phil's Bedside Manner (m000z0r7)
Series 1

Dr Phil visits the Royal Hospital for Children and Young People, Edinburgh.

An innovative mix of comedy performance and documentary in a new series presented by Dr Phil Hammond.

As a doctor and a comedian, Phil knows that humour and laughter are vital coping mechanisms in the NHS, as he travels the UK on a mission to listen to the beating heart of a national institution.

The programmes are an adventurous, hilarious, thought provoking mix of humour and happiness, tragedy and reflection as the personal thoughts, opinions, experiences and hopes of people who work for and use the NHS are revealed.

In each programme, Phil visits one NHS hospital somewhere in the UK and speaks to porters and patients, cleaners and cardiologists, visitors and volunteers, the managers and the medics.

And at each location Dr Phil performs a free stand-up comedy show for the staff based on his listening experiences at that location and the stories of the people he has met.

A Ride production for BBC Radio 4

FRIDAY 29 JULY 2022

FRI 00:00 Midnight News (m0019kl0)

The latest news and weather forecast from BBC Radio 4.

FRI 00:30 Pharaohs of the Sun by Guy de la Bédoyère (m0019kjr)

[Repeat of broadcast at 09:45 on Thursday]

FRI 00:48 Shipping Forecast (m0019kl2)

The latest weather reports and forecasts for UK shipping.

FRI 01:00 Selection of BBC World Service Programmes (m0019kl4)

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 (m0019kl2)

The latest weather reports and forecasts for UK shipping.

FRI 05:30 News Briefing (m0019kl8)

The latest news from BBC Radio 4

FRI 05:43 Prayer for the Day (m0019klb)

A spiritual comment and prayer to begin the day with the Most Reverend and Right Honourable Stephen Cottrell, the archbishop of York

Good morning.

I've only been to the Holy Land once. I always thought there were plenty of Calvaries to visit without having to go to Jerusalem. But I'm glad I made the journey. Seeing the places where Jesus lived out his earthly ministry brought the scriptures to life. What I found most moving, however, was not the historic sites, but the living church. For this brought the present into perspective.

Jerusalem is a holy site for Jews, Christians and Muslims. The history of how we have dealt with one another is not a good one. At the moment there is a kind of uneasy truce in Jerusalem itself, the fact is the Palestinian Christians in the occupied territories do face persecution, and therefore remind us all of other persecuted Christians in the world, and indeed all people who are persecuted because of their faith, belief, political and philosophical conviction.

'Live as free people says,' the letter of Peter and at the Lambeth Conference, a gathering of Anglican Bishops from around the world, we will be issuing a call to the world to encourage a much greater respect for the integrity of different people's religious faith, and we will cry out to God for all those who are persecuted.

One of the world's largest Christian communities, the Anglican Communion is, at its best, a glorious experiment in Christian charity and forbearance, living together in love, accepting difference, and showing the world another way.

Set us free, Lord. Free, to practice here on earth the welcome and hospitality that you show us in Christ. And bless the churches of the Anglican Communion this week. Bind us together. Not for ourselves, but for the sake of your world.

Amen.

FRI 05:45 Farming Today (m0019klD)

29/07/22 - Sea eagles, Dutch farmers' protest

Scottish MP Angus MacNeil is calling for a cull of sea eagles as farmers and crofters say they are taking more lambs as numbers grow. The bird - with a wing-span of around two metres - was driven to extinction in Scotland, until reintroduction programmes in the 1970s brought them back. Now there are more than a hundred breeding pairs. NatureScot is offering management schemes, including funding extra shepherds to help farmers. But so far there is no compensation for lost revenue, and no plans for a managed cull.

Dutch farmers have been making headlines around the world, not for their agricultural produce but intensive protests. Tractors have rolled up outside parliament, blocked supermarket distribution centres and turned up outside politicians' homes. Even Donald Trump has weighed in, in support of the farmers. The demonstrations are against the Dutch government's plans to cut harmful nitrogen emissions to meet climate targets. The farmers argue the government's proposals are unrealistic and unfairly target their industry.

The presenter is Charlotte Smith.

FRI 05:58 Tweet of the Day (b04mlvwc)

Arabian Babbler

Tweet of the Day is the voice of birds and our relationship with them, from around the world.

Chris Packham presents the Arabian babbler of a Yemeni Desert. Arabian babblers could almost be described as feathered meerkats. They're sociable, charismatic and always on the alert. These energetic and curious birds are found around the Arabian peninsula and in Egypt, often in dry scrubby places. They have long tails, curved bills and a bounding gait, and their sandy plumage is superb camouflage against the parched ground where they roam in search of insects and seeds. If on their travels, a group of babblers discovers a snake they will mob it with loud shrieks, raising their wings and calling to each other until they see it off. Arabian babblers don't use their social skills just to chase away predators. They spend all their time in groups of usually four to six adult birds and in these groups their relationships are fluid. They are also co-operative breeders and help each other to rear their chicks, a communal way of life that helps to forge bonds between these very vocal birds.

FRI 06:00 Today (m0019kch)

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

FRI 09:00 Desert Island Discs (m0019jv2)

[Repeat of broadcast at 11:15 on Sunday]

FRI 09:45 Pharaohs of the Sun by Guy de la Bédoyère (m0019kf6)

Episode 5

3,500 years ago, Egypt entered the 18th Dynasty with a succession of kings and queens who were obsessed with wealth and power. They spent Egypt's money on grandiose temple building projects at Karnak and Luxor on the River Nile, and extravagant tombs designed to bear witness to their magnificence.

The wealth of the kings came at a huge cost to the people of Egypt whose needs were not uppermost in the rulers' concerns. Neighbouring countries were held to ransom by the power of the Egyptian army and the wealth gained in response was used solely for the kings' purposes.

They were the most powerful, successful and richest of Egypt's long line of Pharaohs. They were usually short in stature, all had a tendency to buck teeth, and most of them married their siblings. They include the female ruler, Hatshepsut, the religious reformer Akhenaten and his queen Nefertiti, and the most famous yet short lived of them all, the boy king Tutankhamun. Although his reign was insignificant the splendour of his tomb has been in the spotlight ever since it was discovered by Howard Carter.

Abridged by Libby Spurrier
Read by Deborah Findlay
Produced by Celia de Wolff
A Pier production for BBC Radio 4

FRI 10:00 Woman's Hour (m0019kcm)

Fiona Govan, Louisa McGeehan, Tom Bennett, Sarah Hewitt-Clarkson, Namulanta Kombo, Helen Wood.

We talk to journalist Fiona Govan based in Madrid who writes for Olive Press about the controversy surrounding a new ad campaign in Spain proclaiming "All Bodies are Beach Bodies". Posters including women of all shapes and sizes, including women with mastectomies with a slogan "Summer Belongs to Us too." Helpful messaging? Or "absurd" as some opposition politicians claim which is creating "a problem where it doesn't exist".

Should children who misbehave be excluded permanently from school? Recently, Southwark Council in London hit the headlines when it urged its headteachers to sign up to an 'Inclusion Charter' to avoid school exclusions. Some campaigners argue that excluding troubled children leaves them vulnerable to exploitation and puts them at risk of becoming part of a world of crime. Others say that it is necessary to exclude pupils who are disrupting the education of others or pose a danger to staff and other children. Anita is joined by Louisa McGeehan, chief executive of Just for Kids Law, a legal charity for children and young people; Tom Bennett, School Behaviour Advisor to the Department for Education, and Sarah Hewitt-Clarkson, headteacher of Anderton Park Primary School in Birmingham.

We talk to Namulanta Kombo about her award winning podcast "Dear Daughter" which started with her idea of writing letters to her young daughter with advice for life.

And the writer and comedian Helen Wood who wrote shows such as 'The Usherettes' and 'The National Trust Fan Club' tells us about her latest production 'Let's Talk About Philip' which explores the the mystery and secret surrounding her brother's death 32 years ago.

Presenter: Anita Rani
Producer: Lisa Jenkinson
Studio Manager: Sue Maillot

FRI 11:00 Moving Pictures (m000pfd4)

Bacchus and Ariadne by Titian

Cathy FitzGerald invites you to discover new details in old masterpieces, using your phone, tablet or computer.

Each thirty-minute episode of Moving Pictures is devoted to a single artwork - and you're invited to look as well as listen, by following a link to a high-resolution image made by Google Arts & Culture. Zoom in and you can see the pores of the canvas, the sweep of individual brushstrokes, the shimmer of pointillist dots.

This episode takes us to a Greek island at sunrise, where Ariadne has been abandoned on the shore. But then the god, Bacchus, appears and everything changes. Titian captures their exchange of glances in his extraordinary painting, now viewed as one of the greatest depictions of love at first sight in art-history. Take a closer look at this intensely sensual and intimate masterpiece, with its invitation to us, as viewers, to join the bacchanal.

To see the high-resolution image, visit www.bbc.co.uk/movingpictures and follow the link to explore Bacchus and Ariadne.

Interviewees: Matthias Wivel, Carol Plazzotta, Leah Kharibian, Anne-Marie Eze.

Producer and Presenter: Cathy FitzGerald

Art history consultant: Leah Kharibian
Exec producer: Sarah Cuddon
Engineer: Mike Woolley

A White Stiletto production for BBC Radio 4.

NG35: Titian, Bacchus and Ariadne, 1520-3, (c) The National Gallery, London.

FRI 11:30 Mucking In (m0019kcp)

Series 1

Cold Discomfort Farm

Ben is so busy thawing the frozen pipes on Dangerfield Farm that he forgets it's Valentine's Day, much to Cicely's disappointment. Archie hasn't forgotten and turns up with roses to woo Beatrix, but she's frosty. Mainly because she hates

Valentine's Day, but also because her toes are cold.

It turns out Cicely has forgotten to order any more oil and it is left to Archie to ride to the rescue by greasing the oilman's palm and bringing the oil delivery forward by several days.

By Sue Limb and Betsy Vriend

Cast:
Alison Steadman – Cicely
Nigel Planer – Ben
Morwenna Banks – Beatrix
Tony Gardner – Archie

A Little Brother production for BBC Radio 4

FRI 12:00 News Summary (m0019kp7)

The latest national and international news from BBC Radio 4.

FRI 12:04 AntiSocial (m0019kct)

Race and representation

The England women's football team has been on our screens a lot, but the team has attracted criticism for only fielding white players in the quarter finals. That sparked a discussion around what the right levels of representation should be on screen and in public life. Is it true that you can't be what you can't see?

Presenter: Adam Fleming
Producers: Simon Maybin & Lucy Proctor
Researchers: Ellie House and Octavia Woodward
Production Coordinator: Brenda Brown
Studio Manager: Chris Murphy
Music: Oskar Jones
Editor: Emma Rippon

FRI 12:57 Weather (m0019kcw)

The latest weather forecast

FRI 13:00 World at One (m0019kcy)

Forty-five minutes of news, analysis and comment, with Jonny Dymond.

FRI 13:45 28ish Days Later (m0019kd0)

Day Twenty-Six: The Shock

India considers the role of the femcare industry in perpetuating menstrual stigma and single use products with Chris Bobel, an Associate Professor of Women's, Gender and Sexuality Studies at the University of Massachusetts Boston and Co-Editor of the Critical Guide to Menstruation.

We also meet Dr Sharra Vostral, a Professor of History at Purdue University in Indiana, to discuss the rise of Toxic Shock Syndrome in the 1970s and 80s and how this healthcare event shaped the tampon industry today.

Later India considers the rise of reusable products with Alec Mills, the founder of the sustainable period product brand, DAME.

Credits:
Presented by India Rakusen.
Producer: Ellie Sans.

Assistant Producer: Jorja McAndrew.
Executive Producer: Suzy Grant.
Original music composed and performed by Rebekah Reid.
Sound Design by Charlie Brandon-King.

Special thanks to all contributors and audio diarists.

A Listen production for BBC Radio 4 and BBC Sounds.

FRI 14:00 The Archers (m0019kd2)

[Repeat of broadcast at 19:00 on Thursday]

FRI 14:15 Limelight (m0019kd4)

English Rose

English Rose - Episode 3: Tending the Wounds

by Helen Cross

Rose has come from Whitby to Manhattan to work as a nanny for power couple Austin and Maya. Their baby Gulliver is... unusual. But then, so is Rose. Bloody revenge is her speciality.

The body count is rising and she still has to work out where the dangers lie. Also she needs something expensive to wear to Maya's launch. Time to go shopping with the platinum credit card.

Stylish and surprising fantasy horror with a comic twist, starring Alexandra Mardell (Coronation Street) and Demetri Goritsas (Ten Percent). With music by Dana Margolin and Sam Yardley of Mercury-nominated band, Porridge Radio.

Helen Cross wrote 'My Summer of Love' which won a Betty Trask award and was made into a Bafta-winning film with Emily Blunt (recently rated her best film in The Guardian top ten Emily Blunt films). Mary Ward-Lowery won Best Director in 2020 Audio Drama Awards.

Rose ... Alexandra Mardell
Maya ... Miranda Braun
Austin ... Demetri Goritsas
Siobhan ... Deirdre Mullins
Delphine ... Yasemin Özdemir
Randy ... Michael Begley
Art Guy ... Mathew Durkan
Beatrice ... Alexandra Hannant
Newsreader ... Tayla Kovacevic-Ebong
Jason ... Joseph Tweedale
Mam ... Jane Thornton

Including the voices of Jo Makel, Paul Murphy, James Hoggarth, Freya Pollaidh, Augusta Chapman, Becky Ripley and Ben Casswell.

Original music written and performed by Dana Margolin and Sam Yardley of Porridge Radio, and produced, mixed and engineered by Sam Yardley.

Sound design by Ilse Lademann
Producer Mary Ward-Lowery

FRI 14:45 Living with the Gods (b09dxz1d)

Replicating the Divine

Neil MacGregor continues his series on the expression of shared beliefs with a focus on the making of divine images.

For the painter of a Russian religious icon, the paramount purpose is the continuation of a tradition, in which the painter seeks only to take his proper place, creating an image which opens a gateway to the divine.

The Hindu goddess Durga is at the centre of the popular annual festival of Durga Puja, where communities create images of the goddess in everyday materials - clay, wood, straw and oil paint - which then are endowed with a transcendental character.

Producer Paul Kobrak

Produced in partnership with the British Museum
Photograph (c) The Trustees of the British Museum.

FRI 15:00 Gardeners' Question Time (m0019kd6)

Pembrokeshire

Kathy Clugston and the panel are in Pembrokeshire, Wales, for the horticultural programme. Pippa Greenwood, Chris Beardshaw and Anne Swithinbank field the questions.

This week, the panellists suggest plants that can withstand the coastal storms and salty rain typical of this part of Wales. They also explain why a young mulberry tree might not be doing so well, and puzzle over a flock of sparrows that appear to be vegetarian.

Away from the questions, Anne Swithinbank heads over to the glass house at the The National Botanic Garden of Wales. She meets with Russell Beeton who shows her some exquisitely exotic plants.

Producer: Dan Cocker
Assistant Producer: Aniya Das

A Somethin' Else production for BBC Radio 4

FRI 15:45 Commonwealth Stories (m0019kd8)

We Do Everything For You

To celebrate the tenth anniversary of the Commonwealth Short Story Prize, and mark this year's Commonwealth Games celebrations, three recent prizewinners have written specially commissioned stories for Radio 4.

Today's story is by Kevin Jared Hosein from Trinidad and Tobago. In We Do Everything For You, Lal's cruise ship vacation turns nightmarish as he begins facing the distress of being overlooked and disregarded because of his Caribbean background, as well as the pain of his wife's disappointment in him.

Kevin Jared Hosein is an author and science teacher born and raised in Chaguuanas, Trinidad and Tobago. He twice won the regional Commonwealth Short Story Prize for the Caribbean region, before winning the overall prize in 2018 with his story

Passage. His novel Hungry Ghosts will be published by Bloomsbury in February 2023.

Reader Damian Lynch has recently been seen in lead roles in TV's The Split and Giri/Haji, as well as in guest appearances in Casualty and Coronation Street.

The Commonwealth Short Story Prize attracts between 6,000 – 7,000 entries every year from nearly all the 54 Commonwealth countries, and taps into a rich, rewarding vein of storytelling from around the world. Five regional prizes are awarded, from which one writer is chosen as the overall winner.

Producer: Tolly Robinson
Sound Design: Lucinda Mason Brown
A Pier production for BBC Radio 4

FRI 16:00 Last Word (m0019kdb)

Lord David Trimble (pictured), Susie Steiner, Uwe Seeler

John Wilson on

Lord David Trimble, Northern Irish politician who was an architect of the Good Friday Agreement and won a Nobel Peace Prize.

Susie Steiner, a British crime author who shared her experience of living with a brain tumour.

Uwe Seeler, captain of the West German football team in 1966 and a hero for his home team of Hamburg.

Producer: Sofie Vilcins

Interviewed guest: Lord Dean Godson
Interviewed guest: Val McDermid
Interviewed guest: Alan Mullery MBE
Interviewed guest: Derek Rae

Archive clips used: British Pathé, 1966 World Cup Final: England vs Germany (Part 1) 1966; BBC Radio 4, Meeting Myself Coming Back - David Trimble 05/03/2017; BBC News Online, Good Friday agreement 10/04/1998; BBC Radio 4, Today - Tony Blair on David Trimble 26/07/2022; ITV.com, Michelle O'Neill on David Trimble's legacy of leadership 26/07/2022; BBC Radio Ulster, Doug Beattie and Sir Jefferey Donaldson on David Trimble 26/07/2022; BBC Radio 4, Great Lives - Elvis Presley 14/08/2007; Peter James TV / YouTube Channel, Susie Steiner interview 02/01/2018; BBC Radio 4, In Touch, Susie Steiner interview 12/04/2016; BBC Radio 4, Open Book - Susie Steiner interview 24/09/2020; BBC Archive, 1966 World Cup Final 30/07/1966; YouTube, Uwe Seeler scores against England - World Cup 1970; HSV / Hamburger SV YouTube Channel, The Life of Uwe Seeler 22/07/2022; YouTube, HSV Team Tribute in memory of Uwe Seeler.

FRI 16:30 Feedback (m0019kdd)

Do the Culture wars have to be fought to the death? Can either side be persuaded to listen calmly to the other's point of view? That's what Radio 4 is trying to achieve through its new series AntiSocial. The Editor Emma Rippon explains why, and how.

Is lunchtime an appropriate time to discuss menstruation on Radio 4? The Presenter of 28ish Days Later, India Rakusen, tells Roger Bolton why she thinks it is.

And is there anything to laugh at in community social media? Two listeners give their views on Radio 4's Welcome to the Neighbourhood.

Presenter: Roger Bolton
Producer: Kate Dixon
Executive Producer: Samir Shah

A Juniper Connect production for BBC Radio 4

FRI 17:00 PM (m0019kdg)

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

FRI 18:00 Six O'Clock News (m0019kdl)

Inquiry recommends infected blood victims should get compensation of £100,000 each

FRI 18:30 Party's Over (m0019kdn)

Series 2

Going for Gold

What happens when the prime minister suddenly stops being prime minister? One day you're the most powerful person in the country, the next you're irrelevant, forced into retirement 30 years ahead of schedule and find yourself asking 'What do I do now?'

'I can't just disappear like Gordon Brown. They say he barely gets out of bed now. Just sits there doing word-searches and eating Kit Kat Chunkies. Miserable. I hate the chunky ones.'
Former British Prime Minister Henry Tobin

After some unsuccessful attempts last summer to get back to the top, Henry returns with some new ideas on how to delay his impending descent into national irrelevance. In this first episode of the new series, Henry and team travel to Birmingham for the opening ceremony of the Commonwealth Games and immediately spy an opportunity for a comeback.

Starring Miles Jupp, Ingrid Oliver, Emma Sidi, Justin Edwards and David Momeni.

Recorded at The Crescent Theatre in Birmingham

Written by Paul Doolan and Jon Hunter
Producer: Richard Morris
Production co-ordinator: Caroline Barlow
Sound recordist and designer: Chris Maclean

A BBC Studios Production

FRI 19:00 The Archers (m0019kdr)

Writer, Tim Stimpson
Director, Gwenda Hughes
Editor, Jeremy Howe

Alice Carter Hollie Chapman
Brad Horrobin Taylor Uttley
Brian Aldridge Charles Collingwood
Chelsea Horrobin Madeleine Leslay
Chris Carter Wilf Scolding
Clarrie Grundy Heather Bell
Eddie Grundy Trevor Harrison
Freddie Pargetter Toby Laurence
George Grundy Angus Stobie
Kirsty Miller Annabelle Dowler
Lily Pargetter Katie Redford
Natasha Archer Mali Harries
Oliver Sterling Michael Cochrane
Russ Jones Andonis James Anthony
Susan Carter Charlotte Martin
Toby Fairbrother Rhys Bevan
Tom Archer William Troughton
Tony Archer David Troughton
Caitlin Thomas Di Botcher

FRI 19:15 Add to Playlist (m0019kdt)

Gabriel Prokofiev and Uchenna Ngwe round off the series

Russian-British composer, DJ and producer Gabriel Prokofiev and oboe-player Uchenna Ngwe join Cerys Matthews and Jeffrey Boakye in the studio as they add the final five tracks to the current playlist in the final episode of the series.

From the starting grid to the cellars of Cadiz via central Africa, with the help of flamenco guitarist Edina Balczó, we reach the end of the current musical journey of discovery.

Presenters Cerys Matthews and Jeffrey Boakye
Producer Jerome Weatherald

The five tracks in this week's playlist:

The Chain by Fleetwood Mac
Fantasy by Earth, Wind & Fire
Twendeni Sote Na Mwanga Wa Amani by Hukwe Zawose
America from West Side Story by Leonard Bernstein and Stephen Sondheim (from Steven Spielberg's 2021 film)
Tangos de la Sultana by Camarón de la Isla

Other music in this episode:

Tamacun by Rodrigo y Gabriela
Dance of the Knights from Romeo and Juliet by Sergei Prokofiev
Jupiter from The Planets by Gustav Holst
Like the Morning Dew by Laura Mvula

Montage:

El Compositor Confundido by Ibrahim Ferrer
Lay, Lady, Lay by Bob Dylan
Fat Man in the Bathtub by Little Feat
Shake it Off by Taylor Swift
Paranoid Android by Radiohead
Se Pierde en Esta Vida by Celeste Mendoza

FRI 20:00 Any Questions? (m0019kdw)

Thangam Debonnaire MP, Jackie Doyle-Price MP, David Gauke, Ash Sarkar

Ben Wright presents political debate and discussion from The Junction Youth Centre in High Wycombe with Labour MP and

Shadow Leader of the House of Commons Thangam Debonnaire MP, Conservative MP Jackie Doyle-Price, former cabinet minister and political commentator David Gauke and Contributing Editor at Novara Media Ash Sarkar.
Producer: Camellia Sinclair
Lead broadcast engineer: Michael Smith

FRI 20:50 A Point of View (m0019kdy)

Dance Cocky

From boyhood, through young adulthood, to the present day, Howard Jacobson ponders his relationship with dancing.

As summer festivals get underway across the UK, Howard tries to understand the attraction.

'I didn't dance to Paul McCartney in the 60s, and I'm not going to start now... dancing isn't what I do,' he says.

Producer: Adele Armstrong
Sound: Peter Boshier
Production coordinator: Gemma Ashman
Editor: Richard Fenton-Smith

FRI 21:00 Archive on 4 (m0019jqg)

[Repeat of broadcast at 20:00 on Saturday]

FRI 22:00 The World Tonight (m0019kf0)

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

FRI 22:45 Mrs Bridge by Evan S Connell (m0019kf2)

Episode 5

Evan S. Connell's Mrs Bridge is an extraordinary tragicomic portrayal of suburban life and one of the classic American novels of the 20th century.

Mrs Bridge, a conservative housewife in Missouri, has three children and a kindly lawyer husband. Her married life begins in the early 1930s – and soon after she and her young family move to a wealthy country club suburb of Kansas City. She spends her time shopping, going to bridge parties and bringing up her children to be pleasant, clean and have nice manners. The qualities that she values above all else. And yet she finds modern life increasingly baffling, her children aren't growing up into the people she expected, and sometimes she has the vague disquieting sensation that all is not well in her life.

In a series of comic, telling vignettes, Evan S. Connell illuminates the narrow morality, confusion, futility and even terror at the heart of a life of plenty.

First published in 1959 it was perhaps overshadowed by the critical attention paid to contemporaries like Philip Roth and John Updike – although Mrs Bridge was a finalist for the National Book Award in that year. Ten years later Connell published Mr Bridge which follows that same events largely from the point of view of Walter Bridge. In 1990, James Ivory directed the film Mr and Mrs Bridge based on both novels and starring Paul Newman and his wife Joanne Woodward. Fans of the book today include the novelist David Nicholls and Tracey Thorne, author and singer.

Read by Fenella Woolgar
Written by Evan S Connell
Abridged by Isobel Creed and Jill Waters

A Waters Company production for BBC Radio 4

FRI 23:00 A Good Read (m0019jyh)

[Repeat of broadcast at 16:30 on Tuesday]

FRI 23:30 Uncanny (p0cdvrh9)

Uncanny Summer Special Part 3: Uncanny Live

The third part of this unholy trinity of Summer special episodes. Danny Robins is joined by paranormal experts Ciaran O'Keefe and Evelyn Hollow, his co-stars on Uncanny and The Battersea Poltergeist, for an exciting live episode, recorded at the Hay Festival 2022.

They bring Uncanny's thrills and chills to a live audience, with a selection of all-new true-life supernatural encounters and a deep-dive on some of the strange phenomena discussed in the series.

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 Bafflegab and Uncanny Media production for BBC Radio 4