

SATURDAY 20 APRIL 2024**SAT 00:00 Midnight News (m001y8k9)**

National and international news from BBC Radio 4

SAT 00:30 An African History of Africa by Zeinab Badawi (m001y8gg)

The Future

An epic, sweeping history of the continent told through the voices of Africans themselves.

Zeinab Badawi considers the recent history of Africa and looks ahead to the continent's post-colonial future.

Written and read by Zeinab Badawi
Abridged by Robin Brooks
Producer: Eilidh McCreadie

Zeinab Badawi is an award-winning broadcaster, journalist, and filmmaker. She is President of SOAS, University of London and is an honorary fellow of her alma mater St Hilda's College, Oxford. Born in Sudan, she has worked in the British media for several decades. Zeinab is a recipient of the President's Medal of the British Academy, a Patron of the United Nations Association UK, and is on the boards of the Arts, Humanities and Research Council, MINDS (the Mandela Institute for Development Studies), the International Crisis Group and Afrobarometer.

SAT 00:48 Shipping Forecast (m001y8kf)

The latest weather reports and forecasts for UK shipping

SAT 01:00 Selection of BBC World Service Programmes (m001y8kj)

BBC Radio 4 joins the BBC World Service.

SAT 05:20 Shipping Forecast (m001y8kl)

The latest weather reports and forecasts for UK shipping

SAT 05:30 News Briefing (m001y8kn)

The latest news from BBC Radio 4

SAT 05:43 Prayer for the Day (m001y8kq)

A spiritual comment and prayer to start the day with Dabinderjit Singh

SAT 05:45 Just One Thing - with Michael Mosley (m001y8fr)

Play an Instrument

Humans have been making music for thousands of years, but for Michael Mosley and our volunteer Matthew, the musical journey is only just beginning. Playing a musical instrument has been shown to strengthen your memory and lift your mood. It can even reduce chronic inflammation. Dr Sofia Seinfeld from the Open University in Catalonia tells Michael why it's never too late to start making music, and how it can enhance your cognitive abilities by activating regions of the brain associated with motor co-ordination and the processing of emotions. Meanwhile, Matthew gets to grips with the ukulele to see if he can master a tune and boost his wellbeing.

Series Producer: Nija Dalal-Small

Editor: Zoë Heron

A BBC Studios production for BBC Sounds / BBC Radio 4.

SAT 06:00 News and Papers (m001yggj)

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

SAT 06:07 Open Country (m001y8gy)

Postal Paths and Corpse Roads

Up until the 1970s, postmen and women in rural areas walked their delivery rounds - taking routes through the hills dubbed "postal paths". Some routes, and fragments of others, still survive today. In this programme Helen Mark explores one of them, near the village of Shap in Cumbria, with author Alan Cleaver who is writing a book about these old paths. So far he's identified over thirty of them up and down the UK. Others have now been built over and are gone forever. Alan tells Helen about the cultural significance of the postal service in the past, recounting the poignant story of a man who used to write letters to himself, just so that the postman would call by and he would have a visitor. Alan and Helen discuss the disappearing role of postmen and women, in the age of electronic communication.

Helen also explores part of Shap's old Corpse Road, which linked Swindale Head with Mardale - a village which didn't

have its own cemetery until the mid 18th century. Before that, bodies had to be carried over the fells to Shap for burial - a distance of about eight miles. The last body was carried along the Corpse Road in 1736. Local historian Jean Scott-Smith tells the story of the Corpse Road and shows Helen part of the route.

Produced by Emma Campbell

SAT 06:30 Farming Today (m001ygg)

20/04/24 - New Welsh Rural Affairs Cabinet Secretary, unlawful game licences and dairy pollution

Wales' new Cabinet Secretary for Climate Change and Rural Affairs says his first job is to listen to farmers. It comes after unrest and large protests in Wales by farmers, angry about the Welsh Government's approach to farming. In particular, the way its tackling TB in cattle, stricter rules on pollution and the Sustainable Farming Scheme, which will replace EU subsidies in Wales and requires farmers to plant trees on 10% of their land. We put their concerns to Huw Irranca-Davies.

The UK Government has admitted that it unlawfully issued some licences for releasing game birds last year. The campaign group Wild Justice challenged the licences granted in the Deben Estuary in Suffolk and Breckland in Norfolk. While DEFRA concedes that it didn't follow Natural England's advice and that the assessment it carried out wasn't in line with the rules - it strongly refutes Wild Justice's claim that the decisions 'were tainted with the appearance of bias'.

And we visit a farm in Herefordshire where they rear tens of thousands of worms to sell for live bird feed, for improving the soil, and for composting.

Presented by Charlotte Smith

Produced for BBC Audio in Bristol by Heather Simons

SAT 06:57 Weather (m001ygg)

The latest weather reports and forecast

SAT 07:00 Today (m001yggq)

Including Sports Desk, Weather and Thought for the Day.

SAT 09:00 Saturday Live (m001ygg)

Nic Hamilton, Josh Elwell and Eliot Gibbins, Victoria McCloud, Marcus Brigstocke and Rachel Parris

Radio 4's Saturday morning show brings you extraordinary stories and remarkable people.

SAT 10:00 Your Place or Mine with Shaun Keaveny (m001yggv)

Kiell Smith-Bynoe: Dubai, United Arab Emirates

Ghosts star Kiell Smith-Bynoe loves a pool party, but Shaun doesn't want to take his top off. Perhaps the prospect of seeing a shark in the mall could tempt Shaun to the third most visited city on the planet. Resident geographer, historian and comedian Iszi Lawrence is sceptical.

Your Place Or Mine is the travel series that isn't going anywhere. Join Shaun as his guests try to convince him that it's worth getting up off the sofa and seeing the world, giving us a personal guide to their favourite place on the planet.

Producers: Beth O'Dea and Caitlin Hobbs

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

SAT 10:30 Soul Music (m001yggx)

I Can See Clearly Now

"I can see clearly now the rain is gone / I can see all obstacles in my way / Gone are the dark clouds that had me blind / It's gonna be a bright / Bright sunny day"

I Can See Clearly Now was written by the Houston-born singer-songwriter Johnny Nash. First released in 1972, it became a huge hit and the song has been covered by hundreds of artists, from the Jamaican singer Jimmy Cliff to the Irish rock group Hothouse Flowers.

For recording engineer and producer Luke DeLalio the original of the song is 'a masterpiece', with a sublime vocal performance and an arrangement that is surprisingly experimental for such an apparently simple song. Professor Kathy M. Newman of Carnegie Mellon University tells us about Johnny Nash's life and career, from his early years as a clean-cut crooner and teen idol, to his time recording in Jamaica and his later years, living on a ranch in Texas.

For author and psychologist Peggy DeLong it's a song of hope,

resilience and love. It was once meant to be her wedding song but took on new significance after she lost her fiancé as a young woman in the 1990s.

The song appeared in Brenda Drumm's life when she needed it most. In a moment of darkness and worry, it came on the radio as she was driving home from a day of tests at the hospital near her home in County Kildare. It allowed her to dare to plan for the future.

Poet Jack Mapanje was detained in Malawi's notorious Mikuyu Prison without charge from 1987 until 1991, under Hastings Banda's regime. He remembers singing the song when other political prisoners were released - "it's a song of hope".

And the author Joanne Harris talks about the song's "sense of perpetual sky" and how the lyrics provide grounding and comfort in troubled times.

Produced by Mair Bosworth for BBC Audio

SAT 11:00 The Week in Westminster (m001yggz)

Radio 4's weekly assessment of developments at Westminster

SAT 11:30 From Our Own Correspondent (m001ygh1)

The Ayatollah and Israel

Kate Adie introduces dispatches on Iran, Ukraine, South Africa, Portugal and Hong Kong.

As the world nervously watches the developments between Iran and Israel, Lise Doucet reflects on the rise of Iran's Supreme Leader, Ayatollah Ali Khamenei. Since coming to power three decades ago, he has managed to avoid taking Iran into an all-out war - could that change as tensions continue to rise?

A missile attack in the Ukrainian city of Chernihiv this week laid bare the weakness of the country's air defences. Depleted ammunition supplies, as well as a worsening situation on the frontline, have heightened fears that the tide is continuing to turn against Ukraine in its war with Russia. Sarah Rainsford reports from Kharkiv.

South Africa is preparing to go to the polls, and for the first time since the end of white-minority rule, the governing ANC party is predicted to get less than 50 per cent of the vote. As in many other countries, immigration is high on the list of many voters' concerns. Jenny Hill reports from the border with Zimbabwe.

Next week Portugal marks the 50th anniversary of the Carnation Revolution and its transition to democracy. Simon Busch met some of the men who joined the resistance against the country's former dictator Antonio Salazar, to find out what they think about politics in Portugal today.

And exotic birds have adapted to live alongside humans in some of the world's major cities - and in Hong Kong it's yellow-crested cockatoos that you might see swooping through the skyline. Stephen Moss tells the story of why they're now thriving.

Series producer: Serena Taring

Production coordinator: Katie Morrison

Editor: Richard Fenton-Smith

SAT 12:00 News Summary (m001ygh3)

The latest national and international news from BBC Radio 4.

SAT 12:04 Money Box (m001ygh5)

New Fraud Refund Rules and ISA Changes

New regulations aim to ensure that victims of fraud are treated fairly, no matter who they trust with their money.

The financial watchdog, the Payment Systems Regulator, says many firms are not doing enough to refund victims of authorised push payment fraud. Currently the majority of high street banks are signed up to a voluntary charter that makes banks liable for customer losses. However many people hold accounts with firms known as Electronic Money Institutions, or EMIs. Such firms are regulated by the Financial Conduct Authority but do not have a banking licence. The new rules from the Payment Systems Regulator will be mandatory for both banks and EMIs. When they come into force in October they should cover nearly all payments made by individuals in the UK except international ones and those involving cryptocurrency.

New changes to the way ISAs, Individual Savings Accounts, simpler come in this month. Officially they should mean that savers now have the option to open more than one cash or stocks & shares ISA in the same year. We look at whether providers will be allowing customers to take advantage.

And how do you pay for your car insurance? A new report from the consumer organisation Which? found that it can cost much more if you opt for monthly payments. A survey of 39 car

insurance providers found an average APR of over 23% was charged for monthly payments, and the highest APR found was over 39%.

Presenter: Paul Lewis
Reporter: Dan Whitworth
Researchers: Sandra Hardial and Jo Krasner
Editor: Beatrice Pickup

(first broadcast Saturday 20th April 2024)

SAT 12:30 The Now Show (m001y8j1)
Series 64

Episode 6

The Now Show first aired on BBC Radio 4 in September 1998 and this week sees its last ever episode. Steve Punt and Hugh Dennis take a look back over the last 25 years, with help from the voices of Gemma Arrowsmith and Rory Bremner.

They are joined by Glenn Moore investigating the Beijing Half Marathon scandal and Harriet Kemsley on the law firm who accidentally divorced the wrong couple. Plus Jazz Emu looks to the future with an original song accompanied by his band Matt Hutson, Luke Bainbridge and Tom Marlow.

The show was written by the cast with additional material from Mike Shephard, Cameron Loxdale, Carl Carzana and Christina Riggs.

Producer: Sasha Bobak
Executive Producer: Rich Morris
Production Coordinator: Caroline Barlow

A BBC Studios Production for Radio 4.

SAT 12:57 Weather (m001ygh7)
The latest weather forecast

SAT 13:00 News and Weather (m001ygh9)
The latest national and international news and weather reports from BBC Radio 4

SAT 13:10 Any Questions? (m001y8jd)
Daisy Cooper MP, Lord Dannatt, Anneliese Dodds MP, Tom Pursglove MP

James Cook presents political discussion from St George's Guildhall in King's Lynn with the Deputy Leader of the Liberal Democrats Daisy Cooper MP, the former Head of the British Army Lord Dannatt, the Chair of the Labour Party Anneliese Dodds MP and Legal Migration Minister Tom Pursglove MP.
Producer: Robin Markwell
Lead broadcast engineer: Kevan Long

SAT 14:00 Any Answers? (m001yghc)
Topical discussion posing questions to a panel of political and media personalities

SAT 14:45 The Archers (m001y8j5)
Writer: Nick Warburton
Director: David Payne

Kenton Archer.... Richard Attlee
Natasha Archer.... Mali Harries
Lilian Bellamy.... Sunny Ormonde
Harrison Burns.... James Cartwright
Alice Carter.... Hollie Chapman
Chris Carter.... Wilf Scolding
Harry Chilcott.... Jack Ashton
Brad Horrobin.... Taylor Uttley
Chelsea Horrobin.... Madeleine Leslay
Kate Madikane.... Perdita Avery
Dr Azra Malik.... Yasmin Wilde
Jazzer McCreary.... Ryan Kelly
Kirsty Miller.... Annabelle Dowler
Lily Pargetter.... Katie Redford
Hannah Riley.... Helen Longworth
Fallon Rogers.... Joanna Van Kampen
Oliver Sterling.... Michael Cochrane
Mick.... Martin Barrass
Ruby Cosse.... Helen Atkinson Wood

SAT 15:00 Drama on 4 (m000n4xn)
Elegies

Part 1. Milton's Lycidas

A two-part drama telling the stories behind two of the greatest and most influential poetic elegies ever published in English - Milton's Lycidas and Tennyson's In Memoriam.

Part 1. Milton's Lycidas - starring Holliday Grainger and Nico Mirallegro.

Although written two centuries apart, in 1637 and 1833, the making and circumstances of these great elegies are full of interconnections and are centred on the poetic response to grief and loss. Milton's Lycidas is the first great elegy in English poetry. Both Lycidas and In Memoriam were written in response to the sudden unexpected death of a young male friend, striking the poets in their mid-twenties, when the poets were students at Cambridge. The dead men were prodigiously gifted and also poets, early rivals and first readers to the poets who elegised them.

Milton and Tennyson were thereby thrown into personal grief and poetic challenge, but how to make a poetic elegy that honours and reflects that genuine grief whilst rising to the challenge of the first great poetic subject in these young poets' lives? Milton and Tennyson responded to these complex and terrible circumstances with radically different elegies that stand among the finest poems in English literature.

CAST

Holliday Grainger Emily Tennyson
Nico Mirallegro John Milton
James Cooney Alfred Lord Tennyson
Conrad Nelson John Milton senior
Ashley Margolis Diodati

Elegies was written and adapted from Lycidas by John Milton by Michael Symmons Roberts
Directed by Susan Roberts

A BBC North production

SAT 16:00 Woman's Hour (m001yghf)
Highlights from the Woman's Hour week.

SAT 17:00 PM (m001yghh)
Full coverage of the day's news.

SAT 17:30 Sliced Bread (m001y8gf)
Toast - Mothercare's UK Stores

Why did Mothercare have to close all of their UK stores?

Sean Farrington discovers what happened to the baby goods retailer which once dominated the high street.

Alongside him, analysing Mothercare's fortunes, is the entrepreneur, Sam White.

The pair hear from Tim Curtis who once ran Mothercare's website, catalogue and home delivery service; Amena Khan, a loyal Mothercare customer and Richard Lim, CEO of Retail Economics.

They chart the highs and the lows and learn how Mothercare continues to trade today, albeit in a different form.

Produced by Jon Douglas and Shanaye Mainoo-Magnone. Toast is a BBC Audio North production for Radio 4 and BBC Sounds.

You can email the programme at toast@bbc.co.uk

Feel free to suggest topics which could be covered in future episodes.

Sliced Bread returns for a new batch of investigations in May. In the new series, Greg Foot will investigate more of the latest so-called wonder products to find out whether they really are the best thing since sliced bread. In the meantime, Toast is available in the Sliced Bread feed on BBC Sounds.

SAT 17:54 Shipping Forecast (m001yghk)
The latest weather reports and forecasts for UK shipping

SAT 17:57 Weather (m001yghm)
The latest weather reports and forecast

SAT 18:00 Six O'Clock News (m001yghp)
The latest national and international news from BBC Radio 4

SAT 18:15 Loose Ends (m001yghr)
Tim Peake, Helen Lederer, Phil Manzanera, Jess Fostekew, Michele Stodart and Geejay.

The astronaut Tim Peake joins Clive to talk about life on and off Earth, and he's joined by the acclaimed guitarist Phil Manzanera who tells us about the astonishing life he led en route to joining Roxy Music.

Helen Lederer discusses her new memoir and recalls formative days in The Comedy Store and Jess Fostekew talks footie in her new podcast.

We've music from Michele Stodart and Geejay.

Presented by Clive Anderson
Produced by Kevin Core

SAT 19:00 Profile (m001yght)
Paul Sinton-Hewitt

Paul Sinton-Hewitt, the founder of parkrun, was born in Zimbabwe and moved to South Africa at the age of five, where he was brought up in care with his two siblings. Always a keen middle distance runner, he was a second for a friend in one of South Africa's most gruelling road races. Eventually he moved to the UK to work in IT and raise a family.

After a perfect storm of redundancy, marriage breakdown and an injury which prevented him from running with his own club, he decided he'd start a time trial in a local park, for his running club pals. The only proviso that they had to have coffee and cake with him afterwards.

Twenty years later, that timed run that he started has outpaced anything he could have envisaged and turned into parkrun. The 5k run around local parks on a Saturday morning, has gone global and the parkrun community has hundreds of thousands of people running or volunteering as stewards every week. Stephen Smith finds out what makes Paul Sinton-Hewitt run.

PRESENTER: Stephen Smith

PRODUCTION TEAM

Producers: Julie Ball, Natasha Fernandes, Farhana Haider
Editor: Tom Bigwood
Production Co-ordinators: Maria Ogundele and Sabine Schereck
Sound: Neil Churchill

CONTRIBUTORS

Roun Barry, School friend
Hugh Brasher, Director, London Marathon
Bruce Fordyce, Marathon runner
Duncan Gaskell, parkrunner and friend
Russ Jeffereys - CEO, parkrun
Eileen Jones, Author and parkrunner
Joanne Sinton-Hewitt, Wife

SAT 19:15 This Cultural Life (m001yb9n)
Sam Taylor-Johnson

As part of the so-called Britart generation of the early 1990's, artist Sam Taylor-Wood, as she was then known, made her name with photographic and video pieces. Diagnosed with colon cancer in 1997, and then breast cancer three years later, she addressed her treatment and recovery in artworks she made at the time. She moved into filmmaking with her first feature Nowhere Boy, about the life of the young John Lennon in 2009. Other cinematic projects have included adaptations of the E L James novel 50 Shades Of Gray, the James Frey memoir A Million Little Pieces and, most recently, the Amy Winehouse biopic Back To Black.

Sam tells John Wilson about the experience of first seeing the Rothko Seagram paintings at the Tate gallery when she was nine years old, and the impact that they had on her in her creative imagination. Being introduced to Andy Warhol films such as Chelsea Girls and Empire made her realise that art and cinema are deeply intertwined and went on to influence her style as a director. John Cassavetes' A Woman Under the Influence was the first film that made Sam want to be a cinematic filmmaker and she also reveals how Oscar-winning director Anthony Minghella encouraged her to make her debut short film Love You More.

Producer: Edwina Pitman

SAT 20:00 Archive on 4 (b08dmgk0)
A Brief History of Failure

"Success is not final, failure is not fatal," said Winston Churchill. The American satirist Joe Queenan thinks he might be wrong. In this archive hour follow up to his previous programmes on Blame, Shame, Anger and Irony, Queenan rails against the very idea of failure. His sharpest attack is reserved for the supposed romance of defeat. From Braveheart in Scotland via the heretic Cathars in France to the pretend soldiers in Virginia still re-enacting the American Civil War, Queenan explores whether there may be something noble about losing a war.

"I'm in the south, at one of the many re-enactment battles of the

American civil war that go on every year. Thousands have turned up to re-fight a war they lost. We don't do this in the north - it would be odd, and divisive, perhaps even inflammatory. But the memories of a conflict that took place over 150 years down here - they don't go away."

This is the first of two archive programmes from Joe Queenan, with A Brief History of Lust coming next week.

Failure features archive contributions from classics professor Edith Hall; historian Geoffrey Regan; writer Armando Iannucci; former political correspondent and Strictly star John Sergeant; plus music from Laura Marling, Viv Albertine of the Slits and rock and roll's greatest failure, John Orway.

The producer in Bristol is Miles Warde.

SAT 21:00 Legend (m001sdx8)
The Joni Mitchell Story

3. Blue

Joni Mitchell's songs have soundtracked our lives and her pioneering work changed music forever. Jesca Hoop explores her extraordinary story to reveal the life behind the legend.

In episode three we follow Joni from 1970 through to 1974 - an incredibly fertile period during which she creates her albums Blue, For the Roses and Court and Spark. A period of romantic highs and lows, heady successes and hermit-like retreats, of psychoanalysis and vulnerability, and of new creative directions.

"I've always been a creature of change" – Joni Mitchell

Through archive, fresh interviews, narration, immersive sound design and an original score, we trace the story of an extraordinary life and explore what makes Joni Mitchell a singular artist: the genius of her lyrics; her incredible talent as guitarist, painter and producer; and her restless drive for innovation.

In Legend, we follow Joni from her 'flatlander' childhood on the Canadian prairies, through the folk clubs of Toronto and Detroit, to a redwood cottage in L.A.'s Laurel Canyon, to a cave in Crete, to a deserted desert highway, to recording studios and stages around the world. From her earliest home recordings to masterpieces like Blue, Court and Spark, and Hejira, we explore some of the stories behind her best-loved songs and celebrate her remarkable return to live performance in 2023: "like seeing, in the wild, a rare bird long feared extinct".

Our guide through the series is the California-born, Manchester-based musician, Jesca Hoop. Jesca speaks to musicians like Blake Mills, Allison Russell, Holly Laessig and Jess Wolfe, who have played alongside Joni, and we hear tributes from those, like musician John Grant, who have been inspired and influenced by her music. We also hear from Joni's friends, including Larry Klein and Graham Nash; and from music critics and biographers, including Ann Powers, David Yaffe, Lindsay Zoladz, Kate Mossman, Barney Hoskyns, Miles Grier and Jenn Pelly.

The Joni Mitchell Story comes from the production team behind BBC Radio 4's award-winning podcast Soul Music – "... the gold standard for music podcasts..." (Esquire).

Producers: Mair Bosworth and Eliza Lomas
Production Coordinator: Andrew Lewis
Editor: Chris Ledgard
Story Editor: Emma Harding
Story Consultant: John Yorke
Sound Design and Original Music: Hannis Brown
Studio Engineers: Ilse Lademann and Michael Harrison
Commissioning Editor: Daniel Clarke

SAT 21:30 Influenced (m001y3tx)
Helen Lewis Has Left the Chat

Left the Chat: No 3. Several People Are Typing

During the pandemic, a combination of fears over Covid, anger over police racism and sheer cabin fever saw company Slack channels boil with discontent. One day in February 2021, Mike Pesca, a contrarian podcaster, made the mistake of getting stuck in, voicing controversial opinions to his colleagues - in between shovelling snow from his parents' driveway.

And then he saw the dreaded words, "several people are typing ...".

A Tempo & Talker production for BBC Radio 4

SAT 22:00 News (m001yghy)
The latest national and international news from BBC Radio 4

SAT 22:15 The Food Programme (m001y8gb)
Brexist's Import Controls

Physical checks will soon be carried out on some foods being imported from the EU, but how will it impact the rest of the UK's food supplies? Jaega Wise investigates.

SAT 23:00 You Heard It Here First (m001ygj0)
Series 2

Episode 3

Chris McCausland asks Jessica Knappett and Andy Parsons to take on Ahir Shah and Desiree Burch, deciphering brainteaser sound cues for points and pride whilst trying not to muck about too much along the way. The teams must figure out what on earth is being advertised on TV, guess what famous objects or locations children are trying to describe, and work out which famous faces are being described by Chris' audio assistance software.

Producer: Sasha Bobak
Assistant Producer: Becky Carewe-Jeffries
Executive Producer: Richard Morris
Production Coordinator: Dan Marchini

A BBC Studios Production

An EcoAudio certified production

SAT 23:30 Round Britain Quiz (m001yjp6)
Programme 6, 2024

(6/12)

Kirsty Lang welcomes back the Scots and the North of England to the Round Britain Quiz drawing room. Both teams are looking for their first win of the 2024 series. Val McDermid and Alan McCreddie play for Scotland, against Stuart Maconie and Adele Geras of the North of England.

Today's questions are:

Q1 (from James Bingham) Where might you find the lover of Mikhail's writer hero, the catch-phrase 'Book 'em Danno', a suite of violin concerti and Jagger's man of wealth and taste?

Q2 (from Jeff Flatters) What's the double connection between a Caribbean watering-hole, a group of Celtic cross-dressers and some custard?

Q3 Music: Where might you find these in close proximity?

Q4 (from Jonathan Allum) What's the connection between a 1968 novel by Agatha Christie, a 1962 novel by Ray Bradbury, a 1973 novel by Alastair Maclean and a 2022 novel by Gabrielle Zevin, and why might you have to be careful when explaining it?

Q5 Explain why Isherwood's Cabaret heroine, a Glasgow rock band who celebrated Miss America, and a Gungan General (twice), might help you with dinner?

Q6 (from Ivan Whetton) Music: Who are these people, and why might Potter's Marlowe complete a quartet?

Q7 (from Dave Ruddiman) Why would gravity work against an unauthorised habitation, Caribbean spicing, a contaminant-free facility and a Guy Ritchie thriller?

Q8 (from Charles Gilman) Where do the namesakes of Billy Bunter, Peter Chapman and Harry Angstrom meet, and how did Jane Smiley cover ten times their territory?

Producer: Paul Bajoria

SUNDAY 21 APRIL 2024

SUN 00:00 Midnight News (m001yjj2)

The latest news and weather forecast from BBC Radio 4.

SUN 00:15 Open Book (m001y9k8)
Percival Everett

US author Percival Everett talks about his new novel, James - a retelling of Huckleberry Finn, told from the point of view of runaway slave, Jim.

Plus, writing openly about the challenges of motherhood, and doing so with humour. Shahidha talks to two authors who have done just that, in the short story form: Naomi Wood, winner of the BBC Short Story Award, and author of a new collection, This Is Why We Can't Have Nice Things, and to Helen Simpson who has written stories about motherhood in books such as Motherhood, and Hey Yeah Right Get A Life over 20 years

previously.

Presenter: Shahidha Bari
Producer: Emma Wallace

Book List – Sunday 14 April and Sunday 21 April

James by Percival Everett
The Trees by Percival Everett
Erasure by Percival Everett
Huckleberry Flynn by Mark Twain
Wild Sargasso Sea by Jean Rhys
Jane Eyre by Charlotte Bronte
Foe by JM Coetzee
Robinson Crusoe by Daniel Defoe
This is Why We Can't Have Nice Things by Naomi Wood
Motherhood by Helen Simpson
Hey Yeah Right Get A Life by Helen Simpson
Dear George by Helen Simpson
The Wren, The Wren by Anne Enright
I Don't Know How She Does it by Allison Pearson
My Phantoms by Gwendoline Riley
Openings: Thirteen Stories by Lucy Caldwell
Sudden Traveller by Sarah Hall
Madame Zero by Sarah Hall
The Collected Stories of Grace Paley
The Squire by Enid Bagnold

SUN 00:48 Shipping Forecast (m001yjj4)

The latest weather reports and forecasts for UK shipping

SUN 01:00 Selection of BBC World Service Programmes (m001yjj6)

BBC Radio 4 joins the BBC World Service.

SUN 05:20 Shipping Forecast (m001yjj8)

The latest weather reports and forecasts for UK shipping

SUN 05:30 News Briefing (m001yjjb)

The latest news from BBC Radio 4

SUN 05:43 Bells on Sunday (m001yjjd)

St Peter's Lodsworth in West Sussex

Bells on Sunday, comes from the village of St Peter's Lodsworth in West Sussex. In the middle ages the spring near the 12th century church was a place of pilgrimage for the sick. The 13th century church tower holds six bells with a Tenor weighing six and a half hundredweight and tuned to the note of B. We hear them ringing Double Oxford Bob Minor

SUN 05:45 In Touch (m001y8d2)

Audio Description: New Ofcom Guidelines & Application in the Theatre

The communications regulator Ofcom has just made changes to its guidelines surrounding audio description provided by television and on-demand services. For the first time, there will be unique recommendations for on-demand providers. Helen Shaw is part of Ofcom's content policy team and tells In Touch about the amendments and how the Media Bill, which is currently passing through Parliament, will impact access services more widely.

And what is creative audio description? Our reporter Fern Lulham finds out by visiting The Royal Shakespeare Company's production of A Midsummer Night's Dream, where it can be found at every show in the production's run.

Presenter: Peter White
Producer: Beth Hemmings
Production Coordinator: Liz Poole

Website image description: Peter White sits smiling in the centre of the image and he is wearing a dark green jumper. Above Peter's head is the BBC logo (three separate 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 is a darker blue and the other is a lighter blue.

SUN 06:00 News Summary (m001yhdh)

The latest national and international news from BBC Radio 4

SUN 06:05 Beyond Belief (m001y8cp)
Faithful Feet

In our society feet are often hidden away in shoes, perhaps to make an odd appearance post pedicure... but they can be an incredibly powerful symbol within many religions.

Giles Fraser meets Kai Bridges, a Shamanic practitioner who guides people through firewalks as part of his spiritual practice. For him firewalking goes beyond an exercise in empowerment and grounds him in the moment, connecting him to the elements.

Our panel Sugraha Ahmed, Priyesh Patel and Lucy Winkett walk us through what feet symbolise in their respective faith traditions, and the different ways feet are a part of religious tradition and practice.

Presenter: Giles Fraser
Producers: Ruth Purser and Katharine Longworth
Editor: Tim Pemberton

SUN 06:35 On Your Farm (m001yhdm)
Great Minds Don't Think Alike: Neurodiversity in Farming

The term "neurodiversity" encompasses all the different ways in which people think, absorb information and respond to the world around them. Around 1 in 7, or 15%, of the general population are believed to be neurodivergent, meaning their brains work differently to what is considered the mainstream norm. In farming communities, research suggests it could be as many as 30% with autism, attention deficit hyperactivity disorder (ADHD) or learning difficulties including dyslexia and dyspraxia. Caz Graham meets Staffordshire dairy farmer Liz Haines who was diagnosed with ADHD two years ago and is now embarking on a global study to raise awareness of the opportunities for neurodivergent people within agriculture.

Produced by Anna Jones

SUN 06:57 Weather (m001yhdp)
The latest weather reports and forecast

SUN 07:00 News and Papers (m001yhdr)
The latest news headlines. Including a look at the papers.

SUN 07:10 Sunday (m001yhdt)
Indian elections, faith in sport, religious knife crime.

As Indians go to the polls this week, many expect Prime Minister Narendra Modi's BJP party to be returned to power - but what would a third term look like? As Hindu nationalism has become the country's dominant political force over the past decade, the government is accused of making the state a "laboratory" for some of the most extreme rightwing policies and rhetoric targeting the Muslim minority.

The golf Masters 2024 champion Scottie Scheffler has been talking about how his Christianity underpins his life. But can you really be a high level competitive sportsperson and a follow a faith? We discuss the role of religion in sport with swimmer Daniel Jervis, who's heading to the Paris Olympics, and Katrina McDonald, a senior lecturer in sports coaching at Anglia Ruskin University, a Judo coach, and a former international Judo competitor.

Salman Rushdie's latest book - 'Knife: Mediations after an Attempted Murder' - was published this week. It's a memoir covering his experience of being stabbed at an event in New York in 2022. The Indian-born British-American has been threatened with death since 1989, when the Iranian Supreme Leader Ayatollah Khomeini issued a fatwa calling for his assassination, following the publication of his novel 'The Satanic Verses'. But recently there have been many knife attacks in the news, and with so many of them seemingly linked to religious extremism, we talk to Professor Kevin Browne, a forensic psychologist at Nottingham University Medical School and a leading authority on the subject of knife crime.

And pop music has often used religious references to shock. But now the American pop star Rihanna has caused controversy by posing for a magazine cover dressed as a scantily clad nun. Is her image cheeky? Or offensive? And why is it always nuns who are mocked? We ask music writer David Quantick, to investigate.

Presenter: Emily Buchanan
Producers: Amanda Hancox, Rosie Dawson, Julia Paul and Alexa Good
Editor: Tim Pemberton

SUN 07:54 Radio 4 Appeal (m001yhdw)
Beaver Trust.

Wildlife presenter Megan McCubbin makes the Radio 4 Appeal on behalf of Beaver Trust.

To Give:
- UK Freephone 0800 404 8144
- You can donate online at bbc.co.uk/appeal/radio4
- Freepost BBC Radio 4 Appeal. (That's the whole address.

Please do not write anything else on the front of the envelope). Mark the back of the envelope 'Beaver Trust'.
- Cheques should be made payable to 'Beaver Trust'.
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.

Charity number: 1185451

SUN 07:57 Weather (m001yhdy)
The latest weather reports and forecast

SUN 08:00 News and Papers (m001yhf0)
The latest news headlines. Including a look at the Sunday papers

SUN 08:10 Sunday Worship (m001yhf2)
HMP Wandsworth

A service for Eastertide, led by the chaplaincy team from HMP Wandsworth, a remand prison built in the 1870s, housing around fifteen hundred men from around south-west London and further afield.

The service, attended by around seventy of the men from the prison, is led by the Anglican chaplains, Wendy Stephens and Rev Tim Clapton, alongside Pastor Janet Allman, the Pentecostal Free Church Chaplain, and includes reflections from some of the prisoners. The music is provided by Soul Sanctuary Gospel Choir, with Miko Giedroyc (piano).

Producer: Andrew Earis

SUN 08:48 A Point of View (m001y8jj)
On Anger

Caleb Azumah Nelson on why anger is no longer a stranger to him, but a friend.

He talks of a childhood in which he tried to navigate a world which was 'already coding a young black man as dangerous, threatening. Angry.'

'As I've grown older,' writes Caleb, 'the question is not whether I should be angry, but do I love myself enough to be angry, to object when I feel wronged or faced with injustice.'

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

SUN 08:58 Tweet of the Day (m001yhf4)
Megan McCubbin on the Gannet

A brand new series of Tweet of the Day for Sunday morning revealing personal and fascinating stories from some fresh voices who have been inspired by birds, their calls and encounters.

A visit to Bass Rock just off the coast of Scotland by zoologist, conservationist and television presenter Megan McCubbin ignited her love of the gannet, one of our largest seabirds. Megan's visit to the chaotic colony also brought a sense of calm and awe from birds perhaps best known for their spectacular dives into the sea while feeding for fish.

A BBC Audio production from Bristol
Producer : Andrew Dawes
Studio Manager : Tim Allen

SUN 09:00 Broadcasting House (m001yhf6)
The Sunday morning news magazine programme. Presented by Paddy O'Connell

SUN 10:00 The Reunion (m001yhf8)
The Passion of Port Talbot

Michael Sheen was a Hollywood star when the newly formed National Theatre of Wales approached him to produce a show in his hometown of Port Talbot. Inspired by the Passion plays he watched as a kid, he suggested they create a modern version of the Biblical stories.

Port Talbot was famous for its steel and chemical plants, but in 2011, local people were struggling with looming job cuts and still recovering from the 2007 crash. Sheen wanted to bring a new sense of pride to the town. Months of planning and rehearsals resulted in a three-day Easter weekend spectacle that took over the town and captured the imagination of the world.

Joining Kirsty Wark to recall that miraculous weekend is Sheen

who played "The Teacher", a modern-day incarnation of Jesus, and took the part so seriously that he slept on a mountain on the eve of Good Friday. "We had no idea how many people would come or if it would be pouring with rain." But the weather was glorious and people came in their thousands.

Port Talbot actress Di Botcher played Sheen's mother and described the warm feeling of being in The Passion as like "a crazy holiday romance - with God".

Sarah Hemsley-Cole masterminded the show's logistics, which featured an actor in a suicide vest, a crucifixion on a roundabout, and a cast of 1,000 locals. During the production, she also met her wife, the leader of the local circus school.

The National Theatre of Wales partnered with landscape theatre experts Wildworks. Founder member Mydd Pharo recalls standing up to his waist in a rising tide, waiting for Sheen to arrive for the baptism scene. His colleague Mercedes Kemp led the hunt for local people's memories which informed the resulting narrative. And Michael's school drama teacher Ken Tucker, who played the Mayor in The Passion, also joins us.

Producer: Karen Pirie
Series Producer: David Prest
A Whistledown production for BBC Radio 4

SUN 11:00 The Archers Omnibus (m001yhfB)
Writer: Nick Warburton
Director: David Payne

Kenton Archer.... Richard Attlee
Natasha Archer.... Mali Harries
Lilian Bellamy.... Sunny Ormonde
Harrison Burns.... James Cartwright
Alice Carter.... Hollie Chapman
Chris Carter.... Wilf Scolding
Harry Chilcott.... Jack Ashton
Brad Horrobin.... Taylor Uttley
Chelsea Horrobin.... Madeleine Leslay
Kate Madikane.... Perdita Avery
Dr Azra Malik.... Yasmin Wilde
Jazzer McCreary.... Ryan Kelly
Kirsty Miller.... Annabelle Dowler
Lily Pargetter.... Katie Redford
Hannah Riley.... Helen Longworth
Fallon Rogers.... Joanna Van Kampen
Oliver Sterling.... Michael Cochrane
Mick.... Martin Barrass
Ruby Cosse.... Helen Atkinson Wood

SUN 12:15 Profile (m001yght)
[Repeat of broadcast at 19:00 on Saturday]

SUN 12:30 It's a Fair Cop (m001y8b8)
Series 8

3. Top Dog

A fan favourite returns this week, Zeus the Police Dog!

But how does our favourite canine copper react when his position as leader of the pack is threatened?

Written and presented by Alfie Moore
Script Editor: Will Ing
Production Co-ordinator: Katie Baum
Producer: Sam Holmes

An EcoAudio Certified Production
A BBC Studios Audio Production

SUN 12:57 Weather (m001yhfD)
The latest weather forecast

SUN 13:00 The World This Weekend (m001yhfG)
Radio 4's look at the week's big stories from both home and around the world.

SUN 13:30 Portugal's Carnation Revolution (m001yhfJ)
25th April 2024 marks the 50th anniversary of Portugal's 'Carnation Revolution', which overthrew the authoritarian dictatorship of the Estado Novo ('New State') which had governed Portugal since the 1920s. A largely bloodless revolution, marked by the carnations that were placed in the rifles of the soldiers, it led to the successful establishment of democracy in Portugal and the integration of more than half-a-million 'retornados' - returnees - Portuguese citizens from its former African colonies.

Portugal's revolution was indeed televised, and recorded in sound. One of those who bore witness to its aftermath was journalist, and former Channel 4 news presenter Jon Snow, who

reported from Portugal at the time for LBC Radio. At this important anniversary, he remembers his time there, and tells the story of what unfolded, through archive and interviews with those who organised and lived through those heady days of April 1974.

Presenter: Jon Snow
Producer: Michael Rossi

With thanks to RTP (Rádio e Televisão de Portugal) and LBC for archive.

SUN 14:00 Gardeners' Question Time (m001y8hf)
Upton-by-Chester

What are the pros and cons of using ramial wood chips in my soil? What Moroccan style shrubs could I grow that would survive the British weather? How do I prune my blueberry bushes so they can bear more fruit?

Kathy Clugston and a panel of experts are in Upton-By-Chester to answer queries from an audience of keen gardeners. On the panel this week are garden designer Bunny Guinness, houseplant expert Anne Swithinbank, and curator of RHS Bridgewater Marcus Chilton-Jones.

Later, James Wong speaks to 'The Cloud Gardener' Jason Williams about gimmel gardening and how you can get creative with limited amount of space.

Producer: Bethany Hocken
Assistant Producer: Rahnee Prescod
Executive Producer: Carly Maile

A Somethin' Else production for BBC Radio 4

SUN 14:45 Short Works (m001vbxid)
My Grandmother's Degree

Amira Ghazalla reads a new short work from Leila Aboulela, as a woman remembers a childhood gift from her vibrant and beloved grandmother.

Produced by Eilidh McCreadie

Leila Aboulela is the first-ever winner of the Caine Prize for African Writing. Nominated three times for the Orange Prize (now the Women's Prize for Fiction), she is the author of novels that include *Bird Summons*, *The Kindness of Enemies*, *The Translator* (a New York Times Notable Book of the Year), *Minaret and Lyrics Alley*, Fiction Winner of the Scottish Book Awards. Her collection of short stories *Elsewhere*, *Home* won the Saltire Fiction Book of the Year. Leila's work has been translated into fifteen languages, and her plays *The Insider*, *The Mystic Life* and others were broadcast on BBC Radio. She grew up in Khartoum, Sudan, and now lives in Aberdeen, Scotland.

SUN 15:00 The Shell Seekers (m001yhf1)
Episode 2

Penelope is under pressure to sell the valuable sketches made by her father, Lawrence Stern. They had never been lost. She had hidden them away at the back of her wardrobe. Now she is waiting to have them valued but what about the fate of her father's famous painting *The Shell Seekers*?

Written by Rosamunde Pilcher and dramatised by Lin Coghlan

The Narrator, Rosamunde Pilcher Jessica Turner
Penelope Emma Fielding
Olivia Emily Berrington
Nancy Jasmine Hyde
Noel Will Kirk
Young Penelope Kitty O'Sullivan
Richard Carl Prekopp
Antonia Imogen Front
Danus Ian Dunnett Jnr
Lawrence Michael Bertenshaw
Doris Debra Baker
Mr Brookner/Soldier John Lightbody
Mrs Enderby Juliana Lisk

Directed by Tracey Neale

An instant bestseller when it was first published and still one of the highest bestselling British family sagas of the past four decades, Rosamunde Pilcher's *The Shell Seekers* is an enduring classic which has touched the hearts of millions of readers worldwide.

Set in Gloucestershire, London, Cornwall and Ibiza and shifting between 1939 and 1985. This is the story of one family and the passions and heartbreaks that have held them together.

Artist's daughter Penelope Keeling can look back on a full and varied life. She has brought up three children - and learned to

accept them as they are. Yet she has no intention of settling sweetly into pensioned-off old-age. She wants to live. A story of memory, fate, loss, trauma, connection, and the cost of maintaining that. Is family, everything, after all?

Writer, Rosamunde Pilcher
Dramatised by Lin Coghlan
Produced and Directed by Tracey Neale

SUN 16:00 Open Book (m001yhfjn)
Sinéad Gleeson

Sinéad Gleeson is a writer, broadcaster and editor of three anthologies of Irish writing. Her collection of essays, *Constellations: Reflections from Life won Non Fiction Book of the Year* at the 2019 Irish Book Awards, and now publishes her debut novel, *Hagstone*.

Hagstone is set on a remote island of the coast of Ireland, it tells the story of Nell an artist whose work takes inspiration from the landscape and folklore. When she receives an invitation to create a piece of art from the Inions, a reclusive commune of women living sustainably on the island, things begin to unravel. Sinead discusses the precarity of living as an artist, the folklore which infuses *Hagstone* and dedicating the book to the late activist and artist Sinead O' Connor.

The Book Makers by Adam Smyth is a celebration of five hundred and fifty years of the printed book, told through the lives of eighteen extraordinary people. The printers and binders, publishers and artists, paper-makers and library founders - who took the book in radical new directions. We hear about the binder who created Shakespeare's First Folio, a 16th century Dutch printer who created bestsellers on Fleet Street and the Cut and Paste Bible sisters who made art from the gospels.

And Kick the Latch author Kathryn Scanlan discusses her love of Moyra Davey's *Long Life: Cool White, Photographs and Essays*.

Book List – Sunday 21 March

Hagstone by Sinéad Gleeson
The Long Gaze Back: An Anthology of Irish Women Writers by Sinéad Gleeson
The Glass Shore edited by Sinéad Gleeson
Constellations: Reflections from Life by Sinéad Gleeson
Kick the Latch by Kathryn Scanlan
Long Life Cool White: Photographs by Moyra Davey
The Book Makers by Adam Smyth

SUN 16:30 Round Britain Quiz (m001yjp8)
Programme 7, 2024

(7/12)

Paul Sinha and Marcus Berkmann of the South of England return to see if they can take revenge on Cariad Lloyd and Myfanwy Alexander of Wales, who narrowly beat them last time they met. Kirsty Lang has the trademark cryptic questions, and will be awarding and deducting points depending on how many blind alleys she has to steer the teams away from, in arriving at their answers.

Questions in today's edition:

Q1 What connects a rapper with a side hustle in interior design, another rapper who might be introvert, and the British 'wild man of rock 'n roll' from the late 50s?

Q2 (from Simon Meara) Whenever I walk in a London street, why should I be wary of one wearing glasses, one of the Deadly Sins, an Italian car and a Phoenix sportsman?

Q3 Music: Which is the odd one out?

Q4 (from Patrick Haigh) Through which entrance might all of these have passed, though not all at the same time? One blasted as setting the scene for a 'prophetic greeting'; one who might carry a twister and a legget; one named three times as a joke and a fourth by promotion; one before whose appearance one shouldn't discard warm clothing; and one giving surgical support?

Q5 Why can you now find weapons on Gillespie Road, a pan-Hellenic sanctuary on Addison road, a cathedral in the Post Office and monks in that same cathedral?

Q6 Music: Which Beatles song might we have played as part of this sequence?

Q7 Why might David Lloyd, Ursula Andress and Phillip Vandamm all feel at home in the G'Tech Community Stadium?

Q8 A Welsh fly-half is to John James Preston as Weather Report's saxophonist is to the former member for Ladywood. How so?

Producer: Paul Bajoria

SUN 17:00 Witness History (w3ct4xkt)
The lost Czech scrolls

On 5 February 1964, an unusual delivery was made to a synagogue in London. More than 1,500 Torah scrolls, lost since the end of World War Two, were arriving from Czechoslovakia. The sacred Jewish texts had belonged to communities destroyed by the Nazis. Alex Strangways-Booth talks to Philippa Bernard about the emotional charge of that day.

A CTVC production for the BBC Radio 4.
(Photo: Philippa Bernard beside the scrolls in Westminster Synagogue. Credit: BBC)

SUN 17:10 The Patch (m001y89k)
Northowram, Halifax

One random postcode and a story you probably haven't heard before.

A small village in Yorkshire mysteriously has two cricket clubs, separated by a dry stone wall - how did this happen? And how do they both survive?

Produced and Presented by Polly Weston

SUN 17:54 Shipping Forecast (m001yhf1)
The latest weather reports and forecasts for UK shipping

SUN 17:57 Weather (m001yhf2)
The latest weather reports and forecast

SUN 18:00 Six O'Clock News (m001yhf3)
National and international news from BBC Radio 4

SUN 18:15 Pick of the Week (m001yhg0)
Rima Ahmed

Rima Ahmed chooses audio highlights from the past week.

SUN 19:00 The Archers (m001yhg2)
Denise doesn't know where to turn, and Ed's feeling nervous.

SUN 19:15 John Meagher: The Devil's Own (m001yhg4)
Did you ever have a recurring dream that you think might just be a memory? Or a nightmare so vivid that it could almost be real?

John Meagher has. He's been dreaming about a group of devil worshippers who may or may not have terrorised his home town of Newry, Northern Ireland since the early 90s.

John takes us on a funny, fearful and surprising journey of discovery across Northern Ireland to uncover the truth behind the story of "The Whitehoods" of Newry and discovers that the "Satanic Panic" wasn't exclusive to his home town.

But what was really going on? And why do so many towns in the North have a similar story?

Can John find out the truth and lay these memories to rest? Is there any truth to be found at all in this land of saints, scholars and spoofer?

For the sake of his sleeping patterns and his marriage, John is determined to find out.

A Fabel production for BBC Radio 4

SUN 19:45 Why Do We Do That? (m001yxpq)
Why Do We Kiss?

This episode is all about the iconic kiss. Is it as universal as we think? One study suggests that lip-to-lip romantic kissing - the snog, if you will - is only present in 46% of cultures around the world. So did we just recently learn to do it? Ella Al-Shamahi speaks to Journalist and Radio 1 Life Hacks Presenter Katie Thistleton to get deep into the strangeness of kissing. Speaking to Dr Rafael Wlodarski from Oxford University, they find out how kissing, or getting close to one another, has been shown to give away clues about your genetic information via smells - and why we find the smell of someone who is genetically compatible with us more attractive.

SUN 20:00 Feedback (m001y8h6)
Helen Lewis, File on 4 and Shrinking News

Helen Lewis has *Left the Chat* is a six-part series on Radio 4 which examines how instant messaging has “taken over our lives”. It delves into the murky, and often hilarious world of WhatsApp and other apps to explore how they have shaped our world. Many of you loved the programme - but some of you also found the strong language an instant turn off, especially at **9.30am**. Helen Lewis tells Andrea why the team believed keeping the expletives in was crucial to telling the story.

A recent episode of *File On 4*, Radio 4's flagship weekly investigative programme, explored whether diet groups like *Slimming World* can fuel eating disorders. After it was broadcast, lots of listeners got in touch to complain that the programme lacked proper balance.

Listeners to Radio 1's *Breakfast* show with Greg James have been left wondering where their news has gone. *Newsbeat* bulletins have shrunk from three minutes to just one. Professor Steven Barnett from the University Of Westminster sheds some light on the station's commitment to news.

And weather man Simon King is here to reveal why he ended up *Breathless* in Salford

Presented by Andrea Catherwood
Produced by Leeanne Coyle
A *Whistledown* Scotland production for BBC Radio 4

SUN 20:30 Last Word (m001y8hp)

Sir Paul Fox, Lynne Reid Banks, Joan Hills, Amnon Weinstein

Matthew Bannister on:

Sir Paul Fox, the respected TV executive who commissioned some of the best loved programmes of the 1960s and 70s. We have a tribute from his former colleague Sir David Attenborough.

Lynne Reid Banks, the author best known for her novel “The L Shaped Room.”

Joan Hills, the artist who played a key role in the art world of the 1960s and, with her husband and two children, was part of the Boyle Family quartet.

Amnon Weinstein, the luthier who collected and restored violins which had been played in concentration camps during the Second World War.

Interviewee: Sir David Attenborough
Interviewee: Gillon Stephenson
Interviewee: Georgia Boyle
Interviewee: Avshalom Weinstein
Interviewee: Jaap Hamburger

Producer: Gareth Nelson-Davies

Archive Used:

Sportsview, BBC Television, 27/01/1955; Roger Bannister 4 minute mile news report, BBC Archive Newsreel, 07/05/1954; Interview with Paul Fox, *The Oral History of the BBC*, connectedhistoriesofthebbc.org, 30/11/1984; Lynne Reid Banks interview with Rita Hayworth 1956, *On This Day*, ITN Archive Facebook channel, uploaded 13/07/2022; L-Shaped Room, Official Trailer, 20th Century Fox, 1962, Dir: Bryan Forbes; Lynne Reid Banks interview, *With Great Pleasure*, BBC Radio 4, 24/09/1999; Reading extract, *The Indian in the Cupboard*, Episode 1, BBC Radio 4, 02/10/1986; Official Film Promo, Paramount Pictures, Dir: Frank Oz, 1995; Lynne Reid Banks talks about how her life would be different if she couldn't write, *gconversations* YouTube Channel, uploaded 25/10/2012; Joan Hills interview, *The Boyle Family*, BBC Four, 27/08/2003; Amnon Weinstein 2018, *Alabama Holocaust Education Center*, YouTube uploaded 02/06/2022; *Violins of Hope*, CBS Sunday Morning, YouTube uploaded 22/03/2024;

SUN 21:00 Money Box (m001yh5)

[Repeat of broadcast at 12:04 on Saturday]

SUN 21:25 Radio 4 Appeal (m001yhdw)

[Repeat of broadcast at 07:54 today]

SUN 21:30 From Our Own Correspondent (m001ygh1)

[Repeat of broadcast at 11:30 on Saturday]

SUN 22:00 Westminster Hour (m001yhg6)

Radio 4's Sunday night political discussion programme.

SUN 23:00 In Our Time (m001y8fp)

Napoleon's Hundred Days

Melvyn Bragg and guests discuss Napoleon Bonaparte's temporary return to power in France in 1815, following his

escape from exile on Elba. He arrived with fewer than a thousand men, yet three weeks later he had displaced Louis XVIII and taken charge of an army as large as any that the Allied Powers could muster individually. He saw that his best chance was to pick the Allies off one by one, starting with the Prussian and then the British/Allied armies in what is now Belgium. He appeared to be on the point of victory at Waterloo yet somehow it eluded him, and his plans were soon in tatters. His escape to America thwarted, he surrendered on 15th July and was exiled again but this time to Saint Helena. There he wrote his memoirs to help shape his legacy, while back in Europe there were still fears of his return.

With

Michael Rowe
Reader in European History at Kings College London

Katherine Astbury
Professor of French Studies at the University of Warwick

And

Zack White
Leverhulme Early Career Research Fellow at the University of Portsmouth

Producer: Simon Tillotson
In Our Time is a BBC Studios Audio production.

Reading list:

Katherine Astbury and Mark Philp (ed.), *Napoleon's Hundred Days and the Politics of Legitimacy* (Palgrave, 2018)

Jeremy Black, *The Battle of Waterloo: A New History* (Icon Books, 2010)

Michael Broers, *Napoleon: The Decline and Fall of an Empire: 1811-1821* (Pegasus Books, 2022)

Philip Dwyer, *Citizen Emperor: Napoleon in power 1799-1815* (Bloomsbury, 2014)

Charles J. Esdaile, *Napoleon, France and Waterloo: The Eagle Rejected* (Pen & Sword Military, 2016)

Gareth Glover, *Waterloo: Myth and Reality* (Pen & Sword Military, 2014)

Sudhir Hazareesingh, *The Legend of Napoleon* (Granta, 2014)

John Hussey, *Waterloo: The Campaign of 1815, Volume 1, From Elba to Ligny and Quatre Bras* (Greenhill Books, 2017)

Andrew Roberts, *Napoleon the Great* (Penguin Books, 2015)

Brian Vick, *The Congress of Vienna: Power and Politics after Napoleon* (Harvard University Press, 2014)

Zack White (ed.), *The Sword and the Spirit: Proceedings of the first 'War & Peace in the Age of Napoleon' Conference* (Helion and Company, 2021)

SUN 23:45 Short Works (m001y8hk)

Paraphernalia by Jane Fraser

A stowaway threatens the tranquillity of a family seaside outing in the Gower, South Wales. An original short story by Gower-based writer, Jane Fraser, read by Hannah Daniel.

Sound by Catherine Robinson
Produced by Emma Harding, BBC Audio Wales

MONDAY 22 APRIL 2024

MON 00:00 Midnight News (m001yhg8)

The latest news and weather forecast from BBC Radio 4.

MON 00:15 Crossing Continents (m001y8d4)

Reggaeton: The pride of Puerto Rico?

Reggaeton's the soundtrack to Puerto Rico. The globally popular music reflects what's going on in the cultural and political scene of the Spanish-speaking Caribbean island.

It started out as underground music in marginalised communities but was criticised for allegedly promoting violence and being too sexually explicit.

Reggaeton has since been used as an anthem to overthrow a local governor and a way to criticise the island's complex relationship with the United States.

It's also evolved from misogynist roots to reach new audiences

in the LGBTQ community.

Jane Chambers travels to Puerto Rico to meet the people and hear the music which is both maligned and revered.

Presenter and Producer: Jane Chambers
Field Producers: Hermes Ayala and Yondy Agosto
Sound Mix: Neil Churchill
Production Coordinator: Gemma Ashman
Editor: Penny Murphy

MON 00:45 Bells on Sunday (m001ygdj)

[Repeat of broadcast at 05:43 on Sunday]

MON 00:48 Shipping Forecast (m001yhgj)

The latest weather reports and forecasts for UK shipping

MON 01:00 Selection of BBC World Service Programmes (m001yhgk)

BBC Radio 4 joins the BBC World Service.

MON 05:20 Shipping Forecast (m001yhgk)

The latest weather reports and forecasts for UK shipping

MON 05:30 News Briefing (m001yhgj)

The latest news from BBC Radio 4

MON 05:43 Prayer for the Day (m001yhgk)

A spiritual comment and prayer to start the day with Dabinderjit Singh

MON 05:45 Farming Today (m001yhgk)

22/04/24 Public perception of commercial forestry, the state of UK woodlands, feral pigs in Scotland.

Today trees: from Welsh Government plans to get them planted on farms, to the ever missed English planting targets and the recent cuts to the budget for planting in Scotland, trees are the subject of much debate in rural areas. Despite our fondness for them and need for timber, we still don't like commercial forestry. Foresters warn the public's perception is hampering efforts to grow more timber. We get an overview of the state of British woodlands.

The Scottish Government wildlife agency NatureScot has been holding advice sessions on wild boar and providing help for farmers and crofters dealing with them. Concerns are growing about the damage they do to grazing areas. It's claimed they kill and eat sheep and lambs, and farmers believe the Government should have taken action years ago.

Presented by Charlotte Smith and produced by Beatrice Fenton.

MON 05:57 Weather (m001yhgk)

Weather reports and forecasts for farmers

MON 06:00 Today (m001yhb7)

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

MON 09:00 Start the Week (m001yhb9)

City living

London, and the river that runs through it, is at the heart of the new play *London Tide*, an adaptation of Charles Dickens' *Our Mutual Friend*. Ben Power has adapted the novel and co-written original songs with the singer-songwriter PJ Harvey. He tells Adam Rutherford that although it combines the savage satire and social analysis of the original, it is, in essence, a love letter to the capital. *London Tide* is playing at the National Theatre until 22nd June.

The award-winning architect Amanda Levete reflects on the challenges of designing buildings and public spaces in major historic cities around the world – taking into consideration the aesthetics of the built environment, whilst meeting the needs of the community and tackling sustainability.

Amanda Levete considers the Pompidou Centre in Paris to be one of the twentieth century's most iconic buildings and an inspiration for her own architectural practice. The journalist Simon Kuper takes stock of his adopted city, as Paris prepares for the Olympics. In *Impossible City* he explores today's 'Grand Paris' project which aims to connect its much famed central areas with its neglected suburbs.

Producer: Katy Hickman

MON 09:45 Café Hope (m001yhbc)

Life after losing a limb

Rachel Burden hears from Corinne Hutton who used her experience to help people adjust to life after losing a limb. She lost her hands and legs below the knee to sepsis and founded charity Finding Your Feet.

Café Hope is our virtual Radio 4 coffee shop, where guests pop in for a brew and a chat to tell us what they're doing to make things better in big and small ways. Think of us as sitting in your local café, cooking up plans, hearing the gossip, and celebrating the people making the world a better place.

We're all about trying to make change. It might be a transformational project that helps an entire community, or it might be about trying to make one life a little bit easier. And the key here is in the trying. This is real life. Not everything works, and there are struggles along the way. But it's always worth a go.

Presenter: Rachel Burden
Producer: Uma Doraiswamy
Sound Design: Nicky Edwards
Researcher: Katie Morgan
Editor: Clare Fordham

MON 10:00 Woman's Hour (m001yhhf)

Women's voices and women's lives - topical conversations to inform, challenge and inspire.

MON 11:00 The Invention Of... (m001yhhd)

China

The First Emperor

Misha Glennly and Miles Warde travel east to tell the story of China - what it is and where it came from.

"The empire long united must divide, long divided must unite. Thus it has ever been." The opening lines of a fourteenth century novel about the rise and fall of China's multiple dynasties, history explained in a couple of brilliant lines. But what is China and where did it come from?

This is episode 55 of How to Invent a Country on BBC Sounds, recorded on location and opening in Taiwan. "The reunification of the historical motherland is an inevitability," said the Chinese president, Xi Jinping, on New Year's day. China is an empire, and this is a president asserting central control - in Xinjiang, in Hong Kong, and now Taiwan appears to be in his sights. Control has been the ambition since the rule of the First Emperor in 221 BCE, but areas on the periphery continue to resist.

With contributions from Frances Wood, author of *The First Emperor*; Steve Tsang, *The Political Thought of Xi Jinping*; Amanda Hsiao, senior China analyst for the Crisis Group; Nathan Law, exiled activist, Hong Kong Umbrella Movement; Chris Buckley, Chief China correspondent of the New York Times now based in Taiwan; plus Paul French, Linda Jaivin, Tania Branigan and Ian Johnson, author of *Sparks*.

"What we do is explain where countries come from, and then unpick the stories governments use to stay in charge. They weren't always there, those lines on the map - everything keeps changing. And China has surged and collapsed, expanded and shrunk, as much as anywhere we've been." Misha Glennly

Presenter Misha Glennly is the author of *McMafia* and a former Central Europe correspondent for the BBC. The producer in Bristol is Miles Warde

Further reading:

Frances Wood, *The First Emperor of China and No Dogs and Not Many Chinese*
Tania Branigan, *Red Memory*
Steve Tsang and Olivia Cheung, *The Political Thought of Xi Jinping*
Linda Jaivin, *The Shortest History of China*
Ian Johnson, *Sparks - China's Underground Historians and Their Battle for the Future*
Paul French, *Midnight in Peking and City of Devils*

MON 11:45 Knife by Salman Rushdie (m001yhhl)

1. Reflections after an attempted murder

The internationally renowned author, Salman Rushdie's deeply personal account of enduring and surviving a violent attack on his life that also shook the literary world and beyond. Art Malik is the reader.

On the morning of 12 August 2022, Salman Rushdie was standing onstage at the Chautauqua Institution in upstate New York, preparing to give a lecture on the importance of keeping

writers safe from harm, when a man in black – black clothes, black mask – rushed down the aisle towards him, wielding a knife. His first thought: So it's you. Here you are.

What followed was a horrific act of violence. Now, for the first time Rushdie relives the traumatic events of that day and its aftermath, as well as his journey towards physical recovery and the healing that was made possible by the love and support of his wife, Eliza, his family, his army of doctors and physical therapists, and his community of readers worldwide.

Knife is Rushdie writing with urgency, with gravity, with unflinching honesty. It is also a deeply moving reminder of literature's capacity to make sense of the unthinkable, an intimate and life-affirming meditation on life, loss, love, art – and finding the strength to stand up again.

Abridged by Richard Hamilton
Produced by Elizabeth Allard

MON 12:00 News Summary (m001yhhp)

The latest national and international news from BBC Radio 4.

MON 12:04 You and Yours (m001yhhc)

News and discussion of consumer affairs

MON 12:57 Weather (m001yhhg)

The latest weather forecast

MON 13:00 World at One (m001yhhw)

Forty-five minutes of news, analysis and comment.

MON 13:45 Growing Solo (m001yhhj)

One Million Calories

Max Cotton, a retired political journalist, leaves behind the weekly shop, supermarkets and the modern world to find out if he can grow and produce 100% of his food on a smallholding near Glastonbury. His only import for a year is salt.

This first episode sees him prepare for the challenge. Why is he doing this? What has inspired him, and how much food does one person need for a year? He is helped and ridiculed in equal measure by his family. We hear from them, from Guy Singh Watson, the founder of Riverford, and Max's farming friend Tommy Allen. And we're introduced to the star of this series - Max's cow, Brenda.

Presenter: Max Cotton
Producer: Tessa Browne
Executive Producer: Kate Dixon

A Good Egg production for BBC Radio 4

MON 14:00 The Archers (m001yhg2)

[Repeat of broadcast at 19:00 on Sunday]

MON 14:15 Drama on 4 (m000td1b)

Devoted

Devoted by Ray Connolly

In 2020 writer Ray Connolly spent six months in hospital with Covid. As the virus attacked his body, he was, for much of the time, in a coma. Unaware of how doctors and nurses were saving his life, his mind was filled with fantasies. Only when he recovered did he discover that his wife, Plum, had sent daily bulletins on his condition to their children, some of which had made harrowing reading. Devoted is the story of how Plum would fear the ringing of the phone from the hospital, but also of how music was used to break into Ray's coma and help nurse him back to health.

Ray.....Philip Jackson
Plum.....Alison Steadman
Louise.....Natalie Grady
Dominic.....Matthew Gravelle
Kieron.....Joseph Millson
Nurse Hannah.....Marilyn Nnadebe
Newsreader.....Leah Marks
Director/Producer Gary Brown
Sound Designer Sharon Hughes

MON 15:00 Great Lives (m001yhj1)

Katherine Rundell on E Nesbit

Bestselling children's author Katherine Rundell discusses the extraordinary life of E Nesbit who wrote *The Railway Children* and *Five Children And It*.

Katherine praises her "bold unwillingness to speak down to children" and reflects that "she never seemed to forget what it was like to be a child". E, or Edith, Nesbit's conjuring of

mythical beasts like the Phoenix and the sand fairy the Psammead was a particular inspiration to Katherine Rundell who says "you can really believe they are flesh and blood". Edith Nesbit has also influenced the work of Jacqueline Wilson and JK Rowling who have both praised this trailblazing writer.

She had a particularly colourful private life and a very open marriage. She flouted the social conventions of the time. She was married when seven months pregnant. Her husband had children outside of their relationship and Edith then raised them as her own. She was a feminist but didn't believe in Votes for Women. She co-founded the Fabian Society and kept company with the likes of George Bernard Shaw and Noel Coward.

Katherine Rundell is joined by Elisabeth Galvin who has written a biography of E Nesbit. The programme features an excerpt from *The Phoenix And The Carpet* by E Nesbit as well as clips from the 1970 film of *The Railway Children* distributed by EMI films and the 1991 BBC television adaptation of *Five Children And It*.

Presenter: Matthew Parris
Producer: Robin Markwell

MON 15:30 History's Secret Heroes (m001y3v8)

14. The Unbreakable Navajo Code

A group of Native American soldiers use their language to devise a secret code for the Allies. Can the Navajo code help win one of the fiercest battles of the war?

Helena Bonham Carter shines a light on extraordinary stories from World War Two. Join her for incredible tales of deception, acts of resistance and courage.

A BBC Studios Audio production for BBC Radio 4 and BBC Sounds.

Producer: Suniti Somaiya
Edit Producer: Melvin Rickarby
Assistant Producer: Lorna Reader
Executive Producer: Paul Smith
Written by Alex von Tunzelmann
Commissioning editor for Radio 4: Rhian Roberts

MON 16:00 Portugal's Carnation Revolution (m001yhfj)

[Repeat of broadcast at 13:30 on Sunday]

MON 16:30 Soul Music (m001yggx)

[Repeat of broadcast at 10:30 on Saturday]

MON 17:00 PM (m001yhj3)

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

MON 18:00 Six O'Clock News (m001yhj5)

National and international news from BBC Radio 4

MON 18:30 It's a Fair Cop (m001yhj7)

Series 8

4. Knife Crime

When does a knife become a crime?

Knife Crime is a societal woe that gets a lot of coverage in the media, but how do the police actually work on getting knives off the streets?

Written and presented by Alfie Moore
Script Editor: Will Ing
Production Co-ordinator: Katie Baum
Producer: Sam Holmes

An EcoAudio Certified Production
A BBC Studios Audio Production

MON 19:00 The Archers (m001yhj9)

Alice fears she has gone too far, and Henry learns a trick or two.

MON 19:15 Front Row (m001yhjc)

Designer Sir Kenneth Grange, Taylor Swift's new album, Venice Art Biennale

Live magazine programme on the worlds of arts, literature, film, media and music.

MON 20:00 The Briefing Room (m001y8hb)

What does Iran want?

David Aaronovitch and guests explore the thinking behind Iran's decision to attack Israel and ask what the short and long term aims of the Iranian regime are.

Guests:

Shashank Joshi, Defence editor at The Economist
Ali Vaez, Iran Project Director at International Crisis Group
Dr Roxane Farmanfarmanian, lecturer specialising in the politics of Iran and the Middle East at Cambridge University

Production team: Sally Abrahams, Kirsteen Knight and Ben Carter

Editor: Richard Vaden

Production Co-ordinator: Gemma Ashman

Sound engineer: Neil Churchill

MON 20:30 BBC Inside Science (m001y8hg)

Do we need a new model of cosmology?

Earlier this week, some of the world's leading astrophysicists came together at The Royal Society to question the very nature of our Universe. Does the Lambda Cold Dark Matter model, which explains the evolution of the cosmos and the Big Bang, need a rethink? Dr Chris North, an astrophysicist from the University of Cardiff, joins us in the studio to explain what this model says, and why it might need to be changed.

The last few weeks seem to have been a non-stop cycle of depressing climate stories, with floods in Pakistan, mass coral bleaching and last month being the hottest March ever recorded. It's perhaps no surprise that many people are anxious about the news. Vic Gill is joined by Dr Lorraine Whitmarsh, an environmental psychologist at the University of Bath, and Tom Rivett Carnac, an author, political strategist and co-host of the podcast *Outrage + Optimism*. Together they discuss climate anxiety, and how to stay engaged with the news without feeling overwhelmed.

And with all this wet weather, how are our precious insects faring? It turns out, bumblebees might have a trick up their fuzzy sleeves when the ground gets flooded - at least according to a new experiment led by Sabrina Rondeau from the University of Ottawa. We also get bumblebee expert Dave Goulson on the line to tell us more about these charismatic insects.

Presenter: Victoria Gill

Producers: Alice Lipscombe-Southwell, Ella Hubber and Hannah Robins

Editor: Martin Smith

Production Co-ordinator: Jana Bennett-Holesworth

MON 21:00 Start the Week (m001yhb9)

[Repeat of broadcast at 09:00 today]

MON 21:45 Café Hope (m001yhhc)

[Repeat of broadcast at 09:45 today]

MON 22:00 The World Tonight (m001yhjf)

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

MON 22:45 The Blue Book of Nebo (m001xzqp)

Episode 1

Dylan and his mum have survived The End. So what now? When they find a blue notebook in a deserted house, they decide to share the book, to write their experiences, memories and secrets. And they promise not to read what the other has written.

Manon Steffan Ros's multi-award-winning novel, set in North Wales, is read by Gwion Morris Jones and Rhian Blythe.

Sound design, by Nigel Lewis and Rhys Morris

Production co-ordinator, Lindsay Rees

Abridged and directed by Fay Lomas. BBC Audio Drama Wales

MON 23:00 Limelight (p09h4vyy)

The System - Series 1

The System - Level 3: Field Work

By Ben Lewis

A witty and propulsive six-part thriller about an exclusive personal development programme with a radical twist. Starring Siena Kelly, Jack Rowan and Iain de Caestecker.

Level 3: Field Work

The Past: pumped up and fighting fit, Jake and his unit learn how to hunt. And it's not just animals they're in search of.

The Present: Maya meets a woman she hopes can explain why Jake's life hangs in the balance.

Cast:

Alex ... Iain de Caestecker

Maya ... Siena Kelly

Coyote ... Divian Ladwa

Beau ... Matthew Needham

DI Cohen ... Chloe Pirrie

Grace ... Ashna Rabheru

Jake ... Jack Rowan

Original music and sound design by Danny Krass

With thanks to Dr Joel Busher at the Centre for Trust, Peace and Social Relations, University of Coventry.

A BBC Scotland Production directed by Kirsty Williams

MON 23:30 Today in Parliament (m001yhjh)

News, views and features on today's stories in Parliament

TUESDAY 23 APRIL 2024

TUE 00:00 Midnight News (m001yhjk)

National and international news from BBC Radio 4

TUE 00:30 Knife by Salman Rushdie (m001yhh)

[Repeat of broadcast at 11:45 on Monday]

TUE 00:48 Shipping Forecast (m001yhmj)

The latest weather reports and forecasts for UK shipping

TUE 01:00 Selection of BBC World Service Programmes (m001yhjp)

BBC Radio 4 joins the BBC World Service.

TUE 05:20 Shipping Forecast (m001yhrj)

The latest weather reports and forecasts for UK shipping

TUE 05:30 News Briefing (m001yhjt)

The latest news from BBC Radio 4

TUE 05:43 Prayer for the Day (m001yhjw)

A spiritual comment and prayer to start the day with Dabinderjit Singh

TUE 05:45 Farming Today (m001yhjy)

The latest news about food, farming and the countryside.

TUE 06:00 Today (m001yj0q)

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

TUE 09:00 The Life Scientific (m001yhzp)

Mike Edmunds on decoding galaxies and ancient astronomical artefacts

What is the universe made of? Where does space dust come from?

And how exactly might one go about putting on a one-man-show about Sir Isaac Newton?

These are all questions that Mike Edmunds, Emeritus Professor of Astrophysics at Cardiff University and President of the Royal Astronomical Society (RAS), has tackled during his distinguished career. And although physics is his first love, Mike is fascinated by an array of scientific disciplines - with achievements ranging from interpreting the spread of chemical elements in the Universe, to decoding the world's oldest-known astronomical artefact.

Recording in front of an audience at the RAS in London, Professor Jim Al-Khalili talks to Mike about his life, work and inspirations.

And who knows, Sir Isaac might even make an appearance...

Produced by Lucy Taylor.

TUE 09:30 Inside Health (m001yhzr)

Can you fix insomnia?

What do you do when you can't sleep?

In this episode we're going to explore the reality of living with insomnia.

It's an issue that may affect many of us at some point in our lives - but for some it goes beyond a short period of not being able to sleep and becomes a more chronic issue.

James Gallagher is joined by an expert panel to answer your questions, from how to know when you should seek help and how much factors like ageing, menopause, needing the loo or shift work matter - to how to make the most of a disrupted night's sleep and the latest on research and treatments.

TUE 10:00 Woman's Hour (m001yj0s)

Women's voices and women's lives - topical conversations to inform, challenge and inspire.

TUE 11:00 Screenshot (m001y8j9)

Pumping Iron: Gyms and Bodybuilding

As rising British director Rose Glass (St Maud) brings us *Love Lies Bleeding* - a film about female bodybuilders - Mark Kermode and Ellen E Jones examine the precedents, including the action stars of the 80s like Schwarzenegger who broke out of the gym and into the mainstream, as well as how gyms make a rich setting for drama and action.

Mark explores what bodybuilders have brought to the screen over the years. He talks to editor of *Empire* magazine and author of *The Last Action Heroes*, Nick de Semlyen, about the history of muscles and bodybuilders on screen. Mark then speaks to rising star Katy O'Brian about her breakout role in *Love Lies Bleeding* and her own background in bodybuilding.

Ellen looks at how the gym and fitness culture are rich settings for drama. She speaks to film writer Brandon Streussnig about how the gym is portrayed on screen and his favourite gym movies. She then talks to Annie Weisman, the creator of Apple TV's *Physical*, about fitness culture in the 80s and its relationship to women's empowerment.

Producer: Queenie Qureshi-Wales

A Prospect Street production for BBC Radio 4

TUE 11:45 Knife by Salman Rushdie (m001yj0v)

2. Personal meditations on enduring a violent attack

Salman Rushdie's deeply personal meditations on enduring and surviving a brutal attempt on his life more than thirty years after the fatwa that was ordered against him. Art Malik is the reader.

On the morning of 12 August 2022, Salman Rushdie was standing onstage at the Chautauqua Institution in upstate New York, preparing to give a lecture on the importance of keeping writers safe from harm, when a man in black - black clothes, black mask - rushed down the aisle towards him, wielding a knife. His first thought: So it's you. Here you are.

What followed was a horrific act of violence that shook the literary world and beyond. Now, for the first time Rushdie relives the traumatic events of that day and its aftermath, as well as his journey towards physical recovery and the healing that was made possible by the love and support of his wife, Eliza, his family, his army of doctors and physical therapists, and his community of readers worldwide.

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Produced by Elizabeth Allard

TUE 12:00 News Summary (m001yj0x)

The latest national and international news from BBC Radio 4.

TUE 12:04 You and Yours (m001yj0z)

News and discussion of consumer affairs

TUE 12:57 Weather (m001yj11)

The latest weather forecast

TUE 13:00 World at One (m001yj13)

Forty-five minutes of news, analysis and comment.

TUE 13:45 Growing Solo (m001yj15)

The Harvest

Max Cotton, a retired political journalist, leaves behind the weekly shop, supermarkets and the modern world to find out if he can grow and produce 100% of his food on a smallholding near Glastonbury. His only import for a year is salt.

This second episode gets off to a bad start as getting the wheat in is hampered by badgers and a pre-Stone Age harvesting system. Max explores making bread from the wheat he's grown, discusses having a house cow and making cheese, and deals with the shock of going without tea and coffee.

Presenter: Max Cotton
 Producer: Tessa Browne
 Executive Producer: Kate Dixon

A Good Egg production for BBC Radio 4

TUE 14:00 The Archers (m001yhj9)
 [Repeat of broadcast at 19:00 on Monday]

TUE 14:15 Drama on 4 (m000zsp7)
 Song of the Reed

Song of the Reed: Whirlpool

We return to Fleggwick where the search is on to find the miniscule Whirlpool Ramshorn Snail – a tiny creature whose presence would bolster the case for the reserve as a habitat for rare species.

Sophie Okonedo and Mark Rylance star in the second of Steve Waters' seasonal dramas following the life of a fictional wetlands nature reserve, over the period of one year.

Fleggwick, like the ecosystem it protects, is under threat. The site was not financially sustainable when its founder passed away, so his daughter Liv (Sophie Okonedo) needs to find a way for it to survive. But if that means selling out to 'trendy conservation', then Ian (Mark Rylance), the Warden, wants nothing to do with it.

Song of the Reed is recorded on location at RSPB's Strumpshaw Fen. The story is informed by the real work and science of conservation taking place in the face of rapid environmental change in the wetlands of Norfolk, and everywhere. This episode also features Tom Fewins of the Wildfowl and Wetlands Trust, playing himself.

Cast:

Liv.....Sophie Okonedo
 Ian.....Mark Rylance
 Tam.....Ella Dorman Gajic
 Kay.....Molly Naylor
 Sadegh.....Zaydun Khalaf
 Theo.....Tom Goodman-Hill
 Nikki.....Karen Hill
 Tom.....Tom Fewins
 Voice of the Reed.....Christine Kavanagh
 Other parts played by staff and volunteers at RSPB Strumpshaw Fen

Music by Michael Somerset Ward with Rebecca Hearne
 Sound design by Alisdair McGregor
 Produced and Directed by Boz Temple-Morris

A Holy Mountain production for BBC Radio 4

TUE 15:00 Don't Log Off (m001tgxq)
 Series 15

A Seasonal Journey

In the last episode of this series, he explores places which are isolated from the bustle of urban life. To landscapes that conjure up nostalgic images of worlds frozen in time - but are also a magnet for tourists seeking beautiful vistas, exotic wildlife, or even the imagery of their childhood's past.

His conversations this week include Pat who is 92 years old and the matriarch of a tiny town in Indiana, Joona who works at the Husky Park in Lapland and he catches up with Lisa and tales of the red crabs on Christmas Island.

Producer Emma Betteridge

TUE 15:30 Beyond Belief (m001yj17)
 Embracing Neurodiversity

Giles Fraser hears from a Mum of two who describes how her family's neurodivergence has affected their practice of faith. Carolina Mountford has recently been diagnosed with ADHD and strong autistic traits. Her two sons are also neurodivergent and Carolina describes some of the challenges that poses in their Christian evangelical church.

A panel discusses what faith leaders and communities can learn about spirituality by embracing neurodiversity, in children and adults. What is the relationship between spirituality and the neurodiverse brain? Is there a different relationship with theology, and with God?

Giles is joined by Parveen Mahal, co-founder of the Sikh Disability Charity SEN Seva and Rabbi Miriam Berger, who has devised special barmitzvah and batmitzvah ceremonies at Finchley Reform Synagogue, suited to the needs of neurodivergent 13-year olds. We also hear from Dr Joanna Leidenhag, who is Associate Professor in Theology and Philosophy at the University of Leeds, with a current focus on autism and Christianity.

Producers: Rebecca Maxted and Peter Everett
 Assistant Producer: Ruth Purser
 Editor: Jonathan Hallowell

TUE 16:00 Split Ends (m001yjyn)
 2. Liberty X

Singer Songwriter and BBC Introducing presenter Kitty Perrin charts the stories of band break ups, looking at what really happened. Using new interviews with band members themselves - as well as music professionals, academics, and writers - she analyses the reasons behind why bands split.

Some band splits are violent, ugly affairs. They go out with a bang or at least a goodbye tour. Others simply walk away quietly from the limelight.

In this episode, Kitty takes us back to the early 2000s, the reality TV show Popstars and the five losing singers. She talks to the original female members, Michelle Heaton, Kelli Young and Jessica Taylor about how their failure to win the TV show and being labelled 'Flopstars' brought the five members together as an actual non-TV band, Liberty X. And how, despite that initial label from the press, they became more successful than the eventual Popstars winners, Hear'Say.

In the six years together, the band was rarely out of the tabloids. They released three albums, achieved eight UK Top 10 hits, and played stadiums all over the world but then, one day, they were gone. Kitty looks at what happened and why - uncovering a theme of imposter syndrome while the band were at their height, and a loss of identity when they split.

She also hears from Ryan Dusick, original drummer of American rock-pop band Maroon 5, about his own issues of imposter syndrome and how that led to him being sacked, from Dr George Musgrave, rapper (under the name Context) and senior lecturer in cultural sociology at Goldsmiths University, specialising in mental health in the music industry.

Presented by Kitty Perrin
 Produced by Julian Mayers and Ellie Dobing
 Original Music by Gordon Russell

A Yada-Yada Audio production for BBC Radio 4

TUE 16:30 When It Hits the Fan (m001yj19)
 Matthew Freud special

In a special episode of When It Hits the Fan, Simon Lewis and David Yelland talk to Matthew Freud about his 40-year career at the head of one of the most influential PR businesses in the world. Freud Communications has promoted and protected the reputations of the biggest names in Britain.

Born into the famous Freud family, he married into a global media dynasty to become Rupert Murdoch's son-in-law. He has kept the secrets of the rich and the powerful as well as advising prime ministers and pop stars.

In this rare broadcast interview, Matthew Freud discusses power, politics and his views on British public life from his unique perspective at the pinnacle of public relations.

Producer: Eve Streeter
 Editor: Sarah Teasdale
 Executive Producer: William Miller
 Music by Eclectic Sounds
 A Raconteur production for BBC Radio 4

TUE 17:00 PM (m001yj1c)
 Afternoon news and current affairs programme, reporting on breaking stories and summing up the day's headlines.

TUE 18:00 Six O'Clock News (m001yj1f)
 National and international news from BBC Radio 4

TUE 18:30 Thanks a Lot, Milton Jones! (m001yj1h)
 Series 6

2. Conkers Bonkers

Star of Mock The Week, Milton Jones returns with a plot involving a new pub, an old Brad Pitt, a furry George Clooney and some very suspicious beer.

Complete with his unmissable jokes and a fully-working cast.

"The best one-line merchant in British comedy..." - Chortle
 "King of the surreal one-liners" - The Times
 "Milton Jones is one of Britain's best gagsmiths with a flair for creating daft yet perfect one-liners" - The Guardian

Written by Milton Jones, James Cary and Dan Evans

Starring Milton Jones, Tom Goodman-Hill, Josie Lawrence and Dan Tetsell

With music by Guy Jackson

Produced and directed by David Tyler

A Pozzitive production for BBC Radio 4

TUE 19:00 The Archers (m001yhz2)
 Alistair faces a dilemma, and Helen treads carefully.

TUE 19:15 Front Row (m001yj1k)
 Women and Shakespeare, best beach reads, Black British music exhibition

Live magazine programme on the worlds of arts, literature, film, media and music.

TUE 20:00 Today (m001yhy1)
 The Today Debate

Mishal Husain is joined by an expert panel for the Today Debate.

TUE 20:45 In Touch (m001yj1m)
 News, views and information for people who are blind or partially sighted.

TUE 21:00 Crossing Continents (m001yj1p)
 Armenia's Lost Garden

For three decades Armenians ruled Karabakh – literally "Black Garden" – an unrecognised statelet inside neighbouring Azerbaijan. Many saw it as the cradle of their civilisation. But as Azerbaijan retook control last autumn, the entire population fled in just a few days. It was an historic catastrophe for Armenia. But the world barely noticed. How is Armenia coping with its loss? Can 100,000 refugees rebuild their lives? And will the cycle of hatred that caused the conflict ever be broken? Grigor Atanesian reports.

Produced by Tim Whewell
 Studio mix: James Beard
 Production Coordinator: Gemma Ashman
 Series Editor: Penny Murphy

TUE 21:30 Three Million (p0hcrvv3)
 4. The Tapes

Kavita discovers a set of cassette tapes containing rare interviews with Indian civil servants who were on the ground across Bengal during the famine, shedding new light on colonial responsibility.

And as the need for relief in Bengal becomes ever greater, more pressure is put on the British government from India's new Viceroy. He asks for more food imports. Could the War Cabinet and Prime Minister Winston Churchill have done more to help alleviate the famine in the middle of the war?

Presenter Kavita Puri
 Series Producer: Ant Adeane
 Editor: Emma Rippon
 Sound design and mix: Eloise Whitmore
 Production Coordinators: Maria Ogundeke and Sabine Schereck
 Original music: Felix Taylor

With thanks to Dr Janam Mukherjee and Professor Joya Chatterji

Interviews conducted by Lance Brennan courtesy of University of Cambridge

Interviews with GS Khosla courtesy of University of Cambridge

TUE 22:00 The World Tonight (m001yj1r)
 In depth reporting, intelligent analysis and breaking news from a global perspective.

TUE 22:45 The Blue Book of Nebo (m001xzqr)
 Episode 2

After The End, Dylan and his mum Rowenna share The Blue Book of Nebo to chronicle their experiences. Dylan plays games outside with his sister Mona, reads extensively, and grows the vegetables they live off. Rowenna remembers how she kept them alive when the world fell apart.
Manon Steffan Ros's multi-award-winning novel, set in North Wales, is read by Gwion Morris Jones and Rhian Blythe. Sound design, by Nigel Lewis and Rhys Morris
Production co-ordinator, Lindsay Rees
Abridged and directed by Fay Lomas. BBC Audio Drama Wales

TUE 23:00 The Confessional (m001h4g7)
Series 3

The Confession of Ben Bailey Smith aka Doc Brown

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.

TV writer, rapper and actor, Ben Bailey Smith takes the hot seat to reveal his tales of shame in the last of the current run.

This series also includes confessions from Jessie Cave, Neil Dudgeon, Sheila Hancock, Maisie Adam and Lady Antonia Fraser.

Presenter: Stephen Mangan
Additional material: Nick Doody
Producer: Frank Stirling
A 7digital production for BBC Radio 4

TUE 23:30 Today in Parliament (m001yj1t)
News, views and features on today's stories in Parliament

WEDNESDAY 24 APRIL 2024

WED 00:00 Midnight News (m001yj1w)
National and international news from BBC Radio 4

WED 00:30 Knife by Salman Rushdie (m001yj0v)
[Repeat of broadcast at 11:45 on Tuesday]

WED 00:48 Shipping Forecast (m001yj1y)
The latest weather reports and forecasts for UK shipping

WED 01:00 Selection of BBC World Service Programmes (m001yj20)
BBC Radio 4 joins the BBC World Service.

WED 05:20 Shipping Forecast (m001yj22)
The latest weather reports and forecasts for UK shipping

WED 05:30 News Briefing (m001yj24)
The latest news from BBC Radio 4

WED 05:43 Prayer for the Day (m001yj26)
A spiritual comment and prayer to start the day with Dabinderjit Singh

WED 05:45 Farming Today (m001yj28)
The latest news about food, farming and the countryside.

WED 06:00 Today (m001yhyd)
News and current affairs, including Sports Desk, Weather and Thought for the Day.

WED 09:00 Life Changing (m001yhyg)
Extraordinary stories of life's turning points.

WED 09:30 Influenced (m001y3tz)
Helen Lewis Has Left the Chat

Left The Chat: No 4. I Married a ChatBot

After years of bad dates and toxic relationships, Chris finally found love - with a chatbot called Emma. Is this the future of digital love, or is Chris caught in an illusion?

In this episode focusing on how instant messages have changed our love lives, Helen also uncovers the heart warming story of

the first couple to marry after reconnecting on Friends Reunited, and the strange tale of a woman who was literally ghosted.

A Tempo & Talker production for BBC Radio 4

WED 10:00 Woman's Hour (m001yhyj)
Women's voices and women's lives - topical conversations to inform, challenge and inspire.

WED 11:00 Today (m001yhyl)
[Repeat of broadcast at 20:00 on Tuesday]

WED 11:45 Knife by Salman Rushdie (m001yhyh)
3. A personal account on surviving a brutal attack

The acclaimed author relives the traumatic events of the day he was violently attacked, its aftermath and the slow journey towards recovery. Art Malik is the reader.

On the morning of 12 August 2022, Salman Rushdie was standing onstage at the Chautauqua Institution in upstate New York, preparing to give a lecture on the importance of keeping writers safe from harm, when a man in black – black clothes, black mask – rushed down the aisle towards him, wielding a knife. His first thought: So it's you. Here you are.

What followed was a horrific act of violence that shook the literary world and beyond. Now, for the first time Rushdie relives the traumatic events of that day and its aftermath, as well as his journey towards physical recovery and the healing that was made possible by the love and support of his wife, Eliza, his family, his army of doctors and physical therapists, and his community of readers worldwide.

Knife is Rushdie writing with urgency, with gravity, with unflinching honesty. It is also a deeply moving reminder of literature's capacity to make sense of the unthinkable, an intimate and life-affirming meditation on life, loss, love, art – and finding the strength to stand up again.

Abridged by Richard Hamilton.
Produced by Elizabeth Allard

WED 12:00 News Summary (m001yhyk)
The latest national and international news from BBC Radio 4.

WED 12:04 You and Yours (m001yhys)
News and discussion of consumer affairs

WED 12:57 Weather (m001yhyv)
The latest weather forecast

WED 13:00 World at One (m001yhyy)
Forty-five minutes of news, analysis and comment.

WED 13:45 Growing Solo (m001yhz0)
Winter Solstice Feast

Max Cotton, a retired political journalist, leaves behind the weekly shop, supermarkets and the modern world to find out if he can grow and produce 100% of his food on a smallholding near Glastonbury. His only import for a year is salt.

In this third episode, Max gets to grips with the grisly process of turning farm animals into meat, and he has to come to terms with a disastrous potato harvest that could threaten the viability of the project. Max and his neighbours also gather in grapes for winemaking and we learn how best to pluck a Christmas turkey.

Presenter: Max Cotton
Producer: Tessa Browne
Executive Producer: Kate Dixon

A Good Egg production for BBC Radio 4

WED 14:00 The Archers (m001yhz2)
[Repeat of broadcast at 19:00 on Tuesday]

WED 14:15 Drama on 4 (m001yhz4)
Bat Girls

Episode 2: Karishma's Story

by Kamal Kaan and Mary Cooper.
Episode 2. Karishma's Story.

It is 2018. Talented cricketer Karishma has made it into the county youth squad. But it's not so simple, as she's not actually

getting picked for the team. She questions why - is she not good enough? Or is it something to do with who she is? But there are other compensations, not least that she may have discovered her true sexual identity.

KARISHMA.....Amy Leigh Hickman
NAILA.....Yazmin Kayani
ROSHINA/ DOCTOR.....Saba Amini
MEGHAN.....Sydney Martin
MR CHATTERJEE/ NISH.....Sushil Chudasama
JACK.....William Fox

Production Co-ordinator - Lorna Newman
Studio Manager - Amy Brennan
Script Advisers - Sara De Jong and Zainab Goreja
Sound Design - Sharon Hughes
Director/Producer - Gary Brown

A BBC Studios Audio Production

Special thanks to Duckinfield Cricket Club, Shivanie Patel (Bradford Park Avenue Ladies' Cricket Club), Katie Stewart (Yorkshire Cricket Board) and Mariam Ali - (Refugee Action, Bradford)

WED 15:00 Money Box (m001yhz6)

The Money Box team invites listeners and a panel of experts to discuss one personal finance topic in depth.

WED 15:30 Why Do You Hate Me? (m001whb0)

4. I Received Online Death Threats and the Premier League Caught My Troll

The Premier League has told the BBC it's fighting a rise in social media threats against both its players and their families, with a team dedicated to hunting down online trolls. The BBC's Disinformation and social media correspondent Marianna Spring goes inside the team for the first time, talks to striker Neal Maupay about social media abuse - and tracks down the man they helped convict for threatening him.

In this series, Why Do You Hate Me?, Marianna delves into her inbox to investigate extraordinary cases of online hate like this one. She meets the people at the heart of the conflicts, and in some cases brings them together, to see if understanding – even forgiveness – is ever possible.

Subscribe to BBC Sounds to hear the episodes first. And watch the episodes on BBC iPlayer too.

If you have been affected by some of the issues raised in this programme, please visit bbc.co.uk/actionline.

Host: Marianna Spring
Series Producer: Emma Close
Producer: Ben Carter
Editor: Sam Bonham
Commissioning editor: Rhian Roberts
Sound Engineer: Neil Churchill
Production co-ordinator: Rosie Strawbridge

WED 16:00 The Media Show (m001yhz8)
Topical programme about the fast-changing media world

WED 17:00 PM (m001yhzb)
Afternoon news and current affairs programme, reporting on breaking stories and summing up the day's headlines.

WED 18:00 Six O'Clock News (m001yhzd)
National and international news from BBC Radio 4

WED 18:30 Room 101 with Paul Merton (m001yhzg)
Series 2

Naga Munchetty

Paul Merton interviews a variety of guests from the world of comedy and entertainment to find out what they would send to Room 101 as well as the one item they cannot live without.

Naga Munchetty attempts to banish people who salt their food without tasting it first, as well as unsolicited advice. The one thing she could not live without however is a spicy condiment loved by millions.

Additional material John Irwin and Suki Webster
Produced by Richard Wilson
A Hat Trick production for BBC Radio 4

WED 19:00 The Archers (m001yhzj)

Alice has a mountain to climb, and Fallon supports a friend in need.

WED 19:15 Front Row (m001yhzi)

Live magazine programme on the worlds of arts, literature, film, media and music.

WED 20:00 AntiSocial (m001y8gq)

Should cyclists stay in their lane?

Cyclists shaming drivers online, fights over bike lanes, and the politics of pedal power.

TV and radio presenter Jeremy Vine posts a video of a car failing to give way to him while he's riding a penny farthing. Cue angry comments hurling insults and telling him he'd be safer in a car - and sympathetic responses from fellow cyclists. What does the Highway Code actually say about priorities on the roads? What are the stats on cyclists and safety? And how and why has cycling become such a toxic topic?

Presenter: Adam Fleming

Producers: Simon Maybin, Simon Tulett, Nathan Gower

Editor: Richard Vadon

WED 20:45 Uncharted with Hannah Fry (m001qw95)

4. This Train Has Been Delayed

Singapore, 2016. A high-tech driverless train system starts glitching in wild and unpredictable ways. The train company, the government, even the military are at a loss: no-one can figure out what is causing the problem. Until Jason Bay and his team of data scientists assemble an old-fashioned timetabling graph, first developed in 19th century France, which exposes an invisible culprit.

Behind every line on a graph, there lies an extraordinary human story. And mathematician Hannah Fry is here to tell us ten of them.

Hannah Fry tells a tale of data detectives and very naughty trains.

Episode Producer: Ilan Goodman

Sound Design: Jon Nicholls

Story Editor: John Yorke

A series for Radio 4 by BBC Science in Cardiff.

WED 21:00 The Life Scientific (m001yhzp)

[Repeat of broadcast at 09:00 on Tuesday]

WED 21:30 Inside Health (m001yhzr)

[Repeat of broadcast at 09:30 on Tuesday]

WED 22:00 The World Tonight (m001yhzt)

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

WED 22:45 The Blue Book of Nebo (m001xzqx)

Episode 3

After The End, Dylan and his mum Rowenna share The Blue Book of Nebo to chronicle their experiences.

Dylan and his little sister Mona befriend a hare, keeping it a secret from their mum. Rowenna describes what happened when Wylfa, the nuclear power station on Anglesey, exploded. Manon Steffan Ros's multi-award-winning novel, set in North Wales, is read by Gwion Morris Jones and Rhian Blythe. Sound design, by Nigel Lewis and Rhys Morris. Production co-ordinator, Lindsay Rees. Abridged and directed by Fay Lomas. BBC Audio Drama Wales

WED 23:00 Aurie Styla: Tech Talk (m001yhzw)

4. Sorry To Ask, Are You a Robot?

Stand-up comedian Aurie Styla, a 90s nerd, takes an autobiographical journey through technology history. In this final episode, we peer into the future - a future in which we've allowed machines to become so advanced that they may one day have everything they need to do away with us altogether.

Aurie has been a technology lover since he got his first 13-inch television which only worked if asked very nicely, and he re-wired to show all the channels available - in total, four.

Since the days of his first gaming console, the Sega Master System - featuring 'Alex Kidd in Miracle World', the most frustrating video game of all time - Aurie has seen technology transform in a manner that would have been hard to believe in the 90s.

This show charts his personal relationship with machines, looking at the past (computer games that you had to load from

cassette tapes), the present (houses that are lit and warmed via apps on your phone, cars that drive themselves without you) and the future (AIs that tell you how to dress and what to eat for dinner, and superior intelligences that command you every move whether you want to object or not).

Technology has moved on rapidly, from being a fun sideshow to the bedrock of our understanding of human life. Aurie guides us through this landscape with infectious wit, taking time to remember the awkward interface of MSN Messenger while also negotiating the modern culture of having to check with a virtual assistant before you turn your lights off. A warm, human show about the way the world has become less and less warm and human, celebrating the march of tech while being appropriately terrified of it.

An Impatient production for BBC Radio 4

WED 23:15 Jokes (m001kxhw)

Jessica Fostekeew: Sturdy Girl Club

Sturdy Girl Club - Episode 3: Olympic Lifting

In episode 3 of Jessica Fostekeew's stand up series about strong women, things start getting technical as we look into the world of Olympic Lifting and get familiar with the Snatch and the Clean and Jerk.

Jess talks to Champion Olympic lifters Emily Campbell and Zoe Smith about dealing with the opinions of others, their route into the sport, and what to eat if you want to get strong (spoiler, the answer is - your dinner).

Jess also takes part in an Olympic Lifting competition where she's a very much a newbie but has so much fun!

Written and Performed by Jessica Fostekeew

Producer: Lyndsay Fenner

Executive Producer: Victoria Lloyd

Sound Recordist: David Thomas

A Mighty Bunny production for BBC Radio 4

WED 23:30 Today in Parliament (m001yhyz)

News, views and features on today's stories in Parliament

THURSDAY 25 APRIL 2024**THU 00:00 Midnight News (m001yj00)**

National and international news from BBC Radio 4

THU 00:30 Knife by Salman Rushdie (m001yhyh)

[Repeat of broadcast at 11:45 on Wednesday]

THU 00:48 Shipping Forecast (m001yj02)

The latest weather reports and forecasts for UK shipping

THU 01:00 Selection of BBC World Service Programmes (m001yj04)

BBC Radio 4 joins the BBC World Service.

THU 05:20 Shipping Forecast (m001yj06)

The latest weather reports and forecasts for UK shipping

THU 05:30 News Briefing (m001yj08)

The latest news from BBC Radio 4

THU 05:43 Prayer for the Day (m001yj0b)

A spiritual comment and prayer to start the day with Dabinderjit Singh

THU 05:45 Farming Today (m001yj0d)

The latest news about food, farming and the countryside.

THU 06:00 Today (m001yj9n)

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

THU 09:00 In Our Time (m001yj9q)

Bertolt Brecht

Melvyn Bragg and guests discuss one of the greatest European playwrights of the twentieth century. The aim of Bertolt Brecht (1898-1956) was to make the familiar 'strange': with plays such as *Mother Courage and The Caucasian Chalk Circle* he wanted his audience not to sit back but to engage, observe and discover

the contradictions in life, and act on what they learnt. He developed this approach in turbulent times, from Weimar Germany to the rise of the Nazis, to exile in Scandinavia and America and then post-war life in East Berlin, and he has since inspired dramatists around the world.

With

Laura Bradley

Professor of German and Theatre at the University of Edinburgh

David Barnett

Professor of Theatre at the University of York

And

Tom Kuhn

Professor of Twentieth Century German Literature, Emeritus Fellow of St Hugh's College, University of Oxford

Producer: Simon Tillotson

In Our Time is a BBC Studios Audio production

THU 09:45 Just One Thing - with Michael Mosley (m001yj87)

Try Flax Seeds

Michael Mosley gets his flax fix, as he finds out how flax seeds, also known as linseeds, can protect your heart, reduce your blood sugar levels, and might even keep your skin feeling smooth and hydrated! With the help of Dr Grant Pierce from the University of Manitoba in Canada, Michael learns about the key components of flaxseed, including alpha-linolenic acid, and how they contribute to its array of impressive benefits. Through his research, Grant has demonstrated that daily flaxseed can lower your blood pressure and cholesterol, reducing your chance of a heart attack or stroke by a remarkable 50%! Meanwhile, our volunteer Rena finds flaxseed a welcome addition to her diet.

Series Producer: Nija Dalal-Small

Editor: Zoë Heron

A BBC Studios production for BBC Sounds / BBC Radio 4.

THU 10:00 Woman's Hour (m001yj9s)

Women's voices and women's lives - topical conversations to inform, challenge and inspire.

THU 11:00 This Cultural Life (m001yj9v)

Antony Gormley

For over forty years, the sculptor Sir Antony Gormley has been using his own body as the basis for his artistic work, and is known for creating cast iron human figures that stand on high streets, rooftops and beaches, as well as in museums and galleries around the world. He won the Turner Prize in 1994 and the prestigious Premio Imperiale in 2013. Antony Gormley is best known for the Angel Of The North, a monumental winged figure on a hill in Gateshead which, overlooking the motorway and a mainline railway, is one of the most viewed pieces of modern art in the world.

He talks to John Wilson about his Catholic childhood and the influence that his former art teacher, the sculptor John Bunting had on him while he was at boarding school. Being taken by his father to the British Museum and seeing the colossal human-headed winged bulls, which once guarded an entrance to the citadel of the Assyrian king Sargon II (721-705 BC) captured his creative imagination. Gormley also chooses the life-changing experience of learning Vipassana meditation in India under the teacher S N Goenka, as one that has deeply informed his work.

Producer: Edwina Pitman

THU 11:45 Knife by Salman Rushdie (m001yj9x)

4. On surviving and healing after a violent attack

The renowned author's personal meditations on how he survived and the journey towards healing in the aftermath of a brutal attempt on his life. Art Malik is the reader.

On the morning of 12 August 2022, Salman Rushdie was standing onstage at the Chautauqua Institution in upstate New York, preparing to give a lecture on the importance of keeping writers safe from harm, when a man in black - black clothes, black mask - rushed down the aisle towards him, wielding a knife. His first thought: So it's you. Here you are.

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his army of doctors and physical therapists, and his community of readers worldwide.

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Abridged by Richard Hamilton
Produced by Elizabeth Allard

THU 12:00 News Summary (m001y9z)

The latest national and international news from BBC Radio 4.

THU 12:04 You and Yours (m001yjb1)

News and discussion of consumer affairs

THU 12:32 Sliced Bread (m001yjb3)

Toast - Green Shield Stamps

Green Shield Stamps could be traded in for 'free' gifts so why did consumers abandon them?

Sean Farrington examines their rise and fall and discovers how they spawned a famous retail chain which is still trading.

The stamps were the centrepiece of an early form of loyalty scheme and were collected by tens of millions of people across the UK.

They were given out by shops with every purchase and could be exchanged for a wide range of household goods and luxury items from handbags to vacuum cleaners and even cars.

The BBC Business journalist, Sean Farrington, speaks to expert guests including:

Sir John Timpson - chairman of the retail services provider, Timpson, who dedicated a chapter of his book on 'High Street Heroes' to the Green Shield Stamp founder, Richard Tompkins.

Professor Leigh Sparks - Professor of Retail Studies at the University of Stirling.

Alongside them, analysing the stamps' fortunes is the entrepreneur, Sam White.

Toast is a BBC Audio North production for Radio 4 and BBC Sounds.

This episode was produced by Jon Douglas.

You can email the programme at toast@bbc.co.uk

Feel free to suggest topics which could be covered in future episodes.

Sliced Bread returns for a new batch of investigations in May.

In the new series, Greg Foot will investigate more of the latest so-called wonder products to find out whether they really are the best thing since sliced bread.

In the meantime, Toast is available in the Sliced Bread feed on BBC Sounds.

THU 12:57 Weather (m001yjb5)

The latest weather forecast

THU 13:00 World at One (m001yjb7)

Forty-five minutes of news, analysis and comment.

THU 13:45 Growing Solo (m001yjb9)

Hungry Gap

Max Cotton, a retired political journalist, leaves behind the weekly shop, supermarkets and the modern world to find out if he can grow and produce 100% of his food on a smallholding near Glastonbury. His only import for a year is salt.

In this episode, life on the farm starts getting hard as the reality of seasonal food production in England begins to bite. Early spring is the hardest time to produce fresh vegetables - it's called the hungry gap. We hear how Max is trying to bridge that gap. The irony is that the news has been full of stories about shortages in supermarkets while Max is living off swedes, milk and rationed potatoes.

Presenter: Max Cotton
Producer: Tessa Browne
Executive Producer: Kate Dixon

A Good Egg production for BBC Radio 4

THU 14:00 The Archers (m001yhzj)

[Repeat of broadcast at 19:00 on Wednesday]

THU 14:15 Drama on 4 (m001yjbce)

In Good Faith

A Play For Radio by Mark Lawson

The soft sad silence of a child Intensive Care Unit, broken by the whirs and bleeps of artificial life support. A 30-something woman is leaving the ICU telling a nurse that she needs to be "in court" and that she is "absolutely sure she just smiled".

At the High Court, in a legal antechamber, the woman is sitting on the opposite side of the room to a man of similar age. They have a curt and hurt conversation.

Mrs Justice Penley calls the hearing to order. She tells the court that this is an emergency hearing to decide between the claims of the mother and father of a child who is in a PVS (Persistent Vegetative State) as a result of a very rare genetic condition. In this "unusually complex" case, the couple is bitterly separated so each parent is calling separate and conflicting medical evidence.

Then, there is a dramatic courtroom twist.

As the reconfigured case comes before Mrs Justice Penley, all those involved discover who is really responsible for the fate of DVP. The play ends, as it began, in the ICU.

CAST:

MRS JUSTICE PENLEY - Susan Jameson
PHOEBE - Macy Nyman
PEQ (DEBORAH) - Jeany Spark
XZR (ANDREW) - Tayla Kovacevic-Ebong
JYA (CRAIG)/COURT CLERK/NURSE - Tom Glenister
BEA JENKINS KC - Jane Slavin
EMILY LEANING KC - Lizzy McInnery

Producer/Director: Eoin O'Callaghan
A Big Fish Radio production for BBC Radio 4

THU 15:00 Open Country (m001yjbff)

Diving Gannets and Raging Seas

Martha Kearney hears stories of recovery from the Firth of Forth. Firstly, she takes to the water with guide Maggie Sheddan and skipper John McCarter to explore the iconic Bass Rock, a volcanic island just beyond the shores of North Berwick in East Lothian. From land, it looks like a snow-capped peak, but on closer inspection it becomes clear that the island is white from thousands upon thousands of gannets, and their guano. A decade ago, Bass Rock became the world's largest colony of Northern gannets, home to over 75,000 breeding sites. But things changed abruptly in 2022 when Avian Flu hit the colony at the height of its breeding season. By 2023, the total population was estimated at just under 52,000 breeding sites, a decrease of over 30% from the count in 2014. But now, at the beginning of a new breeding season, hope is in the air as the gannets return to the rock, showing signs of recovery.

Meanwhile, back on dry land, another story of recovery unfolds. Over the winter months, North Berwick was hit by huge storms. Four-metre waves, in combination with spring tides, left behind a trail of destruction, including a large hole in the harbour wall. Martha speaks to the North Berwick Harbour Trust about the repairs that are now underway. The storms also shifted some of the sand dunes on the beaches around North Berwick. Emma Marriott, Conservation Assistant at the Scottish Seabird Centre, tells Martha about the post-storm beach cleans which unearthed ancient litter from the 1960s.

Presented by Martha Kearney
Produced by Becky Ripley

THU 15:27 Radio 4 Appeal (m001yhdw)

[Repeat of broadcast at 07:54 on Sunday]

THU 15:30 Feedback (m001yjbh)

The programme that holds the BBC to account on behalf of the radio audience

THU 16:00 The Briefing Room (m001yjbk)

David Aaronovitch and a panel of experts and insiders present in-depth explainers on big issues in the news.

THU 16:30 BBC Inside Science (m001yjbm)

A weekly programme looking at the science that's changing our world.

THU 17:00 PM (m001yjbp)

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

THU 18:00 Six O'Clock News (m001yjbr)

National and international news from BBC Radio 4

THU 18:30 What's the Story, Ashley Storrie? (m001yjbtt)

Love, Death and A Box of Chocolates

Ashley shares her atypical account of amore - cringeworthy childhood crushes, hugging machines, and why love actually is a load of mince.

And in the final chapter of her story, Ashley's mum is dying, and she's not doing it nearly as gracefully as Susan Sarandon has led us to believe it should be done. In trying to make sense of it all, Ashley explains how death was dealt with during her unconventional upbringing - featuring funeral karaoke and family feuds - getting side-tracked by grave robbers, 80s ghosts... and Forrest Gump.

Poignant and personal, this might also be the episode to convince Ashley that exploring your trauma in a fringe show isn't a suitable substitute for actual therapy...

With Rosco McClelland
Produced by Julia Sutherland
Sound Design by Sean Kerwin
A Dabster production for BBC Radio 4

THU 19:00 The Archers (m001yjbq)

There's light at the end of the tunnel for Lilian, and Azra makes a friend.

THU 19:15 Front Row (m001yjbw)

Live magazine programme on the worlds of arts, literature, film, media and music.

THU 20:00 The Media Show (m001yhz8)

[Repeat of broadcast at 16:00 on Wednesday]

THU 21:00 Loose Ends (m001yghr)

[Repeat of broadcast at 18:15 on Saturday]

THU 21:45 Why Do We Do That? (p0d9xg14)

Why Do We Procrastinate?

Procrastination is the thief of time - or so the old saying goes. Studies have shown that people who procrastinate have higher levels of stress and lower levels of well-being. So why do we do it? One theory is that focusing on the here-and-now was beneficial for our palaeolithic ancestors. Dr Caroline Schuler from Ruhr-Universität Bochum in Germany found that chronic procrastinators have a larger amygdala, a key area in the brain that processes and learns from emotions. Could it be a coping mechanism to deal with negative emotions? It doesn't seem to bother comedian Eshaan Akbar, who believes procrastination is a good thing...

THU 22:00 The World Tonight (m001yjby)

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

THU 22:45 The Blue Book of Nebo (m001xzqt)

Episode 4

After The End, Dylan and his mum Rowenna share The Blue Book of Nebo to chronicle their experiences. Dylan and Rowenna look after an ill Mona. Dylan visits a deserted house on the edge of the village. Rowenna shares a secret with The Blue Book of Nebo - one that she'd never share with Dylan.

Manon Steffan Ros's multi-award-winning novel, set in North Wales, is read by Gwion Morris Jones and Rhian Blythe. Sound design, by Nigel Lewis and Rhys Morris. Production co-ordinator, Lindsay Rees. Abridged and directed by Fay Lomas. BBC Audio Drama Wales

THU 23:00 The Today Podcast (m001yjc0)

Amol and Nick's take on the biggest stories of the week.

THU 23:30 Today in Parliament (m001yjc2)

News, views and features on today's stories in Parliament

FRIDAY 26 APRIL 2024

FRI 00:00 Midnight News (m001yj4c)

National and international news from BBC Radio 4

FRI 00:30 Knife by Salman Rushdie (m001yj9x)

[Repeat of broadcast at 11:45 on Thursday]

FRI 00:48 Shipping Forecast (m001yj6c)

The latest weather reports and forecasts for UK shipping

FRI 01:00 Selection of BBC World Service Programmes (m001yj8)

BBC Radio 4 joins the BBC World Service.

FRI 05:20 Shipping Forecast (m001yjcb)

The latest weather reports and forecasts for UK shipping

FRI 05:30 News Briefing (m001yjcd)

The latest news from BBC Radio 4

FRI 05:43 Prayer for the Day (m001yjcg)

A spiritual comment and prayer to start the day with Dabinderjit Singh

FRI 05:45 Farming Today (m001yjcj)

The latest news about food, farming and the countryside.

FRI 06:00 Today (m001yj5v)

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

FRI 09:00 The Reunion (m001yhf8)

[Repeat of broadcast at 10:00 on Sunday]

FRI 10:00 Woman's Hour (m001yj5z)

Women's voices and women's lives - topical conversations to inform, challenge and inspire.

FRI 11:00 The Food Programme (m001yj63)

Food as fuel: What should we eat for sport?

From the explosion in sport food and drink, to the food diaries and routines of some of the UK's top athletes, Leyla Kazim investigates food in the world of sport today.

How do elite sport nutritionists prep their athletes and what can we learn from them? What should we eat for energy? What's the deal with protein? We hear from sport stars in rugby, netball, triathlon and football, to find out.

For an everyday athlete without a performance nutritionist, eating for sport can be confusing. Over a pre workout lunch, head of nutrition at Virgin Active Matt Gardner dispels some myths, and shares stories from his days planning the diets of elite rugby players and extreme adventurers.

But sport food is no longer just the domain of gym cafes and sport clubs. There has been an explosion of energy drinks and 'hi protein' chocolate or protein bars sold anywhere from Post Office counters to the check outs of sport fashion shops. Leyla sends three young food activists, who have been looking into this issue, out onto the streets of Reading to see what they can find on sale. To discover what exactly the bars and drinks they return with are made of, we visit professor of nutrition and metabolism at the University of Bath, Javier Gonzalez, who reveals how these products could help, or hinder, sport and exercise.

To see the bigger picture and the links between sport, health and food marketing, we drop in on public health policy consultant, Dan Hunt, who explains the power and appeal behind sport, and why food companies are so interested. Finally, Leyla reflects on how food works as fuel, and summarises a few useful tips to remember, before heading off with a few new ideas for her own pre-running routine.

Produced by Nina Pullman for BBC Audio in Bristol.

FRI 11:45 Knife by Salman Rushdie (m001yj67)

5. Concluding meditations on an attempted murder

The renowned author concludes his personal meditations on the attempt on his life and literature's capacity to make sense of the unthinkable. Art Malik is the reader.

On the morning of 12 August 2022, Salman Rushdie was

standing onstage at the Chautauqua Institution in upstate New York, preparing to give a lecture on the importance of keeping writers safe from harm, when a man in black – black clothes, black mask – rushed down the aisle towards him, wielding a knife. His first thought: So it's you. Here you are.

What followed was a horrific act of violence that shook the literary world and beyond. Now, for the first time Rushdie relives the traumatic events of that day and its aftermath, as well as his journey towards physical recovery and the healing that was made possible by the love and support of his wife, Eliza, his family, his army of doctors and physical therapists, and his community of readers worldwide.

Knife is Rushdie writing with urgency, with gravity, with unflinching honesty. It is also an intimate and life-affirming meditation on life, loss, love, art – and finding the strength to stand up again.

Produced by Elizabeth Allard

FRI 12:00 News Summary (m001yj6c)

The latest national and international news from BBC Radio 4.

FRI 12:04 AntiSocial (m001yj6g)

Adam Fleming helps you work out what the culture war arguments are really about.

FRI 12:57 Weather (m001yj6j)

The latest weather forecast

FRI 13:00 World at One (m001yj6l)

Forty-five minutes of news, analysis and comment.

FRI 13:45 Growing Solo (m001yj6n)

Year's End

Max Cotton, a retired political journalist, leaves behind the weekly shop, supermarkets and the modern world to find out if he can grow and produce 100% of his food on a smallholding near Glastonbury. His only import for a year is salt.

This is the final episode and marks the end of Max's food self-sufficient year. Did he make it? Did he cheat? Did he lose weight? Was it too hard to be fun? All these questions are answered. This episode also explores some of the issues of trying to eat locally and seasonally.

Presenter: Max Cotton

Producer: Tessa Browne

Executive Producer: Kate Dixon

A Good Egg production for BBC Radio 4

FRI 14:00 The Archers (m001yj6q)

[Repeat of broadcast at 19:00 on Thursday]

FRI 14:15 Limelight (m001yj6s)

Money Gone

Money Gone – 1. Insufficient Funds

Valentine's Day 2025. The UK awakes to financial catastrophe and no one can access any money. Ross sees opportunity as the country descends into chaos, but Grace has picked the worst day run away.

A fast-paced satirical drama starring Robert Bathurst (Cold Feet, Toast of London), Charlotte Richie (Ghosts, Call the Midwife), Aaron Heffernan (War of the Worlds, Brassic) and Josette Simon (Wonder Woman, Blakes 7).

Cast:

Pascal Robert Bathurst

Patricia Josette Simon

Emily Charlotte Richie

Ross Aaron Heffernan

Grace Lauren Douglin

Chris Fergus Craig

Stuart Raj Ghatk

Glenn Simon Darwin

Gavin Chris Lew Kum Hoi

Shopper.....Melody Brown

Bex Sylvie Churnside-Reed

The Home Secretary Leah Marks

The Danish Prime Minister Charlotte Melen

The Chancellor Graeme Hawley

Maggie Philbin herself

Including the voices of Ruby Evans, Megan Maguire, George Styman, Molly Diamond, Lawrence Carter, Samuel Carrera Briega, Maya Dhokia, Marco Bosin Salome, Christopher Hoop,

Evie Barrow, Neve Clark, Niamh Brockbank, Ruby Mutluay, Ryan Gaul

Written by Ed Sellek

Directed by Tony Churnside

Storyline Consultant: Diane Coyle

Production: Leah Marks and Louis Blatherwick

Original Music and Sound Design by Eloise Whitmore and Tony Churnside

Theme song by Ellie Akhgar

Series Photographer: Simon Bray

Illustrator: Pete Hambling

Producer: Eloise Whitmore

A Naked production for BBC Radio 4 and BBC Sounds

FRI 14:45 Child (p0hhrq1b)

20. Playtime

As parents start to think about the development of the child within, they might head out to classes. The advice on how a baby 'should be' and the pressures on parents to 'get it right' can be a lot, but does it all matter? Lucy Jones, journalist and author, guides us through the history of why there is so much pressure on carers.

We also hear more from Rebecca Saxe, a cognitive neuroscientist and Dean of Science at MIT about what babies are learning from play, and from Graham Music about what makes good play.

But, put down your wallet - the best toys for a baby are free, and with you all the time.

Presented by India Rakusen

Producer: Lucy Hunt

Series Producer: Ellie Sans

Executive Producer: Suzy Grant

Commissioning Editor: Rhian Roberts

Original music composed and performed by The Big Moon

Mix and Mastering by Charlie Brandon-King

A Listen production for Radio 4 and BBC Sounds

FRI 15:00 Gardeners' Question Time (m001yj6x)

Horticultural programme featuring a group of gardening experts.

FRI 15:45 Short Works (m001yj6z)

At Heart Centre by Bernie McGill

An original short story commissioned by BBC Radio 4 from the writer Bernie McGill. As read by Seána Kerslake ('Blue Lights.')

Bernie McGill is the author of two novels and two short story collections. She has also written audio scripts for heritage projects and stage scripts for theatre. She studied English and Italian at Queen's University, Belfast and graduated with a Masters degree in Irish Writing. Her novel 'The Watch House' was nominated in 2019 for the Ireland/European Union Prize for Literature and 'The Butterfly Cabinet' was named in 2012 by Downton Abbey creator Julian Fellowes as his novel of the year. Her most recent short story collection 'This Train is For' was awarded the Edge Hill Short Story Prize 2023.

Writer: Bernie McGill

Reader: Seána Kerslake

Producer: Michael Shannon

A BBC Audio Northern Ireland Production for BBC Radio 4.

FRI 16:00 Last Word (m001yj71)

Weekly obituary programme telling the life stories of those who have died recently.

FRI 16:30 Life Changing (m001yhyg)

[Repeat of broadcast at 09:00 on Wednesday]

FRI 17:00 PM (m001yj73)

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

FRI 18:00 Six O'Clock News (m001yj75)

National and international news from BBC Radio 4

FRI 18:30 Dead Ringers (m001yj77)

Series 24

Episode 1

Mordant topical satire from the usual team with voices by Jon Culshaw, Jan Ravens, Lewis MacLeod, Duncan Wisbey and Jess Robinson. With writing from Tom Jamieson, Nev Fountain, Ed Amsden & Tom Coles, Laurence Howarth, Rob Darke, Edward Tew, Sophie Dixon, Sarah Campbell, Toussaint Douglass, Cody Dahler and Joe Topping.

FRI 19:00 The Archers (m001yj7b)

Writer: Sarah McDonald Hughes
Director: Kim Greengrass

Helen Archer.... Louiza Patikas
Henry Archer.... Blayke Darby
Lilian Bellamy.... Sunny Ormonde
Harrison Burns.... James Cartwright
Alice Carter.... Hollie Chapman
Eve Chilcott.... Juliet Aubrey
Harry Chilcott.... Jack Ashton
Joy Horville.... Jackie Lye
Ed Grundy.... Barry Farrimond
Alistair Lloyd.... Michael Lumsden
Dr Azra Malik.... Yasmin Wilde
Denise Metcalf.... Clare Perkins
Fallon Rogers.... Joanna Van Kampen
Laura.... Claire Cage

FRI 19:15 Screenshot (m001yj7d)

Fashion and Film

The rich history of style and the moving image. Mark Kermode and Ellen E Jones examine how designers are portrayed in movies like *The Devil Wears Prada* and *Phantom Thread*, and look at the way fashion in film can set trends in the real world.

Mark talks to director Kevin McDonald about his new documentary, *High & Low: John Galliano*. They discuss how fashion designers are depicted on screen and the complicated legacy of John Galliano. Mark then enlists the help of Screenshot regular Christina Newland. They explore how the fashion world has been depicted on screen throughout history, from *Funny Face* to *Phantom Thread*.

Ellen then talks to Amber Butchart, fashion historian and broadcaster. They discuss how films have influenced fashion and the close relationship between couture and cinema. They look at the timeless influence of Fritz Lang's *Metropolis*, and how some of cinema's earliest films were fashion advertisements.

Producer: Jane Long
A Prospect Street production for BBC Radio 4

FRI 20:00 Any Questions? (m001yj7g)

Alex Forsyth presents political discussion from Pinhoe Baptist Church in Exeter.

Producer: Camellia Sinclair
Lead broadcast engineer: Tim Allen

FRI 20:50 A Point of View (m001yj7j)

Weekly reflections on topical issues from a range of contributors.

FRI 21:00 Free Thinking (m001yj7l)

Shahidha Bari and guests explore the ideas shaping our lives today, looking back at the week and picking out some themes and questions which have caught their attention.

Producer: Lisa Jenkinson

FRI 22:00 The World Tonight (m001yj7n)

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

FRI 22:45 The Blue Book of Nebo (m001xzqy)

Episode 5

The secrets and silence between Dylan and Rowenna grow. As they feel more alone than ever, Rowenna retreats into the past, and Dylan retreats into himself. They have to find a way to bridge the divide – especially as the world around them starts to change.

Manon Steffan Ros's multi-award-winning novel, set in North Wales, is read by Gwion Morris Jones and Rhian Blythe.

Sound design, by Nigel Lewis and Rhys Morris
Production co-ordinator, Lindsay Rees
Abridged and directed by Fay Lomas. BBC Audio Drama Wales

FRI 23:00 Americast (m001yj7q)

Join the Americast team for insights from across the US.

FRI 23:30 Today in Parliament (m001yj7s)

News, views and features on today's stories in Parliament