

**SATURDAY 07 JANUARY 2023****SAT 00:00 Midnight News (m001gld3)**

The latest news and weather forecast from BBC Radio 4.

**SAT 00:30 The Light We Carry by Michelle Obama (m001glbv)**

Episode 5 - Going High

Michelle Obama reads from her book about her strategies for living boldly in uncertain times. Today, she tells us how Going High became a guiding principle for her and her family.

The Light We Carry follows on from her critically acclaimed and global best-selling memoir, Becoming. Here she draws on her life experiences to illustrate how she has overcome obstacles in her personal and professional life. She looks at how she has embraced fear of the unknown to fuel accomplishment and success; how friendship and family continue to be bedrocks in remaining grounded and overcoming adversity, and the power she has found in small acts in the face of doubt. She is frank when she explores issues linked to race, gender and visibility. She also lays out the meaning behind 'going high'.

Michelle Obama served as First Lady of the United States from 2009-2017. A graduate of Princeton University and Harvard Law School, Mrs Obama started her career as an attorney at a Chicago law firm where she met her husband, Barack Obama. She founded the Chicago chapter of Public Allies, an organisation that prepares young people for careers in public service. She is an advocate for voting rights, girls' education, and children's health. She has two daughters and lives with her husband in Washington, D.C.

Abridged by Katrin Williams  
Produced by Elizabeth Allard

**SAT 00:48 Shipping Forecast (m001gld5)**

The latest weather reports and forecasts for UK shipping.

**SAT 01:00 Selection of BBC World Service Programmes (m001gld7)**

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 (m001gld9)**

The latest weather reports and forecasts for UK shipping.

**SAT 05:30 News Briefing (m001gldc)**

The latest news from BBC Radio 4

**SAT 05:43 Prayer for the Day (m001gldf)**

A spiritual comment and prayer to begin the day with Harry Baker

Good morning.

I was recently asked to write a poem on the theme of joy. To get myself in the right headspace for it I thought I would start listing things that bring me joy, no matter how big or small. This included but was not limited to: Crisps. Stroopwaffles. Leftovers for breakfast. How proud my teenage self would be of how often my adult self wears trackies. That sleeping, reading, and writing poems can never be a waste of time. Clearing my inbox Turning my phone off Being out of breath Crying. Especially in films. Fireworks. Self-Esteem's latest album. Everything else Self-esteem does. Finding out that Stormzy plays both Wordle and Nerdle and taking this to be further evidence that we could indeed be really good friends. Musical Bingo Only Connect Taskmaster Ted Lasso My Yellow Wellies A decent Whatsapp group My nieces

Before long, what was initially quite a difficult activity begun to snowball, until by the end it was harder to stop than it had been to start. The final poem ended up simply being an extended list of joyful things, finishing with the fact that the start of this year was possibly the lowest I have ever felt and yet here I am. Being prayed for, being held, being warm, being vulnerable, being open, opening a packet of crisps.

A few days after finishing I came across the fantastic Mary Oliver poem that finishes with the line: Joy is not meant to be a crumb, and I was reminded that all these small things added up to something much bigger indeed. God thank you for joy. May you grant us space to reflect on the things that bring us joy in our lives, and may we be open to the abundant opportunity for joy that each new day may bring.

Amen.

**SAT 05:45 Four Thought (m001gkdz)**

I love gaming, but gaming doesn't always love me

Meg Sunshine, a 21 year old professional gamer is dedicated to becoming one of the best in the industry. Gaming is her life. But her journey has not been an easy one. She's experienced threats of sexual violence from male gamers and has frequently felt unsafe online. She's determined to bring about change however. In this episode she argues gaming needs to tackle its toxic culture, encourage a more diverse range of players and keep girls gaming.

**SAT 06:00 News and Papers (m001gwrx)**

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

**SAT 06:07 Open Country (m001gl6x)**

Folk on the Hills

Folk musician Johnny Campbell is recording an album of songs from the summits and industrial hotspots of northern England. Jez Lowe joins him at Kinder Scout in Derbyshire to celebrate ninety years since the 'Right to Roam' movement began and explore the traditional songs of the Peak District. Jez meets local singer Bella Hardy to hear how her home in Edale has inspired and influenced her work, and writer Roly Smith who can explain the history of Kinder and the 1932 mass trespass. It may be ninety years ago, but for young global folk stars Kate Griffin and Ford Collier of Mishra, the call for a right to roam is still relevant. They have recorded a version of Ewan MacColl's 'Manchester Rambler', a song inspired by the Kinder trespass. Jez meets Kate, Ford, Johnny and Bella to hear how a new generation of musicians are continuing MacColl's legacy of folk singers fighting for our rights in the countryside.

Produced by Helen Lennard

**SAT 06:30 Farming Today (m001gwrz)**

07/01/23 - Farming Today This Week: The Oxford Farming Conferences

From politics to poetry...from farming to feminism. In this programme, Charlotte Smith brings you all the latest developments from two of the biggest events in the food and farming calendar. The Oxford Farming Conference started in 1936 and takes place in the Examination Schools where it has become part of the farming establishment. Down the road at the Town Hall is the Oxford Real Farming Conference, which started in 2010 and sees itself as a radical alternative to the OFC.

Presented by Charlotte Smith

Produced for BBC Audio in Bristol by Heather Simons

**SAT 06:57 Weather (m001gws1)**

The latest weather reports and forecast

**SAT 07:00 Today (m001gws3)**

Including Sports Desk, Weather and Thought for the Day.

**SAT 09:00 Saturday Live (m001gws5)**

Philippa Perry

Philippa Perry joins Nikki Bedi and Richard Coles. The psychotherapist, writer, agony aunt and broadcaster is married to the artist Grayson Perry. Her works include The Book You Wish Your Parents Had Read (And Your Children Will Be Glad That You Did).

Peter Lantos tells the story of how he survived the Holocaust as a small child in Bergen-Belsen. He offers an extraordinary perspective of not just living through terrible events, but on making sense of them as well.

Sean Gandini is a renowned juggling artist and performer. He grew up in Havana, Cuba, where he developed a fascination with magic and mathematics, eventually leading him to take up juggling at the age of 16.

Eliza Carthy chooses her Inheritance Tracks: Good Morning, Mr Walker by Mighty Sparrow and Killer Queen by Queen.

It's been 21 years since a 12 year old Dani Harmer first appeared in children's drama The Story of Tracy Beaker, based on Jacqueline Wilson's books about growing up in a care home. Harmer has had a varied career outside the famous TV series, but explains why she's happy to see what Tracy's up to.

The Boy Who Didn't Want to Die by Peter Lantos is out now. Sean Gandini with Kati will be performing The Games We Play as part of Mime London 2023 at The Place on the 20th and 21st of January.

Eliza & Martin Carthy, and her band The Restitution, will be at The Barbican in London on Saturday 4th of February. The new series of The Beaker Girls starts on Friday 13th January at 6pm on CBBC and can be seen afterwards on BBC

iPlayer.

Producer: Claire Bartleet

**SAT 10:30 You're Dead To Me (p097d63q)**

The Asante Empire

Greg Jenner is joined by historian Dr Augustus Casely-Hayford OBE and comedian Sophie Duker to explore the incredible Asante Empire.

We learn the roots of Ghanaian heritage - from storytelling, fabric, food, music and rhythm as communication, to how centuries of traditions across the empire came together to protect the most sacred symbol of power in the Asante Kingdom from the hands of the British during the War of the Golden Stool.

Produced by Cornelius Mendez  
Script by Greg Jenner and Emma Nagosue  
Research by Lloyd Roberts

The Athletic production for BBC Radio 4

**SAT 11:00 The Briefing Room (m001g7b)**

Ukraine: How will the war evolve in 2023?

David Aaronovitch and a panel of experts evaluate the current situation in Ukraine and explore how the war might evolve in the remaining winter months and into the Spring.

Joining David Aaronovitch in The Briefing Room are:

Michael Clarke, Professor of Defence studies and Specialist Advisor to the Joint Committee on the National Security Strategy  
Sir Lawrence Freedman, Emeritus Professor of War Studies at King's College London  
Samantha de Bendern, Associate Fellow at the Royal Institute of International Affairs, Chatham House  
Shashank Joshi, Defence Editor of The Economist

Producers: Ben Carter, Dan Gordon and Kirsteen Knight

Editor: Richard Vaden

Studio manager: James Beard

Production co-ordinators: Helena Warwick-Cross, Sophie Hill and Siobhan Reed

**SAT 11:30 From Our Own Correspondent (m001gws7)**

Brazil: United In Grief, Divided By Politics

Kate Adie presents stories from Brazil, Russia, the US, South Korea and Italy

Brazilians this week mourned the loss of one of their greatest footballers, Pele, with hundreds of thousands going to view his open casket in Santos. Meanwhile, the politics continue to divide the nation as Lula da Silva returned to power. Katy Watson was in Brasilia for his inauguration and reflects on the challenges ahead.

Vladimir Putin used his New Year address this year to rally the nation once more for war, as festive ice sculptures even depicted military figures. The announcement of a ceasefire for Orthodox Christmas appeared incongruous with Putin's rhetoric and was dismissed by Ukrainians as a plot to stay their advances. Steve Rosenberg was in Moscow as Russians were once more put on a war footing.

Linda Pressly has a dispatch from Tucson in Arizona where she met a group of committed Christians helping migrants who've crossed from Mexico into the harsh landscape of the Sonoran desert, and lost their way. This comes as President Joe Biden prepares to visit the border next week.

John Murphy visits the rooftop apartments of South Korea's capital Seoul to hear why they hold such appeal for young Koreans - and how economic circumstances, and social expectations are causing some to leave the city altogether.

Rome was also in mourning for another iconic figure - of the Catholic church. 50 000 mourners reportedly attended the funeral of Pope Benedict in St Peter's Square and tens of thousands more paid homage to him as he lay in state. David Willey has covered the Vatican for half a decade, and says there is a bigger sea change underway.

Series Producer: Serena Tarling

Editor: Emma Rippon

Production Coordinator: Iona Hammond and Janet Staples

**SAT 12:00 News Summary (m001gws9)**

The latest national and international news from BBC Radio 4.

**SAT 12:04 Money Box (m001gwsc)**

Lasting Powers of Attorney and Tax Returns

In 2020, Lasting Powers of Attorney in England and Wales went digital. If you had permission to act on behalf of a relative who could no longer do it themselves you could download a digital certificate to prove it from the Office of the Public Guardian. But some organisations including His Majesty's Revenue & Customs have told Money Box they will not accept these digital certificates and demand a certified paper copy instead. We'll speak to a listener who's struggling with the system and get responses from the OPG and HMRC.

People living in Northern Ireland will be watching their bank accounts and letterboxes closely over the next few weeks for some long awaited help with the cost of their energy bills. Unlike the rest of the UK, households haven't yet received any of the £400 help people in Great Britain have been getting in instalments of £66 or £67 or £200 which has been allocated to help towards the costs of alternative fuel - like heating oil and coal. We'll find out when and how that £600 will arrive.

Advice on what you can do if your identity is stolen - our reporter Star McFarlane investigates after it happened to her.

And what to do if you haven't filed your self-assessment tax return yet, and how to avoid a fine. We'll speak to Dawn Register from the accountancy and business advisory firm BDO.

Presenter: Paul Lewis

Reporters: Dan Whitworth, Eimear Devlin and Star McFarlane

Producer: Catherine Lund

Editor: Jess Quayle

(First broadcast 12pm Saturday 7th January, 2023)

**SAT 12:30 The News Quiz (m001glen)**

Series 110

Episode 2

It's 2023 and Andy Zaltzman is back with a brand-new series of The News Quiz to start the year.

This week Andy is joined by Lucy Porter, Chris McCausland, Samira Ahmed and Scott Bennett. They discuss Rishi Sunak's newly released 'five-point plan', Keir Starmer's pledge not to open the 'big government chequebook' and the surprise appearance of a walrus in Scarborough.

Hosted and written by Andy Zaltzman with additional material from Alice Fraser, Mike Shephard, James Farmer, Jennifer Walker and Jade Gebbie.

Producer: Georgia Keating

Executive Producer: Richard Morris

Production Co-ordinator: Becky Carewe-Jeffries

Sound Editor: Marc Willcox

A BBC Studios Production

**SAT 12:57 Weather (m001gwsg)**

The latest weather forecast

**SAT 13:00 News and Weather (m001gwsl)**

The latest national and international news and weather reports from BBC Radio 4

**SAT 13:10 Any Questions? (m001glcv)**

Nadra Ahmed, Dame Meg Hillier MP, Andrew Mitchell MP, Lionel Shriver

Alex Forsyth presents political debate from Sarratt Village Hall in Hertfordshire with the Chairman of the National Care Association Nadra Ahmed, the Labour MP and Chair of the Public Accounts Committee Dame Meg Hillier, the Conservative MP and Minister of State for Development and Africa Andrew Mitchell and the author and journalist Lionel Shriver.

Producer: Camellia Sinclair

Lead broadcast engineer: Ian Deeley

**SAT 14:00 Any Answers? (m001gwsq)**

Have your say on the issues discussed on Any Questions?

**SAT 14:45 39 Ways to Save the Planet (m0010x2p)**

Low Carbon Crisps

Ever thought about the carbon cost of a packet of crisps? At CCM Technologies they think of little else. Their revolutionary fertiliser offers a big step to carbon-free snacking.

Waste from crisp factories or from sewage treatment works can be routed and treated to form the basic building blocks of new fertilisers that can be spread on the ground to grow a new harvest of potatoes - or any other crop we need. The system avoids waste and takes a big cut out of the carbon emissions of traditional fertiliser production. Tom Heap tours the CCM fertiliser plant on the outskirts of Birmingham and discusses the carbon benefits with Dr Tamsin Edwards of King's College London.

Producer: Alasdair Cross

Researcher: Sarah Goodman

Produced in association with the Royal Geographical Society. Special thanks for this episode to Dr Kate Schofield from the University of Plymouth and Dr Abigail González Díaz from the National Institute of Electricity and Clean Energy.

**SAT 15:00 Drama (m001gwsv)**

Rare Earth

A trade-war thriller and family saga rooted in dark colonial secrets from Greenland's past.

Neodymium, turbium, dysprosium... Cerium, samarium, lanthanum.

Inside every electronic gadget - from electric cars and fighter jets to wind turbines, smart phones and missiles - are 17 metallic elements known as Rare Earths. China produces around 84% of them, and reserves are fast running out. The race to find new deposits has become ever more desperate, pitting global superpowers against each other in a 21st century "gold rush" for control of these elusive metals.

In Nuuk, the US and China court the favour of Energy and Environment Minister Seria Lyberth to secure an exclusive mining contract on Greenland. Fiercely opposed to the mine, local activist Rusa Pederson finds herself caught between her recidivist father and ailing grandmother.

When news comes in of a suspicious plane crash, family and politicians are set on a collision course by secrets buried deep in the ice.

Cast:

Manok ..... Christopher Dane

Rusa ..... Christina Wolfe

Magda ..... Pamela Miles

Lyberth ..... Samantha Dakin

Olsen ..... David Menkin

Fulton ..... Ryan Ellsworth

Harris ..... Liz Sutherland-Lim

Kalina ..... Anastasia Hille

Other voices played by the cast

Written by Richard Monks

Sound design ..... Jon Nicholls

Producer ..... Sarah Tombling

Executive producer ..... Sara Davies

Directed by Nicolas Jackson

An Afonica production for BBC Radio 4

**SAT 16:00 Woman's Hour (m001gwsz)**

Weekend Woman's Hour: Ecofeminist Vandana Shiva, how to quit well, Shekeila Scarlett

The author and environmental activist Vandana Shiva has released a new book, Terra Viva to coincide with her 70th birthday. She discusses her life campaigning for climate justice and equality, as well as what she thinks of the current climate situation.

According to reports in the Telegraph this week, Rishi Sunak has shelved plans to reform childcare services put forward by his predecessor, Liz Truss. The plans were looking at increasing free childcare support and changing the staff-child ratio. What will this mean for parents who need childcare and for those working in the industry? We hear the CEO of the Early Years Alliance Neil Leitch and the Deputy Director of UK Onward, Adam Hawksbee.

New year, new job? If you're thinking of leaving a job we discuss the art of quitting well. Sometimes leaving is the right thing to do, but how do you do that without destroying everything you've worked hard for? We hear from Mandy Dennison Director of Engagement from the International Federation of Coaching UK, and Karen Danker from Women Returners, which helps women returning to the work place after an extended break.

In our series Finding My Voice we're talking to women about

the moment they realised they had something to say or stand up for. Shekeila Scarlett was excluded from school when she was 12 years old. Although she was reinstated at the school just 2 months later, the experience made her realise how distant young pupils were from the governors who made decisions about their school. At 26, she's now the Chair of Governors at Stoke Newington High School in Hackney, making her one of the youngest chairs of a school governing board in the UK.

This year in the UK children conceived by sperm, egg or embryo donation who turn 18 will be able to request information that identifies their donor. This includes the donor's name, birth name, date of birth and address, as long as the information is on the Human Fertilisation and Embryology Authority's register. It's a result of a change in the law in April 2005 meaning that the first of those children conceived after the law changed will have their eighteenth birthdays this year. To discuss the implications for donors, children conceived by donor as well as their families are Clare Etinghausen, Director of Strategy & Corporate Affairs at the Human Fertilisation and Embryology Authority, the UK's Fertility Regulator. And Nina Barnsley Director of the Donor Conception Network which is a UK based charity supporting donor conception families.

You might have spent this first week of January planning where you want to go, what you want to do and who you want to be in 2023, but have you made any financial new year's resolutions? Statistics show that more than a third of us (35%) will make a financial new year's resolution this year. We hear from the consumer editor of the Financial Times and presenter of the FT's Money Clinic podcast, Claer Barrett as well as the budget savvy mum, Gemma Bird also known as @MoneyMumOfficial on what we can all do when it comes to financial planning.

Presenter: Anita Rani

Producer: Rabeka Nurmahomed

Photo credit: Kartikeya Shiva

**SAT 17:00 PM (m001gw73)**

Full coverage of the day's news

**SAT 17:30 Sliced Bread (m001gl6g)**

Cold Defence Nasal Sprays

Two products dominate the market for nasal sprays that claim to reduce symptoms of a cold - Vicks 'First Defence' and Boots 'Dual Defence'. But do they work?

Listener Leah got in touch because she catches lots of colds from her young son and wants to know if they can help her get over them more quickly. She also wants to know if they're safe to use regularly and how long you should take them for.

Presenter Greg Foot sniffs out the evidence and talks to a leading expert who's dedicated most of his career to investigating cold remedies.

This series, we're testing and investigating 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

**SAT 17:54 Shipping Forecast (m001gw7)**

The latest weather reports and forecasts for UK shipping.

**SAT 17:57 Weather (m001gw7c)**

The latest weather reports and forecast

**SAT 18:00 Six O' Clock News (m001gwh)**

Six O'Clock News

The latest national and international news from BBC Radio 4

**SAT 18:15 Loose Ends (m001gw7m)**

Mark Steel, Liz Kingsman, Claire McGowan, Iwan Rheon, Loose Ends, Malcolm MacWatt, Yasmeen Khan, Clive Anderson

Clive Anderson and Yasmeen Khan are joined by Liz Kingsman, Iwan Rheon and Claire McGowan for an eclectic mix of conversation, music and comedy. With music from Loose Ends and MacWatt.

**SAT 19:00 Profile (m001gw7r)**

Paul Nowak

Paul Nowak has taken up his post as General Secretary of the

Trades Union Congress at a time when workers across multiple sectors are striking for better pay deals to help with the cost-of-living crisis. It's the worst period of industrial unrest since the 1980s.

Nowak, who's from Merseyside, has spent his entire adult life fighting for workers' rights. How will the TUC negotiate with a government which says pay rises are unaffordable and inflationary, and which now plans to tighten the rules on strike action?

Adrian Goldberg investigates Paul Nowak's life - which includes a career off the picket line as an amateur musician.

Presenter: Adrian Goldberg  
Producers: Ben Cooper and Diane Richardson  
Editor: Simon Watts  
Production Co-ordinators: Maria Ogundele and Helena Warwick-Cross  
Sound Engineer: Rod Farquhar

**SAT 19:15 This Cultural Life (m001gwtw)**  
Whoopi Goldberg

Whoopi Goldberg is the one of very few people to have won all four of America's big awards - Emmy, Grammy Oscar and Tony - for her work in film, theatre and television. Brought up by a single mother in a New York housing project, Whoopi Goldberg first made her name on stage with a solo comedy show before making her film debut in an adaptation of Alice Walker's Pulitzer Prize winning novel *The Color Purple*.

Discussing her biggest cultural turning points with John Wilson, she recalls her earliest experiences of acting at the Hudson Guild, a children's community project. Having struggled at school, she was encouraged by her mother to make the most of free cultural opportunities in the city, including museums and public lectures, which fuelled her fascination with language. She also remembers seeing the Joseph Papp Theatre troupe, which performed free Shakespeare plays in New York parks.

Whoopi recalls her friend and mentor Mike Nichols, the director of *The Graduate* who, after seeing her solo stage show in San Francisco, directed her on Broadway. After that show became a hit, Whoopi Goldberg was invited by Steven Spielberg to perform at his private theatre leading to her casting in the role of Celie in his 1985 adaptation of Alice Walker's Pulitzer Prize-winning novel *The Color Purple*, a film debut that earned Whoopi Goldberg an Academy Award nomination. Since then, she has made around a hundred films, including *Ghost*, for which she won an Academy Award, and *Sister Act*. She has hosted the Academy Awards several times, and has forged a career as an opinionated television personality. Whoopi also talks about her latest movie *Till*, the story of Mamie Till-Bradley, who pursued justice after the murder of her 14-year old son Emmett in 1955.

Producer: Edwina Pitman

**SAT 20:00 Archive on 4 (m001gww0)**  
Annie Nightingale's Age of Irreverence

A lifelong fan of both comedy and new music, Annie Nightingale looks at how, in the youth revolution of the late 50s and 60s onwards, British rock music and comedy were closely intertwined.

Starting with *The Goon Show*, she takes us on a personal tour of the pop culture scene that includes *The Beatles*, *Beyond The Fringe* and *That Was The Week That Was*, *The Bonzo Dog Doo-Dah Band*, *Monty Python* and *The Rutles*. We hear how a core group of British musicians and satirists influenced each other, sharing a similar view of the world and a fearless desire to disrupt and lampoon the political and social norms in which they'd been brought up.

Contributors include David Quantick, composer John Altman, comedy historian Jem Roberts, and "Legs" Larry Smith of the Bonzos.

Producer: Victoria Ferran  
Executive Producer: Susan Marling

A Just Radio production for BBC Radio 4

**SAT 21:00 Stone (b09kxsdx)**  
Series 7

Episode 1

Stone Episode 1 by Martin Jameson.

Stone and the team investigate a fire at a homeless hostel run by charismatic charity leader Jackie Stanton-Hope. A body is found by forensics. But who is he?

Created by Danny Brocklehurst. Script Editor Caitlin Crawford. Director Gary Brown. Producers Nadia Molinari & Gary Brown

DCI John Stone investigates the suspicious death of a man in a fire at a homeless hostel. Stone's enquiries lead him to re-examine a murder he worked on twenty years before in order to solve the case. In doing so he uncovers a web of lies and deceit that make him face past mistakes and lead to personal trauma.

**SAT 21:45 Rabbit Remembered (m0009kzg)**  
Episode 1

Written ten years after his Pulitzer Prize winning tetralogy about Harry "Rabbit" Angstrom, John Updike revisits the family a decade on from Harry's death to contemplate how the family has got on without him.

Rabbit's son Nelson has recovered from his drug habit but separated from his wife. Janice, his widow has remarried. But into their lives steps Annabelle, Harry's illegitimate daughter. And echoes of the past begin to cascade into the present.

Read by Toby Jones  
Abridged by Robin Brooks  
Produced by Clive Brill

A Brill production for BBC Radio 4

**SAT 22:00 News (m001gww4)**  
The latest national and international news from BBC Radio 4

**SAT 22:15 How Things Are Done in Odesa (m001gkdp)**  
Odesa, legendary Black Sea port city and vital geo-strategic nexus of global trade, is living through Russia's war against Ukraine. Always fiercely independent, both from Moscow and Kiev, its legendary past of rogues & schnorrers has given Odesa a world reputation as a city of possibility and promise. Monica Whitlock tells its story.

Founded in 1794 by Catherine the Great as part of her expanding empire of Novo Rossiya, Odesa began as a dusty boom town of enormous opportunity & possibility connecting the chill of Imperial Russia to the warmth of the wider world.. A port city possessed of eternal optimism & a wicked sense of humour, it's confines brimmed with violinists, poets, writers and a gallery of rogues- real and imagined.

Its most beloved literary son is Isaac Babel. Raised in the Moldavanka- still a place of liminal existence, Babel's *Odesa Tales* of gangster anti-heroes like Benya Krik are forever interwoven with how Odessites and the wider world imagine the city - beautiful and bad! It is of course only partially true. Filmmaker Sergei Eisenstein's *Battleship Potemkin* forever fixed the city and its majestic steps on the cultural world map.

From its foundational boom town days onwards its streets and people could make you rich or ruin you. In the crumbling days of the Soviet empire it was a place to dream of escape to a world beyond. Musician Alec Koypt, who grew up in the rugged streets of Molodvanka, shipping proprietor Roman Morgenshtern, Anna Misuyuk of the city's literary museum, historians Jared Tanny & Steven Zipperstein along with Babel translator & Odessite Boris Dralyuk are our guides.

Producer Mark Burman

**SAT 23:00 Nature Table (m001gk81)**  
Series 3

Episode 6

Join comedian, broadcaster and writer Sue Perkins as she hosts *Nature Table*: a comedy 'Show & Tell' series celebrating the natural world and all its funny eccentricities.

*Nature Table* has a simple clear brief: to positively celebrate and promote the importance of all our planet's wonderfully wild flora and fauna in a fun and easily grasped way... whilst at the same time having a giggle.

Recorded at ZSL London Zoo, this week Sue Perkins is joined by special guests: Jessica Jones (Lead Keeper at ZSL London Zoo), Lee Davies (Fungarium Curator at Kew Gardens) and comedian Shaparak Khorasani.

Written by: Catherine Brinkworth, Jon Hunter, Jenny Laville and Nicky Roberts  
Additional material by: Kat Sadler

Executive Producer: Richard Morris  
Producer: Simon Nicholls  
Production Coordinator: Sarah Nicholls  
Researcher: Catherine Beazley

Sound Recordist & Editor: Jerry Peal

Music by: Ben Mirin

A BBC Studios Production

**SAT 23:30 Poetry Please (m001gk44)**  
Nikita Gill

Nikita Gill chooses poems of renewal from the listener requests. Including work by Ada Limon and Patience Agbabi.

Producer Sally Heaven

**SUNDAY 08 JANUARY 2023**

**SUN 00:00 Midnight News (m001gww8)**  
The latest news and weather forecast from BBC Radio 4.

**SUN 00:15 Torn (m001bcnr)**  
The stories behind the clothes we wear

Viscose Rayon

It's 1924 and the young Russian graduate Alexis Sommaripa, like so many migrants to the United States in the period, is looking for something new. He takes a job with a company that's been in the viscose rayon business for about five years but wants to figure out how to sell it. He finds out that women want it to be less shiny and more soft.

In episode five of *Torn*, Gus Casely-Hayford follows the astronomical rise of Sommaripa - from fleeing the Bolsheviks during Russia's revolution to becoming a key player in the production of viscose rayon, a fabric that is widely used in fashion today as an affordable alternative to silk.

Gus finds that, although viscose rayon has democratised fashion, it has done so at a significant cost to the environment.

Viscose rayon is made by processing wood pulp with chemicals. This turns it into a viscous liquid, and then into threads. More than 200 million trees are logged every year and turned into cellulose fabric, such as viscose rayon, according to the organisation Canopy.

With professor of business history Regina Błaszczyk, sustainability expert Claire Bergkamp and extracts from Alexis Sommaripa's autobiography.

Novel Production for BBC Radio 4  
Presenter - Gus Casely-Hayford  
Executive Producer - Rosie Collyer  
Producer - Tiffany Cassidy  
Assistant Producer - Nadia Mehdi  
Production coordinator - Francesca Taylor  
Sound Design - Rob Speight

**SUN 00:30 Short Works (m001glcd)**  
After the Romans

Award-winning short story writer Jo Lloyd transports us to South Wales circa 500 CE, where we meet Illut and his travel companion Acorn the Stag. A light-hearted fabular vision of the Dark Ages.

Reader - Jacob Ifan

Directed by John Norton  
Sound by Catherine Robinson  
A BBC Audio Drama Wales production

**SUN 00:48 Shipping Forecast (m001gwwd)**  
The latest weather reports and forecasts for UK shipping.

**SUN 01:00 Selection of BBC World Service Programmes (m001gwwj)**  
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 (m001gwwn)**  
The latest weather reports and forecasts for UK shipping.

**SUN 05:30 News Briefing (m001gwws)**  
The latest news from BBC Radio 4

**SUN 05:43 Bells on Sunday (m001gwwx)**  
St John Baptist, Strensham, Worcestershire.

*Bells on Sunday* comes from St John Baptist, Strensham, Worcestershire. Dating largely from the 14th and 15th century

this Grade I listed building is currently in the care of the Churches Conservation Trust. There is a ring of eight bells which are regularly rung, mainly for teaching purposes. Three of the bells were cast in around 1704 by Abraham Ruddell of Gloucester and the rest by John Taylor of Loughborough in 1911 and 1979. We hear them ringing Turramurra Surprise Major

**SUN 05:45 Profile (m001gwtr)**

[Repeat of broadcast at 19:00 on Saturday]

**SUN 06:00 News Summary (m001gws)**

The latest national and international news from BBC Radio 4

**SUN 06:05 Something Understood (b01rv33m)**

Taking Up the Thread

Samira Ahmed takes up the thread to reflect on some of the ways 'threads' can lead us and connect us in our lives. A thread is something we can follow, lose and pick up again. We might find ourselves hanging by a thread, or tying some loose ones together. They can bind us and we can break them. They are woven into our lives literally, metaphorically and linguistically.

The idea of following a thread to guide us is age-old, found for example in the Greek myth of Ariadne's thread leading Theseus out of the labyrinth, after he'd slain the Minotaur. Who doesn't need the thread of understanding to lead them through life's maze sometimes? Sacred threads play a significant role in the ceremonies of many faiths and cultures, not least in the life of the Guru Nanak and the founding of the Sikh faith. And when they are woven or knitted together, threads can play a potent role in art and domestic life.

Featuring music by Monteverdi, Bjork and Judy Collins, and writing by Robert Graves, Simon Armitage and Kate Summerscale.

Produced by Caroline Hughes

Presented by Samira Ahmed

A Whistledown Production for BBC Radio 4

**SUN 06:35 On Your Farm (m001gws)**

Farmyard Warm Room

Anna Louise Claydon visits a farm in Lowestoft which is opening up a barn as a warm room this winter. Pathways Care Farm was once part of 130 acres of arable land. It's now just thirteen acres tucked away at the back of a housing estate. The farm gives vulnerable people the opportunity to learn through hands-on farming activities - including planting, cultivation, building restoration, animal husbandry and the basics of machinery maintenance. This winter, its doors have opened to the public for the first time. In 2020, director Geoff Stevens converted what used to be the coldest building on the farm into a fully insulated space with a kitchen and a log burner, in the hope of opening it as a cafe after the pandemic. Little did he know that he'd just created a community space for a problem he didn't yet know was coming: the cost of living crisis.

Anna Louise joins Geoff by the fire to find out more about the new farmyard warm room. She finds members of the team out with the animals and hears how working on the farm has transformed their lives and helped them to re-build after difficult experiences. She also meets farmer Geoffrey Cooper, to hear about the original farm before most of the land was sold off for housing. He tells Anna Louise about his memories of working on the land with his father decades ago.

Presented and produced by Anna Louise Claydon

**SUN 06:57 Weather (m001gwsr)**

The latest weather reports and forecast

**SUN 07:00 News and Papers (m001gws)**

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

**SUN 07:10 Sunday (m001gw0)**

Repairing Relationships; Faith in Prisons; Embracing Failure.

Prince Harry wants to reconcile with his family. But how easy is that given the continuing fallout from his interviews and memoir? Sacred texts are full of tales of feuding siblings, so what can they teach the Royals? Imam Qari Asim and Rabbi Robyn Ashworth-Steen share scriptural insights and pastoral advice.

If you've already failed to stick to your New Year's resolution, help is at hand. The Rt Revd Dr Emma Ineson has written a book on how to cope with and learn from failure. Cricketer Monty Panesar and Comedian Shazia Mirza also share how faith has helped them deal with failure in their lives.

In the last two years, thousands of Hong Kongers have taken advantage of a new Visa scheme to the UK, following China's imposition of a national security law on the former British Colony. Vishva Samani reports from Reading where large numbers have settled, to see how they are integrating within the local faith communities.

The life and death of the late American singer Whitney Houston inspired Candice Marie Benbow to become a theologian. As Whitney's story is retold in a new film biopic, Candice tells Emily how the woman she refers to as the 'ultimate Church girl' impacted her faith journey and opened up important conversations about how her Church sees women.

Overcrowding, drugs, staff shortages and long waits for trial are just some of the issues facing those in the prison system. But what lies behind the headlines? In a new four part series, we'll be taking a closer look at the prison system through the eyes of the religious groups and figures working within it. In this first episode we examine the issue of sentencing, with Bishop James Jones, Chair of the Independent Commission into the Experience of Victims and Long Term Prisoners.

Producers: Jill Collins and Catherine Murray

Production co-ordinator: Liz Poole

Studio managers: Phillip Halliwell, Chris Hardman and Tom Parnell

Editor: Helen Grady

**SUN 07:54 Radio 4 Appeal (m001gw4)**

Contact

Jane Garvey makes the Radio 4 Appeal on behalf of Contact

To Give:

- UK Freephone 0800 404 8144

- You can donate online at [bbc.co.uk/appeal/radio4](http://bbc.co.uk/appeal/radio4)

- Freepost BBC Radio 4 Appeal. (That's the whole address.

Please do not write anything else on the front of the envelope).

Mark the back of the envelope 'Contact'.

- Cheques should be made payable to 'Contact'.

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: 284912

**SUN 07:57 Weather (m001gw8)**

The latest weather reports and forecast

**SUN 08:00 News and Papers (m001gw)**

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

**SUN 08:10 Sunday Worship (m001gwj)**

The indestructibility of hope

'Christmas brings the indestructibility of hope in times of the greatest hopelessness. As long as we celebrate this holiday, we can neither be defeated nor destroyed. This is the message that Ukraine is trying to convey to the world as it celebrates its own Christmas Day.'

From Christmas music to gifts and food, as well as a look back through the country's rich and troubled history through the perspective of the festive season, this Sunday Worship explores Ukraine's unique Christmas traditions - a powerful reminder of the strength of holding on to your culture and beliefs, even as others try to take everything from you. With testimony from a survivor of the siege of Mariupol.

Nadiyka Gerbish is a Ukrainian writer and podcaster. She has written nineteen books, many of which have become bestsellers and have won numerous awards. With Yaroslav Hrytsak, a Ukrainian historian who explores the unique political history of Ukrainian carols.

Homily: Revd Yuriy Shchurko, Dean of the Theology and Philosophy Faculty at the Ukrainian Catholic University. Prayers and blessing: The Metropolitan Archbishop of The Ukrainian Greek Catholic Church, Borys Gudziak

Producer: Philip Billson

**SUN 08:48 A Point of View (m001glx)**

Heaven Knows I'm Miserable Now

Tom Shakespeare looks to some DVD classics and the Japanese concept of *ikigai* to provide some light relief from the doom and gloom of January.

'The definitive guide to *ikigai*,' Tom writes, 'says *ikigai* is what allows you to look forward to the future, even if you're miserable right now.'

And yes, Morrissey makes an appearance too!

Producer: Adele Armstrong

Sound: Peter Boshier

Production coordinator: Janet Staples

Editor: Penny Murphy

**SUN 08:58 Tweet of the Day (b0410rd4)**

Sulphur-crested Cockatoo

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

Liz Bonnin presents the raucous calling sulphur-crested cockatoo from Australia. It is with somewhat heavy irony that with its loud, jarring calls, the sulphur crested cockatoo is also known as the "Australian Nightingale". These large white parrots with their formidable curved beaks and long yellow crests which they fan out when excited are familiar aviary birds. One of the reasons that they're popular as cage birds is that they can mimic the human voice and can live to a great age. A bird known as Cocky Bennett from Sydney lived until he was a hundred years old, although by the time he died in the early 1900s he was completely bald, and was then stuffed for posterity. In its native forests of Australia and New Guinea, those far-carrying calls are perfect for keeping cockatoo flocks together. They're highly intelligent birds and when they feed, at least one will act as a sentinel ready to sound the alarm in case of danger. So well-known is this behaviour that in Australia, someone asked to keep a lookout during illegal gambling sessions is sometimes known as a "cockatoo" or "cocky".

Producer : Andrew Dawes

**SUN 09:00 Broadcasting House (m001gwtn)**

The Sunday morning news magazine programme. Presented by Paddy O'Connell.

**SUN 10:00 The Archers Omnibus (m001gws)**

Writer, Sarah Hehir

Director, Kim Greengrass

Editor, Jeremy Howe

Ben Archer ..... Ben Norris

Pip Archer ..... Daisy Badger

David Archer ..... Timothy Bentinck

Ruth Archer ..... Felicity Finch

Kenton Archer ..... Richard Atlee

Brian Aldridge ..... Charles Collingwood

Neil Carter ..... Brian Hewlett

Susan Carter ..... Charlotte Martin

Vince Casey ..... Tony Turner

Brad Horrobin ..... Taylor Uttley

Chelsea Horrobin ..... Madeleine Leslay

Tracy Horrobin ..... Susie Riddell

Jazzier McCreary ..... Ryan Kelly

Elizabeth Pargetter ..... Alison Dowling

Stella Pryor ..... Lucy Speed

Elena ..... Jaimi Barbakoff

Lottie ..... Bonnie Baddoo

**SUN 11:15 Desert Island Discs (m001gwtx)**

Sir Malcolm Walker, retailer

Sir Malcolm Walker is the chairman and co-founder of the frozen food supermarket chain Iceland.

He was brought up in Grange Moor, West Yorkshire. He was just 14 when his father died, and he helped his mother run a smallholding, driving a tractor and ploughing fields. His business instinct kicked in during his teenage years, when he promoted Saturday night dances by booking bands into local church halls.

After receiving rejections from Marks & Spencer and Littlewoods, he became a trainee manager at Woolworths, and recalls that he started at the very bottom, sweeping the floors for many months before gradually winning promotions and moving round the country.

In 1970, he and Peter Hinchcliffe, a colleague from Woolworths, opened a shop in Oswestry, selling loose frozen food from chest freezers. The business soon began to take off. Malcolm and Peter were both fired by Woolworths, and Malcolm went on to build a company which now has more than 1000 stores in the UK and Ireland. Along the way, boardroom battles led to his departure in the early 2000s, but he later returned and Iceland is now back in family ownership.

Alongside his business pursuits, Malcolm has been a fundraiser for dementia charities, after his wife was diagnosed with early-onset Alzheimer's. She died in 2021 after more than 50 years of marriage.

He was knighted in 2017, has three children, one of whom also

works in the family business, and he married for the second time in August last year.

DISC ONE: Violin Concerto No. 1 in G Minor, Op. 26: II. Adagio, composed by Max Bruch, performed by Itzhak Perlman (violin) and the Royal Concertgebouw Orchestra, conducted by Bernard Haitink  
DISC TWO: Goodbye by Josef Locke  
DISC THREE: Only You by The Platters  
DISC FOUR: Silence is Golden by The Tremeloes  
DISC FIVE: Memory composed by Andrew Lloyd Webber and performed by Elaine Paige  
DISC SIX: All I Ask of You composed by Andrew Lloyd Webber and performed by Steve Barton and Sarah Brightman  
DISC SEVEN: La bohème, SC 67 / Act I composed by Giacomo Puccini and performed by Luciano Pavarotti (tenor) and Mirella Freni (soprano) with the Berlin Philharmonic, conducted by Herbert von Karajan  
DISC EIGHT: Quando me'n vo ("Musetta's Waltz") from La Bohème composed by Giacomo Puccini and performed by Natalie Walker

BOOK CHOICE: Robinson Crusoe by Daniel Defoe  
LUXURY ITEM: A cast iron cooking pot  
CASTAWAY'S FAVOURITE: Quando me'n vo ("Musetta's Waltz") from La Bohème composed by Giacomo Puccini and performed by Natalie Walker

Presenter Lauren Laverne  
Producer Sarah Taylor

**SUN 12:00 News Summary (m001gww1)**  
The latest national and international news from BBC Radio 4.

**SUN 12:04 Just a Minute (m001gkb4)**  
Series 90

Peanut Butter, Westminster Abbey and Alan Shearer

Sue Perkins challenges Paul Merton, Desiree Burch, Tony Hawks and Jan Ravens to speak for 60 seconds without repetition, deviation or hesitation.

The long-running Radio 4 national treasure of a parlour game is back for a new series with subjects this week ranging from Alan Shearer to Westminster Abbey.

Production co-ordinator: Caroline Barlow  
Sound editor: Marc Willcox  
Producer: Rajiv Karia

A BBC Studios Production

**SUN 12:32 The Food Programme (m001gww5)**  
Shellfish: A Very British Image Crisis

When was the last time you tucked into cockle pie? Or stirred clams into a sumptuous pasta or stew?

These bivalves are plentiful all around the UK coastline, tied up with the diets and fortunes of coastal communities for millennia. Many species can be efficiently farmed at minimal cost to the environment. Their nutritional value stacks up against mussels and oysters. And yet our desire for these 'uglier' shellfish is at risk of disappearing.

In this programme we meet chefs, fishermen and food thinkers trying to change that. One of Wales's best chefs Nathan Davies put Welsh razor clams on his heat winning fish course on BBC Two's Great British Menu. Fisherman Tom Flatt who thinks there's a sustainable fishing future in hand dived shellfish. Cambridge scientist David Willer whose research could lead to environmentally sound shellfish farms that fight malnutrition across the world. Welsh food writer and thinker Carwyn Graves wants us to dwell on food traditions from the past in order to make our own in the future, and so we hear from people living in the Welsh village of Penclawdd, where cockles have been part of residents' lives for as far back as they can remember.

The problem they all face is the same: How to convince the UK to see past their ugly exterior and put shellfish back on the table.

Presented by Sheila Dillon.  
Produced in Bristol by Clare Salisbury.

**SUN 12:57 Weather (m001gww9)**  
The latest weather forecast

**SUN 13:00 The World This Weekend (m001gwwf)**  
Radio 4's look at the week's big stories from both home and around the world

**SUN 13:30 The Exploding Library (m001fmc6)**  
The Bloater by Rosemary Tonks

Comedian and writer Athena Kugblenu searches for Rosemary Tonks, a poet and writer who "vanished like the Cheshire Cat" shortly after the height of her fame in the late 1960s. Changing her name and embracing a very specific form of Christianity, Tonks disavowed her previous literary life - to the point that she would visit libraries and bookshops and attempt to destroy her work.

How does Tonks' surreal, brittle, jet-black social satire The Bloater capture her world - and give us a hint of what might have precipitated her strange disappearance? More than that - can anyone ever really retract the tendrils of their creative life - even if they want to?

Featuring contributions from poet Brian Patten, editor and champion of Tonks's work Neil Astley, writer and Tonks fan Jennifer Hodgson, and New York Times religion correspondent Ruth Graham.

Reader: Beth Eyre  
"Studio Producer": Tom Crowley

Written and presented by: Athena Kugblenu  
Producer / Series Producer: Steven Rajam  
An Overcoat Media production for BBC Radio 4

Warped literature series The Exploding Library returns for a new run, as another trio of comedians explode and unravel their most cherished cult books, paying homage to the tone and style of the original text - and blurring and warping the lines between fact and fiction.

As our hosts shine the spotlight on strange, funny and sometimes disturbing novels by Kazuo Ishiguro, Rosemary Tonks and David Foster Wallace, listeners are invited to inhabit their eccentric worlds - gaining a deeper understanding of their workings and the unique literary minds that created them.

Featuring the comedic voices of Natasha Hodgson, Athena Kugblenu and John-Luke Roberts, and created by award-winning producers Steven Rajam (Tim Key and Gogol's Overcoat) and Benjamin Partridge (Beef and Dairy Network), this is an arts documentary series like no other.

An Overcoat Media production for BBC Radio 4

**SUN 14:00 Gardeners' Question Time (m001glcb)**  
Norfolk Broads

What's the best way to grow great swedes? What are green manure crops? And have you ever returned a dead plant to the shop you bought it from?

Joining Kathy Clugston to answer these questions in front of a live audience in the Norfolk Broads are horticulturalist Anne Swithinbank, garden designer Matthew Wilson and 'grow your own' expert Bob Flowerdew.

Also on the programme, Pippa Greenwood and Matthew Pottage head to RHS Garden Wisley to check out a new feature that both looks nice and harvests rainwater in times where many gardeners are worried about drought.

Producer: Bethany Hocken  
Assistant Producer: Aniya Das  
Executive Producer: Louisa Field

A Somethin' Else production for BBC Radio 4

**SUN 14:45 Property of the BBC (m001f5jr)**  
Three Items of Clothing

In a week of programmes for the BBC centenary, historian Robert Seatter selects three objects from the BBC's archive store and tells the stories behind their creation - what they tell us about the changing history of the organisation, about expansion of the media and the nation at large. Robert's choices are unexpected, revelatory and sometimes, with the cruel benefit of hindsight, funny. In today's programme Robert unpacks three iconic items of clothing, created for both the fictional and the real world.

- 1) The linen shirt
- 2) A flak jacket
- 3) The baker boy cap

The white linen shirt worn by Colin Firth as Mr Darcy in the famous lake scene in the 1995 Andrew Davies production of 'Pride and Prejudice'; a Flak jacket, designed to protect the wearer from high explosive weaponry especially shrapnel and worn by John Simpson, World Affairs Editor, when accompanying a convoy of US Special forces and Kurdish fighters in Northern Iraq in April 2003; and the Baker Boy or

Newsboy cap worn by the character Tommy Shelby played by Cillian Murphy in 'Peaky Blinders'.

Sharing her insights into the designs and the role of the BBC as trendsetter and social influencer is fashion designer and The Great British Sewing Bee judge, Esme Young.

Producer: Mohini Patel

**SUN 15:00 The Medici: Bankers, Gangsters, Popes (m001gz6b)**  
Episode 1 - Cosimo

By Mike Walker. Starring Patrick Baladi and Sirine Saba

Cosimo de' Medici inherits his father's bank. Through shrewd trade and business innovation he becomes the richest man in Europe and a great patron of the Arts, but will Albizzi and the ruling families of Florence ever accept him as an equal?

CAST

Cosimo de' Medici - Patrick Baladi  
Contessina de' Bardi - Sirine Saba  
Rinaldo degli Albizzi - Richard Elfyn  
Niccolo Tinucci - Christopher Elson  
Old Giovanni - Hugh Thomas  
Silvio - Marc Danbury  
Gio Verdi - Marco Fiera  
The Manager - David Hounslow

Sound Design - Nigel Lewis and Catherine Robinson  
Producer - John Norton

A BBC Audio Wales production

**SUN 16:00 Open Book (m001gwwk)**  
Katherine Mansfield

Katherine Mansfield was the only writer Virginia Woolf admitted being jealous of, yet by the 1950s was so undervalued that Elizabeth Bowen was moved to ask, 'Where is she - our missing contemporary?'

Mansfield died one hundred years ago this month, aged just 34 years old, and in this programme Chris Power explores her turbulent life, and legacy, through her innovative contribution to Modernism and the short story. Chris is joined by Claire Harman, author of a new biography, All Sorts of Lives, which takes a fresh look at Mansfield's life through ten of her most pivotal stories, the short-story writer and novelist Lucy Caldwell and Dr Chris Mourant.

Book List - Sunday 8 January and Thursday 12 January

All Sorts of Lives by Claire Harman  
The Garden Party by Katherine Mansfield  
Bliss by Katherine Mansfield  
The Wind Blows by Katherine Mansfield  
Journal by Katherine Mansfield  
The Montana Stories by Katherine Mansfield  
Wild Places: Selected Stories by Katherine Mansfield  
In a German Pension by Katherine Mansfield  
The Child Who Was Tired by Katherine Mansfield  
Bliss by Katherine Mansfield  
Katherine Mansfield and Periodical Culture by Chris Mourant

**SUN 16:30 Poetry Please (m001gwwp)**  
Lindsey Hilsum

Foreign correspondent Lindsey Hilsum - newly returned from reporting from the trenches in Ukraine - joins Roger McGough to discuss whether poetry can tell us something about war that TV and news reporting can't.

Together they make a selection from our listeners' requests for poetry about war and Lindsey shares some of the poems that have accompanied her through her years of reporting from war zones. Her choices include poems by Ilya Kaminsky, Fiona Benson, Warsan Shire, WB Yeats, Siegfried Sassoon, AE Housman, WH Auden and Wisława Szymborska. And Roger shares one of his own poems, inspired by his childhood experiences of sheltering with his parents in the bomb shelter during the bombing of Liverpool.

Lindsey Hilsum is Channel 4 News' International Editor. Her book, In Extremis; the Life of War Correspondent Marie Colvin, won the 2019 James Tait Black Prize for biography. Recently she has reported the war in Ukraine, and the aftermath of the US withdrawal from Afghanistan. She has covered the major conflicts and refugee movements of the past three decades, including Syria, Mali, Iraq, and Kosovo and the Israeli-Palestinian conflict. From 2006-8 she was based in China, and in 1994 was the only English-speaking foreign correspondent in Rwanda as the genocide started. She has won many awards, including the Royal Television Society Journalist of the Year

and the Royal Geographical Society Patron's Medal. She contributes regularly to newspapers and literary magazines. Her first book was *Sandstorm: Libya in the Time of Revolution*.

Produced in Bristol by Mair Bosworth for BBC Audio

#### **SUN 17:00 File on 4 (m001gkwd)**

How did my child die? The crisis in paediatric pathology

The death of a child causes parents' unimaginable grief, but this is being exacerbated by long delays to post mortem reports due to a shortage of pathologists in the UK.

The number of paediatric pathologists means that children and babies are having to be moved around to other parts of the country in order for post mortems to be undertaken, causing even further distress for families.

When a child dies suddenly, sometimes post-mortems may need the input of specialist pathologists. But these even fewer in number meaning bereaved parents are waiting months, sometimes years to discover why their child died. But these shortages can have even more devastating consequences.

File on 4 has uncovered cases where parents suspected of harming their child have waited months for post-mortem reports to be completed, only to be exonerated of any wrongdoing once the findings are back. During which they've had other children taken into care and faced months under wrongful suspicion.

The head of the family courts in England and Wales says long waits for post-mortem reports in suspected child homicides cases is "unacceptable". But it's not just the courts raising concerns. Senior police chiefs say a shortage of specialists is also causing delays to police investigations and the criminal process.

Adrian Goldberg investigates the crisis which has been years in the making, with The Royal College of Pathologists warning that the situation is "critical".

Reporter: Adrian Goldberg

Producer: Emma Forde

Technical Producer: Mitch Goodall

Editor: Carl Johnston

Production Coordinator: Tim Fernley

Production Manager: Sarah Payton

#### **SUN 17:40 Profile (m001gwtr)**

[Repeat of broadcast at 19:00 on Saturday]

#### **SUN 17:54 Shipping Forecast (m001gwtt)**

The latest weather reports and forecasts for UK shipping.

#### **SUN 17:57 Weather (m001gwvy)**

The latest weather reports and forecast

#### **SUN 18:00 Six O' Clock News (m001gww0)**

The biggest nurses' union has said the PM's comments offer "optimism" in pay dispute

#### **SUN 18:15 Pick of the Week (m001gww2)**

Matthew Sweet

A selection of highlights from the past week on BBC radio

#### **SUN 19:00 The Archers (m001gww4)**

Jim's still marvelling at Jazzer's wedding news. The two speak warmly of their mutual friendship, and Jazzer asks if Jim would be his best man. Jim declares he'd be honoured. However later he has second thoughts; he wouldn't have a clue how to organise things for it. Jazzer needs a 'proper bloke.' Jazzer reckons Jim has it all wrong. He doesn't want all the trappings of a drunken stag weekend in Magaluf, he just wants a few pints at the Bull. But Jim insists he'd be a let-down. Seeing his stressed state, Jazzer capitulates. He'll find someone else for the job. Thrilled though he was to be asked, Jim thinks that would be best. As Rex repairs a wooden shelter in the cold and wet, Kate extolls the virtues of rain. She's looking forward to taking her cold weather yoga class so that her participants can benefit. She invites Rex to join the class, but he politely declines. Kirsty mentions she ran into a miserable David earlier. Kate reports seeing him out for a meal with Ruth and Vince last week, and that there'd clearly been a row.

Later Kate's disappointed hardly anyone turned up for her class. Kirsty recommends they sit down with some hot chai and work out how to do things better next time. As they chat Kate gets a message from Jakob. His brother Erik's coming to stay on Tuesday, and Jakob's away at a vets' conference. Kate's not happy. Jakob doesn't have a high opinion of Erik – what if he's as bad as Jakob says?

#### **SUN 19:15 The Confessional (m001gww6)**

Series 3

The Confession of Lady Antonia Fraser

Stephen Mangan's series of soul-searching, self-abasement and moral pratfalls. Each week, he invites a different eminent guest into his virtual confessional booth to make three confessions.

This is a cue for some rich and varied story-telling and surprising insights as their confessions are put under the microscope.

In this episode, Stephen examines the conscience of historian and biographer Antonia Fraser. There are stories here of royal parties, theft and fake masses.

Other guests in this series are Jessie Cave, Neil Dudgeon, Sheila Hancock, Maisie Adam and Ben Bailey Smith (aka Doc Brown).

Presenter: Stephen Mangan

Additional material: Nick Doody

Producer: Frank Stirling

A 7digital production for BBC Radio 4

#### **SUN 19:45 The Circus (m001gww8)**

Episode 1 - The Singer

A former working men's club in North Belfast called 'The Circus' has been refurbished and relaunched with an inaugural talent show – and a massive cash prize for the winner! – inspiring the locals to brush up on some old skills. The new owner, a successful London property developer, has promised to bring a bit of the West End to North Belfast. But can the area really change? Can the people?

Cliftonville Circus is where five roads meet in North Belfast. It is situated in the most deprived part of the city; it is also the most divided. Each road leads to a different area – a different class – a different religion. 'The Circus' explores where old Belfast clashes with the new around acceptance, change, class and diversity.

The Author

Born in Belfast, Paul McVeigh has written comedy, essays, flash fiction, a novel, plays and short stories. His work has been performed on radio, stage and television, and published in seven languages. Paul co-founded the London Short Story Festival and is an associate director at Word Factory. His debut novel 'The Good Son' won The Polari First Novel Prize and The McCreath Literary Award. He is also the editor of 'The 32: Irish Working Class Voices', 'Queer Love: An Anthology of Irish Fiction' and 'Belfast Stories'.

Writer: Paul McVeigh

Reader: Ruby Campbell

Producer: Michael Shannon

Executive Editor: Andy Martin

A BBC Northern Ireland production.

#### **SUN 20:00 Rethink (m001gibs)**

Rethink Climate

Leadership

What type of leadership does the world need to tackle global warming? Amol Rajan discusses whether people with power are doing enough to solve the climate crisis. Are politicians just too focused on the ballot box to take long term decisions? What about the role of celebrities and business leaders?

Graihagh Jackson, presenter of the BBC podcast 'The Climate Question' is with Amol alongside guests Lord Deben, Greg Jackson, Monika Langthaler and Professor Daniel Schrag.

Producers Nick Holland and Marianna Brain

Sound design Graham Puddifoot

Editor Lizzi Watson

Production coordinators Sophie Hill, Helena Warwick-Cross and Siobhan Reed

#### **SUN 20:30 Last Word (m001gleg)**

Pope Benedict XVI, Dame Vivienne Westwood, James Caan, Georgia Holt

Matthew Bannister on

Pope Benedict XVI, the religious conservative who was the first Pontiff to resign from the job in almost 600 years.

Dame Vivienne Westwood (pictured), punk pioneer, high fashion designer and eco warrior.

James Caan, the American actor best known for playing Sonny Corleone in *The Godfather*.

Georgia Holt, the singer who enjoyed success late in life thanks

to her daughter Cher.

Producer: Tim Bano

Interviewed guest: Catherine Pepinster

Interviewed guest: Ian Kelly

Interviewed guest: Laird Borelli-Persson

Interviewed guest: David Thomson

Interviewed guest: P David Ebersole

Archive clips used: YouTube/ Rome Reports.com, Habemus Papam - Uploaded 2012; BBC Radio 4 News 19/04/2005; YouTube, The Regensburg Speech 12/09/2006; BBC Radio 4, Thought for the Day 24/12/2010; BBC News Archive, Pope Benedict XVI announces resignation 11/02/2013; Netflix/ Rideback, The Two Popes (2019); BBC One, The British Fashion Awards 15/10/1991; BBC Radio 4, Desert Island Discs - Vivienne Westwood 28/06/1992; BBC Four, Vivienne Westwood Talks To Kirsty Wark 13/04/2004; BBC One, Wogan with Sue Lawley 11/03/1988; Finished Films, Westwood - Punk, Icon, Activist (2018); BBC One, Wogan In Hollywood - James Caan interview 02/01/1991; Paramount Pictures/ Albert S. Ruddy Productions/ Alfran Productions, The Godfather (1972); Castle Rock Entertainment/ Nelson Entertainment, Misery (1990); Broadway Video/ Conaco/ NBC Studios, Late Night with Conan O'Brien 31/10/2003; New Line Cinema/ Guy Walks into A Bar Productions/ Gold/Miller Productions, Elf (2003); Mann/Caan Productions, Thief (1981); WJZ-TV13 Baltimore 1979; Westinghouse Broadcasting Company/ Mike Douglas Entertainments, Mike Douglas Show 1979; Paramount Domestic TV, Entertainment Tonight 1988.

#### **SUN 21:00 Money Box (m001gwsc)**

[Repeat of broadcast at 12:04 on Saturday]

#### **SUN 21:25 Radio 4 Appeal (m001gwt4)**

[Repeat of broadcast at 07:54 today]

#### **SUN 21:30 Icon (m001c6g6)**

Episode 2: Read All About It

Press intrusion into the lives of the famous didn't start with Elizabeth Taylor, though it did reach a new scale with her private life being so publicly consumed. Since the '60s, the relationship between celebrities and the media has evolved. Journalist Emma Jones and TV presenter Gail Porter share differing perspectives from their experiences in the '90s and beyond.

With Louise Gallagher. And including sound from klankbeeld

Produced by Alan Hall with music by Jeremy Warnsley

A Falling Tree production for BBC Radio 4

#### **SUN 22:00 Westminster Hour (m001gwwf)**

Carolyn Quinn's guests are the Conservative backbencher Bob Seely, Shadow Cabinet minister Emily Thornberry, and the former diplomat and National Security Adviser, Lord Peter Ricketts. They discuss the state of the main parties going into 2023, and look ahead to talks between ministers and striking unions. They also talk about the situation in Ukraine and UK military support, with Katy Balls of The Spectator providing additional insight and analysis. Royal commentator Peter Hunt shares his thoughts on Prince Harry's ITV interview and the panel consider whether the Prince's revelations will prove damaging to the monarchy.

#### **SUN 23:00 Loose Ends (m001gwtm)**

[Repeat of broadcast at 18:15 on Saturday]

#### **SUN 23:30 Something Understood (b01rv33m)**

[Repeat of broadcast at 06:05 today]

### **MONDAY 09 JANUARY 2023**

#### **MON 00:00 Midnight News (m001gwwm)**

The latest news and weather forecast from BBC Radio 4.

#### **MON 00:15 Thinking Allowed (m001gkbl)**

Self-improvement

SELF IMPROVEMENT: Laurie Taylor explores the 'wellness' and 'confidence' cultures that injunct us to be better versions of ourselves. He talks to Shani Orgad, a Professor in the Department of Media and Communications at the LSE and co-author of a new study arguing that imperatives directed at women to "love your body" and "believe in yourself" imply that psychological blocks rather than entrenched social injustices hold women back. Why is there now such an emphasis on

confidence in contemporary discourse about body image, workplace, relationships, motherhood, and even international development? They're joined by Stephanie Alice Baker, a Senior Lecturer in Sociology at City, University of London, whose latest work traces the emergence of 'wellness culture' from a fringe countercultural pursuit to a trillion-dollar industry. Wellness has become synonymous with yoga, meditation, and other forms of self-care and is no longer simply an alternative to mainstream medicine. As it's coalesced with consumer culture, it's become synonymous with an industry of exclusive products and services. In addition, in the Covid moment, it's become associated with harmful conspiracy theories. So is 'wellness' culture delivering on its myriad promises, or does it have a darker side?

Producer: Jayne Egerton

**MON 00:45 Bells on Sunday (m001gwvx)**  
[Repeat of broadcast at 05:43 on Sunday]

**MON 00:48 Shipping Forecast (m001gwwr)**  
The latest weather reports and forecasts for UK shipping.

**MON 01:00 Selection of BBC World Service Programmes (m001gwww)**  
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 (m001gwwy)**  
The latest weather reports and forecasts for UK shipping.

**MON 05:30 News Briefing (m001gwx0)**  
The latest news from BBC Radio 4

**MON 05:43 Prayer for the Day (m001gwx2)**  
A spiritual comment and prayer to begin the day with Harry Baker

Good Morning.

Through a friend of a friend in the army, I recently learnt about the concept of Adventure Leave. Alongside regular holiday they can take paid leave to go kayaking in the mountains for a week, with a view that this develops skills that may come in useful later on in their career. I love this idea, and as a self-employed poet, I have been considering having a word with my boss about implementing a similar policy.

I'm sure there are many parallels with the army for specific skills I could work on, such as building up my strength for carrying boxes of books between gigs, or going wild camping to perfect sleeping in uncomfortable positions ahead of a post-show overnight Megabus back from Halifax to London. Maybe if I meditate on a mountaintop long enough I could finally discover an answer to the age-old question of "So can you actually make a living from this?" The truth is, the most important skill I think I could develop as a poet is my sense of wonder.

Like many writers I naively thought that being locked down for months at a time might be good for creativity. Without any distractions from the outside world the ideas in my head would finally find their way on to the page. But the reality was that all my creative energy was going towards trying to cope with the day to day uncertainty that came with it, and there wasn't much left over for big ideas. It is only by being back on the road and meeting incredible people in incredible places that I am feeling that sense of wonder and excitement return, and so I plan to use my adventure leave doing just that.

I just hope I can get my boss to sign off on it. Creator god, thank you for adventure. Thank you that this world is so full of wonder that a lifetime spent exploring it wouldn't even begin to scratch the surface. Thank you that whether or not it comes in helpful later in life, taking the time to have excitement is always a worthwhile endeavour.

Amen.

**MON 05:45 Farming Today (m001gwx4)**  
09/01/23 UK hops, farm machinery, highland cattle

Hop growers are warning that unless something changes many won't be able to continue. They say the cost of producing hops is up by 25% on last year - but that's not being reflected in what they're being paid. All week we're looking at machinery, great and small. Technology is often held up as the answer to many of the challenges agriculture faces, from improving efficiency, to reducing costs and fertiliser use, and solving labour shortages. And a low tech solution to a prickly problem: Highland Cattle are being asked to start work on the windswept Spurn peninsula

in East Yorkshire.

Presented by Charlotte Smith and produced by Beatrice Fenton.

**MON 05:56 Weather (m001gwx6)**  
The latest weather forecast for farmers.

**MON 05:58 Tweet of the Day (b03bkfw4)**  
Grey Plover

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

Wildlife Sound Recordist, Chris Watson, presents the Grey Plover. The call of the grey plover across the shimmering mudflats of an autumn estuary is a haunting sound. They feed out on open mudflats using the "run, stop, peck" method...a quick run towards any worms or shellfish which they spot with those big eyes, stop, then a slight lean forward to pick it up.

**MON 06:00 Today (m001gx41)**  
News and current affairs, including Sports Desk, Weather and Thought for the Day.

**MON 09:00 Start the Week (m001gx45)**  
Where are you from?

In Not So Black and White: A History of Race from White Supremacy to Identity Politics Kenan Malik questions what he sees as lazy assumptions about race and culture. He retells the forgotten history of a racialised working class which sits uncomfortably with today's obsession with 'white privilege'. He tells Tom Sutcliffe that we need to confront the issues facing society in terms of class and inequality, and not in terms of identity.

The academic Francesca Sobande believes people's racial identity is a key factor in their experiences and how they are treated. Black Oot Here, co-authored with layla-roxanne hill, explores the history and contemporary lives of Black people in Scotland.

The prize winning poet Don Paterson grew up on a working-class council housing estate in Dundee in Scotland. He looks back at that time in his memoir, Toy Fights, interweaving the moments of love, joy and musical delight with the dark side of growing up surrounded by poverty.

Producer: Katy Hickman

Image credit: '40 George Square' by Francesca Sobande

**MON 09:45 Clubland by Peter Brown (m001gx6p)**  
Episode 1

Pete Brown is a convivial guide on this journey through the intoxicating history of working men's clubs.

From the movement's founding by teetotal social reformer the Reverend Henry Solly to the booze-soaked mid-century heyday, when more than 7 million Brits were members, this warm-hearted and entertaining book reveals how and why the clubs became the cornerstone of Britain's social life – offering much more than cheap Federation Bitter and chicken in a basket.

Often dismissed as relics of a bygone age, Pete reminds us that long before the days of Phoenix Nights, 3,000-seat venues routinely played host to stars like Shirley Bassey, Louis Armstrong and the Bee Gees, offering entertainment for all the family, and close to home at that. Britain's best-known comedians made reputations through a thick miasma of smoke, from Slough to Skegness.

The book explores the clubs' role in defining community and class identity for generations of men, and eventually women, in Britain's industrial towns. They were, at their best, a vehicle for social mobility and self-improvement, run as cooperatives for working people by working people - an informal, community-owned pre-cursor to the welfare state.

Written and Read by Pete Brown  
Abridged by Isobel Creed and Jill Waters  
Produced by Jill Waters

A Waters Company production for BBC Radio 4

**MON 10:00 Woman's Hour (m001gx4f)**  
Impact of Eleanor Williams case, miracle baby, women in early animation, teachers' strike

Last week we reported how 22-year-old Eleanor Williams who claimed she had been trafficked and raped by an Asian grooming gang was convicted of perverting the course of

justice. She will be sentenced in March but we consider the possible impact her conviction could have on how rape is reported, how it's handled by the police and whether women are believed. We hear from the former chief prosecutor for the north west Nazir Ali and Maggie Oliver, the former senior police officer who became a whistle blower for exposing the poor handling of the Rochdale child sex abuse ring case by her own force.

Whether it's rail, nurses, ambulance staff or postal workers strikes are becoming an increasingly common part of life. Could teachers across the UK be the next to follow? This week sees some teachers in Scotland striking with unions in England, Wales and NI, balloting their members in the coming days. Three quarters of teachers are female. Nuala talks to a teacher with nearly 30 years experience Michelle Richards and Natalie Perera, Chief Executive of the Education Policy

Hira Ahmad is the first woman with Bruck Syndrome, a brittle bone condition, to give birth to a healthy baby. The 28-year-old gave birth to baby girl Dua last January 1 and now wants to share her story to inspire others with similar conditions. She was given specialist care in St George's Hospital, London led by Professor Asma Khalil, consultant in obstetrics and maternal foetal medicine.

Until recently, it was believed that the early pioneers of animation had all been men. That consensus was shattered when historian Mindy Johnson uncovered the previously unseen work of the animator Bessie Mae Kelley from the 1920s. Kelley's films are now the earliest surviving hand-drawn animations by a woman (before this the earliest woman's work was from the 1950s.) Mindy joins Nuala McGovern to discuss gender bias in film history and why this discovery is so ground-breaking.

Presenter: Nuala McGovern  
Producer: Beverley Purcell

**MON 11:00 The Invention of... (m001gx4h)**  
Russia

A Tale of Two Ivans

Countries look so cohesive on the map - sturdy borders, familiar shapes. Don't be misled; they didn't always look like this. This is the story of Russia, biggest contiguous country on the planet, told from the time when it was very small.

"In my producer's history textbook it says here, page 18, that Russia as a political entity did not exist."

With contributions across the series from Janet Hartley, author of a history of the Volga; Rhodric Braithwaite, former ambassador to Moscow; historian and sociologist, Mischa Gabowitsch; Anthony Beevor; Natalia Antelava; Kateryna Khinkulova; Dominic Lieven; Olesya Khromeychuk; and James Hill of the New York Times.

This is the latest in the How to Invent a Country series which has previously been to Poland, Brazil, Germany and the USA.

Presenter Misha Glenn is the author of McMafia and former BBC Central Europe correspondent  
The producer for BBC audio in Bristol is Miles Warde

**MON 11:30 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

**MON 12:00 News Summary (m001h631)**  
The latest national and international news from BBC Radio 4.

**MON 12:04 You and Yours (m001gx4p)**  
Cost of Living 2023, Online Sales Countdowns, Petrol Prices

What will 2023 mean for the cost of living crisis? We hear how a new report by the Resolution Foundation predicts that we are about half way through and it will get worse before it gets better. Emily Fry, co-author of the report, explains more and Winifred Robinson also hears from a mother from

Bedfordshire about how she's coping right now.

Drip pricing, countdown timers and scarcity claims - we hear about the online sales tactics designed to push people into spending cash they may later regret. Dave Mendes De Costa from Citizens Advice tells Winifred Robinson what they've learnt from their research into such practices and we hear one individual's experience of being caught out by them.

Petrol prices are dropping, after being at record highs during 2022. Simon Williams from the RAC explains why and whether its set to continue. And we hear the latest analysis on what's going on in the energy market - wholesale prices are dropping but what does that mean for household bills? Joe Malinowski from the Energy Shop is live with Winifred Robinson.

PRESENTER: WINIFRED ROBINSON  
PRODUCER: CATHERINE EARLAM

**MON 12:57 Weather (m001gx4v)**

The latest weather forecast

**MON 13:00 World at One (m001gx51)**

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

**MON 13:45 Naturebang (m001gx55)**

Screaming Marmots and the Sound of Fear

Why are some sounds more frightening than others? Are there evolutionary origins behind the things we find scary? And is there anything more blood-curdling than a full throated scream?

Becky Ripley and Emily Knight tune in to the sounds that send the shivers down our spines, via a frightened Marmot in the Rocky Mountains of Colorado, and a brand new kind of musical instrument known as the 'apprehension engine'. Beware listeners, you may be in for a fright....

Featuring professor Daniel Blumstein, Chair of the Department of Ecology at UCLA, and film score composer Mark Korven. Produced and presented by Emily Knight and Becky Ripley.

**MON 14:00 The Archers (m001gww4)**

[Repeat of broadcast at 19:00 on Sunday]

**MON 14:15 This Cultural Life (m001gwtw)**

[Repeat of broadcast at 19:15 on Saturday]

**MON 15:00 Counterpoint (m001h3sk)**

Series 36

Heat 1, 2023

(1/13)

A new season of the widest-ranging music quiz on radio gets under way, as Paul Gambaccini welcomes the first three of this year's 27 contenders hoping to prove they are the nation's musical mastermind.

Paul's questions cover every genre and will test the contenders' knowledge of the classical repertoire as well as jazz, musicals, classic rock and 70 years of the charts. In the special round they will each have to choose a musical category on which to answer their own questions, with no prior warning of the topics.

Taking part are:

Yvonne Blair from Glasgow  
Antony Fish from Pontypool  
Isabella Valentini from Brentwood in Essex.

Assistant Producer: Stephen Garner  
Producer: Paul Bajoria

**MON 15:30 The Food Programme (m001gww5)**

[Repeat of broadcast at 12:32 on Sunday]

**MON 16:00 Warsan Shire on a Nation of Poets (m001gl62)**

Imagine a place where poets lead armies into battle and strike fear into politicians, where poems accompany birth and marriage, work and worship, where the greatest poets write lyrics to pop songs and are treated like celebrities.

For Somalis, in the Somali territories and beyond, this is a cultural reality - a world where the rhythms and images of poetry are built into everyday speech and learnt from birth, where poetry is simply the natural language.

Acclaimed British Somali poet Warsan Shire explores what it means to be part of a culture which puts poetry at its centre, a "nation of poets", and asks where this thriving tradition is going

next. As a new Somali generation comes of age in a diaspora spread across the world, how are traditions adapting to new contexts and how is technology helping poetry thrive in a hyper-connected community?

Sharing their insights, memories and poetry with Warsan are British Somali poets Momtaza Mehri and Samatar Elmi, academics Dr Christina Woolner and Dr Martin Orwin and famous Somali poet Xasan Daahir Ismaaciil known to his many fans and followers as 'Weedhsame'.

Presented by Warsan Shire  
Produced by Michael Umney  
A Just Radio production for BBC Radio 4

Picture credit: Leyle Jeyte

**MON 16:30 Beyond Belief (m001gx5c)**

Leap of Faith

"I wouldn't have become an athlete if I didn't think it was something that God wanted me to do."

Jonathan Edwards still holds the triple jump world record 27 years after leaping to victory in 1995. He has taken home gold at the Olympics, World and European Championships and the Commonwealth Games. His success, he says, was driven by the belief that he was "in tune with a supernatural being that created the Earth". Today, he no longer holds those beliefs but looks back on how they had an impact on his sporting career.

For Jonathan Edwards, his Christian beliefs were a deciding factor in his performance as an athlete but does God play a part in sporting success?

Aleem Maqbool brings together three people with different experiences of the inter-play between sport and spirituality. Khadijah Mellah won the Magnolia Cup at Goodwood in 2019 and is the first jockey to wear the hijab in competitive British horse racing. Richard Leadbeater is a former professional footballer turned Anglican Vicar and Shameema Yousof is a sport psychologist, and mental health therapist who looks at the relationship between performance, mental health and culture.

The panel discuss whether personal religious beliefs have an impact on sporting performance. They ask whether faith gives athletes the edge on their competitors and if sports psychology can have the same impact. When it comes to elite sport, does God have a hand in the result? Does holding a faith make a difference when you're going for gold? Does God help you win?

Producer: Katharine Longworth

**MON 17:00 PM (m001h63g)**

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

**MON 18:00 Six O' Clock News (m001gx5h)**

Health unions say talks with the government about pay have done nothing to persuade them to call off a series of strikes

**MON 18:30 Just a Minute (m001gx5m)**

Series 90

Bicycle Stabilisers, French New Wave and The Shining

Sue Perkins challenges Paul Merton, Zoe Lyons, Alan Davies and Holly Walsh to speak for 60 seconds without repetition, deviation or hesitation.

The long-running Radio 4 national treasure of a parlour game is back for a new series with subjects this week ranging from French New Wave to Bicycle Stabilisers.

Production co-ordinator: Caroline Barlow  
Sound editor: Marc Willcox  
Producer: Rajiv Karia

A BBC Studios Production

**MON 19:00 The Archers (m001gwz4)**

At the shop Jim wonders to Susan if he should have stuck with Jazzer's invitation to be best man, but she won't comment - her New Year's resolution is to rein in her strong opinions regarding other people's life decisions. Meanwhile she reports they've lost Maureen, a volunteer, due to a back injury. Susan reckons it might be Jim's fault for making Maureen clean the stockroom, so she declares that he'll have to cover all Maureen's shifts until they can recruit a replacement. Jim feels Susan's resolution hasn't lasted long. Jim posts a 'volunteers wanted' notice, and Joy walks in. She's interested, and lists her relevant experience. Jim's encouraging, but Susan's not keen, and tells Jim later that she doubts she could cope with Joy's chatter for hours on end.

He'll have to find someone else.

Adam reports to Pat how much Kate is dreading the imminent appearance of Jakob's brother Erik. Pat agrees it must be tricky. She looks ruefully at the veg boxes, wishing they were more exciting at this time of year. Adam has an idea for reviving the farm and increasing footfall - an edible forest garden. If they start planting now, they could have something up and running by May. Pat's impressed. Adam wonders how Tom would feel about the idea. Pat agrees he's not always predictable; Adam would need to be aware it could go either way. But it's such a great idea, Pat's sure Tom will see that straight away.

**MON 19:15 Front Row (m001gx5r)**

The Light in the Hall, The Shipping Forecast photographs, Nell Zink

The Light in the Hall, a crime drama starring Joanna Scanlan, has launched on Channel 4 following its previous incarnation in Welsh on S4C, as Y Golau. Director Andy Newbery joins Shahidha to discuss directing a bilingual 'back to back' TV production with a single cast and crew.

Photographer Mark Power discusses his seminal book The Shipping Forecast, which has been re-released with over 100 previously unseen photographs.

And the writer Nell Zink, known for her dark humour, discusses her latest novel, Avalon, which focuses on the life of the indefatigable teenager, Bran, who grows up in the pie-less version of America and embarks on a contradictory love affair.

Presenter: Shahidha Bari  
Producer: Eliane Glaser

Image: Joanna Scanlan as Sharon Roberts in TV drama The Light in the Hall on Channel 4/ Y Golau on S4C.

**MON 20:00 In Dark Corners (m001gxfc)**

South Africa

Journalist Alex Renton attended three traditional private schools. When he was eight he left home and boarded at Ashdown House, where he was sexually abused by a teacher. It wasn't until 2014 that Alex felt able to face his demons. He began writing about his experiences and that's when emails and letters started pouring in from other boarding school survivors, from around the country. The scale was breathtaking.

In summer 2022 Alex presented the series 'In Dark Corners', in which he followed the path of predatory teachers as they made their way through Britain's most elite schools, where the abuse was either ignored or enabled. Few were charged. Many fled the country.

In this fourth episode Alex picks up the stories of two teachers covered earlier in the series. 'Hubert' from episode 1 was a teacher at Ashdown House; an exclusive all boys school in Sussex, which includes Boris Johnson amongst its alumni. 'Edgar' from episode 2 taught broadcaster Nicky Campbell, amongst many others, at Edinburgh Academy and Fettes College in Edinburgh.

Both teachers have numerous allegations of sexual abuse against them spanning decades and continents. Both are now in South Africa. Will they ever be brought back to Britain to be tried in court?

BBC Action Line support: Child sexual abuse:  
<https://www.bbc.co.uk/programmes/articles/22VVM5LPrf3pjYdKqctmMXn/information-and-support-sexual-abuse-and-violence>

Producer: Caitlin Smith  
Presenter: Alex Renton  
Editors: Gail Champion and Heather Kane-Darling  
Research in South Africa: Carol Albertyn Christie  
Sound design: Jon Nicholls

**MON 20:30 Crossing Continents (m001gl5y)**

South Korea - a room with a view

"It's like living in a cemetery." Jung Seongno lives in a banjiha, or semi-basement apartment in the South Korean capital Seoul. Last August parts of Seoul experienced major flooding. As a result several people, including a family of three, drowned in their banjiha. Seongno dreams of having a place where the sunlight and the wind can come in.

These subterranean dwellings are just one example of a growing wealth divide in Asia's fourth largest economy. With almost half of the country's population living in Greater Seoul, the struggle to find affordable housing has become a major political issue. It also contributes to Korea's worryingly low birth rate. The inability of young people to afford a home of their own means they are not starting families. Many have given up on relationships altogether.



John Murphy reports from Seoul, where owning a home of your own is so important and yet increasingly unattainable.

Produced and presented by John Murphy  
Producer in Seoul: Keith Kunhyung Park  
Studio mix: Rod Farquhar  
Production coordinator: Iona Hammond  
Series editor: Penny Murphy

**MON 21:00 Born in Bradford (m000wrnv)**  
Mental Health

The focus of Born in Bradford is shifting, as young people in the study start to play a more active role in shaping the research. In this programme the focus is on mental health, as schools grapple with how lockdown has affected pupils and hospitals report an increase in referrals following self-harm and a range of anxiety related conditions. Winifred Robinson investigates and talks to young people about how research might help them and how they handle the pressures they feel.

Fifteen year old Billy has already benefited from a more proactive approach to mental health and new links between the NHS and the 38 secondary schools across Bradford. He was feeling tired and lethargic during the pandemic and struggled to complete online lessons at home. His head teacher at the Keighley University Academy, Jon Scurr, invited him to take part in a new counselling service and he began addressing his problems, starting with prioritising his worries:

"I told the NHS practitioner about passing people me on the pavement and my fear of not knowing what strangers would do to me. She got me to explain the impact of this, how I'd tremble and my palms would get sweaty and she explained what to do in that process. It was such a help - that was all I needed to do, I feel so much better. Before I didn't feel energised and now I feel like studying and feel in control."

For other head teachers the focus as Born in Bradford moves into this new phase will also bring opportunities to assess how pupils handle the move from primary to secondary school. Lynette Clapham is the head of Crossley Hall Primary and is worried about how covid will place extra pressures on year six pupils already worried about how they will cope:

"Change makes adults anxious and children anxious. It's also an added concern that they haven't been able to visit their new schools because of covid. We have to prepare them for what's next; we are on borrowed time with them. Some of the children are going to high schools on their own and not with friends from here - so far they haven't had the chance to meet others and get ready for what's ahead."

Dr John Wright, who heads Born in Bradford, is excited by the new phase of research as the 13,000 Born in Bradford children move through their teenage years: "it's a remarkable period in life never do you get such change and transition and that's biological psychological and social change.

"There's a metamorphosis from being a child to an adult and it's a time of great change and experimentation. It's also a time of great change in our mental health - over half of mental disorders start in adolescence and we are very keen to understand the causes and what we can do and to track what happens over time

**MON 21:30 Start the Week (m001gx45)**  
[Repeat of broadcast at 09:00 today]

**MON 22:00 The World Tonight (m001gx5y)**  
Unions and government discuss industrial action

Also tonight:

Condemnation after violent storming of Brazil's Congress building.

And the first space launch of its kind from British soil.

**MON 22:45 Lessons in Chemistry by Bonnie Garmus (m001gx62)**  
6: 'Now let's get started!'

Bonnie Garmus' comic bestseller featuring the gloriously idiosyncratic feminist icon, Elizabeth Zott.

It's the early 1960s and Zott's all-male team at Hastings Research Institute take a very unscientific view of equality. Except for one: Calvin Evans, the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with - of all things - her mind. True chemistry results.

Like science, life is unpredictable. Which is why a few years later, Elizabeth Zott finds herself not only a single mother, but the reluctant star of America's most beloved cooking show,

Supper at Six. Elizabeth's unusual approach to cooking proves revolutionary. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook, she's daring them to change the status quo.

Today: Having agreed to become the unlikely presenter of 1960s show Supper at Six, the indefatigable Elizabeth Zott intends to bring science into daytime TV cookery ...

Writer: Bonnie Garmus  
Reader: Julianna Jennings  
Abridger: Katrin Williams  
Producer: Justine Willett

**MON 23:00 Lights Out (m001gx66)**  
Series 5

Gatekeeper

"Somewhere between the narrow entry of Who I am and What I seem to be, lies a vast and nameless place."

In this transmission, Axel Kacoutié discovers a new sense of self in the cosmologies, concepts and realities of queer and indigenous folks. What are the links between gender expression and our relationship with the Earth? How does it destabilise colonial and capitalist imaginations of what we're told a gender binary is meant to be?

Featuring the voices of:  
Opaskwayak Cree Nation Professor at the University of Saskatchewan, Dr Alex Wilson  
Artist Buitumelo Kotekwa  
Afro-Taino Two-Spirit change-maker Cleopatra Tatabele  
Scholar and Research Assistant, Karyn De Freitas  
Transmasculine, non-binary scholar and Founder of the Free Black University, Melz Owusu.

Development Producer: Eleanor McDowall  
Assistant Producer: CA Davis  
Additional Recording: Heidi Chang and Israel Ramjohn  
Sound Design, Music and Mixing Production: Axel Kacoutié  
Produced by Axel Kacoutié  
A Falling Tree production for BBC Radio 4

**MON 23:30 Today in Parliament (m001gx6b)**  
Susan Hulme reports as MPs grill the Health Secretary about winter pressures in the NHS.

## TUESDAY 10 JANUARY 2023

**TUE 00:00 Midnight News (m001gx6h)**  
The latest news and weather forecast from BBC Radio 4.

**TUE 00:30 Clubland by Peter Brown (m001gx6p)**  
[Repeat of broadcast at 09:45 on Monday]

**TUE 00:48 Shipping Forecast (m001gx6t)**  
The latest weather reports and forecasts for UK shipping.

**TUE 01:00 Selection of BBC World Service Programmes (m001gx6y)**  
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 (m001gx72)**  
The latest weather reports and forecasts for UK shipping.

**TUE 05:30 News Briefing (m001gx76)**  
The latest news from BBC Radio 4

**TUE 05:43 Prayer for the Day (m001h63j)**  
A spiritual comment and prayer to begin the day with Harry Baker

Good Morning.

The start of the year is often a time of new beginnings. Of taking stock of the year just passed and looking ahead to what is coming up. It is perhaps as good a time as any to quote The West Wing and ask yourself: What's next? And yet I have a complicated relationship with that question. I am coming to the end of a tour of a show I wrote for the Edinburgh Fringe Festival last year, alongside a book of poems of the same name.

Because of Covid it is the first time I have been able to gig properly for three years, and the book has been 8 years in the making since my previous collection. Whichever way you measure it, I have been looking forward to this for a long time.

And I love it so much. To be on stage in front of people sharing something I believe in is where I come most alive, and being unable to do so for so long during lockdown took its toll in ways I am only just coming to terms with. As this tour is drawing to a close, people have started to ask me the dreaded question: what's next? To which the answer is: I don't know. And I have purposefully kept it that way. As much as I get a nerdy thrill from the intricacies of putting a tour together, I know that what my soul needs is space to figure it out.

The question I have instead been pondering comes in the form of a lyric by one of my favourite writers Kae Tempest: "Why do something if you can't be proud of it?" Whether it is another tour, something more local, or simply making a cracking meal for some friends, I plan to make sure whatever happens next it is something I can be proud of. And until then I hope to make the most of every second of what's happening now. God grant us space to breathe, To work out what makes our hearts sing, and give enough oxygen to those things. May you help us to savour the present moment, and resist the urge to rush into whatever is happening in the not so distant future, so that by the time we get there, we will be able to savour it just as much.

Amen.

**TUE 05:45 Farming Today (m001gx7b)**

America will not be able to sign a trade deal for agricultural goods with the UK, unless the agreement includes 'no tariffs, and no barriers' according to a senior US Dept Agriculture representative. Jason Hafemesiter Acting Deputy Under Secretary for Trade and Foreign Agricultural Affairs says the US wants to embrace new technologies such as gene editing to reduce its reliance on fertilizers and pesticides, creating a more sustainable farming system. So, if a trade deal is signed between the UK and the USA, it would have to include crops produced in this way. He was also keen to point out that America would not want to see barriers to exports of hormone-treated beef or chlorine-washed chicken.

Meat production and alternative protein sources were up for debate at the Oxford REAL Farming Conference, as part of a wider discussion throughout the conference on sustainable food production. Nourish Scotland - a charity which focuses on food policy and practice - brought together farmers, academics, producers and consumers from all over the country for a workshop to explore some of the problems and solutions. We dropped in on a session entitled "What's at Steak?".

A farmer with a passion for engineering and the environment will be unveiling a seed drill he's designed at Lamma - the agricultural machinery show at the NEC in Birmingham. Martin Lole, whose company Mzuri is based in Worcestershire, calls his new machine the Ipass. It's been set up to be used in a strip tillage system to minimise disruption to the soil and promises to deliver higher crop yields.

Presenter = Anna Hill  
Producer = Rebecca Rooney

**TUE 05:58 Tweet of the Day (b03dwsb7)**  
Jackdaw

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

Martin Hughes-Games presents the jackdaw. Jackdaws are scavengers with a reputation for stealing shiny or glittering objects. Martin Hughes-Games tells the story of a tame jackdaw he had as a child, which became a very colourful member of the family, with her very own store of costume jewellery to play with.

**TUE 06:00 Today (m001h6dk)**  
News and current affairs, including Sports Desk, Weather and Thought for the Day.

**TUE 09:00 The Life Scientific (m001gwyh)**  
Chris Elliott on fighting food fraud

Professor Chris Elliott is something of a 'food detective'. A Professor of Food Safety and Microbiology at Queen's University Belfast and a founding director of its Institute for Global Food Security (IGFS), his work is all about developing scientific solutions to protect us from contaminated food, be it accidental or criminal.

Following the 2013 horse meat scandal - when prepared foods purporting to be made from beef were found to contain undeclared horse-meat - Chris conducted the independent review of the UK Food system that brought to light the growing threat of food crime. Since then, his name's become synonymous with solving cases of food fraud; today he receives regular tip-offs on everything from oregano scams to dodgy potatoes.

But as Chris tells Jim Al-Khalili, his team at the IGFS are pioneering new techniques to read the molecular fingerprint of foodstuffs, with technology that they hope will stop the fraudsters in their tracks...

Producer: Lucy Taylor

**TUE 09:30 One to One (m001gwyk)**

Trespass and the right to roam

Matthew Parris travels to the Thames to talk to Nick Hayes, author of the Book of Trespass.

Property rights, the right to roam, and the rights of the UK travelling community are all thrashed out.

The producer for BBC audio in Bristol is Miles Warde

**TUE 09:45 Clubland by Peter Brown (m001gwym)**

Episode 2

Pete Brown is a convivial guide on this journey through the intoxicating history of working men's clubs.

From the movement's founding by teetotal social reformer the Reverend Henry Solly to the booze-soaked mid-century heyday, when more than 7 million Brits were members, this warm-hearted and entertaining book reveals how and why the clubs became the cornerstone of Britain's social life – offering much more than cheap Federation Bitter and chicken in a basket.

Often dismissed as relics of a bygone age, Pete reminds us that long before the days of Phoenix Nights, 3,000-seat venues routinely played host to stars like Shirley Bassey, Louis Armstrong and the Bee Gees, offering entertainment for all the family, and close to home at that. Britain's best-known comedians made reputations through a thick miasma of smoke, from Slough to Skegness.

The book explores the clubs' role in defining community and class identity for generations of men, and eventually women, in Britain's industrial towns. They were, at their best, a vehicle for social mobility and self-improvement, run as cooperatives for working people by working people - an informal, community-owned pre-cursor to the welfare state.

In this episode, the Revd Henry Solly was a passionate supporter of working men's clubs and institutes, as a means to promote self improvement among working class men. His foundation of the CIU – the Club and Institute Union – was crucial to the cohesive future of the movement.

Written and Read by Pete Brown  
Abridged by Isobel Creed and Jill Waters  
Produced by Jill Waters

A Waters Company production for BBC Radio 4

**TUE 10:00 Woman's Hour (m001gwyq)**

The Letters of Edith Thompson, Women in Westminster, Donor-conceived Children, Lucy Rout on Dragons' Den

One hundred years ago Edith Thompson and her lover Frederick Bywaters were hanged for the murder of her husband Percy, even though there was no evidence that she was involved with the killing. What condemned Edith were the letters that she had written to Freddy, which were interpreted by the law as incitement to murder. Laura Thompson has brought the letter together in a book *Au Revoir Now Darlint*. She joins Nuala to discuss the story and why the case still resonates a century later.

A report out today by the charity the Fawcett Society has found a 'toxic and exclusionary' culture in Westminster which they say risks pushing out women MPs and having a damaging effect on democracy. Nuala is joined by Jemima Olchawski, CEO of the Fawcett Society as well as the Conservative MP Maria Miller who is Chair of the APPG on Women and Parliament and the Labour MP Stella Creasy who has campaigned for better maternity rights for MPs.

When Nuala spoke about donor conceived children on Woman's Hour last week, listener Hayley got in touch to share her own story, not only of being a donor conceived person herself, but using a donor to conceive her own children too. She explains why she thinks it's so important to be open and honest about your child's conception.

Dragons' Den has returned to our TV screens and the Dragons were impressed by Lucy Rout's pitch. The 28 year old became the first entrepreneur in 20 series to receive investment and a job offer from Peter Jones alongside investment backing from two other dragons. Lucy is the founder of Tabuu, a business that sells stylish pill cases with the aim of removing the stigma around taking medication. Lucy was diagnosed with pancreatic cancer at the 25, and following reconstruction of her digestive system has to take medication every time she eats. She talks to Nuala about her illness and her experience in the Den.

Presented by Nuala McGovern

Producer: Louise Corley

Editor: Beverley Purcell

**TUE 11:00 The Curious Cases of Rutherford & Fry (m001gwys)**

Series 21

The Case of the Blind Mind's Eye

Close your eyes and think of a giraffe. Can you see it? I mean, \*really\* see it - in rich, vivid detail? If not - you aren't alone!

We've had scores of messages from listeners who report having a 'blind mind's eye'. They don't see mental images at all and they want to know why. Jude from Perth wants to know what makes her brain different, and Diane from Scotland wonders whether it affects her ability to remember family holidays.

Our sleuths learn that this is a condition recently termed 'aphantasia'. They meet the chap who came up with the name, Professor Adam Zeman, a neurologist from the University of Exeter, and quiz him on the brain mechanisms behind this mystery.

Professor Julia Simner - a psychologist who, herself, doesn't see mental images - shares the surprising research into how aphants differ slightly from others in a range of cognitive skills. We also hear about the world class artists and animators who can't visualise - but can create beautiful, imaginary worlds.

Philosophy professor Fiona Macpherson from the University of Glasgow, deepens the mystery: perhaps this largely hidden phenomenon is behind some of the most profound disagreements in the history of psychology. Our mental experiences are all very different - maybe that's why thinkers have come up with such different theories about how our minds work.

Search for the "VVIQ" or Vividness of Visual Imagery questionnaire to take the test yourself. Look for "The Perception Census" to take part in this massive online study of perceptual variation. And look up the 'Aphantasia Network' if you're curious to find out more.

Presenters: Hannah Fry and Adam Rutherford  
Contributors: Professor Adam Zeman, Professor Julia Simner, Professor Fiona Macpherson  
Producer: Ian Goodman

**TUE 11:30 Out of the Ordinary (m000tmm1)**

Series 8

How to memorise anything

"Memory athletes" compete to see who can remember the most random numbers in an hour. Or else to memorise decks of playing cards. Memory training is big in China, where there are TV game shows for memory contests, and where parents pay good money to get their children trained in memorisation techniques.

Everyone thought the Chinese were invincible, and that we were at the limits of what could be memorised - until 2019 when a group of North Korean teenagers arrived at the world championships, smashed a bunch of records, and returned to Pyongyang. Since then, nothing has been heard of them. What's their secret? And why does North Korea want to dominate the world in this obscure sport?

Presenter/Producer: Jolyon Jenkins

**TUE 12:00 News Summary (m001h6dm)**

The latest national and international news from BBC Radio 4.

**TUE 12:04 You and Yours (m001gwyj)**

Call You and Yours: What's your experience of using private healthcare?

On today's Call You and Yours we're asking: "What's your experience of using private healthcare?"

A fifth of people have paid for healthcare in recent months, nearly half a million have taken out private medical insurance in the past year.

Is that you? Have you taken out health insurance or paid for treatments you'd usually have on the NHS because you're not getting the treatment you need?

Email us on youandyours@bbc.co.uk.

Or you can call our phone number on 03700 100 444 at 11am.

PRESENTER: WINIFRED ROBINSON

PRODUCER: LYDIA THOMAS

**TUE 12:57 Weather (m001gwz0)**

The latest weather forecast

**TUE 13:00 World at One (m001h6dp)**

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

**TUE 13:45 Naturebang (m001gwz2)**

Rivers and the Rights of Nature

Becky Ripley and Emily Knight ask whether giving legal rights to things like rivers and forests changes how we think about the world that lives around us.

The Whanganui River, in New Zealand, is a legal person in the eyes of the law. It is legally defined as a living whole, from the mountains to the sea, and two local Maori tribe members speak on its behalf as its legal representatives. Other nations have had similar thinking: the Amazon rainforest in Columbia, one of the Great Lakes in the US, and the River Ganges in India all have legal personhood, as does land in Ecuador and Bolivia, where Mother Earth is recognised as a legal person.

Assigning personhood to non-human things is not a new idea. Since the late 1800s, corporations have been granted legal personhood, giving them the rights to hold property, enter into contracts, and to sue or be sued. Then in 1972, Christopher Stone, himself a Professor of Law, published the essay 'Should Trees Have Standing?', arguing that if corporations can have personhood, why can't natural entities?

Does the act of doing this reframe our relationship to the natural world, as something which lives not just for us, but alongside us in its own right? And as the law extends rights to nature, does that - in turn - extend our empathy towards the more-than-human world?

Featuring Dr Rāwiri Tinirau, advisor on Māori and Indigenous human rights, and Anna Grear, Professor of Law and Theory at Cardiff University and founder of the Journal of Human Rights and the Environment. Produced and presented by Emily Knight and Becky Ripley.

**TUE 14:00 The Archers (m001gwz4)**

[Repeat of broadcast at 19:00 on Monday]

**TUE 14:15 Drama (m001gwz6)**

Border Call

We are on the cusp of major changes in the three-way relationship between Britain, Ireland and Northern Ireland. In this taut political drama, Hugh Costello looks into his crystal ball and imagines a future scenario.

The year is 2027. Helen Graham is the Secretary of State for Northern Ireland in the UK government. Recent elections to the Stormont Assembly have confirmed Sinn Féin as the largest party. Now they and their counterparts in the Republic, senior partners in a ruling coalition since the general election of 2025, have renewed their calls for a referendum, or Border Poll, on unification, to be held on both sides of the border.

Under the Good Friday Agreement, the power to call such a poll in NI lies with the Secretary of State, if she judges that "it appears likely that a majority of the people would vote in favour of a united Ireland."

Helen was raised in Manchester by an English father and Irish mother. This is her first Cabinet position, and it's giving her sleepless nights. Not least because the Prime Minister is demanding a debrief. At the suggestion of her resourceful PPS, Belfast native Emily Cooke, she embarks on a fact-finding mission and charm offensive. But while appearing as a guest on a radio phone-in show in Dublin, a caller raises a traumatic event in Helen's family's past that changes the future for both her and the island of Ireland...

Cast:  
Helen Graham Jane Slavin  
Emily Cooke Bronagh Waugh  
Andrew Tayla Kovacevic-Ebong  
Jennifer/Maureen Frances Tomelty  
Moriarty/Finnerty Stephen Hogan

Written by Hugh Costello  
Directed by Eoin O'Callaghan

A Big Fish Radio production for BBC Radio 4

**TUE 15:00 Short Cuts (m001gwz8)**

Series 33

Through the Looking Glass

A private empty gravel lot transforms into a community beach in the pandemic and an invitation to step inside a work of art - Josie Long presents short documentaries about worlds turned upside down.

Bloordale Beach  
Feat. Shari Kasman  
Produced by Sarah Melton  
With music from Pop Plug & Canada Katana and Catjam

Portals  
Featuring Cassi Namoda  
Originally produced for Shade Podcast's series Interludes.  
Conceptualised by Executive Producer, Lou Mensah and created by Audio Artist, Axel Kacoutié  
Shade Podcast - <https://pod.link/1469562537>

FIELDS  
Original music by Ariana Martinez  
Produced by Ariana Martinez

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

**TUE 15:30 A Thorough Examination with Drs Chris and Xand (p0d126vj)**  
Series 2: Can I Change?

6. How to listen to your body

Most of us would like something about ourselves or our lives to be different, but how easy is it to actually change?

Drs Chris and Xand van Tulleken are looking at whether people can change and how they do it. Exactly how much of any aspect of personality is genetic destiny and how much are we shaped by the world around us?

Chris wants to be a better doctor, friend, husband and father. But most urgently he wants to be a better brother, and is determined to improve his relationship with Xand. They're best friends and talk to each other every day, but they are also business partners who find it very hard to work together without having a visceral row.

Chris wants to change how he relates to his brother and believes it is possible, but Xand is less convinced that we can or that he needs to change. In this series, Chris confronts that pessimism.

In episode 6 - How To Listen To Your Body - Professor Sarah Garfinkel teaches the twins about interoception - or how we understand and act on what's going on inside our bodies. She tests their ability to interpret their emotions and both Chris and Xand are surprised at the results.

Presented by Drs Chris and Xand van Tulleken  
Produced by Hester Cant and Alexandra Quinn  
Series Editor: Jo Rowntree  
A Loftus Media and van Tulleken Brothers Ltd production for BBC Radio 4

**TUE 16:00 Word of Mouth (m001h47b)**  
Exclamation Marks!!

In the first of a new series, Michael Rosen exclaims excitedly over exclamation marks with Dr Florence Hazrat, who has a passion for them. They explore the history behind the first punctuation symbol to indicate emotion and ask why some people do not like using them at all.

Florence is the author of *An Admirable Point: A Brief History of the Exclamation Mark!*

Producer Beth O'Dea

**TUE 16:30 Great Lives (m001h6dr)**  
Roger Deakin, wild swimmer and author of *Waterlogged*

Matthew Parris travels along the Thames to meet Nick Hayes - illustrator and author of *The Book of Trespass* - to discuss the life of Roger Deakin. They also enjoy a naked swim. Joining them, in his pants, is Patrick Barkham. His new biography of Roger Deakin is published this year.

The producer in Bristol is Miles Warde.

**TUE 17:00 PM (m001h6dt)**  
Afternoon news and current affairs programme, reporting on breaking stories and summing up the day's headlines

**TUE 18:00 Six O' Clock News (m001gwzf)**

The Government has introduced a new bill to the House of Commons, which could force some staff to work during strikes.

**TUE 18:30 The Cold Swedish Winter (m000qx0f)**  
Series 5

Vasaloppet

Geoff (Adam Riches) is enjoying the glory of Sweden in the snow. Out with the kids in the hills, he bumps unexpectedly into his nemesis Johan (Thomas Eriksson), an ex-boyfriend of Linda's, who issues a challenge Geoff can't turn down.

Meanwhile Linda (Sissela Benn) is struggling to deal with a difficult work/life balance and yearns for the days when she could lose herself in her beloved cross-country ski-ing. And little John (Harry Nicolaou) discovers the joys of being caught short in the snow.

Danny Robins' series is partly recorded on location in Sweden and features some of Sweden's best loved comedy actors.

Cast  
Geoff: Adam Riches  
Linda: Sissela Benn  
Sten: Thomas Oredsson  
Gunilla: Anna-Lena Bergelin  
Johan: Thomas Eriksson  
John: Harry Nicolaou  
Ian: Danny Robins

Written by Danny Robins  
Produced and directed by Frank Stirling  
A 7digital production for BBC Radio 4

**TUE 19:00 The Archers (m001gwzh)**

Kate's struck by Erik's strong resemblance to Jakob. As she welcomes him, Erik assumes she's Jakob's landlord and can't believe how kind she's being. Kate is stunned and puts him straight. Kate's hurt that Jakob hadn't told Erik about her. Erik quickly corrects himself - of course he knew, he'd just forgotten. Kate's not sure whether to believe him. His gift of a smart speaker goes down well with Kate, though she accidentally gives away that it wouldn't be Jakob's ideal present. Honours even, the atmosphere thaws and they agree to have supper at the Bull. Alistair joins them, and they discuss Jakob as a child. Erik was always being compared unfavourably to his brother, who was diligent and organised. Kate points out that Jakob believes Erik was the favourite; he's the fun one with the glamorous career. When Erik goes to the bar Kate and Alistair agree he seems lovely and not at all how Jakob's made him out to be - though Alistair observes that someone this sociable and chatty would indeed be Jakob's nightmare. Jim's feeling overwhelmed with the burden of finding a best man for Jazzer, and a volunteer for the shop. Alistair insists his dad's the perfect best man, and Joy a great choice of volunteer. Jim thinks Alice might be a better option. Alistair suggests Jim adds Ed to his list of alternatives for the best man role. Later he shows Jazzer the list, but Jazzer still wants Jim. He suggests Jim shares the job with Ed. Jim thinks it's a marvellous idea.

**TUE 19:15 Front Row (m001gwzk)**  
How AI is changing art, the TS Eliot Prize for poetry and the folk music of wassailing

Designer Steven Zapata and artist Anna Ridler discuss whether AI art poses a threat to artists and designers.

Imagine reading more than 200 new books of poetry. That was the task faced by the judges of the TS Eliot Prize. Jean Sprackland and fellow judge Roger Robinson talk to Tom Sutcliffe about their experience and what they learned about the art of poetry today.

It's the time of year when lovers of orchards, apples and cider gather to bless and encourage their trees. The tradition of wassailing is ancient, and modern too. Jim Causley from Whimble, Dartmoor, sings wassaills old and new, and with artist Simon Pope talk about their project 'Here's to Thee'.

And in the latest of the poems shortlisted for the TS Eliot Prize, Jemma Borg read her poem *Marsh Thistle* from her collection *Wilder*.

Presenter: Tom Sutcliffe  
Producer: Paul Waters

**TUE 20:00 File on 4 (m001gwzm)**  
Abandoned in Afghanistan

18 months after the Taliban takeover of Afghanistan, File on 4 hears from people still stuck in hiding; their names blacklisted because of the work they did for the British.

Following the fall of the country and the frantic evacuation, the UK Government made a series of promises not to leave behind those who'd helped the UK.

The programme investigates the failures of these schemes, which have seen tiny numbers getting to safety in the UK. Thousands more left living in fear, facing torture and kidnap have been left languishing for months without contact or support.

Reporter: Paul Kenyon  
Producer: Kate West and Vicky Carter  
Technical Producer: Richard Hannaford  
Editor: Carl Johnston

**TUE 20:40 In Touch (m001gwzp)**  
Accessible smart meters, Blind charity news

On a recent edition of *In Touch*, we heard about Accessible In Home Displays, or AIHDS. These devices are essentially energy smart meters that have been adapted to provide, for example, a text to speech facility. We were told that they should be available from energy companies for blind people who requested them. However, many listeners have told us that this has not been their experience. We take a closer look.

And Olivia Curmo, CEO of "The Vision Foundation" and Keith Valentine, CEO of "Fight for Sight" join us with exclusive news on plans to tackle both the prevalence and impact of sight loss.

PRODUCER: FERN LULHAM

PRESENTER: PETER WHITE

Website image description: Peter White sits smiling in the centre of the image, wearing a dark green jumper. Above Peter's head is the BBC logo (three individual white squares house each of the three letters). Bottom centre and overlaying the image are the words "In Touch" and the Radio 4 logo (the word Radio in a bold white font, with the number 4 inside a white circle). The background is a bright mid-blue with two rectangles angled diagonally to the right. Both are behind Peter, one of a darker blue and the other is a lighter blue.

**TUE 21:00 Inside Health (m001gwzr)**  
Why is everyone ill? Can ketamine and therapy treat alcoholism?

Covid and other bugs have ripped through the Inside Health team, so we find out why everyone seems to be getting sick at the moment and if we will be facing a torrent of infections for months or even years to come. We see how easy it is to buy antibiotics online and why scientists are worried about it. And can ketamine and its mind-altering powers can help free people from addiction to alcohol?

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

**TUE 21:30 The Life Scientific (m001gwyh)**  
[Repeat of broadcast at 09:00 today]

**TUE 22:00 The World Tonight (m001gwzt)**  
The battle for Bakhmut

Also:

An interview with Jimmy Lai's son.

We speak to a Republican "Holdout" congressman.

And the role of the ghostwriter.

**TUE 22:45 Lessons in Chemistry by Bonnie Garmus (m001gwzw)**  
7: 'Just a housewife?'

Bonnie Garmus' comic bestseller featuring the gloriously idiosyncratic feminist icon, Elizabeth Zott.

It's the early 1960s and Zott's all-male team at Hastings Research Institute take a very unscientific view of equality. Except for one: Calvin Evans, the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with - of all things - her mind. True chemistry results.

Like science, life is unpredictable. Which is why a few years later, Elizabeth Zott finds herself not only a single mother, but the reluctant star of America's most beloved cooking show, *Supper at Six*. Elizabeth's unusual approach to cooking proves revolutionary. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook, she's daring them to change the status quo.

Today: Brilliant chemist Elizabeth Zott has become the unlikely

star of a 1960s daytime TV cookery show. And her scientific approach to cooking is proving revolutionary among her female viewers...

Writer: Bonnie Garmus  
Reader: Julianna Jennings  
Abridger: Katrin Williams  
Producer: Justine Willett

**TUE 23:00 Small Scenes (m0002m49)**  
Series 4

Episode 2

Award-winning sketch series set to music and starring Daniel Rigby, Mike Wozniak, Cariad Lloyd, Henry Paker and Freya Parker. This week a woman discovers why there are so many Cornish Pastie shops in British train stations and a man tries to return a sleeping bag to John Lewis with dramatic consequences.

Written by Benjamin Partridge, Henry Paker and Mike Wozniak, with additional material from the cast.

Produced by Simon Mayhew-Archer.

A BBC Studios production

**TUE 23:30 Today in Parliament (m001gwzy)**  
All the news from today's sitting at Westminster.

**WEDNESDAY 11 JANUARY 2023**

**WED 00:00 Midnight News (m001gx00)**  
The latest news and weather forecast from BBC Radio 4.

**WED 00:30 Clubland by Peter Brown (m001gwym)**  
[Repeat of broadcast at 09:45 on Tuesday]

**WED 00:48 Shipping Forecast (m001gx02)**  
The latest weather reports and forecasts for UK shipping.

**WED 01:00 Selection of BBC World Service Programmes (m001gx04)**  
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 (m001gx06)**  
The latest weather reports and forecasts for UK shipping.

**WED 05:30 News Briefing (m001gx0b)**  
The latest news from BBC Radio 4

**WED 05:43 Prayer for the Day (m001gx0g)**  
A spiritual comment and prayer to begin the day with Harry Baker

Good morning.

Every day there's something to celebrate. I was really excited when last year my long-awaited second book of poems came out on National Poetry Day itself, aka Poetry Christmas. It felt slightly less special when I discovered that October 6th is also National Badger Day, National Isabella Day, and National Transfer Money To Your Daughter Day, which is apparently a thing. So far this year we've already had National Introverts day, although they mostly kept quiet about it. This was followed by national spaghetti day, which may have slipped pasta few of you, and it thrills me to share that today is officially.. Step in a Puddle and Splash Your Friends Day - you can look it up if you don't believe me. I love Wellies.

After finding out that one niece has wellies covered in Unicorns, and another has wellies covered in raindrops that change colour when they get wet, I decided I wanted to join the cool welly crew. My extensive research showed that while for women there are some fun options including bumblebees and multicoloured stripes, for men (or anyone above size 6) the options are either black, or incredibly dark green, the prevailing wisdom being that they'll just get muddy anyway, so what's the point of even trying. I found it frustrating and disheartening that there is an assumption that as we get older life becomes more about practicality than possibility. That there is less room for fun in our lives as a grown up, especially - it would seem, for men.

Thankfully, after months of voicing such concerns, last year a pair of size 10 bright yellow welly boots appeared under the tree. A Christmas miracle indeed. I will be making sure I give

them a spin in a puddle or two today to celebrate. God thank you for fun. Thank you for reasons to celebrate. Whatever world we may find ourselves in, may we never lose that childlike joy.

Amen.

**WED 05:45 Farming Today (m001gx0l)**

It was ten years ago this week that the Food Standards Agency of Ireland announced they had found horsemeat in beef burgers. The trail of where and how the meat became contaminated revealed a web of meat supply across Europe, which was open to fraud. Professor Chris Elliott from the School of Biological Sciences at Queen's University Belfast, was tasked by the government to lead an inquiry, and as a result, a national Food Crime Unit was set up. Major retailers also signed up to a system for checking food safety, which still continues today. He believes that the science is there to stop food fraud, but says a lack of border checks since Brexit mean the UK's vulnerable to imports of food that aren't safe. Chief executive of the Food Standards Agency Emily Miles says trading standards and the FSA labs need more resources to carry out more checks.

Nearly 600 exhibitors are showcasing everything from tractors to combines and farming robots at LAMMA in Birmingham. All week we're focusing on machinery and the problems it can solve for farmers, from seed drills which help restore pasture, by emulating the movement of sheep's feet, to machines you can mount on a quad bike to remove rocks before planting a field.

Presenter = Anna Hill  
Producer = Rebecca Rooney

**WED 05:58 Tweet of the Day (b098njdj)**  
Joe Acheson on the Corncrake

Musician Joe Acheson of Hidden Orchestra describes how the scraping noise of a corncrake sounded like a ceaseless alarm as it carried over the island of Inishbofin.

Producer: Tom Bonnett  
Photograph: Melvyn Fagg.

**WED 06:00 Today (m001gx4y)**  
News and current affairs, including Sports Desk, Weather and Thought for the Day.

**WED 09:00 More or Less (m001gx52)**  
A&E delays and deaths, religious identity in N Ireland and naming the monster numbers

Tim Harford and the team return for a new series of the number crunching show. With the huge pressures facing the NHS we ask how many people may be dying because of treatment delays in A&E. We hear what the latest census tells us about changing religious identity in Northern Ireland. We look at misleading claims about covid vaccines after the collapse of American football player Damar Hamlin. And we hear how More or Less has wielded its influence over how we all describe very large numbers.

Presenter: Tim Harford  
Series producer: Jon Bithrey  
Reporters: Nathan Gower, Louise Hidalgo, Charlotte McDonald  
Production Coordinator: Brenda Brown  
Sound Engineer: James Beard

**WED 09:30 Just One Thing - with Michael Mosley (m001gx56)**  
Swap Out Sugar

Cutting back on free sugars can not only do wonders for your waistline and your oral hygiene, surprising research shows it could also improve your memory and help your brain. But it can be hard to resist those sugar cravings! In this episode, Michael Mosley is joined by Dr Evelyn Medawar, Max Planck Institute for Human Cognitive and Brain Sciences, who has been studying the effects of our gut microbiome on our eating preferences, and reveals a potential tip to help crack sugar cravings. The secret lies in dietary fibre, like that found in fruit. So, trade your sweet treats for fruit and learn how this healthy switch can transform your brain, biome and your life.

**WED 09:45 Clubland by Peter Brown (m001gx5b)**  
Episode 3

Pete Brown is a convivial guide on this journey through the intoxicating history of working men's clubs.

From the movement's founding by teetotal social reformer the Reverend Henry Solly to the booze-soaked mid-century heyday, when more than 7 million Brits were members, this warm-

hearted and entertaining book reveals how and why the clubs became the cornerstone of Britain's social life – offering much more than cheap Federation Bitter and chicken in a basket.

Often dismissed as relics of a bygone age, Pete reminds us that long before the days of Phoenix Nights, 3,000-seat venues routinely played host to stars like Shirley Bassey, Louis Armstrong and the Bee Gees, offering entertainment for all the family, and close to home at that. Britain's best-known comedians made reputations through a thick miasma of smoke, from Slough to Skegness.

The book explores the clubs' role in defining community and class identity for generations of men, and eventually women, in Britain's industrial towns. They were, at their best, a vehicle for social mobility and self-improvement, run as cooperatives for working people by working people - an informal, community-owned pre-cursor to the welfare state.

Written and Read by Pete Brown  
Abridged by Isobel Creed and Jill Waters  
Produced by Jill Waters

A Waters Company production for BBC Radio 4

**WED 10:00 Woman's Hour (m001gx5g)**

The Offbeat Sari exhibition, Iran latest, coldwater swimming and is AI pushing the boundaries of art?

The Offbeat Sari exhibition will include 90 examples of innovative saris – including the first ever sari worn at the Met Gala and a foil jersey sari worn by Lady Gaga. Krupa Padhy talks to the exhibition's curator Priya Khanchandani.

BBC Journalist Faranak Amidi brings us the latest from Iran and we look at LOAB, the internet character created by artificial intelligence. Described as having the 'eerie face of a middle-aged woman with dead eyes, a vacant stare and a disturbing grimace', she's become an online viral phenomenon. Steph Swanson, the artist who created LOAB, explains her work and we hear from Tabitha Goldstaub, who chairs the UK's Artificial Intelligence Council, and Mhairi Aitken, from the Alan Turing Institute.

In February 2003, a woman called Lana Clarkson was found dead at the Hollywood mansion of the iconic music producer Phil Spector. It was a global news sensation, with Spector insisting that the 40-year-old actor – whom he had only met that evening – had killed herself with his gun. A new Sky documentary series called Spector re-examines what happened almost 20 years ago, and speaks to her family and friends for the first time.

And are you one of those people who loves jumping into the sea or a river at this time of year to feel the benefit of cold water swimming? Well, if so, the British Medical Journal has said that swimmers should be told more about the risks of a lung condition known as SIPE - swimming-induced pulmonary oedema. Dr Ruth Williamson is a cold water swimmer and Acting Chief Medical Officer at the Royal Bournemouth Hospital. She tells us how to spot SIPE and what to do about it, if you fear you have it.

Presenter: Krupa Padhy  
Producer: Lisa Jenkinson  
Studio Manager: Michael Millham

Photo Credit: ; Bikramjit Bose

**WED 11:00 I'm Not a Monster (p0dvg6n8)**  
The Shamima Begum Story

Series 2: 1. It Felt Like a Dream

Three London schoolgirls disappear, heading for war zone. Four years later only one emerges from the ashes of ISIS. Nobody knows what really happened to her. Josh Baker meets Shamima Begum in Syria to begin unpicking her story.

Almost eight years earlier, he was filming in Shamima's local mosque when news broke that she and her friends had gone missing, it made global headlines. He was there when their families came asking for help, but it was all too late; they'd already made it into the hands of the Islamic State group.

But how did it all begin?

Reporter: Josh Baker  
Written by: Josh Baker and Joe Kent  
Producers: Josh Baker, Sara Obeidat and Joe Kent  
Composer: Firas Abou Fakhher  
Theme music: Sam Slater  
Mix and sound design: Tom Brignell  
Production coordinator: Janet Staples  
Series Editor: Jonathan Aspinwall  
Head of Long Form Audio: Emma Rippon  
Commissioning Executive: Dylan Haskins

## ARCHIVE

Good Morning Britain (ITV, September 2021)  
Sky News: John Sparks interviews Shanima Begum (February 2019)

**WED 11:30 Oti Mabuse's Dancing Legends (m001gx5l)**  
Janet Jackson

Oti Mabuse shows her appreciation for the dancers and choreographers who have transformed the dancing world.

In today's episode, Oti sits down with Beth Honan. Beth has worked with music artists including JLS and Girls Aloud and is Choreographer on Strictly Come Dancing. In the course of her career, she has been Creative Director on The X Factor and has produced large scale concerts at the O2 Arena and Wembley Stadium.

Beth talks about her career and then introduces us to the dancer who has consistently inspired her over the years - Janet Jackson. This Grammy Award-winning artist has sold over 100 million records, has performed on stages around the world and has been inducted to the Rock and Roll Hall of Fame. Janet Jackson's performing life began when she was a young child with her famous family. To tell the story, we're joined by the writer David Ritz, who co-wrote the book True You with Janet.

Oti delves further into the movement of Janet Jackson and is joined in the dance studio by Alisha Thompson to learn a dance routine inspired by this singing and dancing powerhouse.

Presenter: Oti Mabuse  
Producer: Candace Wilson  
Editor: Chris Ledgard  
A BBC Audio Bristol production for BBC Radio 4

**WED 12:00 News Summary (m001gx5q)**  
The latest national and international news from BBC Radio 4.**WED 12:04 You and Yours (m001gx5v)**  
Power vouchers, bookshop revival and train fares

Some vouchers sent out to people who pay for energy using cash are due to expire on Friday with millions of pounds worth still unclaimed - why is that?

Book sales are up and the future is looking healthier for independent bookstores with 42 new ones opening in the last year. Why are they bucking the trend on the high street?

Yellow sticker foods in supermarkets have become much sought after in the cost of living crisis... usually the cut-price items close to sell by dates are stashed higgledy-piggledly at the back of the store, but Tesco is unveiling a new yellow label section to reduce the stigma and make them easier to find.

Public charging points for EV's have taken another battering after long queues waiting to charge were posted on social media over Christmas, what are the prospects of the network improving this year and if you can't charge at home should you even bother?

Troubles on the train network and rising ticket prices have proved the tipping point for some people who are jumping in their cars to commute instead. Will the train companies ever get them back?

And an event billed as inclusive proved to be less so for a disabled fan who went to RuPaul's Drag Con in London last weekend. Activists have been campaigning and compiling guides for disabled people for decades, but how far has access improved?

**WED 12:57 Weather (m001gx5z)**  
The latest weather forecast**WED 13:00 World at One (m001gx63)**  
Forty-five minutes of news, analysis and comment, with Sarah Montague.**WED 13:45 Naturebang (m001gx67)**  
Lazy Ants and the Power of Doing Nothing

We've all seen the Attenborough documentaries, full of the hurrying and scurrying of life on earth, the drama constantly unfolding. The natural world is a BUSY place... Or is it?

The surprising truth is, away from the cameras, most animals spend most of the time doing absolutely nothing at all. It's not just the sleepy sloths and the cat-napping cats, even the critters with reputations for being the most industrious animals on the planet have an astonishing amount of down-time. Peer into the dark warmth of an ant's nest, for example, and you might be

surprised to note that just under half of them... don't DO anything. Not a jot. They sit, still and silent, apparently contributing nothing to the colony. Evolution abhors wasted energy so... what's going on? Becky Ripley and Emily Knight search for answers among our insect friends.

On the human side of the equation, we're astonishingly bad at doing nothing. We fuss and fidget, we tap our fingers and twiddle our thumbs, trying to escape the horrible fate of being BORED. When animals are so good at efficiently conserving energy, why do so many of us find it so uncomfortable? Perhaps the answer lies in not trying to escape boredom at all, but embracing it, and its creative potential. Becky and Emily discover that it's only through boredom that we can tap in to an extraordinary set of neural processes known as 'The Default Mode Network', and access the most creative parts of our brains. Perhaps doing nothing is more exciting than we first thought.

Featuring Professor Dan Charbonneau, behavioral ecologist studying social insect behaviour at the University of Arizona, and Dr Sandi Mann, senior psychology lecturer at the University of Central Lancashire. Produced and presented by Emily Knight and Becky Ripley.

**WED 14:00 The Archers (m001gwzh)**  
[Repeat of broadcast at 19:00 on Tuesday]**WED 14:15 Drama (m000pfgb)**  
Dead Weather

Winner Best Drama, Best Actress (Juliet Aubrey) and Best Supporting Actress (Claire Price) at the BBC Audio Drama Awards 2022.

Following a move from London to rural Wales, Sam is abandoned by her composer husband, Dylan, for Freya, his childhood sweetheart. Sam is devastated and haunted by the memory of a place by the sea where Dylan wrote a sonata just for her. When a lost young crow turns up in her garden, Sam takes it in and nurtures it. But this act of compassion will unleash a series of events that drive her to the edge of madness.

A magical tale exploring the indelible traces that happiness leaves.

The writer Hattie Naylor is a multi-award-winning scriptwriter and audio dramatist. She won the Tinniswood Award for Best Radio Script in 2010 for Ivan and the Dogs which also picked up an Olivier nomination and has recently been adapted as a film. She has written for the National Theatre, Manchester Royal Exchange, the Young Vic, Soho Theatre, The Egg, Theatre Royal Bath, Dash Arts, and Bristol Old Vic. She is a regular contributor to the integrated circus company Extraordinary Bodies and is a Senior Lecturer at Sheffield Hallam University.

Sam ..... Juliet Aubrey  
Dylan ..... Matthew Gravelle  
Freya ..... Claire Price  
Alwyn ..... Lloyd Meredith  
Ceri and Nerys ..... Megan Jones

Written by Hattie Naylor

Music composed by Dan Jones and performed by Dan Jones and Jonathan Morton

Sound Design ..... Adam Woodhams  
Mix ..... Steve Bond  
Executive Producer ..... Sara Davies  
Directed and produced by Nicolas Jackson

An Afonica production for BBC Radio 4

**WED 15:00 Money Box (m001gx6c)**  
Money Box Live: How to fill out your tax return

As 31st January looms, there's less than one month left for around 5.7 million Self Assessment customers to file their tax return or they may face a penalty.

More than 12 million customers are expected to file a tax return for the 2021 to 2022 tax year by 31 January 2023 (HMRC).

Whether you're doing it for the first time this year, or not, we have the answers to all your tax-related questions.

On this episode, we hear from experts, Clare Merrills, from HMRC, and Anita Monteith, Head of Taxation Policy, at the Institute of Chartered Accountants in England and Wales.

Presenter: Felicity Hannah  
Producer: Amber Mehmood  
Editor: Jess Quayle

(First broadcast 3pm, Wednesday 11th January, 2023)

**WED 15:30 Inside Health (m001gwzr)**  
[Repeat of broadcast at 21:00 on Tuesday]**WED 16:00 Thinking Allowed (m001gx6k)**  
Dirty Work

Dirty work - Laurie Taylor explores the invisible labour we choose not to see.

The writer and sociologist, Eyal Press, considers the morally dubious, even dangerous jobs, which sustain modern society but which are concealed from view, from the prison guards who patrol the wards of America's most violent and abusive prisons to the migrants who work in industrial slaughterhouses. What are the ethical, as well as physical costs of doing this kind of labour? Why do those individuals carry the stigma and shame of doing 'dirty work', rather than the society which condones it?

Ellie Johnson, Research Fellow in the School for Policy Studies at the University of Bristol, discusses the treatment of older people in two English residential care homes, sketching out the workers' attitudes and practices concerning hygiene and bodily waste and the ways in which they do, or don't, offer dignity and respect to those receiving care. Is the mistreatment of older people simply an outcome of a deeply inequitable market for care provision or can it also tell us something about the way in which marginalised groups, such as elderly and disabled people, can be dehumanised?

Producer: Jayne Egerton

**WED 16:30 The Media Show (m001gx77)**  
What the Culture Minister Really Thinks

Michelle Donelan is the Secretary of State for Digital, Culture, Media and Sport. In this broad interview with Katie Razzall, the minister explains why she reversed her predecessor's plans for Channel 4, gives her thoughts on Prince Harry's complaint about the press, and says why the Parthenon marbles will not be returning to Greece. Katie is also joined by Lara O'Reilly, senior correspondent on Insider's business desk covering tech and media.

Presenter: Katie Razzall

Sound engineer: Duncan Hannant

Producer: Helen Fitzhenry

**WED 17:00 PM (m001h638)**  
Afternoon news and current affairs programme, reporting on breaking stories and summing up the day's headlines**WED 18:00 Six O' Clock News (m001gx6q)**  
Senior NHS figures say it's too early to assess the scale of the disruption caused by today's strike by ambulance staff across Wales and most of England.**WED 18:30 Conversations from a Long Marriage (m000qx1b)**  
Series 2

It's Just Work

Conversations from a Long Marriage is a two-hander, starring Joanna Lumley and Roger Allam, as a long-married couple who met in the Summer of Love and are still passionate about life, music and each other. We listen to - and empathise with - their 'dangling' conversations covering everything from health scares, jealousy and confessions, to TV incompatibility and sourdough bread.

In Episode two, Joanna gets distracted by a work project, which happens to be with a man who just happens to be much younger and rather more exciting than Roger. When Roger complains about being pushed out of her life, he's told, in no uncertain terms, 'it's just work'. But is it?

Written by Jan Etherington. Produced and directed by Claire Jones. Production co-ordinator Beverly Tagg. A BBC Studios Production.

**WED 19:00 The Archers (m001gx17)**

Spotting Alan in the Tearoom, Kate raises the topic of the church window, confirming that her family have written to the Bishop and she knows it's now clear that the project can't progress, as it doesn't have Alan's support. She declares there are no hard feelings, and leaves nonplussed Alan to enjoy his lunch. She sits down with Lilian and the two chat about some clandestine activity Justin seems to be planning, and Jennifer's generous Christmas gift to Lilian of a hotel break next week. Kate describes Erik to her aunt, and Lilian puts her foot in it by drawing a comparison between Erik's messy nature and

chattiness and Kate herself. Kate admits she's missing Jakob, and Lilian compounds her lack of tact by implying the whole village finds Jakob attractive. Fortunately Alan interrupts their conversation to check if Jakob can play the organ next Sunday. As they say goodbye Kate says sweetly to Alan that she's glad they're all friends again. Lilian's flabbergasted, but Kate explains she and Peggy aim to kill Alan with kindness and charm.

Jim breaks the news to Susan that he's found out Justin's interested in volunteering in the shop. Susan's not happy; she doesn't trust Justin. They both do their best to put Justin off, but nothing fazes him. He thinks it all sounds fun and is keener than ever. Susan insists Jim will have to do all the training – this is his mess and he needs to clear it up. Jim has to agree Justin might be more trouble than he's worth.

#### WED 19:15 Front Row (m001gx6v)

Filmmaker Todd Field on Tár, Glynedebourne tour cancellation. Debut novelist Jyoti Patel

Tár is a psychological drama about an imaginary conductor, Lydia Tár, which has already made waves both for its central performance by Cate Blanchett and for its striking, sometimes dreamlike story about the abuses of power. It is tipped for awards and Cate Blanchett has already won the Golden Globe for her performance. The writer and director, Todd Field, joins Front Row.

The news that the celebrated opera company Glyndebourne has cancelled its national tour for 2023, due to the recent cut to its Arts Council funding, was received as the latest bombshell on the UK's opera landscape. Glyndebourne's artistic director, Stephen Langridge, and the music writer and critic Norman Lebrecht discuss the company's decision and explore what kind of support and vision opera in the UK needs.

Jyoti Patel on winning musician Stormzy's Merky Books New Writer's Prize in 2021 and now making her debut as novelist with her book, *The Things We Have Lost*.

Continuing Front Row's look at the shortlist for this year's TS Eliot Prize For Poetry, today Anthony Joseph reads from his collection *Sonnets For Albert* – poems exploring being the Trinidad-born son of a mostly-absent father. The poem is called *El Socorro*.

Presenter: Shahidha Bari  
Producer: Emma Wallace

Main Image Credit: Cate Blanchett as Lydia Tár - Universal

#### WED 20:00 Moral Maze (m001gx6z)

The Ethics of the Family

While no family is likely to have such a public falling out, anyone can surely relate the royal rift to tensions within their own family – the grudges, rivalries and feelings of betrayal. Prince Harry's words, "I would like to get my father back. I would like to have my brother back", reveal the depth of hurt experienced by all involved. Families are places of nurturing and wounding; moral networks where expectations of love and loyalty are tested. When the often inevitable strife ensues, are our moral obligations to our family conditional or unconditional?

It's often argued that there is something uniquely special about family bonds; that blood is thicker than water. Family members are the only people in our lives that are permanent and unchosen, they have known us since the beginning, and that connection can be grounding and valuable in helping us understand ourselves. We might feel instinctively that adult children have obligations to their aging parents, simply by virtue of them being a parent. Alternatively, we might see the relationship as contractual, where obligations are based on the love received – or the damage done – growing up. Or, we might believe we don't owe our families anything, regardless of how much we have benefitted from the relationships, and that our ties with family are no different to any other friendship. Moreover, many philosophers challenge the idea that we have special duties to someone just because we share their genetic material – by that logic, adopted children would have obligations to their biological parents who they've never met.

As the 21st century definition of 'family' widens, what are our ethical commitments to our family?

Producer: Dan Tierney.

#### WED 20:45 Four Thought (m001gx73)

Life after 'life-changing'

Martin Hibbert's life changed forever in 2017. He survived the Manchester Arena bomb but was left with life-changing injuries. Now a wheelchair user, Martin says he doesn't dwell on his old life but instead embraces his new one. He says he's determined to turn an act of terror into a force for good, and

now campaigns to make sure others with spinal injuries receive the support that they need.

#### WED 21:00 A Thorough Examination with Drs Chris and Xand (p0dl26vj)

[Repeat of broadcast at 15:30 on Tuesday]

#### WED 21:30 The Media Show (m001gx77)

[Repeat of broadcast at 16:30 today]

#### WED 22:00 The World Tonight (m001h63b)

Concern over fresh pro-Bolsonaro protests

Also:

Civil servants ramp up strike action

Russia demotes General in charge of Ukraine campaign

And India wins first Golden Globe

#### WED 22:45 Lessons in Chemistry by Bonnie Garmus (m001gx7c)

8: 'Do you know who I am?'

Bonnie Garmus' comic bestseller featuring the gloriously idiosyncratic feminist icon, Elizabeth Zott.

It's the early 1960s and Zott's all-male team at Hastings Research Institute take a very unscientific view of equality. Except for one: Calvin Evans, the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with - of all things - her mind. True chemistry results.

Like science, life is unpredictable. Which is why a few years later, Elizabeth Zott finds herself not only a single mother, but the reluctant star of America's most beloved cooking show, *Supper at Six*. Elizabeth's unusual approach to cooking proves revolutionary. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook, she's daring them to change the status quo.

Today: As the unlikely star of 1960s TV cooking show, *Supper at Six*, Elizabeth Zott has become something of a revolutionary. Not everyone is impressed, including her boss at the network...

Writer: Bonnie Garmus  
Reader: Julianna Jennings  
Abridger: Katrin Williams  
Producer: Justine Willett

#### WED 23:00 What's the Story, Ashley Storrie? (m001gx7f)

And Then There Was Ashley, or Calamity Ashley Jane

Growing up surrounded by gangsters and a dysfunctional family, this is the story of Ashley - a tall comedian who loves William Shatner and hates textured fabrics.

As a self-identifying 'save the marriage' baby, Ashley grew up in a pub in the Calton area of Glasgow, performing songs and putting on shows for the drinkers on a Saturday afternoon. Her love for the spotlight often interrupted fights, and eventually led to her first job in showbiz; dramatic overacting will get you anywhere.

A Dabster production for BBC Radio 4

Written by Ashley Storrie  
Produced by Julia Sutherland

#### WED 23:15 Darren Harriott: Black Label (m0006tm8)

Gangs

Radio 4 showcases fast-rising comedy star Darren Harriott in his debut stand-up series.

Recorded in Darren's hometown of Birmingham, *Black Label* explores the different labels and roles he's been assigned throughout his life - Brummie, gang member, brother and son, bouncer and now comic. Each episode of *Black Label* consists of incredibly open-hearted stories from the front line of Darren's life - challenging, enlightening and properly funny comedy.

In Episode 2 Darren looks back at his time in a teenage gang; what attracted him to help form the TCK (Terror Clan Killaz)? What drew the members together and why did he leave the gang?

Written and Performed by Darren Harriott

Photo by Freddie Claire

Produced by Adnan Ahmed

BBC Studios Production

#### WED 23:30 Today in Parliament (m001gx7j)

Susan Hulme reports on the first Prime Minister's Questions of 2023 and MPs grill both sides in the rail dispute.

#### THURSDAY 12 JANUARY 2023

#### THU 00:00 Midnight News (m001h63d)

The latest news and weather forecast from BBC Radio 4.

#### THU 00:30 Clubland by Peter Brown (m001gx5b)

[Repeat of broadcast at 09:45 on Wednesday]

#### THU 00:48 Shipping Forecast (m001gx7l)

The latest weather reports and forecasts for UK shipping.

#### THU 01:00 Selection of BBC World Service Programmes (m001gx7n)

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 (m001gx7q)

The latest weather reports and forecasts for UK shipping.

#### THU 05:30 News Briefing (m001gx7s)

The latest news from BBC Radio 4

#### THU 05:43 Prayer for the Day (m001gx7v)

A spiritual comment and prayer to begin the day with Harry Baker

Good morning.

It is one year ago this month that I went to therapy for the first time. I had friends who had spoken positively about their experience, but I had never taken the leap to try it myself. However, looking back on the previous year, I realised I had been in denial about how difficult I had been finding things. As someone who sees myself as a positive person, my response to things feeling tough was to tell myself (and others!) that it was about to get better - the harder I was finding things, the more I would double down on this belligerent optimism. In January last year I finally admitted that I wasn't doing great, and started going to therapy to try and work through some of it - it was one of the best decisions I've ever made. Even now when I feel I am in a better place than I was, I look forward to my sessions as a chance to process what has happened in the previous weeks, as despite making a career out of being a very good communicator, as a friend pointed out, I have a tendency to get stuck in my own head sometimes.

A Monday in January is supposedly the most depressing day of the year. This formula was in part worked out by a travel company to try and sell people holidays so I'd take it with a pinch of salt, but with shorter, colder days and post-christmas blues, it feels more important than ever to check in with ourselves and others around us. Through therapy I felt able to open up to those closest to me that I wasn't doing well, and it was they way they held me in those moments that was as transformative as anything else.

Loving God, thank you that you are with us in the highs and the lows. Thank you that we are so loved by you and those around us, even when we are finding it hard to love ourselves. I pray that in the darker days you would help us find light to hold onto, and that you would help us be a light to those around us who may be struggling too.

Amen.

#### THU 05:45 Farming Today (m001gx7x)

12/01/23 Hare coursing; insects, food and pesticides; daffodil-picking robot

It's peak season for illegal hare coursing, with Lincolnshire Police investigating reports of more than 27 incidents in the county in just one weekend.

The illegal practice, where dogs are set off in fields to chase hares, is often bet on, and Lincolnshire is one of the areas most frequently targeted by coursers due to its flat, rural nature. But Lincolnshire's specialist Rural Crime Unit says updated legislation is helping police reduce the amount of hare coursing in the county.

As part of our week looking at the future of farm machinery, we visit the University of Falmouth where a daffodil picking robot is being developed.

And we hear from Dave Goulson, Professor of Biology at University of Sussex, and founder of the Bumblebee Conservation Trust, a leading voice in the debate around how agriculture affects insect numbers.

Presented by Caz Graham and produced by Beatrice Fenton.

**THU 05:58 Tweet of the Day (b09dtd3m)**

Dermot O'Leary on the Sea Eagle

Presenter Dermot O'Leary goes in search of sea eagles in the Highlands. He's enlisted wildlife cameraman Gordon Buchanan to help him track them down but with the light fading their chances of seeing them are not looking good.

Producer: Tom Bonnett

Photo: Ian Ireland.

**THU 06:00 Today (m001gx09)**

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

**THU 09:00 In Our Time (m001gx0k)**

John Donne

Melvyn Bragg and guests discuss Donne (1573-1631), known now as one of England's finest poets of love and notable in his own time as an astonishing preacher. He was born a Catholic in a Protestant country and, when he married Anne More without her father's knowledge, Donne lost his job in the government circle and fell into a poverty that only ended once he became a priest in the Church of England. As Dean of St Paul's Cathedral, his sermons were celebrated, perhaps none more than his final one in 1631 when he was plainly in his dying days, as if preaching at his own funeral.

The image above is from a miniature in the Royal Collection and was painted in 1616 by Isaac Oliver (1565-1617)

With

Mary Ann Lund

Associate Professor in Renaissance English Literature at the University of Leicester

Sue Wiseman

Professor of Seventeenth Century Literature at Birkbeck, University of London

And

Hugh Adlington

Professor of English Literature at the University of Birmingham

**THU 09:45 Clubland by Peter Brown (m001gx23)**

Episode 4

Pete Brown is a convivial guide on this journey through the intoxicating history of working men's clubs.

From the movement's founding by teetotal social reformer the Reverend Henry Solly to the booze-soaked mid-century heyday, when more than 7 million Brits were members, this warm-hearted and entertaining book reveals how and why the clubs became the cornerstone of Britain's social life – offering much more than cheap Federation Bitter and chicken in a basket.

Often dismissed as relics of a bygone age, Pete reminds us that long before the days of Phoenix Nights, 3,000-seat venues routinely played host to stars like Shirley Bassey, Louis Armstrong and the Bee Gees, offering entertainment for all the family, and close to home at that. Britain's best-known comedians made reputations through a thick miasma of smoke, from Slough to Skegness.

The book explores the clubs' role in defining community and class identity for generations of men, and eventually women, in Britain's industrial towns. They were, at their best, a vehicle for social mobility and self-improvement, run as cooperatives for working people by working people – an informal, community-owned pre-cursor to the welfare state.

Written and Read by Pete Brown

Abridged by Isobel Creed and Jill Waters

Produced by Jill Waters

A Waters Company production for BBC Radio 4

**THU 10:00 Woman's Hour (m001gx0q)**

Natasha Kaplinsky, Misogynist influencers, Professor Joanna Bourke, Dr Rebecca Gomperts

Natasha Kaplinsky has become the first female president of the

British Board of Film Classification, which is responsible for setting age guidelines for films, videos and DVDs, as well as content on some streaming services. The journalist, presenter and former newsreader for the BBC, Sky and Channel 5 joins Anita for her first broadcast interview about the role since her appointment in November. She'll discuss what drew her to the job, which topics concern parents the most and how she'll judge today's cultural sensitivities around sex, violence and language.

Andrew Tate appeared in court earlier this week and is continuing to be held on charges of rape and human trafficking in Romania – charges his lawyer claims have “no evidence.” One of the top ten most Googled individuals of 2022, a kickboxer turned life coach and former contestant of Big Brother, he gained popularity for his online videos which contained misogynistic content. But Andrew Tate is not the only person spreading those views on social media, there are a host of other men who have that space. So who are they preaching to and why are their messages so popular? Anita speaks to journalist Harriet Hall who interviewed Andrew Tate as part of an investigation into misogyny online for Cosmopolitan magazine and Dr Bettina Rottweiler from University College London who specialises in the relationship between misogyny and different types of violence.

Professor Joanna Bourke has been looking into the history of breast cancer. How did the one-step radical mastectomy persist as the most common way to deal with the disease until relatively recently? How was breast cancer racialized, with many doctors in the US who believed that black women could not get it? And why are women encouraged to reconstruct their missing breast after surgery? Joanna is the Gresham Professor of Rhetoric, and is giving a lecture on the cultural history of breast cancer this evening, which will also be available to watch online. She joins Anita in studio.

Dr Rebecca Gomperts has spent her career providing abortions in places where the procedure is restricted or illegal. Her first venture, Women on Waves, saw her using a converted fishing trawler to travel into international waters and perform the procedures on board. Then she started an online service shipping abortion pills to women, using her Austrian medical license to stay within the law. Most recently her attention has turned to the US in the wake of the overturning of Roe vs Wade. She joins Anita Rani to discuss how her work has changed.

**THU 11:00 Crossing Continents (m001gx0s)**

Saving Children from the Mafia

Southern Italy is home to some of Europe's most powerful criminal organisations; the Sicilian Mafia, the Camorra in Naples and the Ndrangheta based in Calabria. For many, crime is a family business. So a judge in Sicily has come up with a radical plan to prevent young people becoming the next generation of mobsters. He's been taking children away from Mafia families. This controversial policy is now being considered by other countries around the world. Daniel Gordon travels to Sicily to meet those involved in the programme and find out whether it actually works.

Photo: A 17 year-old girl, Letizia, supported by her uncle, addresses an anti-mafia meeting in the Sicilian town of Messina. Her mother is missing and is believed to have been killed by local gangsters.

(Photo: Rocco Papandrea, Gazzetta de Sud.)

Reporter: Daniel Gordon

Producer: Alex Last

Series Editor: Penny Murphy

Sound engineer: Graham Puddifoot

Production coordinator: Iona Hammond

**THU 11:30 Edward Thomas and the Song of the Path (m001g8nx)**

Edward Thomas was a great writer, a great walker, and he loved to sing. In 1907 these attributes came together when he compiled The Pocket Book of Poems and Songs for the Open Air.

Two contemporary walkers, Robert Macfarlane and Johnny Flynn, one a terrific writer and the other a wonderful actor and musician, met through their love of Thomas's work. They set off with copies of The Pocket Book in their pockets, trying it out, walking in the footsteps of Thomas himself, near his home at Steep. They have been walking companions for years; they often sing as they go. And they have written songs together. So, along the way they create a new song.

The Pocket Book of Poems and Songs for the Open Air includes poems by Yeats, de la Mare, Masfield, W. H. Davies (the Super-Tramp) and Housman. Macfarlane and Flynn recite from what is, Thomas wrote, a volume for those 'who like a book that can always lighten some of their burdens or give wings to their delight, whether in the open air by day, or under the roof at evening.

Just as important are the songs - sailor songs, folk songs supplied by Cecil Sharp, Westmoreland songs. They sing some of these, delving into an overlooked aspect of Edward Thomas's nature and work, his interest in folk traditions and the lives of the working people he met while walking.

Working on their new song Macfarlane and Flynn walk up a songline, interrogating the ancient connections between walking, poetry and singing. They might stray from the path, too - musically and geographically. There's a noble tradition, of course, of poems and songs about rights to the land and what it offers, 'The Manchester Rambler', for instance, by Ewan McColl, who wrote it after taking part in the mass trespass of Kinder Scout in 1932.

Producer: Julian May

**THU 12:00 News Summary (m001gxkw)**

The latest national and international news from BBC Radio 4.

**THU 12:04 You and Yours (m001gx0x)**

Gap Finders: Onto co-founder Rob Jolly

This week's Gap Finders interview is with Rob Jolly, the co-founder of Onto, an electric vehicle subscription service.

Offering users a monthly package that includes charging and insurance, Onto now has more than 7,000 cars across the UK, and 160 staff based in Warwick.

We hear how Rob - with the help of his mum Kim - got the business off the ground, taking a very hands-on role in the early days with a small fleet of taxis in Birmingham.

Navigating the pandemic, and now the cost of living squeeze, have presented fresh challenges for the five-year-old business, and Rob talks about the ups and downs of growing Onto into the nationwide app-based service it is today.

PRESENTER: WINIFRED ROBINSON

PRODUCER: TOM MOSELEY

**THU 12:32 Sliced Bread (m001gx0z)**

Shampoo

Shampoo ranges hugely in price, from own brand bottles to premium products that promise to improve your hair, leaving it in better condition, stronger and shinier. But can they really deliver?

Listener Sophie sent in a WhatsApp to ask just that, as well as whether we should use different shampoos depending on our hair type, if sulphates or parabens could be harmful to our hair, and if shampoo bars can do the job just as well, and be a greener option?

Greg Foot untangles some of the most common claims by speaking with a clinical Trichologist (someone who has studied the structure, function and diseases of human hair) as well as an expert chemist and pharmaceutical analyst.

This series, we're testing and investigating 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: Kate Holdsworth

**THU 12:57 Weather (m001gx11)**

The latest weather forecast

**THU 13:00 World at One (m001gx13)**

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

**THU 13:45 Naturebang (m001gx15)**

Great Tits and Group Think

You may think 'culture' is one of those peculiar things unique to humans, like dancing to pop music or yelling at the TV. But you'd be wrong. Animals may not flock to the Opera, but they absolutely do have 'culture'; habits; traditions; ways of doing things that are passed down from one generation to the next. Animal culture has been studied in fish, mammals and even insects, and one of the longest-running studies is on a bird you might have spotted flitting around your garden, the humble Great Tit.

Becky Ripley and Emily Knight head into the woods, armed with delicious peanuts, to find out more about Great Tit culture.

It turns out that these enigmatic birds have long traditions which are shared among the community, and once formed, they can be hard to break, even if they're not serving the birds needs any more. Innovative experiments with puzzle-boxes show that old habits die hard. The one thing that can break the deadlock of tradition and bring back innovative thinking is the arrival of new birds - ones which aren't beholden to the prevailing culture.

In the human world, it's well known that an influx of immigrants can have a profound effect on the prevailing culture, often bringing new ways of thinking and innovations in technology, or brand new cuisines. Becky and Emily explore one extraordinary example of this that emerged from the horrors of the Second World War. As German-Jewish scientists fled the anti-Semitic persecution of the Third Reich, they arrived on American shores with plenty to offer the established scientific culture.

Featuring Michael Chimento, post-doctoral researcher at the Max Planck Institute of Animal Behaviour, and Professor Petra Moser, professor of Economics at NYU Stern. Produced and presented by Emily Knight and Becky Ripley.

**THU 14:00 The Archers (m001gx17)**

[Repeat of broadcast at 19:00 on Wednesday]

**THU 14:15 Nazis: The Road to Power (m001gx19)**

1. Long Live the Soviet Republic of Bavaria

By the end of 1918, the German people are starving and revolution is in the air. A 29-year-old army corporal is sent to report on fringe political parties in Munich. His name is Adolf Hitler and so begins the political ascent of the National Socialist Party.

Nazis: The Road to Power recreates this story and the forgotten players from these early years – the army captain who orders Hitler to join the German Workers Party, the millionaire who plays the role of surrogate mother, the Harvard-educated American who becomes Hitler's court jester.

Nobody imagines the Nazi Party will ever take power – it requires a chain of hugely unpredictable events. This new 8-part series dramatizes these moments, re-creating the intrigues, the knife-edge decisions which would ultimately lead to 40 million dead in the world's greatest catastrophe.

Even before the Armistice is signed, Germany is collapsing. The army is in retreat and the Kaiser has smuggled himself into exile. In Munich, there is revolution – a bloodless uprising led by poets and playwrights. And keeping his head down during all this is a lonely soldier recently discharged from hospital - Corporal Hitler is appalled to see Munich overrun by freethinkers, by liberalism, by women!

Once the revolution is crushed, Army Intelligence looks around for soldiers who might be able to influence their comrades, steer them away from all this Bolshevik nonsense. And that's how Corporal Adolf Hitler starts making speeches – it turns out he has quite a talent for it.

Starring Toby Stephens as Captain Mayr, Tom Mothersdale as Adolf Hitler and featuring Forbes Masson as Thomas Mann and Jack Laskey as Anton Drexler, founding Chairman of the German Workers Party.

**Cast:**

Captain Mayr – TOBY STEPHENS  
Adolf Hitler – TOM MOTHERSDALE  
Gottfried Feder – EDWARD BENNETT  
King Ludwig – WILLIAM CHUBB  
Kaiser Wilhelm II – NICHOLAS FARRELL  
President Hindenburg – DEREK JACOBI  
Kurt Eisner – MICHAEL MALONEY  
General Ludendorff – ANDREW WOODALL  
Anton Drexler – JACK LASKEY  
Other parts were played by: JOSEPH ALESSI, OSCAR BATTERHAM, SCOTT KARIM,  
GEORGE KEMP, SORCHA KENNEDY, FORBES MASSON and LYNNE MILLER  
The Narrator is JULIET STEVENSON

Sound designer – ADAM WOODHAMS  
Studio Manager – MARK SMITH  
Casting Director – GINNY SCHILLER  
Original Score – METAPHOR MUSIC  
Producer – NICHOLAS NEWTON  
Written and Directed by JONATHAN MYERSON

A Promenade production for BBC Radio 4 and BBC Sounds

**THU 15:00 Open Country (m001gx1d)**

Winter Wonder in East Lothian

For this week's Open Country, Helen Mark is in East Lothian in Scotland to revel in the beauty of the winter landscape. On the

outsskirts of Haddington, wildlife artist Darren Woodhead is ensconced in a hedgerow at dawn. Winter is his favourite time of year to paint; all his painting is done outside, sitting on the ground. He relishes the way in which the elements alter the way water-colours behave on the paper, creating patterns as the paint starts to freeze.

Further east on the coast, Helen walks down onto one of the Dunbar beaches known locally as 'Eye Cave Beach'. Land artist, James Craig, is engaged in the meditative art of stone stacking, at one with his surroundings, racing the rising tide. James organises the annual European Stone Stacking Championships here and tells Helen that his family has had a connection with the stones and the coastline for generations.

On her final stop, Helen travels north-west to the sweeping sands of Gullane beach. Emily Hogarth takes inspiration from her daily walks across the wide open bay for her papercut art designs. Her work seeks to make the everyday magical, and she tells Helen there's nothing like winter in this part of Scotland to heighten her senses.

Produced by Beatrice Fenton

**THU 15:27 Radio 4 Appeal (m001gw14)**

[Repeat of broadcast at 07:54 on Sunday]

**THU 15:30 Open Book (m001gwvk)**

[Repeat of broadcast at 16:00 on Sunday]

**THU 16:00 The Curious Cases of Rutherford & Fry (m001gwys)**

[Repeat of broadcast at 11:00 on Tuesday]

**THU 16:30 BBC Inside Science (m001gx1g)**

Chatbot plagiarism

ChatGPT (Generative Pre-trained Transformer) is an online conversational chatbot, launched by OpenAI in November 2022. To date it remains an online sensation, allowing users to generate poems, essays, code and images in seconds. But fear bubbles in academic circles that artificial intelligence could promote plagiarism in secondary and tertiary education. Technology writer and broadcaster Bill Thompson, and teacher of 20 years digital philosopher Rebecca Mace from University of West London suggest the news headlines may be sensationalising the impact this chatbot will have on student learning.

The 1922 backbench committee on business, energy and industrial strategy is recommending free electricity for locals residing within 1 mile of onshore wind farms. Richard Black, senior associate at Energy and Climate Intelligence Unit, joins Marnie to discuss whether or not there is evidence of residents requiring incentives to accept renewable developments whilst governments strive to increase the implementation of green technologies.

Do you tap your toes to Paul Simon or rock out to Led Zeppelin? Even if you have two left feet, your ability to recognise rhythm is unique in the animal kingdom. To help determine the human origins of musical appreciation, Teresa Raimondi and her team at Turin University, have been researching primates. Their singing lar gibbon, appears to share similar traits to us that might shed light on where our ability to keep the beat evolved from.

And finally, figures from the water regulator suggest that in England and Wales 1 trillion litres of water was lost last year to leaks. BBC Inside Science presenter, Vic Gill, goes in search of what might be a robotic solution.

This programme was made in partnership with the Open University.

**THU 17:00 PM (m001h644)**

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

**THU 18:00 Six O' Clock News (m001h646)**

The latest figures paint a bleak picture for ambulance response times and for people in A&E departments and those waiting to be admitted to hospital wards.

**THU 18:30 Fags, Mags and Bags (m0014gtc)**

Series 10

3. Full Five Pencil Belter

Fags, Mags & Bags returns in a landmark 10th series, with more shop based shenanigans and over the counter philosophy, courtesy of Ramesh Mahju and his trusty sidekick Dave.

Set in a Scots-Asian corner shop, and written by and starring Donald Mcleary and Sanjeev Kohli, the award winning Fags, Mags & Bags has proved a huge hit with the Radio 4 audience. This brand-new series sees a return of all the show's regular characters, with some guest appearances along the way.

In this episode, Jemima Rocking-Horse, the new curator of the Lenzie House of Wax, is angry that Fags, Mags & Bags is taking their trade away.

**Cast:**

Ramesh: Sanjeev Kohli  
Dave: Donald Mcleary  
Sanjay: Omar Raza  
Alok: Susheel Kumar  
Malcolm: Mina Anwar  
Bishop Briggs: Michael Redmond  
Jemima Rocking-Horse: Julie Wilson-Nimmo  
Hilly: Kate Brailsford  
BA Robertson: Gavin Mitchell

Producer: Gus Beattie for Gusman Productions  
A Comedy Unit production for BBC Radio 4

**THU 19:00 The Archers (m001gx1n)**

Tom tells Adam how tired he and Natasha are. Adam reassures him that things will become more normal eventually – after all, they have got twins. Tom affirms that they're probably lucky getting it all done in one go, though two will be enough for them. Gingerly Adam breaks the news of his edible forest garden idea. To Adam's surprise and relief, Tom seems to love it.

Kate's having another stab at her cold weather yoga class at the rewilding site, this time on a better day. She's still worried people won't turn up. As she and Kirsty set up the mats, Kirsty comments she's pleased to hear Kate and her family have given up on the church window idea. Kate's touchy and Kirsty apologises. Kate admits she's on edge; she wishes she'd cancelled this class. She gets a text from Noluthando, who's split up from her boyfriend. Kate hates being so far away from her. She goes to call her while Kirsty holds the fort. Erik arrives and Kirsty recognises him as Jakob's brother. He's come to cheer on Kate for her class, which Kirsty thinks is nice for him. The class is well attended and a success; they agree they'll definitely do it again. As they pack away Kirsty and Erik chat. Kirsty announces she might wild swim tomorrow, and asks Erik to go with her. He agrees. Kirsty pledges to bring hot chocolate, and Erik matches her with an offer of cake. They each establish the other's single, and they look forward to their unorthodox first date.

**THU 19:15 Front Row (m001gx1q)**

The Last of Us & Enys Men reviewed

The film critic Clarisse Loughrey and literary editor Sam Leith join Tom Sutcliffe live in the studio to review the new HBO series The Last of Us, based on the critically acclaimed video game, and the film Enys Men, a Cornish folk horror by Mark Jenkin, the BAFTA winning director of BAIT.

In the most recent in an occasional series of interviews about the artistic influence of mentors, the musician and composer Nitin Sawhney discusses his relationship with his mentor, the sitar virtuoso Ravi Shankar.

Ahead of next week's announcement of the winner of the T.S. Eliot Prize for Poetry, Victoria Adukwei Bulley reads her poem The Ultra-Black Fish from her shortlisted collection Quiet.

Presenter: Tom Sutcliffe  
Producer: Kirsty McQuire

Picture: Pedro Pascal as Joel & Bella Ramsey as Ellie HBO / Warner Media© 2022 Home Box Office, Inc.

**THU 20:00 The Briefing Room (m001gx1s)**

NHS: Are there any quick fixes?

Prime Minister Rishi Sunak has promised 'urgent action' to tackle the NHS crisis. The experts in The Briefing Room with David Aaronovitch this week consider what can be done to tackle problems such as: chronic staff shortages; the thousands of 'bed blockers' and the backlog of people waiting for surgical procedures.

**Contributors:**

Annabelle Collins, Senior Correspondent, Health Service Journal  
Nigel Edwards, Chief Executive, Nuffield Trust  
Jill Manthorpe, Professor of Social Work at King's College London  
Mark Pearson, Health Expert, OECD  
Sally Warren, Director of Policy, King's Fund



Producers: Daniel Gordon  
Rosamund Jones  
Kirsteen Knight  
Editor: Richard Vadan  
Studio Manager: Rod Farquhar  
Production co-ordinators: Helena Warwick-Cross, Sophie Hill and Siobhan Reed

**THU 20:30 Scotland's Ships (m001h44r)**

Michael Buchanan returns to the island where he grew up, Barra in the Outer Hebrides, to find out what's happening with the essential ferry service that links the community with the mainland. Here and in other Hebridean islands, he discovers that the ferries run by Caledonian MacBrayne are ageing and breaking down.

One solution should have been two new ships which were commissioned in 2015 to form part of the Cal Mac fleet. Built on the Clyde, vessels 801 and 802 were originally expected to be delivered in May and July 2018 respectively, yet both remain unfinished. One, now named MV Glen Sannox, was launched on the river in 2019, but still isn't ready for service.

Michael Buchanan travels around the Hebrides and to Port Glasgow, to find out what's going wrong with vital ferry services and with shipbuilding at the heart of the Clyde.

Producers: Leeanne Coyle and Mark Rickards

A Whistledown Scotland production for BBC Radio 4

**THU 21:00 BBC Inside Science (m001gx1g)**

[Repeat of broadcast at 16:30 today]

**THU 21:30 In Our Time (m001gx0k)**

[Repeat of broadcast at 09:00 today]

**THU 22:00 The World Tonight (m001h649)**

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

**THU 22:45 Lessons in Chemistry by Bonnie Garmus (m001gx1v)**

9: 'Godless heathen!'

Bonnie Garmus' comic bestseller featuring the gloriously idiosyncratic feminist icon, Elizabeth Zott.

It's the early 1960s and Zott's all-male team at Hastings Research Institute take a very unscientific view of equality. Except for one: Calvin Evans, the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with - of all things - her mind. True chemistry results.

Like science, life is unpredictable. Which is why a few years later, Elizabeth Zott finds herself not only a single mother, but the reluctant star of America's most beloved cooking show, Supper at Six. Elizabeth's unusual approach to cooking proves revolutionary. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook, she's daring them to change the status quo.

Today: Unlikely TV star Elizabeth Zott has caused outcry after admitting that she doesn't believe in God. Meanwhile, her daughter is trying to find out more about her late father, the brilliant chemist Calvin Evans...

Writer: Bonnie Garmus  
Reader: Julianna Jennings  
Abridger: Katrin Williams  
Producer: Justine Willett

**THU 23:00 Unsafe Space (m001gx1x)**

Series 1

Episode 1

Following a successful pilot, Unsafe Space returns for a full series. Stylistically fresh-sounding, provocative, unorthodox comedy and debate for the open-minded that firmly ticks the box marked 'thinking outside of other boxes'.

Unsafe Space embraces diversity – especially diversity of opinion across the socio-economic divide. It's a brand new format where comedy meets thought-provoking debate and discussion.

This week, Andrew Doyle talks to Billy Bragg about cancel culture, with comedy from Rosie Wilby, Wilson Milton, Jake Yapp, Tadiwa Mahlunge, Larry and Paul, and Jake Yapp. Meanwhile Simon Evans tackles diversity and inclusion with Marcus Ryder of the Sir Lenny Henry Centre for Media Diversity, and a right wing broadsheet opinion writer gets their

column set to music.

With thanks to Andy Shaw and Comedy Unleashed.

Production Team:  
Laura Grimshaw  
Tony Churnside

Produced and Directed by Jon Holmes

An unusual production for BBC Radio 4

**THU 23:30 Today in Parliament (m001gx21)**

Sean Curran reports as MPs discuss mysterious crab deaths on the north east coast of England.

**FRIDAY 13 JANUARY 2023**

**FRI 00:00 Midnight News (m001h64c)**

The latest news and weather forecast from BBC Radio 4.

**FRI 00:30 Clubland by Peter Brown (m001gx23)**

[Repeat of broadcast at 09:45 on Thursday]

**FRI 00:48 Shipping Forecast (m001gx25)**

The latest weather reports and forecasts for UK shipping.

**FRI 01:00 Selection of BBC World Service Programmes (m001gx27)**

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 (m001gx29)**

The latest weather reports and forecasts for UK shipping.

**FRI 05:30 News Briefing (m001gx2c)**

The latest news from BBC Radio 4

**FRI 05:43 Prayer for the Day (m001gx2f)**

A spiritual comment and prayer to begin the day with Harry Baker

Good morning.

Today is mine and Grace's five year wedding anniversary. Getting married in January means that every year after seeing family at Christmas we also get to have a moment to go away and celebrate as just the two of us. I don't want to ruin the magic of Radio but I actually pre-recorded this in advance as I thought waking Grace up at 5:43am this year might not be the gift she had been dreaming of.

My favourite anniversary gift I have got Grace (so far!) was inspired by the 2013 film Begin Again. In the film Mark Ruffalo and Keira Knightley's characters walk around the city listening to music together with a pair of headphone splitters, and after my friend Chris told me about this, I bought some for Grace so that we could do the same. Every year since I have made a playlist of songs that we have enjoyed throughout the year and on our anniversary we go for a walk and listen to them together. It could be anything from a reminder of a gig we both went to, an album we've obsessively listened to in the kitchen and on road trips, or in last years case, simply our favourite song from Encanto (obviously Luisa's song).

In previous years we have danced, cried and even laughed out loud as we relive these memories. I love music. One of the problems I have when friends recommend various podcasts to me is that I enjoy music so much I would almost always rather be listening to tunes from an artist I love or discovering something new, than hearing James from Hackney's theories on how a serial killer might have gotten away with it. This year included even more rescheduled gigs than normal and an overdue return to Glastonbury, so think it might be the best playlist yet.

God, thank you for music. Thank you that it can move us to laughter and tears, or simply move us to movement itself. Thank you for the shared communal experience of a concert or a festival, as well as the intimate moments it can afford us in the comfort of our headphones. Thank you for the memories it helps us to make, and the opportunities we find to relive those. And while I'm at it, thank you for Grace.

Amen.

**FRI 05:45 Farming Today (m001gx2k)**

13/01/23 Floods; Trucks to Ukraine; Muck spreaders.

Farmland on the Somerset Levels is flooded, but farmers say they feel everyone's better prepared than in 2014 when floods wreaked devastation on homes and businesses. They say the Environment Agency has been more pro-active installing extra pumps, rivers are not so silted and sluice gates are in operation. However, they say it will be vital to pump water off the farmland where it's collected, in case the rain continues. Also they say farmers whose fields are used as temporary reservoirs, should be reimbursed for that.

Trucks are perhaps the most useful bit of kit on a farm - from hauling a few bales to the school run, and now they're being put to use in Ukraine. Old four-by-fours, many from farms, are being driven out to the war zone and adapted for use in fighting the Russians. We spoke to Freddie from Ukraine Equipment, as he delivered a pick-up to the Donetsk region and also to Yaroslav, an officer in the Ukraine army.

All week on Farming Today we've been talking about machinery. Paul Joseph is a farmer and contractor, who's invested in kit worth millions over the years, and in 10 fulltime staff to use it. They work on 70 farms around Wiltshire and do everything from cutting silage to harvesting. But this time of year - when the weather permits - it's muck spreading. It's pumped from lagoons and applied to crops - and as fertiliser prices soar, using hi-tech machines to apply it precisely is more important than ever.

Presenter = Charlotte Smith

Producer - Rebecca Rooney

**FRI 05:58 Tweet of the Day (b092t5j1)**

Amy Lipprot on the Greylag Goose

Orkadian writer Amy Lipprot reflects on the greylag goose on Orkney, where seemingly no car journey can be completed without seeing a field of geese, in this Tweet of the Day.

Tweet of the Day has captivated the Radio 4 audience with its daily 90 seconds of birdsong. But what of the listener to this avian chorus? In this new series of Tweet of the Day, we bring to the airwaves the conversational voices of those who listen to and are inspired by birds. Building on the previous series, a more informal approach to learning alongside a renewed emphasis on encounter with nature and reflection in our relationship with the natural world.

Producer: Mark Ward

Picture: Simon Richardson.

**FRI 06:00 Today (m001h641)**

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

**FRI 09:00 Desert Island Discs (m001gwtx)**

[Repeat of broadcast at 11:15 on Sunday]

**FRI 09:45 Clubland by Peter Brown (m001gxf2)**

Episode 5

Pete Brown is a convivial guide on this journey through the intoxicating history of working men's clubs.

From the movement's founding by teetotal social reformer the Reverend Henry Solly to the booze-soaked mid-century heyday, when more than 7 million Brits were members, this warm-hearted and entertaining book reveals how and why the clubs became the cornerstone of Britain's social life – offering much more than cheap Federation Bitter and chicken in a basket.

Often dismissed as relics of a bygone age, Pete reminds us that long before the days of Phoenix Nights, 3,000-seat venues routinely played host to stars like Shirley Bassey, Louis Armstrong and the Bee Gees, offering entertainment for all the family, and close to home at that. Britain's best-known comedians made reputations through a thick miasma of smoke, from Slough to Skegness.

The book explores the clubs' role in defining community and class identity for generations of men, and eventually women, in Britain's industrial towns. They were, at their best, a vehicle for social mobility and self-improvement, run as cooperatives for working people by working people - an informal, community-owned pre-cursor to the welfare state.

Written and Read by Pete Brown  
Abridged by Isobel Creed and Jill Waters  
Produced by Jill Waters

A Waters Company production for BBC Radio 4

**FRI 10:00 Woman's Hour (m001gxf7)**

Female conductors. Talking to children about Andrew Tate, Jenny Beavan, FGM and Pub birth.

Women conductors are in the limelight this week with a film called "Tar", which opens in cinemas today, starring Cate Blanchett depicting the life of Lydia Tár - a fictional world-renowned composer-conductor of the Berlin Philharmonic. The American conductor Marin Alsop famously observed that women are more likely to lead a G7 country or become four-star generals in the US Army than they are to be the principal conductor of a big orchestra. Anita Rani speaks to one of our listeners Emma Warren who got in touch with us as she is the only woman on her choral conducting course at The Royal Academy and Joséphine Korda who has just been announced by Opera North as their latest Female Conductor Trainee.

Yesterday we talked about Andrew Tate and other social media influencers who are spreading misogynistic messages online. Several listeners got in touch to tell us about how their children have come across this kind of material and with concerns about how best to talk about it with them. Anita is joined by Dr Emily Setty, Senior Lecturer at the University of Surrey who does research in schools with young people about sex and relationships and Michael Conroy founder of Men at Work, an organisation that trains professionals how to have constructive dialogue with boys.

Jenny Beavan has spent over 40 years dressing the greats of Hollywood for film and screen. She is an 11 time Oscar nominated (and 3 time Oscar winning) costume designer, whose work you will be familiar with from films such as Sense and Sensibility, The King's Speech, and Mad Max: Fury Road. She has just been longlisted for the BAFTA Award for Best Costume Design for her work on Mrs Harris Goes to Paris. The film tells the story of Ada Harris, played by Lesley Manville, a cleaning lady who – unsurprisingly – travels to Paris, after she sees a Dior dress belonging to one of her clients and is determined to own one of her own. Jenny joins Anita to tell us about the process of recreating old Dior designs and the transformative power of that perfect dress!

More than 25 years ago, the World Health Organisation made a commitment to eradicate Female Genital Mutilation across the world. Despite this, around eight thousand women and girls each day go through FGM. To understand why this is still happening, Anita Rani will hear from WHO researcher Dr Christina Pallitto and charity CEO Nkatha Mugao, who helps women and girls in Kenya who have been cut, and is working to stop FGM.

#### **FRI 11:00 In Dark Corners (m001gxfc)**

[Repeat of broadcast at 20:00 on Monday]

#### **FRI 11:30 Thanks a Lot, Milton Jones! (b0b1r3hv)**

Series 3

The Genealogist

Milton becomes an expert genealogist and gets stuck up a rather unexpected family tree.

Mention Milton Jones to most people and the first thing they think is "Help!". Each week, Milton and his trusty assistant Anton set out to help people and soon find they're embroiled in a new adventure. Because when you're close to the edge, then Milton can give you a push.

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

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

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

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

The cast includes regulars Tom Goodman-Hill (Spamalot, Mr. Selfridge) as the ever-faithful Anton, Josie Lawrence and Ben Willbond (The Thick Of It).

With music by Guy Jackson

Produced and directed by David Tyler  
A Pozzitive production for BBC Radio 4.

#### **FRI 12:00 News Summary (m001gxfj)**

The latest national and international news from BBC Radio 4.

#### **FRI 12:04 AntiSocial (m001gxfi)**

Harry and Meghan

The revelations in Prince Harry's book Spare have dominated the news and the nation's conversations, with many people

taking sides.

For some, Harry and Meghan represent a couple who speak their truth and challenge racism, sexism and attitudes towards mental health. For others, they have betrayed their family and are emblematic of a privileged, navel-gazing world view. Why have the Duke and Duchess of Sussex become such symbols?

Presenter: Adam Fleming

Producers: Lucy Proctor, Phoebe Keane and Ellie House

Editor: Emma Rippon

#### **FRI 12:57 Weather (m001gxfp)**

The latest weather forecast

#### **FRI 13:00 World at One (m001gxfi)**

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

#### **FRI 13:45 Naturebang (m001gxfx)**

Frozen Frogs and Preserved People

Becky Ripley and Emily Knight look to the freeze-thaw abilities of the North American wood frog to ask whether we can freeze ourselves in order to return to a future world...

Early March is breeding season for the North American wood frog. They are frisky because they've just thawed out having spent the winter not just in hibernation, but frozen at -18°C. How do they do it, and still survive? And what can we learn from their frozen ways?

Enter the growing field in medicine called cryo-preservation: the process of preserving cells, tissues, or organs by cooling them to very low, or freezing, temperatures. This can grant more time for medical procedures and operations, and help to preserve things like organs during a transplant. And if you take cryopreservation to the extreme, you get to the slightly sci-fi world of cryonics. The practice of cryo-preserving the whole body – immediately upon point of death – in the hope that future medicine can bring it back to life.

Maybe in the future, we will crack the code on how to bring bodies back from the cold. And maybe some of the science lies in the freeze-thaw abilities of the wood frog. Or maybe cryopreserved bodies will remain frozen forever...

Featuring Dr Allison Sacerdote-Velat, Curator of Herpetology at Chicago Academy of Sciences, and Dr Anders Sandberg, senior research fellow at the Future of Humanity Institute at the University of Oxford. Produced and presented by Emily Knight and Becky Ripley.

#### **FRI 14:00 The Archers (m001gx1n)**

[Repeat of broadcast at 19:00 on Thursday]

#### **FRI 14:15 Limelight (p0d13f11)**

Tom Clancy's Splinter Cell: Firewall

Tom Clancy's Splinter Cell: Firewall, Episode 7

By James Swallow  
Dramatised by Paul Cornell

Episode 7

A thrilling landmark adaptation set in Tom Clancy's Splinter Cell universe. Sarah Fisher is onboard Brody Teague's train, her mission is to neutralise him and secure his digital tablet. Meanwhile her father, Veteran Agent Sam Fisher is deployed to Site 5, Oil Rig to secure Gordian Sword. It's now a race against time to stop Brody Teague and his sinister threat to global security.

Recorded in 3D binaural audio; please listen on headphones for a more immersive experience.

Sam Fisher ..... Andonis Anthony  
Sarah Fisher ..... Daisy Head  
Anna Grimsdóttir ..... Rosalie Craig  
Charlie Cole ..... Sacha Dhawan  
Brody Teague ..... Will Poulter  
Samir Patel ..... Nikesh Patel  
Stone ..... Mihai Arsene  
Andriy Kobin/ Chef Jean Claude ..... Riad Richie  
Eighteen ..... Olga Fedori  
Guard/Killer..... Roger Ringrose

Sound design by Steve Brooke

Directed by Nadia Molinari

Series Co-Produced by Lorna Newman, Jessica Mitic, Nadia Molinari

A BBC Audio Drama North Production

#### **FRI 14:45 Understand: The Economy (m001dx5l)**

Series 1

The Economy: 2. Interest Rates and Mortgage Rates

Why does the interest you pay on your credit card or your mortgage rate go up and down? What's the Bank of England got to do with it all? In this episode, Tim Harford explains why the banks need to charge you interest when you borrow money and explains why the Bank of England might put interest rates up. Economic historian Victoria Bateman tells us why the Bank of England first lent money to the government. Spoiler alert.... it was to wage war.

Everything you need to know about the economy and what it means for you. This podcast will cut through the jargon to bring you clarity and ensure you finally understand all those complicated terms and phrases you hear on the news. Inflation, GDP, Interest rates, and bonds, Tim Harford and friends explain them all. We'll ensure you understand what's going on today, why your shopping is getting more expensive or why your pay doesn't cover your bills. We'll also bring you surprising histories, from the war-hungry kings who have shaped how things are counted today to the greedy merchants flooding Spain with silver coins. So if your eyes usually glaze over when someone says 'cutting taxes stimulates growth', fear no more, we've got you covered.

Guest: Richard Davies, Professor of Economics at Bristol University

Producer: Phoebe Keane

Researchers: Drew Hyndman and Marianna Brain

Editor: Clare Fordham

Theme music: Don't Fret, Beats Fresh Music

A BBC Long Form Audio Production for BBC Radio 4

#### **FRI 15:00 Gardeners' Question Time (m001h451)**

Norfolk Fens

Can you keep geraniums through the winter without a greenhouse? What berries grow best in the shade? And can an aspidistra survive outside?

Joining Kathy Clugston to answer these questions in front of a live audience in the Norfolk Fens are horticulturist Christine Walkden, garden designer Bunny Guinness and passionate plantsman Matt Biggs.

Also on the programme, producer Dan Cocker visits Professor Monique Simmonds at Kew's Jodrell lab to find out why plants smell.

Producer - Daniel Cocker  
Assistant Producer - Bethany Hocken  
Executive Producer - Louisa Field

A Somethin' Else production for BBC Radio 4

#### **FRI 15:45 Short Works (m001h3sq)**

Says Himself by Sue Divin

An original short story commissioned by BBC Radio 4 written and read by the author Sue Divin.

Sue Divin is originally from Armagh in the North of Ireland. With a Masters in Peace and Conflict Studies and a career in Community Relations, her writing often touches on diversity and reconciliation. Her short stories, flash fiction and poetry, have been published in a range of literary journals. 'Guard Your Heart' is her first novel and in 2022 it won the Great Reads Award (Ireland) and was shortlisted for the prestigious Carnegie Award. 'Truth Be Told' is her second novel.

Writer: Sue Divin  
Reader: Sue Divin  
Producer: Michael Shannon  
Executive Editor: Andy Martin

A BBC Northern Ireland production.

#### **FRI 16:00 Last Word (m001gxfz)**

Gianluca Vialli, Fay Weldon, Michael Dower, Anita Pointer

Matthew Bannister on

Gianluca Vialli (pictured), the Italian footballer who won many major trophies with Sampdoria and Juventus before moving to Chelsea as a player and then manager.

Fay Weldon, the author who told stories of women taking control of their own destinies, including 'The Life and Loves of

A She Devil'.

Michael Dower, the former Director General of the Countryside Commission who devoted his life to conserving and developing the British countryside.

Anita Pointer, one of three Pointer Sisters who recorded hits like 'Jump (For My Love)' and 'I'm So Excited'.

Producer: Neil George

Interviewed guest: John Foot  
Interviewed guest: Fiona Reynolds  
Interviewed guest: Katrina Leskanich

Archive clips used: BBC One, The FA Cup: 2022/23: Third Round 08/01/2023; BBC 5Live, Football Daily – Remembering Gianluca Vialli 06/01/2023; Sky Sports Retro, Gianluca Vialli looks back on his career 06/01/2023; Everything FOOTBALL/ YouTube Channel, Barcelona 2 – 0 Sampdoria 1989 European Cup Winners' Cup Final 1989; RAI, Roberto Mancini e Gianluca Vialli – Che Tempo Che Fa 27/11/2022; BBC 5Live, Headliners (Gianluca Vialli interview) 14/05/2020; Sky Sports News, Graeme Souness pays tribute to his friend and former teammate – 06/01/2023; Chelsea Fan Clips/ YouTube, Chelsea fans pay respects to Gianluca Vialli 08/01/2023; BBC Two, Frank Delaney – Men and Women Writers 26/11/1984; AP/ British Movietone, Go To Work On An Egg advert 21/04/1966; BBC Radio 4, Desert Island Discs Fay Weldon 23/02/1980; Thames TV, Afternoon Plus – interview with Fay Weldon 26/10/1982; BBC Newsnight YouTube Channel, Fay Weldon interview 06/04/2017; BBC TV/ Arts & Entertainment Network/ Seven Network Australia, The Life and Loves of a She-Devil 08/10/1986; arc2020eu, Michael Dower's speech on behalf of ARC2020 at the 'CAP' post '2013' 20/07/2010; Thomas Müller/ YouTube Channel, Michael Dower 14/11/2022; ABC News, Barbara Walters interview with Syria's President Bashar al-Assad 07/12/2011; YouTube, Anita Pointer interview at her Beverly Hills home for German TV 2009.

**FRI 16:30 More or Less (m001gx52)**  
[Repeat of broadcast at 09:00 on Wednesday]

**FRI 17:00 PM (m001gxg1)**  
Afternoon news and current affairs programme, reporting on breaking stories and summing up the day's headlines

**FRI 18:00 Six O' Clock News (m001gxg3)**  
A World Cup boost saw the economy grow by 0.1% in November, raising hopes that the UK avoided falling into recession last year.

**FRI 18:30 The News Quiz (m001gxg5)**  
Series 110

Episode 3

Andy Zaltzman is joined by Lucy Porter, Mark Steel, Ayesha Hazarika and Ian Smith. This week they discuss ongoing strike action, the Labour Party's political transactions and a royal family fraction.

Hosted and written by Andy Zaltzman with additional material from Alice Fraser, Mike Shephard, Aidan Fitzmaurice and Jade Gebbie.

Producer: Georgia Keating  
Executive Producer: Pete Strauss  
Production Co-ordinator: Becky Carewe-Jeffries  
Sound Editor: Marc Willcox

A BBC Studios Production

**FRI 19:00 The Archers (m001gxg7)**  
Writer, Katie Hims  
Director, Julie Beckett  
Editor, Jeremy Howe

Pat Archer ..... Patricia Gallimore  
Tom Archer ..... William Troughton  
Lilian Bellamy ..... Sunny Ormonde  
Susan Carter ..... Charlotte Martin  
Justin Elliott ..... Simon Williams  
Alan Franks ..... John Telfer  
Rex Fairbrother ..... Nick Barber  
Joy Horville ..... Jackie Lye  
Alistair Lloyd ..... Michael Lumsden  
Jim Lloyd ..... John Rowe  
Kate Madikane ..... Perdita Avery  
Adam Macy ..... Andrew Wincott  
Jazzer McCreary ..... Ryan Kelly  
Kirsty Miller ..... Annabelle Dowler  
Erik ..... Steven Hartley

**FRI 19:15 Screenshot (m001gxg9)**  
Genius on screen

As new film Tar hits UK cinemas, starring Cate Blanchett as a brilliant, highly-celebrated and highly-problematic conductor, Ellen E Jones and Mark Kermode explore how genius is portrayed on-screen - and celebrated off-screen.

Mark speaks to director Nick Moran about his 2008 film Telstar: The Joe Meek Story, which focused on another problematic musical genius, and to journalist Jon Ronson about 2014's Frank, co-written by Jon and inspired by his time working with comic musician Chris Sievey, aka Frank Sidebottom.

And Ellen looks at EGOTs - the extraordinary performers who have won an Emmy, a Grammy, an Oscar and a Tony - speaking to film star, TV host and EGOT Whoopi Goldberg.

Actor Sanjeev Bhaskar shares his favourite genius on screen in Viewing Notes.

Producer: Jane Long  
A Prospect Street production for BBC Radio 4

**FRI 20:00 Any Questions? (m001h3rr)**  
David TC Davies MP, Professor Sir Ian Diamond, Vaughan Gething MS, Delyth Jewell MS

Alex Forsyth presents political debate and discussion from Newport Cathedral with the UK's National Statistician Professor Sir Ian Diamond, the Secretary of State for Wales and Conservative MP David TC Davies, Welsh Government Minister for the Economy and Labour MS Vaughan Gething, and the Plaid Cymru MS for South Wales East Delyth Jewell.

Producer: Beth Sagar-Fenton  
Lead broadcast engineer: Nick Ford

**FRI 20:50 A Point of View (m001gxgc)**  
Prince Harry, Love, and Me

Megan Nolan ponders a bizarre alignment between her life and that of Prince Harry.

'Sure, I was taught by nuns in an Irish convent school while he was dragged up through the mean streets of Eton' but - reading Harry's memoir, 'Spare' - Megan calculates that the comparisons between them go beyond their iconic reddish hair and devil-may-care attitudes.

Producer: Adele Armstrong  
Sound: Peter Boshor  
Production coordinator: Iona Hammond  
Editor: Richard Fenton-Smith

**FRI 21:00 The Reith Lectures (m001fw11)**  
The Four Freedoms

2. Freedom of Worship

Rowan Williams, the former Archbishop of Canterbury, gives the second of the 2022 Reith Lectures, discussing faith and liberty. In his lecture, he cites Lord Acton, the 19th Century thinker on freedom, who said that religious freedom is the basis of all political freedom. Williams addresses this with reference to South Africa and today's controversies around the abortion debate. He argues that for religious believers, freedom of worship must mean the freedom to express conviction, not just the freedom to meet.

The lecture and question-and-answer session is recorded at Swansea University in front of an audience. The presenter is Anita Anand.

The year's series was inspired by President Franklin D Roosevelt's four freedoms speech of 1941 and asks what this terrain means now. It features four different lecturers:

Freedom of Speech by Chimamanda Ngozi Adichie:  
Freedom of Worship by Rowan Williams  
Freedom from Want by Darren McGarvey  
Freedom from Fear by Fiona Hill

Producer: Jim Frank  
Sound Engineers: Rod Farquhar and Neil Churchill  
Production Coordinators: Brenda Brown  
Editor: Hugh Levinson

**FRI 22:00 The World Tonight (m001gxgf)**  
In depth reporting, intelligent analysis and breaking news from a global perspective

**FRI 22:45 Lessons in Chemistry by Bonnie Garmus**

**(m001gxgh)**  
10: 'Chemistry is change!'

Bonnie Garmus' comic bestseller featuring the gloriously idiosyncratic feminist icon, Elizabeth Zott.

It's the early 1960s and Zott's all-male team at Hastings Research Institute take a very unscientific view of equality. Except for one: Calvin Evans, the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with - of all things - her mind. True chemistry results.

Like science, life is unpredictable. Which is why a few years later, Elizabeth Zott finds herself not only a single mother, but the reluctant star of America's most beloved cooking show, Supper at Six. Elizabeth's unusual approach to cooking proves revolutionary. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook, she's daring them to change the status quo.

Today: Elizabeth Zott's cooking revolution reaches its peak, and she makes an unexpected return to her beloved chemistry...

Writer: Bonnie Garmus  
Reader: Julianna Jennings  
Abridger: Katrin Williams  
Producer: Justine Willett

**FRI 23:00 Americast (m001h22c)**  
Biden under investigation

A special counsel has been appointed to investigate President Joe Biden after aides found classified documents at his private office and home. The Americast team explains what we know so far, why this spells trouble for the president, and the comparisons between this story and the discovery of hundreds of classified documents at Donald Trump's Mar-a-Lago resort.

President Biden has also been trying to get his immigration policy in order as his administration's approach faces criticism from both Republicans and Democrats. Cecilia Muñoz, a former political adviser to President Obama on immigration, helps the team get into the complexities of America's border politics.

And we investigate the self-styled true crime 'investigators' of TikTok, who are gripped by the case of four students murdered in Idaho. We speak to one of them about the dangers of the public getting involved in criminal cases.

Americast is presented by North America editor Sarah Smith, Today host Justin Webb, the BBC's social media and disinformation correspondent Marianna Spring, and North America correspondent Anthony Zurcher.

Email Americast@bbc.co.uk with your questions and comments and send us a message or voice note via WhatsApp, to 03301239480. Find out more about our "undercover voters" here: <https://www.bbc.co.uk/news/world-us-canada-63530374>.

This episode was made by Phil Marzouk and Alix Pickles. The studio director was Michael Regaard. The assistant editor was Simon Watts. The senior news editor was Sam Bonham.

**FRI 23:30 Today in Parliament (m001gxgk)**  
Mark D'Arcy hears from a member of Ukraine's parliament about law making in war time. And he looks ahead to a big vote next week in the Commons on the Online Safety Bill. Ministers are facing a rebellion from MPs who've backed a proposal to make social media bosses face jail if they fail to protect children from damaging content. At the moment the government is planning to fine tech firms.