

## SATURDAY 27 APRIL 2024

**SAT 00:00 Midnight News (m001yj7v)**

National and international news from BBC Radio 4

**SAT 00:30 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

**SAT 00:48 Shipping Forecast (m001yj7x)**

The latest weather reports and forecasts for UK shipping

**SAT 01:00 Selection of BBC World Service Programmes (m001yj7z)**

BBC Radio 4 joins the BBC World Service.

**SAT 05:20 Shipping Forecast (m001yj81)**

The latest weather reports and forecasts for UK shipping

**SAT 05:30 News Briefing (m001yj83)**

The latest news from BBC Radio 4

**SAT 05:43 Prayer for the Day (m001yj85)**

Middle of Passover

A spiritual comment and prayer to start the day with Rabbi Jonathan Wittenberg

Good Morning.

Whoever wrote the Song of Songs bequeathed to us one of the greatest love poems ever. We read it in the Synagogue today, on this Sabbath in the middle of Passover.

The rabbis debated whether to include it in the Biblical Canon. Was it merely a collection of secular lyrics, sung in the nightclubs of those days, or was it truly sacred? Rabbi Akiva clinched the argument, declaring that this was the Bible's Holy of Holies.

That's because The Song of Songs is a love song to life on every level, to the spirit at the heart of all existence.

Its author (or authors) knew the land's seasons, wildflowers and birds: 'Come my beloved, my beautiful one...the buds are out...the vineyard is fragrant with blossom.' They understood the nervous temerity of the deer, glancing through the lattice window, fleeing to the mountains, like the tremulous joy of new love.

The wonderful, sadly departed, Sister Edmee, of the Sisters of the Love of God, debated with me whether there was eros in the Songs, or whether it was only all about the love of God. She insisted on its chastity. Maybe this mattered to her so much, precisely because she'd been a pop-star and fashion model, until, as she put it, 'God got me.'

In my view, what's so wonderful is how the sensual and the sacred meet. Love of nature, romantic love and spiritual love come together. Beauty, wonder and mystery suffuse them all.

'I sleep, but my heart is awake,' says the beloved. All too often we're awake but our heart is asleep!

May our hearts always be open to wonder.

**SAT 05:45 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.

**SAT 06:00 News and Papers (m001yps7)**

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

**SAT 06:07 Open Country (m001yjb7)**

Diving Gannets and Raging Seas

Martha Kearney hears stories of recovery from the Firth of Forth. First, 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. A decade ago, Bass Rock became the world's largest colony of Northern gannets, home to over 75,000 breeding sites. Then, in 2022, Avian Flu hit the colony at the height of the 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.

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 huge hole in the harbour wall. Martha speaks to Andrew Duns from the North Berwick Harbour Trust and harbour master Ricky Martin about the repairs that are now underway. The storms also shifted 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

**SAT 06:30 Farming Today (m001yps9)**

27/04/24 Farming Today This Week: illegal fishing, land mines on farmland in Ukraine, universal credits, trees and forestry

Illegal fishing on rivers and watercourses is on up according to the police, who are stepping up patrols with other agencies. Angling clubs pay thousands of pounds every year to stock rivers with fish for members and taking fish without permission is theft. Better training of police in poaching laws has led to a recent spate of convictions and a legal first for volunteer river bailiffs.

MPs have highlighted the impact of changes in welfare payments on farmers. Farmers historically claimed tax credits to boost low incomes, but the system has changed and they now apply for Universal Credit. But eligibility is calculated using monthly income and expenditure, which doesn't sit well with farm businesses where these can vary enormously depending on the season. The transition process has been described as a nightmare which is having an impact on farmers mental health.

Around 38 million acres of Ukrainian farmland has now been rendered too dangerous to farm by Russian mines. According to the Mines Advisory Group charity there have been more than a thousand mine accidents in Ukraine since 2022, with farmers making up one of the largest single groups of casualties.

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. All this week we've been discussing trees and despite our fondness for them and need for timber, we still don't like commercial forestry.

Presented by Charlotte Smith and produced by Beatrice Fenton.

**SAT 06:57 Weather (m001ypsc)**

The latest weather reports and forecast

**SAT 07:00 Today (m001yps1)**

Including Sports Desk, Weather and Thought for the Day.

**SAT 09:00 Saturday Live (m001ypsh)**

Steven Knight, Ruth Goodman, Catherine Coldstream, Vernon Kay

Birmingham's unofficial global ambassador, Steven Knight, who did as much for flat caps as he did for Brum by creating Peaky Blinders and he's now taking us back to the West Midlands of the 1980's with his latest TV series This Town.

Catherine Coldstream had a bohemian upbringing in London, lived in Paris and fell in love with "unsuitable propositions in dark polo necks" and then, spent twelve years cloistered, as a Carmelite nun.

The social and domestic historian Ruth Goodman, famous for her hit TV series taking us back to Tudor, Victorian and Edwardian times, is currently revealing the curious history of our homes in her new podcast; from wallpaper to fridges and washing up.

And this week's Inheritance Tracks see the ultra-marathon running, American football obsessive, and fellow radio presenter Vernon Kay share with us the music that's shaped his life.

Presenters: Nikki Bedi and Huw Stephens

Producer: Ben Mitchell

**SAT 10:00 Your Place or Mine with Shaun Keaveny (m001ypsk)**

Catherine Bohart: Lisbon, Portugal

What's not to love in a romantic, arty, cool waterside city full of colourful buildings? Well, Shaun finds city breaks a bit tiring but if Catherine lays a trail of egg custard tarts then Shaun will surely follow. Resident geographer, historian and comedian Iszi Lawrence joins the pastry trail.

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.

Producer: 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 (m001ypsm)**

Northern Sky

"I never felt magic crazy as this....."

For some it's a beacon of hope, for others a metaphor for love. 'Northern Sky' is the penultimate track on Nick Drake's 1971 album 'Bryter Layter'. The sound was shaped by the Velvet Underground's John Cale who added the piano, organ and celeste. His records didn't sell well much to Nick's disappointment, but after his death in 1974 his music and genius became much better-known. These are just some of the stories from whose lives have been profoundly touched by this iconic track.

Gordon Hunter had a difficult childhood and says hearing 'Northern Sky' brought a meditative sense of calm to his life, like "finding treasure."

Nick Drake's producer Joe Boyd remembers how John Cale became involved in the recording, and his sadness that Nick never got the recognition he deserved in his own lifetime.

Singer-songwriter Alex Hart took a job on the Covid-19 111 helpline during the first lockdown and listened to 'Northern Sky' on the drives home. Alex covered the track for one of her albums.

Musicians Neil MacColl and Kate St John fell in love on the 'Way To Blue' tour in 2011 and discuss their performance of 'Northern Sky' and Kate's string arrangements. Neil walks us through Nick's guitar tunings and the song's lyrics.

It's a song that reminds Laura Barton of spring and the first rush of love which she experienced as a student in Oxford.

"Brighten my northern sky."

Producer: Toby Field for BBC Audio Bristol

Technical Producer: Michael Harrison

Editor: Emma Harding

**SAT 11:00 The Week in Westminster (m001ypsp)**

George Parker of the Financial Times is joined by a range of guests to analyse the latest developments at Westminster.

To discuss the boost to defence spending pledged by Rishi Sunak, he speaks to Labour peer and former head of the navy,

Admiral Lord West and former soldier and the chair of the defence select committee, Conservative MP Tobias Ellwood.

Labour MP, Bell Ribeiro-Addy and Conservative MP, Sir Edward Leigh discuss Parliament's approval of the controversial Rwanda deportation bill and consider what happens next.

Twenty years on from a near-fatal car crash, dotcom entrepreneur and crossbench peer, Martha Lane-Fox explains what her 'mountain mission' is and discusses technology and artificial intelligence.

And, to reflect on the life of former Labour minister and crossbench peer Frank Field who died this week, he is joined by Labour MP Dame Angela Eagle whose constituency bordered his and former Work and Pensions Secretary, Conservative MP Sir Iain Duncan Smith

**SAT 11:30 From Our Own Correspondent (m001ypsr)**  
The Rise and Fall of Nagorno-Karabakh

Katie Adie presents dispatches from Armenia, India, China, Belgium and the Middle East.

The flight of more than 100,000 Armenians from Nagorno-Karabakh last year, after a rapid offensive by Azerbaijan, quickly faded from news headlines. Tim Whewell remembers how the self-declared republic first emerged, as the Soviet Union was in its last throes, and reflects on how nations are born, and re-buried.

More than a billion Indians are heading to the polls over the next six weeks to vote in a general election. Prime Minister Narendra Modi's vision of a 'digital India' has been a policy priority during his leadership - but to what extent are the less developed parts of the country on board and online? James Coomarasamy visits a village in Karnataka.

The Chinese government is focused on green growth, providing subsidies for the manufacture of solar panels and electric vehicles. Yet in some cities, factory workers have been laid off and fear being left behind. Laura Bicker reports from the once bustling manufacturing city of Dongguan.

The Royal Museum for Central Africa in Belgium was originally built to showcase artefacts from the country's former colony, Congo. Today, visitors to the museum are encouraged to reflect on the impact of Belgium's colonization, finds Beth Timmins.

Reporters always carry some kind of baggage with them when they head off to cover a story. It was on a recent deployment that the BBC's Middle East analyst Sebastian Usher suddenly noticed that the often unwanted companion that seemingly always accompanied him on trips abroad... had suddenly gone missing.

Series Producer: Serena Tarling  
Editor: Richard Fenton-Smith  
Production Coordinator: Katie Morrison

**SAT 12:00 News Summary (m001ypst)**  
The latest national and international news from BBC Radio 4.

**SAT 12:04 Money Box (m001ypsw)**  
Carers Allowance and Minimum Payments on Credit Cards

A senior MP has told Money Box that the government must take urgent action to stop carers working up thousands of pounds of debt after unwittingly receiving overpayments of Carer's Allowance. Unpaid carers, who look after a loved one full time, are entitled to nearly £82 per week in Carer's Allowance. On top of that they can earn up to £151 take home pay. But stray above that earnings limit, even by just a few pence, and they lose the full allowance. The Department for Work and Pensions is alerted on a month by month basis when this happens, but in some cases carers were not told of their mistake for years. Labour MP Stephen Timms, Chair of the Work and Pensions Select Committee says it should never have taken so long for carers to be notified.

The UK's biggest credit card provider, Barclaycard, is cutting minimum payments on its card to 1% from July. It is not the only credit card provider to allow 1% minimum payments, and Barclaycard says it's made the changes to increase flexibility for customers. We look at what it means in practice for customers, in terms of how much more you'll ultimately pay in interest and how long it'll take to pay off the debt.

And we return to the subject of ISAs - Individual Savings Accounts. New changes this month should mean that customers can open multiple ISAs of the same type in the same tax year, and make partial transfers of funds between them. Money Box has learnt that many of the biggest ISA providers in the UK are not yet offering customers these new freedoms, why?

Presenter: Paul Lewis  
Reporter: Dan Whitworth

Researchers: Sandra Hardial and Jo Krasner  
Studio Producer: Craig Henderson  
Editor: Beatrice Pickup

(first broadcast on Saturday 27th April 2024)

**SAT 12:30 Dead Ringers (m001yj77)**  
Series 24

Episode 1

The Rwanda bill passes through parliament so will Rishi call an election? Who is really behind the rumours about Angela Rayner? Will Rylan and Stacey Solomon manage to say anything sensible? All questions answered.

The series writers include: Nev Fountain & Tom Jamieson, Ed Amsden & Tom Coles, Laurence Howarth, Rob Darke, Edward Tew, Sophie Dixon, Sarah Campbell, Toussaint Douglass, Cody Dahler, Joe Topping, Alex Bertulis Fernandes, Angela Channell, Lizzy Mansfield, Christina Riggs, Peter Tellouche, Rachel Thorne, Toussaint Douglas and Sarah Dempster.

Exec: James Robinson  
Sound Design: Rich Evans  
Prod Co-Ordinator: Dan Marchini  
Producer: Bill Dare

**SAT 12:57 Weather (m001ypsy)**  
The latest weather forecast

**SAT 13:00 News and Weather (m001ypt0)**  
The latest national and international news and weather reports from BBC Radio 4

**SAT 13:10 Any Questions? (m001yj7g)**  
Kate Andrews, Carla Denyer, John Glen MP, Darren Jones MP

Alex Forsyth presents political discussion from Pinhoe Baptist Church in Exeter with the Economics Editor at The Spectator Kate Andrews, the co-leader of the Green Party of England and Wales Carla Denyer, Paymaster General and Cabinet Office Minister John Glen MP and Shadow Chief Secretary to the Treasury Darren Jones MP.  
Producer: Camellia Sinclair  
Lead broadcast engineer: Tim Allen

**SAT 14:00 Any Answers? (m001ypt2)**  
Topical discussion posing questions to a panel of political and media personalities

**SAT 14:45 The Archers (m001yj7b)**  
Azra reveals she is going to be moving in to Beechwood and, delighted, Joy quickly shares all her intel on the local residents, before inviting her new neighbour to join her later at Denise's Dance Fit class at the Church.

Alistair has a pub date with Laura from the Little Croxley cricket team. The conversation quickly becomes stilted, and Laura politely asks what's going on. Alistair is sorry for messing Laura about and makes excuses. The actual issue is someone else, but it's complicated. Laura's not offended but knows that it's time to leave Alistair and re-join her friends who are sitting at another table. She wishes him well, and good luck with his "situationship".

Alistair goes to find Denise at the church and explains that he liked Laura – but his mind was elsewhere. Denise laughs as Alistair recalls how he embarrassed himself, but gets upset when she realises no-one's there for her fitness class, apart from Alistair who's volunteered to take part. Denise heads to the vestry to pack up her equipment. She admits everything is upsetting her – not least their work situation and fear of Paul noticing and wondering what's going on. Trying to act normal is impossible, and then at home she knows that John knows something's wrong but doesn't want to talk. Alistair comforts Denise and they have a passionate embrace, but stop as they hear Joy and Azra arriving in the church, leaving flustered Denise to re-focus on the class. Denise and Alistair wonder what they're playing at.

**SAT 15:00 Drama on 4 (m000ndhy)**  
Elegies

Part 2. Tennyson's In Memoriam

The stories behind two of the greatest and most influential poetic elegies ever published in English.

Part 2. Tennyson's In Memoriam- starring Holliday Grainger and James Cooney.

Although written centuries apart, in 1637 and 1833, the making and circumstances of these great elegies are full of interconnections, centred on the poetic response to grief and loss. Both Milton's Lycidas and Tennyson's 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.

The line from Lycidas to In Memoriam is clear. Tennyson idolised Milton and wanted his elegy to emulate Milton's expansiveness and profundity. When Tennyson's friend the poet Edward Fitzgerald heard that he was working on an elegy for Hallam, he warned his friend that Milton had already done it all: 'Lycidas is the utmost length that an elegy can reach'

CAST

Holliday Grainger ..... Emily Tennyson  
James Cooney ..... Alfred Lord Tennyson  
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 (m001ypt4)**  
Weekend Woman's Hour: Zeinab Badawi, Fisherman Ashley Mullenger, Stalking, Singing and periods

The deaths of 21-year-old Diane Jones and her two young children, in a house fire in October 1995 shocked the community of Merthyr Tydfil. The police originally thought it was an accident - but in the days following the fire launched a triple murder investigation after petrol was found on the carpet. Just months later, Annette was charged with triple murder, manslaughter and arson with intent to endanger life. She was found guilty with the charge of arson and sentenced to 13 years. After two-and-a-half years, her conviction was overturned - but it troubled Annette until her death in 2017. Annette's daughter, Nicole Jacob, is delving into her mum's story in a new podcast, Wrongly Accused: The Annette Hewins Story.

We hear from the journalist and broadcaster Zeinab Badawi to discuss her first book, An African History of Africa: From the Dawn of Humanity to Independence. The book has taken her seven years to research, travelling across 30 countries. She explains how the female African leaders that shaped their countries have often been written out of history.

Ashley Mullenger's life changed unexpectedly when she signed up for a fishing trip on the coast of Norfolk. In her memoir, My Fishing Life, it follows her journey from a 9-5 office job, into the overwhelmingly male fishing industry to becoming Fisherman of the Year in 2022.

Rhianon Bragg spoke to Woman's Hour back in February about her concerns for her safety regarding the imminent release of her ex-boyfriend from prison, despite the fact that a Parole Board ruled a few months earlier that such a move would not be safe. In February 2020, Gareth Wynn Jones was given an extended determinate sentence of 4.5 years in prison, with an extended licence period of five years for the crimes of stalking, false imprisonment, making threats to kill and possession of a firearm. Now two months since his release and coinciding with National Stalking Awareness Week, we hear from Rhianon and also Emily Lingley Clark of the Suzy Lamplugh Trust.

At the start of the year, acclaimed opera singer Sophie Bevan MBE took to Twitter to ask if other female singers also had voice struggles around the time of their periods. This led to her discovery of premenstrual vocal syndrome, which is when hormone changes cause vocal issues. She talks about the impact this has had on her career, alongside Dr Alan Watson, specialist in the biology of performance at the University of Cardiff.

Presenter: Anita Rani  
Producer: Annette Wells

**SAT 17:00 PM (m001ypt6)**  
Full coverage of the day's news.

**SAT 17:30 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.

#### SAT 17:54 Shipping Forecast (m001ypt8)

The latest weather reports and forecasts for UK shipping

#### SAT 17:57 Weather (m001yptb)

The latest weather reports and forecast

#### SAT 18:00 Six O'Clock News (m001yptd)

The Conservative MP Dan Poulter has defected to Labour over NHS issues

#### SAT 18:15 Loose Ends (m001yptg)

Stuart Maconie with Richard Herring, Adelayo Adedayo, Natalie Haynes, Nectar Woode

Stuart is joined by multi instrumentalist and singer of hits like Electric Avenue, Eddy Grant; comic-turned-author Natalie Haynes on putting the feminisim into Greek mythology; actress Adelayo Adedayo on her upcoming second series playing the rookie cop in the hit BBC police drama The Responder and Comedian Richard Herring on finding the humour in his testicular cancer diagnosis. Plus performance from the only band fronted by the poet laureate Simon Armitage - LYR and the soul singer Nectar Woode.

Presenter: Stuart Maconie

Producer: Olive Clancy

#### SAT 19:00 Profile (m001yptk)

Timmy Mallett

Timmy Mallett, former DJ and 1980s children's TV presenter, is creating a social media storm, during a cycle tour around Northern Ireland, in tribute to his late brother, Martin who had Down's Syndrome.

Timmy Mallett was a massive star on children's TV in the 1980s and 90s. He honed his zany style of presenting on Piccadilly Radio in Manchester. Amongst his helpers were a teenage Chris Evans and the Today programme's Nick Robinson. He then went on to breakfast television where he presented the Wide Awake Club with Michaela Strachan and then Wacaday. A generation of children grew up watching him and his trusty foam mallet, Pinky Punky which he used to bonk competitors on the head when they stumbled or hesitated in his word association game Mallett's Mallet.

Nowadays, he's swapped the Mallet for the artist's palette and is as successful at art as he was at children's TV presenting. At the age of 68, he's cycling round Northern Ireland, giving mini

history lessons and tour guides on TikTok whilst painting scenes of his travels in memory of his late brother.

PRESENTER: Mark Coles

#### CONTRIBUTORS

Mairia Cahill, Sunday Independent, Ireland  
Professor Brian Cox, Professor of Particle Physics, University of Manchester  
Helen and Peter Francis, family friends  
Tony Ingham, former Head of Entertainment, Piccadilly Radio, Manchester  
Michaela Strachan, TV presenter  
Nick Robinson, Zack the Zit

#### PRODUCTION CREDITS

Radio Luxembourg  
Piccadilly Radio, Manchester  
TV-AM Wide Awake Club and Wacaday

#### PRODUCTION TEAM

Producers: Julie Ball and Diane Richardson  
Editor: Tom Bigwood  
Sound: Neil Churchill  
Production Co-ordinators: Maria Ogundele and Ibtisam Zein

#### SAT 19:15 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

#### Archive:

The Shock of the New : The Future That Was, BBC 2, 1980  
Nightwaves, BBC Radio 3, 1994  
BBC News, 1998  
Five Sculptors : Antony Gormley, BBC2, 1988

#### SAT 20:00 Night Train (m001yptp)

In literature and film, night trains are the setting for intrigue and romance, espionage and sudden death. And in real life too they're places of possibility and the expectation of new adventures. Writer Horatio Clare boards a train to Vienna for a night-time journey across Europe... and into the archive, aboard night trains of decades past.

His journey begins at the Gare de l'Est in Paris, the departure point for the original Orient Express. He looks back to the golden age of the Wagons-Lits, sleeper trains with wood-panelled cabins, an attendant in every carriage ready to be summoned and dining cars where evening dress was obligatory. It was an era which provided rich inspiration for writers and Horatio evokes his predecessors who used night trains to tell stories of brief encounters, betrayal and, of course, murder.

But luxurious Wagons-Lits are only one part of the story. Other travellers find themselves on very different night-time journeys. There are the rucksack-lugging student inter-railers of the '70s and '80s, sleeping in train corridors on expeditions of discovery (and self-discovery); the perils of sharing sleeping compartments with strangers; and the Ukrainian refugees reluctantly taking the 'Rescue Express' westward as they fled the Russian invasion.

After a long period of decline, night trains are on the rise again as new routes open up across Europe. Maybe it's because we're tired of the indignities of budget air travel but it's also driven by the "Flight Shame" and "Train Brag" movements - a growing awareness that travelling by train is better for the planet. "I'm on a train" is no longer an apology for a poor phone signal. Now it's a claim to the moral high ground.

Horatio's journey doesn't quite go to plan. But as he overcomes

the challenges and navigates his way to Vienna, he discovers that night trains have always taken our imaginations to new destinations.

Produced by Jeremy Grange for BBC Audio Wales and West

#### SAT 21:00 Legend (m001smp3)

The Joni Mitchell Story

#### 4. Refuge of the Roads

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 four we follow Joni from 1974 through to 1978. In 1974 Court and Spark is released to huge acclaim but already Joni is heading in new directions musically. This is the era of The Hissing of Summer Lawns, Hejira and Don Juan's Reckless Daughter. Through '74 and '75 she tours extensively and joins Bob Dylan's Rolling Thunder Revue. Her creative restlessness and refusal to be put in a box take her in new directions, but also into controversial territory.

"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" (Lindsay Zoladz).

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 (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

#### SAT 22:00 News (m001yptt)

The latest national and international news from BBC Radio 4

#### SAT 22:15 The Food Programme (m001yj63)

The secrets of sport food

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, sport nutritionist Matt Gardner answers some Food Programme listener questions and shares stories from his days working with 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' 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. Producer Nina Pullman takes their findings to professor of nutrition and metabolism at the University of Bath, Javier Gonzalez, who looks at the ingredients in more detail.

To explore the bigger links between sport, public health and food marketing, next we drop in on public health policy consultant, Dan Hunt, who explains the appeal of sport from a commercial point of view. Finally, Leyla reflects on how food works as fuel, ahead of the summer of sport to come.

Produced by Nina Pullman for BBC Audio in Bristol.

**SAT 23:00 You Heard It Here First (m001ypty)**  
Series 2

Four: 'This is such a good game!'

Chris McCausland asks Lucy Beaumont and Daliso Chaponda to take on Mel Giedroyc and Ben Shephard. Lucy Beaumont believes a game where guests figure out the emotions of dogs just from the sounds they're making, is the best game ever. The teams must figure out what on earth is being advertised on TV, guess what famous objects or locations children are trying to describe.

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 (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 GTech 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

**SUNDAY 28 APRIL 2024**

**SUN 00:00 Midnight News (m001ypv2)**  
The latest news and weather forecast from BBC Radio 4.

**SUN 00:15 Open Book (m001yhf)**  
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 00:48 Shipping Forecast (m001ypv6)**  
The latest weather reports and forecasts for UK shipping

**SUN 01:00 Selection of BBC World Service Programmes (m001ypvb)**  
BBC Radio 4 joins the BBC World Service.

**SUN 05:20 Shipping Forecast (m001ypvg)**  
The latest weather reports and forecasts for UK shipping

**SUN 05:30 News Briefing (m001ypvl)**  
The latest news from BBC Radio 4

**SUN 05:43 Bells on Sunday (m001ypvq)**  
St Mary's in Earl Soham, Suffolk

*Bells on Sunday*, comes from St Mary's in Earl Soham, Suffolk. The church dates from the early 14th century with the flint and stone tower and nave rebuilt in the 15th century. Today the tower houses a ring of six bells including two bells from the 15th century. The tenor bell weighs ten and a quarter hundredweight and is tuned to the note of F Sharp. We hear them ringing Cambridge Surprise Minor.

**SUN 05:45 In Touch (m001yjl)**  
Improvements to the Disabled Students' Allowance

The Disabled Students' Allowance enables students to get help with specialist equipment and in-person support, but over the years we've heard about persistent complications and delays. The system is operated by the Student Loans Company and they have now introduced some new processes that aim to reduce the problems that students are facing. David Thompson manages the DSA on behalf of the Student Loans Company and he gives details of the new system and why the changes were necessary. We also hear from visually impaired students who have had issues in accessing the essential services they are entitled to through the DSA.

Developments within this area are ongoing; the Department for Education wants evidence regarding a specific element of the

Disabled Students' Allowance that provides in-person support regarding things like sighted guides around university campuses and specialist teaching assistants for visual impairment. Lucy Merritt is the Education Policy Manager at the Thomas Pocklington Trust, an organisation that works closely with visually impaired students, and she provides background on what the Department for Education is looking at.

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 (m001yqhf)**  
The latest national and international news from BBC Radio 4

**SUN 06:05 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 *barmitzva* and *batmitzva* 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

**SUN 06:35 On Your Farm (m001yqhh)**  
The thing about Luinig

They came up with the first new British breed of beef cattle in 150 years, the Luinig, back in the 1950s and 60s - but making a living for all the family from their island home isn't straightforward. Richard Baynes takes the ferry to Luinig off the coast Argyll in the west of Scotland, to find out how the Cadzows are making the best of this green but rocky island, trying to create jobs and a future for themselves and their workforce while also taking care of a place of stunning beauty.

Produced and presented by Richard Baynes

**SUN 06:57 Weather (m001yqhk)**  
The latest weather reports and forecast

**SUN 07:00 News and Papers (m001yqhm)**  
The latest news headlines. Including a look at the papers.

**SUN 07:10 Sunday (m001yqhp)**  
Nigerian Pastor; Muslim Drag Queen; Humanism

As the malaria vaccine is rolled out across sub Saharan Africa, medical experts are concerned about the impact of anti vaccine sermons from influential religious figures. An example is Pastor Chris Oyakhilome, a multi-millionaire televangelist in Nigeria whose promotion of anti-vax conspiracy theories risks undercutting the country's efforts to deal with malaria. William Crawley speaks to Julius Ogunro, a media and political consultant in Abuja who's been writing about the pastor's anti-vax views.

Lady Bushra has been gracing stages across the UK and America with a drag and comedy act representing South Asian communities, wearing traditional Desi makeup and rocking a Saree. Behind the make-up is the Bradford-born artist and performer Amir Dean, who spoke to William Crawley just before one of his shows in Manchester.

As Humanists UK release a book of interviews called 'What I Believe', we ask what they do believe, apart from the assertion that there is no God. We hear from Andrew Copson, Chief Executive of Humanists UK and Nichola Raihani, Professor of Evolution and Behaviour at University College London.

Presenter: William Crawley  
Producers: Bara'atu Ibrahim & Peter Everett  
Production Coordinator: David Baguley  
Editor: Jonathan Hallewell

**SUN 07:54 Radio 4 Appeal (m001yqhr)**  
WasteAid

Hugh Fearnley-Whittingstall makes the Radio 4 Appeal on behalf of WasteAid.

To Give:  
- UK Freephone 0800 404 8144  
- You can donate online at [bbc.co.uk/appeal/radio4](http://bbc.co.uk/appeal/radio4)  
- Freepost BBC Radio 4 Appeal. (That's the whole address. Please do not write anything else on the front of the envelope). Mark the back of the envelope 'WasteAid'.  
- Cheques should be made payable to 'WasteAid'.  
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: 1160263

**SUN 07:57 Weather (m001yqht)**  
The latest weather reports and forecast

**SUN 08:00 News and Papers (m001yqhw)**  
The latest news headlines. Including a look at the Sunday papers

**SUN 08:10 Sunday Worship (m001yqhy)**  
I am the vine, you are the branches

For the fifth Sunday of Easter from Edinburgh Jesuit Church of the Sacred Heart, Lauriston, with Fr Adrian Porter SJ and Edinburgh University Chamber Choir directed by Michael Bawtree.

Organist: Joseph Beech.  
Exploring the image from the Gospel of John 15:1-8 - "I am the vine, you are the branches."

Old Testament reading: Ezekiel 19:1, 10-14  
Alleluia! O sons and daughters let us sing! (Tune: O filii et filiae) (Arr. H Walford Davies)

Plainsong - Exsultet  
Easter Song of Praise (Richard Shephard)  
Psalm 79(80) - Grail, Anthony Gregory Murray OSB  
Premananda / Lamb of God (Christopher Walker)  
Jubilate Deo (William Walton)

Responses (Hear our prayer) - Ettl Communion Litany (Philip Endean SJ)

The Lord's Prayer (John Tavener)  
Christ is alive, with joy we sing (Tune: Vulpius)

**SUN 08:48 A Point of View (m001y7j)**  
Me and my medical data

Patients care apps - which give patients unprecedented access to their health records - are being rolled out by NHS trusts across the country.

You might imagine, says Will Self, that 'this previously unimaginable access to such a wealth of medical data should empower me, make me feel I have a choice, and enable me to assist those treating me by being what every conscientious statistic wants to become: a good patient.'

Will argues that, on the contrary, this 'revolution in healthcare' only makes us more impotent, reduces patients to the status of customers and undermines the authority and expertise of medical professionals.

Producer: Adele Armstrong  
Sound: Peter Boshier  
Production coordinator: Liam Morrey  
Editor: Richard Fenton-Smith

**SUN 08:58 Tweet of the Day (m001yqj0)**  
Mya Bambrick on the Pied Wagtail

Featuring the up-and-coming young generation of ornithologists, this episode in the new series of Tweet of the Day for Sunday morning is presented by Mya Bambrick, a council member for Sussex Ornithological Society and winner of the BTO (British Trust for Ornithology) Young Ornithologist of the Year Award in 2023. In this her debut episode Mya recalls her joy in seeing pied wagtails on her way home from

school.

A BBC Audio production.  
Producer : Andrew Dawes  
Studio engineer : Michael Harrison

**SUN 09:00 Broadcasting House (m001yqj2)**  
The Sunday morning news magazine programme. Presented by Paddy O'Connell

**SUN 10:00 The Reunion (m001yqj4)**  
Bush v Gore 2000

Al Gore was the sitting Vice President, a practiced politician with strong policy views and massive national name recognition. In 2000, he ran to replace fellow Democrat, Bill Clinton, who was stepping down after being President since 1993. His opponent was Texas governor George W Bush, the son of Bill Clinton's predecessor, George HW Bush.

The Democrat side was initially optimistic; with the state of the economy after Clinton's 8 year presidency leaving them hopeful that people would vote for more of the same. Gore's opponent seemed politically inexperienced and gaffe prone, focusing his campaign on a narrower subset of evangelical voters, while Gore fought a more traditional national campaign.

However, on Election night in November 2000, everyone was shocked when the election came down to a knife edge. To win, Gore would need to carry Florida. Bush was declared the winner there on election night - but eventually by a margin of fewer than 2,000 votes. What followed was a flurry of emergency recounts and ferociously fought court cases over which votes would be recounted and whether some ballots would be discounted.

This fight took over a month, and eventually went to the Supreme Court, where the narrowest possible decision handed the Presidency to Bush. In a famous concession speech, Vice President Gore said he was standing aside "for the sake of our unity of the people and the strength of our democracy".

Kirsty Wark reunites figures from both sides of one of the US' most bitter electoral battles which, despite Gore's urgings, would set the stage for a modern era of deeper partisanship and contested elections.

This week's guests are:

Elaine Kamarck and Carter Eskew, policy advisors to Al Gore  
Ted Olson, lead attorney to George W. Bush  
Benjamin Ginsberg, national council to the Bush campaign  
Jeffrey Toobin, journalist and author

Producers: Robert Nicholson and John Rogers  
Series Producer: David Prest  
A Whistledown production for BBC Radio 4

**SUN 11:00 The Archers Omnibus (m001yqj6)**  
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

**SUN 12:15 Profile (m001yptk)**  
[Repeat of broadcast at 19:00 on Saturday]

**SUN 12:30 It's a Fair Cop (m001yh7j)**  
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

**SUN 12:57 Weather (m001yqj8)**  
The latest weather forecast

**SUN 13:00 The World This Weekend (m001yqjb)**  
Radio 4's look at the week's big stories from both home and around the world.

**SUN 13:30 Boys (m001ypzb)**  
How to Save an Incel

Online communities like Reddit are often blamed for the rise of 'incel' culture. Incel, a portmanteau of 'involuntary celibate', describes someone, usually a young male, who is frustrated by their lack of sexual experiences. These disenfranchised individuals congregate on the internet to share their views.

Incel forums have been studied by public policy researchers because of the often misogynistic rhetoric and high-profile violence some members of the incel community embrace.

But could chat forums also be a space where young men can be saved?

In one subreddit, deep in the corner of the internet's loneliest users, lay a group of men desperate to escape inceldom. Journalist Sophia Smith Galer meets members of this community to find out more.

Producer: Anouk Millet

A Tempo & Talker production for BBC Radio 4

**SUN 14:00 Gardeners' Question Time (m001y6x)**  
Hammersmith & Fulham

How do I get rid of Honey Fungus? If you were sent to a desert island, what plant would you take and why? What "idiot proof" fruit could anyone grow on their allotment?

Kathy Clugston and her premier league panel of gardening experts are back in Fulham, West London to prune the answers to the audience's gardening conundrums. On the panel are organic gardener Bob Flowerdew, pest and disease expert Pippa Greenwood, and curator of RHS Wisley Matthew Pottage.

Later, Fulham resident Matthew Pottage explores the grand gardens of Fulham Palace - where head gardener Lucy Hart shares some insight on the rich history of the grounds.

Senior Producer: Dan Cocker  
Assistant Producer: Rahnee Precod  
Executive Producer: Carly Maile

A Somethin' Else production for BBC Radio 4

**SUN 14:45 Opening Lines (m001yqjd)**  
My Mother Said I Never Should

John Yorke looks at Charlotte Keatley's play My Mother Said I Never Should, written aged just 25 and first premiered at the Contact Theatre in Manchester in 1987. The story explores the lives and relationships of four generations of mothers and daughters born over the course of the 20th Century. Their very different lives reflect the sweeping societal changes of that period, and how each new generation is able to push further than their parents when it comes to pregnancy, careers and romantic love.

At the time of its early staging, the work was pioneering for its use of an all-female cast and a non-chronological narrative structure. The play is now one of the National Theatre's Significant Plays of the 20th Century and is translated in 33 languages. So what makes it so enduring?

John Yorke has worked in television and radio for 30 years, and he shares his experience as he unpacks the themes and impact of the books, plays and stories that are being dramatised on BBC Radio 4. From EastEnders to The Archers, Life on Mars to Shameless, he has been obsessed with telling big popular stories. He has spent years analysing not just how stories work but why they resonate with audiences around the globe and has brought together his experience in his bestselling book Into the Woods. As former Head of Channel Four Drama, Controller of BBC Drama Production and MD of Company Pictures, John has tested his theories during an extensive production career working on some of the world's most lucrative, widely viewed and critically acclaimed TV drama. As founder of the hugely

successful BBC Writers Academy John has trained a generation of screenwriters - his students have had 17 green-lights in the last two years alone.

**Contributors:**

Charlotte Keatley, playwright  
Brigid Larmour, theatre director and Associate Artistic Director of the Patsy Rodenburg Academy

My Mother Said I Never Should, BBC Studios Audio

Director: Nadia Molinari

Actors: Lesley Nicol, Siobhan Finneran, Matilda Kent, Isla Pritchard, Mimi-Raie Mhlanga

Produced by Lucy Hough

Executive Producer: Caroline Raphael

Production Manager: Sarah Wright

Sound: Sean Kerwin

Research: Nina Semple

A Pier production for BBC Radio 4

**SUN 15:00 My Mother Said I Never Should (m001yqjg)**  
Episode 1

Charlotte Keatley's powerful, poignant and bittersweet drama focuses on four generations of women as they confront the most significant moments of their lives.

A kaleidoscopic time structure spanning from 1923 to 1987 builds the chronology of one family in which we witness how profoundly the choices of one generation affect the potential of the next. The women balance the complexities of motherhood, education, career and self-expression and a decision is made that will affect all their lives irrevocably.

DORIS..... Lesley Nicol

MARGARET.....Siobhan Finneran

JACKIE.....Cecilia Appiah

ROSIE.....Bebe Massey

CHILD DORIS.....Matilda Kent

CHILD MARGARET.....Isla Pritchard

CHILD JACKIE.....Mimi-Raie Mhlanga

Pianist Adam Hutchins

Sound Design by Sharon Hughes

Production Co-ordinator Pippa Day

Written by Charlotte Keatley

Produced and Directed by Nadia Molinari

A BBC Studios Audio Production

This production is dedicated to the memory of Wyllie Longmore

**SUN 16:00 Open Book (m001yqjk)**  
Sunjeev Sahota

Alex Clark talks to Sunjeev Sahota about his new novel, *The Spoiled Heart* - an emotive mix of fiery union politics and tragic family secrets.

Plus two unique new books for people living with dementia. Alex discusses 'dementia-friendly' books with the authors: Matt Singleton, whose book *Looking Back At The Beatles*, is the first from his new publishing company, Cognitive Books, and published in collaboration with the Alzheimer's Society; and Sarah Lawrence, who has written *Bewick Tales: Stories From The Life And Work Of Thomas Bewick*, also from a new publishing initiative, *Open Ended Books*, from creative ageing charity Equal Arts.

And this month's Editors Pick. Zoe Yang, Commissioning Editor at Bonnier Books, looks ahead and shares her reading recommendation for June: Juli Min's debut novel, *Shanghaianders*.

Presenter: Alex Clark  
Producer: Emma Wallace

Book List – Sunday 28 March

Ours Are The Streets by Sunjeev Sahota  
The Year of the Runaways by Sunjeev Sahota  
The China Room by Sunjeev Sahota  
The Spoiled Heart by Sunjeev Sahota  
Looking Back At The Beatles by Matt Singleton  
Bewick Tales: Stories From The Life And Work Of Thomas Bewick by Sarah Lawrence  
Shanghaianders by Juli Min

**SUN 16:30 Round Britain Quiz (m001yqjm)**  
Programme 8, 2024

(8/12)

Kirsty Lang welcomes back the pairs from Scotland and

Northern Ireland in another revenge fixture, after Northern Ireland's victory the last time these teams met. Val McDermid and Alan McCredie are the Scotland team, and Paddy Duffy and Freya McClements represent Northern Ireland.

Questions in today's edition:

Q1 What could Hobson's employer, Robert E. Howard's *Barbarian* and Pauline McLynn be said to have jointly contributed to the history of detection?

Q2 (from Michael Beech) What links an aborted Carnegie Hall performance by a sensitive soloist, a quiz player changing his mind, and a traditional art form in Coimbra in Portugal?

Q3 Music: Which Tears for Fears song could you expect to hear next in this sequence?

Q4 (from Graham Bingham) If the following make a sequence: the father of the Living Dead, a cinematic pioneer, a monolithic sci-fi author, a Big Deal in a White House, and the Swazi companion of 'T' - which Arthurian brothers could come next?

Q5 If a Central African rebel movement bypasses Crawley and this piece of paper would take you to London from here, why might you sing about the number 8.124?

Q6 (from Robert Crawley) Music: Why might the band behind the fourth piece perform any, or all, of the other three?

Q7 If Denzel of the Netherlands teamed up with Gorgeous George, and Rachel's sometime boyfriend joined forces with the writer of 'Plastic Jesus', where would you find them all?

Q8 (from Peter Green) Explain how the following come between five and twenty: an untouched domain, a Fast and Furious action man, and an actor who portrayed a detective who sucked.

Producer Paul Bajoria

**SUN 17:00 Witness History (w3ct5ydp)**  
Sarah Baartman's 200-year journey back home

In August 2002, the remains of an indigenous South African woman called Sarah Baartman were returned to South Africa after almost 200 years away. Sarah died in Paris in 1815 after being forced to perform in European 'freak shows' where people considered to be biological rarities were paraded for entertainment. She had been subjected to racist and degrading treatment and her remains were exhibited at a French museum until 1976.

When Nelson Mandela became the president of South Africa in 1994, he requested that Sarah's remains be returned to her homeland. However, by 1998 that had not happened. Poet Diana Ferrus decided to write about Sarah's limbo. Her poem became so popular that it was noticed by politicians in France. Diana shares her memories of that time with Matt Pintus.

This programme contains discriminatory language.

(Photo: Sarah Baartman likeness at French museum. Credit: Getty Images)

**SUN 17:10 The Invention Of... (m001yhjh)**  
China

The First Emperor

Misha Glenny 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 Glenny

Presenter Misha Glenny 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*

**SUN 17:54 Shipping Forecast (m001yqjq)**

The latest weather reports and forecasts for UK shipping

**SUN 17:57 Weather (m001yqjs)**

The latest weather reports and forecast

**SUN 18:00 Six O'Clock News (m001yqjv)**

Ireland to return migrants fleeing the UK's Rwanda deportation plan

Dublin says it's bringing forward emergency legislation to return any migrants who flee the UK's Rwanda deportation scheme.

**SUN 18:15 Pick of the Week (m001yqjx)**  
Sean Cooney

There's a tear in the wood. There's a train in the night. There's a song sung on the lips of liberty beneath the northern sky. From Sheffield to Port Talbot, from Atlanta to Amman. From a tiny little baby to the final hours of love. Join Sean on his nascent Spring wanderings in the Sheffield countryside.

Presenter: Sean Cooney  
Producer: Elizabeth Foster  
Production Co-ordinator: Paul Holloway

**SUN 19:00 The Archers (m001ypz6)**

Lynda greets Azra as she takes a guided tour of Lower Loxley with Joy and Mick. Azra tells Lynda that her family will be renting a house on Beechwood. She adds that she and Joy went to the dance class at St Stephen's and they were the only ones there, apart from Alistair. Lynda suggests Azra visit the herb garden and waxes lyrical about life in the countryside. But Azra has no desire to get involved in community events, particularly not Maypole dancing or the Ambridge Christmas play. Lynda points out tartly there's something for everyone - the annual Flower and Produce, harvest suppers, summer fetes and even Bartleby the talking horse. What Azra prefers the clear air of the countryside and relaxing at home with a box set.

Chelsea can't decide between a job at The Bull or the Tearoom but Emma has no time to chat - she's busy with tree surgery business. Emma's exasperated but realises Chelsea won't stop until she gives her some advice. Chelsea really wants to be able to use her new job to find customers for her hairdressing business but Emma says that wouldn't be appropriate. If it's just about making extra cash, why doesn't she choose the one that uses skills she already has, asks Emma. Chelsea notices a package delivered by Will earlier - it's branded fleeces and t-shirts for the tree surgery business. The pair laugh at Will's suggested name - Ultimate Arboriculture. Emma decides to save the gift until they are away on the course, so Ed isn't tempted to thump Will.

**SUN 19:15 Strandings (m001yqjz)**

Peter Riley was 13 when he saw his first dead whale. It was a sperm whale. He spent most of the day with it on a Norfolk beach, and then watched on as someone carried away a trophy from its carcass. That night marked the beginning of Peter's lifelong fascination with whales. Now, as an author and a Herman Melville scholar, Peter is seeking to understand the ancient and complex relationship between humans and whales.

According to the Cetacean Strandings Investigation Programme, there are approximately 550-800 strandings of whales, dolphins and porpoises in the UK every year. Although no one is completely certain why this happens, we do know they've been doing it for thousands of years.

For as long as there have been stranded whales, there have been

humans drawing meaning from their arrival - a warning, a symbol of hope, endings or new beginnings. So what news might they be bringing us now?

In our current state of unprecedented abundance and advancement, in our pandemic of isolation and individual "strandedness", the whales seem to be calling us again. As Peter speaks with cetacean experts, chases down whale remains and witnesses a whale stranding himself, he discovers what these magical creatures might be revealing about who we are, what we've become and where we might be headed.

A Sound & Bones production for BBC Radio 4

**SUN 19:45 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...

**SUN 20:00 Feedback (m001yjbh)**

Radio 3 Shake Up and The Now Show No More

Sam Jackson is Radio 3's relatively new controller - he's been in the job for just a year and, at 40, he's much younger than most of the station's listeners. Earlier this month he took the plunge and introduced a raft of changes to the schedule. This week on Feedback, he explains the thinking behind the changes and responds to listeners' comments.

And The Now Show is no more. After 25 years, Radio 4's topical comedy staple ended last week. Steve Punt and Hugh Dennis join Andrea in the studio to look back over the past quarter of a century, unpick the nuances of political satire and talk through the BBC's decision to end the show.

Presented by Andrea Catherwood

Produced by Leeanne Coyle

A Whistledown Scotland production for BBC Radio 4

**SUN 20:30 Last Word (m001y71)**

Terry Anderson, Trina Robbins, Lord Field, Ann Trevenen Jenkin

Matthew Bannister on

The American journalist Terry Anderson who was held captive in Lebanon for almost seven years. In an emotional interview, his daughter Sulome tells us how she followed in his footsteps as she tried to connect with a father she met for the first time when she was seven years old.

Lord Field who, the Labour MP Frank Field who campaigned tirelessly for welfare reform.

Trina Robbins the feminist cartoonist and writer who was the first woman to illustrate the Wonder Woman comics.

Ann Trevenen Jenkin the first woman Grand Bard of Cornwall and a founding member of the Cornish nationalist party Mebyon Kernow.

Interviewee: Sulome Anderson

Interviewee: Elin Stein

Interviewee: Liam Halligan

Interviewee: Loveday Jenkin

Producer: Gareth Nelson-Davies

Archive Used:

Sulome Anderson writes a letter to her father on his birthday, BBC News, 07/10/1991; Terry Anderson release, Live press conference, BBC News, 04/12/1991; Terry Anderson interview, BBC Radio 1, 01/01/2000; Terry Anderson on What It's Like to Live as a Hezbollah Hostage, Slate. YouTube Channel uploaded, 17/11/2014; Trina Robbins, Meet Trina Robbins, the first woman to draw Wonder Woman for D.C. Comics, KTVU FOX 2 San Francisco, YouTube uploaded 30/03/2023; Frank Field MP interview, Straight Talk, BBC News, 19/06/2010; Frank Field, Profile, BBC Radio 4, 13/12/2014; Frank Field, Lent Talks, BBC Radio 4, 01/04/2009; Ann Trevenen Jenkin interviewed by Carmen Talbot for Dreadnought South West's Rebellious Sounds Archive, 2019; Ann Trevenen Jenkin interview, Cornish March, BBC News, 21/06/1997;

**SUN 21:00 Money Box (m001ypsw)**

[Repeat of broadcast at 12:04 on Saturday]

**SUN 21:25 Radio 4 Appeal (m001yqhr)**

[Repeat of broadcast at 07:54 today]

**SUN 21:30 From Our Own Correspondent (m001ypsr)**

[Repeat of broadcast at 11:30 on Saturday]

**SUN 22:00 Westminster Hour (m001yqk1)**

Ben Wright is joined by the Conservative MP Theresa Villiers; Labour's leader in the Lords, Baroness Angela Smith; and the Lib Dem deputy leader, Daisy Cooper. They discuss the forthcoming local elections, tension between London and Dublin as a result of the Rwanda scheme, and new post-Brexit border checks. Ben Riley-Smith, political editor of the Daily Telegraph, brings additional insight and analysis. The programme also includes an interview with the SNP MP Alyn Smith about the turmoil in Scottish politics - and Ben talks to the veteran broadcaster and peer, Joan Bakewell, about why she supports a bid to legalise assisted dying.

**SUN 23:00 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

Reading list:

David Barnett, *Brecht in Practice: Theatre, Theory and Performance* (Bloomsbury, 2014)

David Barnett, *A History of the Berliner Ensemble* (Cambridge University Press, 2015)

Laura Bradley and Karen Leeder (eds.), *Brecht and the GDR: Politics, Culture, Posterity* (Camden House, 2015)

Laura Bradley, 'Training the Audience: Brecht and the Art of Spectatorship' (*The Modern Language Review*, 111, 2016)

Bertolt Brecht (ed. Marc Silberman, Tom Kuhn and Steve Giles), *Brecht on Theatre* (Bloomsbury, 2014)

Bertolt Brecht (ed. Tom Kuhn, Steve Giles and Marc Silberman), *Brecht on Performance* (Bloomsbury, 2014)

Bertolt Brecht (trans. Tom Kuhn and David Constantine), *The Collected Poems of Bertolt Brecht* (Norton Liveright, 2018) which includes the poem 'Spring 1938' read by Tom Kuhn in this programme

Stephen Brockmann (ed.), *Bertolt Brecht in Context* (Cambridge University Press, 2021)

Meg Mumford, *Bertolt Brecht* (Routledge, 2009)

Stephen Parker, *Bertolt Brecht: A Literary Life* (Bloomsbury, 2014)

Ronald Speirs, *Brecht's Poetry of Political Exile* (Cambridge University Press, 2000)

David Zoob, *Brecht: A Practical Handbook* (Nick Hern Books, 2018)

**SUN 23:45 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.

**MONDAY 29 APRIL 2024**

**MON 00:00 Midnight News (m001yqk3)**

The latest news and weather forecast from BBC Radio 4.

**MON 00:15 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 a 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

**MON 00:45 Bells on Sunday (m001ypvq)**

[Repeat of broadcast at 05:43 on Sunday]

**MON 00:48 Shipping Forecast (m001yqk5)**

The latest weather reports and forecasts for UK shipping

**MON 01:00 Selection of BBC World Service Programmes (m001yqk7)**

BBC Radio 4 joins the BBC World Service.

**MON 05:20 Shipping Forecast (m001yqk9)**

The latest weather reports and forecasts for UK shipping

**MON 05:30 News Briefing (m001yqkc)**

The latest news from BBC Radio 4

**MON 05:43 Prayer for the Day (m001yqkf)**

Seventh Day of Passover

A spiritual comment and prayer to start the day with Rabbi Jonathan Wittenberg

Good Morning.

My mother Lore died, aged forty-four, when I was five. My father remarried her younger sibling, a practice supported in Jewish tradition on the grounds that no one else can feel such compassion for the dead sister's children. Isca, my second mother, the last of her generation in our family, died aged 100 this December.

During the sad task of emptying her home, we found hundreds of letters about Lore. It's profoundly stirring to discover this late in my life so much more about who my mother.

Among those letters, on the thinnest of paper, was the eulogy delivered by the Rabbi at Lore's funeral, which I was considered too young to attend. Lore, he wrote, chose as her life's motto the verse from Psalms:

Create me a pure a pure heart, God, and renew in me a steadfast spirit.

I've always loved those words, without knowing my mother

loved them too. I write them on the opening page at the I start of each new diary.

How strangely the spirit transmits such love across the generations.

Today, the seventh day of Passover, we read in the Torah how the Children of Israel sung: 'This is my God whom I beautify, my ancestors' God, whom I exalt.'

It was my ancestors' God, specifically my mother's God, who must have guided me to choose the very words for which she had cared so deeply.

When they're alive, we talk with those we love across the kitchen table; when they're dead they set their words, invisibly, in our hearts.

May we all be granted a pure heart and steadfast spirit.

#### **MON 05:45 Farming Today (m001yqkh)**

29/04/24: Cider orchard, Apples, Plant diseases

The largest cider manufacturer in the UK – Heineken – has ripped up thousands of apple trees in a 140 acre Monmouthshire orchard. The company says it is selling the land due to a fall in the cider market.

Apple fruit orchards are suffering a similar fate, as the cost of production far exceeds the market value for growers.

And another legacy of the warm wet winter is an increase in plant diseases.

Presented by Charlotte Smith

Produced by Alun Beach

#### **MON 05:57 Weather (m001yqkk)**

Weather reports and forecasts for farmers

#### **MON 06:00 Today (m001yppy)**

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

#### **MON 09:00 Start the Week (m001yppf)**

Alien life and gravity

The astrophysicist Professor Lisa Kaltenegger is like an explorer of old, but her voyage takes her far from earth, planet hunting across the universe. She is Director of the Carl Sagan Institute to Search for Life in the Cosmos at Cornell University, and in her new book *Alien Earths* she describes the very latest discoveries of exoplanets which are the best contenders for harbouring alien life.

Claudia de Rham is Professor of Theoretical Physics at Imperial College London and in her book *The Beauty of Falling* she tells the story of gravity. From her personal experience of diving in the ocean and freefalling over the earth, to exploring the limits of Einstein's general theory of relativity she seeks to understand both the feeling and the fundamental nature of gravity.

If only all of physics could be so compelling! Professor Mark Fromhold is Head of Physics at Nottingham University and is campaigning for a change to the way pupils are taught, suggesting that quantum physics be incorporated into the curriculum. He argues that at present the subject is too earth-bound, and 'dull as dishwater'.

Producer: Katy Hickman

#### **MON 09:45 Café Hope (m001ypph)**

The barrister defending nature

Rachel Burden hears from barrister Paul Powlesland who lives on the River Roding in London and spends his time protecting it from pollution. By sharing his legal knowledge he helps others look after nature and the environment around them.

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 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 (m001yppy)**

Boys, Lyra McKee, Perinatal suicide, South African elections

Catherine Carr has two teenage sons and, through talking to them and to other parents of teenaged boys, she became aware that boys were experiencing confusing and often troubling messages about their role in society. Catherine decided to speak to boys directly and, in a series which is running all week on Radio 4, *About the Boys* features the voices of teenage boys around the country discussing topics like sex and consent, masculinity, friendship, life online and education. She joins Clare McDonnell to talk about what she has learned.

The trial of three men charged with the murder of Belfast journalist Lyra McKee begins today. Lyra McKee died aged 29 in April 2019 after being hit by a bullet during rioting in Londonderry/Derry. Her death made headlines all over the world, and her funeral was attended by hundreds of people, while thousands more watched online. BBC Ireland Correspondent Jennifer O'Leary speaks to Clare from outside court in Belfast.

Perinatal suicide, while thankfully rare, is the leading cause of maternal death in the UK. A new study from King's College London is the first of its kind to focus on the causes. The perinatal period runs from the start of pregnancy to a year after giving birth – and the suicide rates among these women has recently risen. Clare speaks to Dr Abigail Easter, the lead researcher, and Krystal Wilkinson, who shares her own experience.

This week marks 30 years since South Africa's first democratic elections following the end of apartheid. Millions of South Africans braved long queues to take part after decades of white minority rule which denied black people the right to vote. Clare talks to the BBC's Nomsa Maseko about her own memories of 30 years ago, and what has happened in her country since.

#### **MON 11:00 The Invention Of... (m001yppm)**

China

To kowtow or not kowtow

Britain was late in its contacts with China and the Qing dynasty - the Portuguese, the Dutch and the Spanish had all headed east long before Lord McCartney's embassy tried to establish a formal relationship in 1792/3. Although it failed, this mission is famous for one thing - whether the British envoy did or did not kowtow to the Chinese Emperor. So began a fractious, ultimately shameful century for Anglo-Chinese relations. Travelling to Hong Kong, taken by the British following the First Opium War, Misha Glenn and Miles Warde find a city still marked by its colonial heritage, but also increasingly under the thumb of its new masters in Beijing.

Contributors include Hong Kong activist, Nathan Law; Henrietta Harrison, author of *The Perils of Interpreting* and Professor of Chinese history; and Frances Wood, author of *No Dogs and Not Many Chinese History: Treaty Port Life in China*

This is episode 56 of *How to Invent a Country* on BBC Sounds and is a BBC Studios production

#### **MON 11:45 Alien Earths by Lisa Kaltenegger (m001yppp)**

Book of the Week: Episode 1 - Are we alone in the cosmos?

Lisa Kaltenegger, the astronomer and world-leading expert in the search for life on faraway worlds takes us on a mind-bending journey through the cosmos, asking, are we alone? Pippa Nixon reads.

Astronomer Lisa Kaltenegger's eye-opening guide to the cosmos uses Earth's diverse biosphere as a template to search for life on other planets beyond our galaxy. Working with a team of tenacious scientists from a variety of disciplines she has come up with an ingenious toolkit to identify possible life forms on planets far from Earth. Her enthusiasm and her expertise in the newest technological advances reveal the possibilities for whole new worlds. Perhaps, she muses, aliens might be out there gazing back at us.

Lisa Kaltenegger is the Founding Director of the Carl Sagan Institute to Search for Life in the Cosmos at Cornell University. She is a pioneer and world-leading expert in modelling potential habitable worlds. She is a Science Team Member of NASA's TESS mission and the NIRISS instrument on the James Webb Space Telescope. The recipient of numerous international prizes and awards, including a European Commission Role Model for Women of Science and Research, she was named one of America's Young Innovators by Smithsonian Magazine. Asteroid Kaltenegger7734 is named after her.

Abridged by Katrin Williams

Produced by Elizabeth Allard

#### **MON 12:00 News Summary (m001ypps)**

The latest national and international news from BBC Radio 4.

#### **MON 12:04 You and Yours (m001yppy)**

Fake grass, Venues, Digital Security

Over the past decade there has been a rise in the number of people replacing their grass lawns with fake grass. There is a promise of immediate, low maintenance and immaculate lawns, offering more time to sit and enjoy your garden.

However, these positives have been met with widespread concerns around the environmental impact these replacements are having such as plastic entering waterways, carbon absorption, impact on wildlife, and more.

Estate agents are starting to say that people searching for new properties should be able to weed out those with artificial turf, and that those properties with fake grass may see their value decrease because of it.

We'll be talking to a people on both side of the garden fence, and then turning to a property expert to find out more.

The opening of Co-Op Live, the UK's biggest indoor arena, has been delayed again. The news has frustrated thousands of people who were due to attend performances by the comedian Peter Kay and the American rock band The Black Keys. We'll be talking to one disgruntled ticket holder, and talking to *Access All Areas* magazine about the rise of the big arena and the impact for smaller music venues around the UK.

And how much thought do you give when picking your passwords for digital devices? From today new laws come into force to try and better protect smart devices from hackers and cyber criminals.

Consumer products with internet connectivity such as smart phones, games consoles and even fridges will need to meet minimum security standards under the new legislation - so no more pets name and birthdays!

We'll be discussing if these new laws go far enough.

You can email us at [youandyours@bbc.co.uk](mailto:youandyours@bbc.co.uk) or on X use the hashtag #youandyours

Presenter: Winifred Robinson

Producer: Dave James

#### **MON 12:57 Weather (m001yppy)**

The latest weather forecast

#### **MON 13:00 World at One (m001yppz)**

Scotland's First Minister resigns

Humza Yousaf's decision to quit as First Minister leaves the SNP looking for a new leader and facing the prospect of a vote of confidence in the Holyrood administration.

#### **MON 13:45 Boys (m001yppz1)**

About the Boys

1. Becoming a Man

In this episode, teenage boys all over the UK talk candidly to Catherine Carr about what it is like to be a boy in 2024. They reflect on where they get their ideas about masculinity from, and whether those might be different if they lived elsewhere in the country. They also discuss the importance of role models - if they have them. Catherine also hears from adults making a difference in boys' lives and finds out how examples of masculinity online can put real pressure on boys thinking about what it means to be a 'successful man'.

Thanks to

South Dartmoor Community College  
Dr Martin Robb, Open University  
DRMZ Carmarthen Youth Project  
Thomas Lynch from Dad's Rock  
Elliott Rae Founder of MusicFootballFatherhood  
Cambridge St Giles Cricket Club  
Dance United Yorkshire  
Movember  
Rebecca Asher Author 'Man Up How Do Boys Become Better Men?'

Producer: Catherine Carr  
Researcher: Jill Achineku  
Executive Producer: Marie Helly

A Whistledown production for BBC Radio 4

#### **MON 14:00 The Archers (m001yppz6)**



[Repeat of broadcast at 19:00 on Sunday]

**MON 14:15 The Train at Platform 4 (m00132xq)**  
Coffee

Comedy legends Punt and Dennis bring a new sitcom to Radio 4, set in the claustrophobic carriages of a cross-country rail service.

It's day one of a new franchise and train manager Sam has high hopes for their maiden voyage, even if the new bosses insist her role is to 'enhance the onboard travel experience'. But the marketing team's offer of free coffee for ALL customers soon threatens to derail the smooth running of the service. Meanwhile passengers struggle to escape the clutches of the automatic toilets....

Our heroes are the long-suffering train crew who manage to scrape through every shift like a dysfunctional family – Train Manager, Sam (Rosie Cavaliero; Inside No. 9) First Class Steward, Gilbert (Kenneth Collard; Cuckoo), Catering Manager, Dev (Ali Shahalom; Muzlamic) and Trolley Operator Tasha (Amy Gledhill; Life). The passengers are made up of a rolling roster of guest stars, which includes the odd cameo from Punt and Dennis themselves.

Sam.... Rosie Cavaliero  
Gilbert.... Kenneth Collard  
Dev.... Ali Shahalom  
Tasha.... Amy Gledhill  
Pensioner 1.... Hugh Dennis  
Pensioner 2.... Gemma Arrowsmith  
Student.... Justice Ritchie  
Lawyer.... Steve Punt

Written by.... Steve Punt and Hugh Dennis  
Producer... James Robinson  
A BBC Studios Production

**MON 14:45 Felicity Ward - Appisodes (m000q3tt)**  
Series 2

Pregnancy

The return of the series in which Australian stand-up Felicity Ward uses phone apps to help her cope with modern life. In the opening episode, Felicity purchases pregnancy app "Do it with Daisy" (played by comedian Lou Sanders).

With the aid of her trusty mobile phone can she navigate the challenges of pregnancy and download her way to some form of happiness?

Written and performed by Felicity Ward.  
Script Editor: Gareth Gwynn  
Production Co-Ordinator: Caroline Barlow  
Producer: Adnan Ahmed

A BBC Studios Production.

**MON 15:00 Great Lives (m001ypz8)**  
James Dyson on Frank Whittle

Frank Whittle's fascination with aeroplanes started as a nine-year-old boy when he was nearly decapitated by one that was taking off from a local common in Coventry where he grew up. From that moment he set his sights on becoming a pilot, and joined the RAF in 1923. A few years later, aged just 21, he came up with an idea for powering aircraft so that they could fly much further and faster than the existing propeller planes. Despite a dearth of support from the Air Ministry, he doggedly pursued his vision of a turbojet engine and the RAF's first fighter jet entered service towards the end of the Second World War, in 1944. His invention not only revolutionised air combat, but also international travel.

The inventor and entrepreneur James Dyson finds his story so inspiring that he has collected some of Whittle's inventions, including an original working jet engine from 1943. He finds it amazing that Whittle got it right first time, which inventors almost never do. James Dyson is joined in the studio by Frank Whittle's son, Ian Whittle, who is also a pilot.

Presenter: Matthew Parris  
Producer: Beth McLeod for BBC Studios Audio

**MON 15:30 History's Secret Heroes (m001y3vb)**  
15. Josefina Guerrero: The Maid of Manila

After contracting Hansen's Disease, then known as leprosy, Josefina Guerrero makes a remarkable decision. She becomes a spy for the resistance in Manila.

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 Boys (m001ypzb)**  
[Repeat of broadcast at 13:30 on Sunday]

**MON 16:30 Soul Music (m001ypsm)**  
[Repeat of broadcast at 10:30 on Saturday]

**MON 17:00 PM (m001ypzd)**  
What next for the SNP?

In the wake of Scotland's First Minister Humza Yousaf's resignation, Evan Davis speaks to the SNP and their former partners the Scottish Greens about what comes next.

**MON 18:00 Six O'Clock News (m001ypzg)**  
Humza Yousaf says he "underestimated" the hurt after ending deal with Scottish Greens

**MON 18:30 It's a Fair Cop (m001ypzj)**  
Series 8

5. The Make Off

When does forgetting to pay become a police matter?

Accidentally walked off with bottle that's not been scanned? Put a croissant through as a roll? Forgot to pay for your petrol? Alfie explores the legal ins & outs of the 'make off'.

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 (m001ypzl)**

Alice is groggy when Jakob - hammering on the door - finally manages to rouse her. She needs to call the nursery as she forgot to tell them Kate would be picking Martha up. Alice is defensive when Jakob tells her Kate thought something terrible had happened when she didn't answer her phone after calling in sick. Jakob's suspicions grow when he notices Alice's phone is under the coffee table, where its ringing should have woken her - then, as he's about to leave, he notices a poorly-hidden empty wine bottle. Alice tries to talk her way out of it but he says he'll have to tell Kate. Alice promises it's a one-off and says she'll call her sponsor, Lisa, if he'll keep her secret. She says she can't risk Martha being taken away from her. Reluctantly, Jakob agrees.

Chelsea is being trained by Emma at the Tea Room, although her experience at The Orangery has Chelsea overflowing with confidence. Robert comes in for a cup of tea and she is soon trying to persuade him to buy cake as well - her overselling of the various teas is overwhelming and he buys a cappuccino instead. Almost as soon as he has finished his drink she is fussing around him and urging him to buy another. He's engrossed in a mystery game Lynda bought him for Christmas but Chelsea won't relent and pretty soon drives him out of the Tearoom. She starts boasting about what she has done, but far from being impressed, Emma is horrified, saying Robert is a loyal customer.

**MON 19:15 Front Row (m001ypzn)**  
Hanif Kureishi, Ingrid Persaud, Arts Council funding

Hanif Kureishi has joined forces with Emma Rice to adapt his 1990 novel The Buddha of Suburbia into an RSC production that's just opened at the Swan Theatre, Stratford upon Avon. Kureishi discusses what it feels like to see himself and his fictionalised family onstage, why his first novel remains painfully relevant and how he has been able to continue writing despite the December 2022 accident that left him tetraplegic.

Recently on Front Row we heard from some leaders of classical music organisations including the Wigmore Hall and LSO saying that Arts Council England, the body responsible for distributing funding, was putting inclusion before excellence. Today we hear from the Arts Council's CEO, Darren Henley

about Let's Create, the ten year strategy behind the recent funding decisions.

Ingrid Persaud discusses the real man behind her new novel The Lost Love Songs of Boysie Singh, an outlaw figure who looms large in the cultural memory of Trinidad and Tobago - an island nation with a wealth of contemporary novelists, including Persaud herself.

Presenter: Samira Ahmed  
Producer: Corinna Jones

**MON 20:00 The Briefing Room (m001yjbk)**  
Are Britain's missing workers really a problem?

David Aaronovitch and guests discuss the reasons why millions of people in the UK aged between 16 and 64 are neither working nor looking for work and what we can do about it.

Tony Wilson, Director of the Institute for Employment Studies  
Sam Avanzo Windett, Deputy Director at the Learning and Work Institute  
Torsten Bell, Chief Executive at the Resolution Foundation

Production team: Sally Abrahams, Kirsteen Knight and Ben Carter  
Editor: Richard Vadon  
Production Co-ordinator: Gemma Ashman  
Sound engineers: James Beard

**MON 20:30 BBC Inside Science (m001yjbm)**  
Can we get plastic waste under control?

As the UN tries to get a global agreement on plastic waste we hear from two delegates at the conference in Ottawa; John Chweya, a Kenyan waste picker, and plastics scientist, Steve Fletcher, discuss the impacts of plastic pollution and the possible solutions.

Taylor Swift's new album, The Tortured Poets Department, exposes the pain a break up can cause. Heartbreak is a common theme in music and art - but what does science have to say about it? Florence Williams, science journalist and author of Heartbreak: A Personal and Scientific Journey, talks us through the research on what actually happens in our bodies when we go through a break-up.

The nomadic Avar empire ruled over eastern and central Europe from the sixth to the ninth century but very little was known about them - until now. From studying ancient DNA, researchers have discovered a wealth of information about how the Avars lived. Dr Lara Cassidy, Assistant Professor in Genetics at Trinity College Dublin, explains the findings, and how it's even possible to learn so much from ancient DNA.

We all know how bees great are - but what about all the other pollinators? Dr Erica McAlister from the Natural History Museum in London speaks out in defence of the fly.

Presenter: Victoria Gill  
Producers: Hannah Robins and Sophie Ormiston  
Editor: Martin Smith

**MON 21:00 Start the Week (m001ypyf)**  
[Repeat of broadcast at 09:00 today]

**MON 21:45 Café Hope (m001ypyh)**  
[Repeat of broadcast at 09:45 today]

**MON 22:00 The World Tonight (m001ypzq)**  
What next for SNP after Yousaf resigns?

After Humza Yousaf's resignation we ask who is most likely to succeed him as first minister - and what the dramatic development means for Scottish independence - and UK politics.

Also on the programme:

Anger in Dublin after Rishi Sunak says a rise in asylum claims in Ireland shows the UK government's Rwanda policy is working.

And why are more people than ever signing up to run marathons?

**MON 22:45 You Are Here by David Nicholls (m001ypzs)**  
Episode 1

David Nicholls' new novel, You Are Here, follows two isolated and lonely people who are thrown together by the endeavours of a mutual friend who believes they both need to 'get out more'. A long weekend walking in the Lake District turns into a rain-

lashed and wuthering journey across the valleys and moorlands of some England's most spectacular countryside.

Marnie is a freelance copy editor, spending most of her days alone in her south London flat. After a disastrous marriage in her early 20s, romance and companionship seem to have passed her by. Now, in her late 30s, she feels it is unlikely that she will ever meet someone.

Michael is still reeling from his wife's departure, increasingly reclusive, taking himself on long, solitary walks across the moors and fells. He teaches Geography at the same Yorkshire school as Cleo who is an old friend of Marnie's. It is Cleo's bright idea to bring together a small group of people in the second half of the Easter holidays to enjoy a few days walking in the glorious Cumbrian landscape.

David Nicholls is the author of several bestselling novels including *One Day*, *Us*, and *Sweet Sorrow*. He is also an award-winning screenwriter.

Written by David Nicholls  
Abridged by Jill Waters  
Read by Sally Phillips and Jim Howick  
Produced by Jill Waters  
A Waters Company production for BBC Radio 4

#### MON 23:00 Limelight (p09h4w5m)

The System - Series 1

The System - Level 4: Red Pill

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 4: Red Pill

The Past: Jake's unit find out what The System is really about as they enter the next level of their training. And it doesn't sit well with everyone.

The Present: Maya manages to track down an ally with insider knowledge.

Cast:  
Alex ... Iain de Caestecker  
Dr Khalid Hassan... Souad Faress  
Maya ... Siena Kelly  
Coyote...Divian Ladwa  
Beau...Matthew Needham  
Jake ...Jack Rowan

Original music and sound design by Danny Krass  
Featuring tracks from Equinox music collective

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 (m001ypzw)

Susan Hulme reports on plans to overhaul the disability benefits system - and MPs debate assisted dying.

### TUESDAY 30 APRIL 2024

#### TUE 00:00 Midnight News (m001ypzy)

National and international news from BBC Radio 4

#### TUE 00:30 Alien Earths by Lisa Kaltenecker (m001ypyp)

[Repeat of broadcast at 11:45 on Monday]

#### TUE 00:48 Shipping Forecast (m001yq00)

The latest weather reports and forecasts for UK shipping

#### TUE 01:00 Selection of BBC World Service Programmes (m001yq02)

BBC Radio 4 joins the BBC World Service.

#### TUE 05:20 Shipping Forecast (m001yq04)

The latest weather reports and forecasts for UK shipping

#### TUE 05:30 News Briefing (m001yq06)

The latest news from BBC Radio 4

#### TUE 05:43 Prayer for the Day (m001yq08)

Eight Day of Passover - Isaiah's Vision

A spiritual comment and prayer to start the day with Rabbi Jonathan Wittenberg

Good Morning.

Today is the eighth and final day of Passover.

The first day commemorates the liberation of the Children of Israel in the past; the last looks forward to the future redemption of all humankind. That's why the rabbis chose for today's prophetic reading Isaiah's vision of the coming of the Messiah, "In that day society will be governed justly and the cause of the poor upheld. Nature will thrive: the wolf will live alongside the lamb (not, as my teacher wryly joked 'each night a different lamb'). In that day 'They shall not hurt nor destroy in all my holy mountain, for the earth shall be full of the knowledge of God as the waters cover the sea."

It's one of the most beautiful chapters in the entire Hebrew Bible.

How far away Isaiah's vision seems today, not just distant, but receding, as wars and misery claw viciously into our world.

But Isaiah's words were not set in good times either. They were forged in a Jerusalem under siege from Ashurbanipal's armies and surrounded by destruction. For many of the people of Isarel, and Gaza, it must feel like that today.

But Isaiah wasn't just a dreamer. He had something tougher to say: Never abandon hope! Never give up on a vision of peace!

He was enlisting the spirit's resilience in the long struggle against violence and wrong. His message wasn't: 'Just wait, and the Messiah will come,' but rather, 'We must all be part of this. We can do justice. We can care for all creatures.

Please God, this can be a world where 'they neither hate nor destroy.'

#### TUE 05:45 Farming Today (m001yq0c)

30/04/24 - Border checks, global disease monitoring and integrated pest management

New border checks for imports of food and plants coming into the UK from the EU, start 30th April 2024. Some farming groups have been calling for these checks for some time - saying they will give producers here more of a level playing field with EU producers, because UK exports have had similar checks since Brexit. But some importers say inspection costs are prohibitive.

We hear from the conference to celebrate the World Organisation for Animal Health's 100th anniversary, where avian flu is on the agenda.

And, we're getting to the time of year where young plants in the field are susceptible to pest damage. Rather than rely on chemicals to fight them off, under the Sustainable Farming Incentive, which is part of England's new farm payment system replacing EU subsidies, farmers can be paid for using "Integrated Pest Management". We visit a farm to hear how it works.

Presented by Anna Hill  
Produced for BBC Audio in Bristol by Heather Simons

#### TUE 06:00 Today (m001yqt2)

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

#### TUE 09:00 The Long View (m001yqs6)

Presidential Candidates on Trial

Donald Trump has made history by becoming the first former US President to be criminally charged, facing 91 felony charges across four separate cases. As he heads towards an election rematch with Joe Biden, he has promised to continue his campaign even if he is convicted or sent to prison. What impact could this have on his campaign and has a prisoner ever run for President before?

Eugene V Debs (1855-1926) was one of the best-known Socialists in the United States. He ran for president five times - the final time from prison. Though his politics were rather different from Trump's, his performance - he won almost a million votes - suggests how a criminal conviction can in fact add momentum to a presidential campaign.

Guests: Adam Smith, Professor of US Politics and Political History at the University of Oxford; Quinta Jurecic, Fellow in Governance Studies, Brookings; Kathleen Hall Jamieson, Professor of Communication at the University of Pennsylvania.

Producer: Dan Hardoon  
Reader: Eric Meyers

#### TUE 09:30 Inside Health (m001yqs8)

Are more young people getting cancer?

Last month, Catherine, Princess of Wales shared she'd been diagnosed with cancer. Describing this news as 'a huge shock' and at age just 42, the Princess' disease falls into a category known as "early-onset cancer" - when the disease affects those under 50. While cases in this age group are still rare, diagnosis rates over the past few years have been growing. And scientists are now on a mission to figure out why.

Receiving a cancer diagnosis at any age is devastating, but younger people living with the disease face additional challenges. James Gallagher talks to Emma Campbell, a mum of three young children who was diagnosed with bowel cancer at 36. Emma shares not just how her treatment affected her life, but the difficulties in advocating for herself as a younger person trying to get diagnosed. Professor Helen Coleman, cancer epidemiologist for Queens University Belfast, has been studying these diagnostic rates in younger people and explains possible reasons why more people like Emma are finding themselves living with the disease.

A series of videos recently went viral on social media from women claiming their weight loss drugs got them pregnant. These drugs - like Ozempic and Wegovy - help people lose weight by suppressing appetite, but could they impact fertility? James speaks to Dr Charlotte Moffett, lecturer in Pharmacology and Molecular Pathology at the University of Ulster, who is studying if these drugs might alter someone's ability to conceive. James is also joined in the studio by GP, Dr Margaret McCartney, who helps him answer some of your questions.

Presenter: James Gallagher  
Producer: Julia Ravey  
Content Editor: Holly Squire  
Production Coordinator: Elisabeth Tuohy

TikTok credits: @Dkalsolve | @anastasiamalhotra | @coachkatierogers

#### TUE 10:00 Woman's Hour (m001yqt4)

Sex and choking, Online Abuse and work, Plastic pollution

Research by internationally-renowned sex expert Dr Debby Herbenick from 2020 found that 21% of women had been choked during sex, with this being nearly twice as prevalent among adults under 40. Why are more young people including this as part of their sex lives and what are both the short and long-term health consequences? Dr Debby and Medical Director of the Institute for Addressing Strangulation, Dr Catherine White, talk to Clare McDonnell.

As talks reach a conclusion in Ottawa this week on a legally binding global treaty on plastic pollution, we speak to film director and campaigner Eleanor Church. Her documentary, *X Trillion*, comes out this week, and takes the viewer on an all-female expedition to the North Pacific gyre, where much of the world's plastic waste ends up.

What sort of responsibilities do employers have towards women who are abused online because of their job? Dr Rebecca Whittington is the Online Safety Editor for Reach Plc, which publishes newspapers including *The Mirror* and *The Express*. She explains how she protects journalists from online harm.

Presenter: Clare McDonnell  
Producer: Kirsty Starkey  
Studio Manager: Neva Missirian

#### TUE 11:00 Screenshot (m001yj7d)

Fashion

Mark Kermod and Ellen E Jones examine the rich history of style and the moving image, from Pret A Porter to The Devil Wears Prada.

Ellen talks to fashion historian and curator Amber Butchart about the close relationship between couture and cinema. They discuss the timeless influence on high fashion of Fritz Lang's *Metropolis* and Powell & Pressburger's *The Red Shoes*, and the movies that inspire what we all wear in real life.

Mark enlists the help of a Screenshot regular, critic Christina Newland, to explore how the fashion industry has been depicted on screen, from the fashion editors of *Funny Face* and *The Devil Wears Prada* to the male models of *Zoolander*.

And Mark talks to director Kevin Macdonald about his new documentary, *High & Low*: John Galliano, which follows the disgraced British fashion designer.

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

#### TUE 11:45 Alien Earths by Lisa Kaltenecker (m001yqt6)

Book of the Week: Episode 2 - Ancient Cosmic Messengers

The award-winning astronomer Lisa Kaltenegger uses her scientific expertise to explore our ancient past in Earth's star studded skies. Here she tells us what shooting stars and supernovas can tell us about our cosmic environment. Pippa Nixon reads.

Astronomer Lisa Kaltenegger's eye-opening guide to the cosmos uses Earth's diverse biosphere as a template to search for life on other planets beyond our galaxy. Working with a team of tenacious scientists from a variety of disciplines she has come up with an ingenious toolkit to identify possible life forms on planets far from Earth. Her enthusiasm and her expertise in the newest technological advances reveal the possibilities for whole new worlds. Perhaps, she muses aliens might be out there gazing back at us.

Lisa Kaltenegger is the Founding Director of the Carl Sagan Institute to Search for Life in the Cosmos at Cornell University. She is a pioneer and world-leading expert in modelling potential habitable worlds. She is a Science Team Member of NASA's TESS mission and the NIRISS instrument on the James Webb Space Telescope. The recipient of numerous international prizes and awards, including a European Commission Role Model for Women of Science and Research, she was named one of America's Young Innovators by Smithsonian Magazine. Asteroid Kaltenegger7734 is named after her.

Abridged by Katrin Williams  
Produced by Elizabeth Allard

#### TUE 12:00 News Summary (m001yqt8)

The latest national and international news from BBC Radio 4.

#### TUE 12:04 You and Yours (m001yqth)

Call You and Yours - Downsizing

Are you considering downsizing? That's the question we're asking in this week's Call You and Yours.

Mortgage brokers say they're getting more enquiries than before from people considering downsizing - trading in a larger property for something smaller, cheaper and more manageable. Perhaps the children have flown the nest, or the mortgage is no longer viable. It could be the result of the breakdown in a relationship or just not wanting the hassle and responsibility that comes with a larger home.

Whether you've done it or are considering it, have embraced it or regret it, we want to hear from you.

We'll have expert guests on hand to offer insights into what's driving it and what to consider if you're weighing up whether it's the right move for you.

Call us from **11am** on Tuesday on 03700 100 444 or email us now at youandyours@bbc.co.uk.

PRESENTER: WINIFRED ROBINSON  
RPDUCER: CATHERINE EARLAM

#### TUE 12:57 Weather (m001yqtd)

The latest weather forecast

#### TUE 13:00 World at One (m001yqtg)

Home Office denies losing contact with migrants

The Home Office is not in direct contact with 3,557 migrants identified for removal to Rwanda, raising questions about whether the policy is encouraging migrants to abscond.

#### TUE 13:45 Boys (m001yqtj)

About the Boys

##### 2. Life Online

In this episode, teenage boys all over the UK talk candidly to Catherine Carr about their lives online. They talk about playing together - while being alone, about lockdown and about the differences they see in the ways that girls and boys socialise. Experts provide evidence for boys' online habits from social media to YouTube. Boys reflect on what life might be like in an analogue world and describe how social media can be used to build e-commerce businesses from their phones. There's also talk about porn, (and porn addiction), its effects on boys and their sexual relationships, and how sex seems to colour everything online.

Thanks to

DRMZ Carmarthen Youth Project  
Cambridge Museum of Computing  
Zach Rausch New York University

The Boys' Brigade (Glasgow Battalion)  
Haberdashers' Boys School  
Brook Advisory  
Craig Haslop University of Liverpool  
Freddie Feltham The News Movement  
Olivia Dickinson

Producer: Catherine Carr  
Researcher: Jill Achineku  
Executive Producer: Marie Helly

A Whistledown production for BBC Radio 4

#### TUE 14:00 The Archers (m001ypzl)

[Repeat of broadcast at 19:00 on Monday]

#### TUE 14:15 Drama on 4 (m0012qy5)

Song of the Reed

Eel

Ian (played by Mark Rylance) has gone to work for neighbouring landowner Theo Buckhurst as Liv (Sophie Okonedo) prepares to sell up to Wildscapes - but nature, as ever, has a different plan, and a major flood event is forecast to engulf Fleggwick.

The third in the series of Steve Waters' seasonal dramas follows the life of a fictional wetlands nature reserve, over the period of one year.

Storm clouds are well and truly established over the nature reserve Liv has inherited from her father. The oncoming flood will bring a pulse of salt water into the Fen, threatening countless fresh water species. And with plans to sell Fleggwick also complete, the future looks decidedly insecure in this otherwise beautiful corner of Norfolk.

Song of the Reed is recorded on location at RSPB's Strumpshaw Fen. The story is informed by the sounds of the reserve as well as the real work and science of conservation taking place in the face of rapid environmental change in the wetlands of Norfolk, and everywhere.

Cast:

Liv - Sophie Okonedo  
Ian - Mark Rylance  
Tam - Ella Dorman Gajic  
Kay - Molly Naylor

Theo - Tom Goodman-Hill  
Nikki - Karen Hill  
Charlie - Jimmy Rutherford  
Voice of the Reed - Christine Kavanagh

Other parts played by staff and volunteers at RSPB Strumpshaw Fen

Written by Steve Waters  
Music by Michael Somerset Ward with Rebecca Hearne  
Cello played by Liz Hanks  
Sound design by Alisdair McGregor  
Produced and Directed by Boz Temple-Morris

A Holy Mountain production for BBC Radio 4

#### TUE 15:00 Short Cuts (m001yqtl)

A Piano

A grand piano slowly climbs the stairs in Glasgow, a man in Brighton keeps finding his upright pianos going missing, a piano decays slowly in the woods while a grandson finds himself thrust into the role of a ship's pianist. Josie Long presents short documentaries and audio adventures with a piano at their heart.

Pianos Aren't His Forte  
Featuring Mark Campbell  
Produced by Phil Smith  
Including piano performances from Mark Campbell and Songs Without Words composed by Felix Mendelssohn and performed by Vassily Primakov from the Free Music Archive

Piano in the Woods  
Written and produced by Ross Sutherland  
Featuring performances from the project Piano in the Woods by the improviser, artist and curator Sam Bailey. You can learn more about the project at pianointhewoods.com

Two, Three, Hup  
Produced by Steve Urquhart  
Featuring piano performances by Steve Urquhart

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

#### TUE 15:30 Beyond Belief (m001yqtn)

Ayodhya's Ram Mandir: Religion and Politics in India

In a temple in Southall, west London, Giles Fraser hears about the spiritual significance for British Hindus of the opening of the Ram Temple in Ayodhya, consecrated with much fanfare in January 2024 by the Indian Prime Minister Narendra Modi.

As Indians go to the polls in the largest democratic election in history, what is the relationship between religion and politics in the country?

Giles is joined by Professor Shruti Kapila, Associate Professor Ashraf Hoque and Dr Prakash Shah to discuss the temple's significance and the controversy that surrounded it, built on the site of a previous Muslim mosque, which was pulled down by a mob in 1992. Prime Minister Narendra Modi is campaigning for re-election. He's the head of the BJP party, aligned to ideas of Hindu nationalism. Does the temple help us to understand the complicated and contested political, cultural and historical grounds over which the current election is being fought?

Producer: Rebecca Maxted  
Assistant Producer: Ruth Purser  
Editor: Jonathan Hallowell

#### TUE 16:00 Split Ends (m001yqtq)

3. The Fall

Singer Songwriter and BBC Introducing presenter Kitty Perrin charts the stories of band splits. What really happened in the breakups of some of history's best loved bands? Using new interviews with band members, music professionals, academics, and writers she analyses the reasons they split.

In episode 3 Kitty explores the love affair at the heart of one of the most turbulent bands in music history. She talks to Brix Smith about her time in cult Mancunian post-punk band The Fall, how she fell in love with and married the bands originator Mark E Smith, and how the break up of that marriage and Mark's documented substance misuse led to her leaving the band - twice.

In the early 80s, teenager Brix Smith lived in LA, made music and obsessed over every sound coming out of the British music scene. Two weeks after Brix Smith met The Fall she went to see them play. Six weeks later she moved across the world, joined the band, and was in a relationship with the man who was a figure on an album sleeve eight weeks before. Her addition as songwriter and guitarist was a major turning point for the band.

Kitty gets insight into what it's like to be in a band with a romantic partner, and how that might affect the people around you so she speaks to Simon Raymonde, former bassist in 80s pioneering band Cocteau Twins, the only member in the band with couple Liz and Robin.

She hears from Rowetta from Happy Mondays who talks about how substance abuse led to their split.

We also hear from Rock-star psychotherapist Jodi Millstein, Tamsin Embleton, editor of 'Touring and Mental Health' and Ryan Dusick, original drummer in American Pop-Rock band Maroon 5.

A Yada-Yada Audio Production  
Presenter - Kitty Perrin  
Producer - Julian Mayers  
Original Music by Gordon Russell

#### TUE 16:30 When It Hits the Fan (m001yqtq)

Huw Edwards, PR speak and runaway horses

David Yelland and Simon Lewis discuss the resignation of Huw Edwards and how the BBC has handled this ongoing crisis - its PR, its strategy and the enduring power of the tabloids in this country to throw an incendiary device into famous places.

They also lift the lid on the art of euphemistic spin and how the language of PR was used in the Post Office IT Horizon scandal - or should we say "anomaly"?

And, runaway horses - how the Army responded to the surreal and shocking Household Cavalry rampage through central London and why you'll now find a significant number of former Army officers in PR.

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 (m001yqtv)

A guide to the local elections

How to judge this week's local election results, plus the latest on a sword attack in Hainault, east London.

**TUE 18:00 Six O'Clock News (m001yqtx)**

Two member of the public and two police officers were injured in the attack

**TUE 18:30 Thanks a Lot, Milton Jones! (m001yqtz)**

Series 6

3. Excalibat!

Star of Mock The Week Milton Jones pulls at a zip that hasn't been opened for 60 years and inadvertently causes a UK Chutney Crisis.

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 with additional material by Adrian Gray

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 (m001yqrg)**

Alistair is clipping Monty's claws as he and Robert agree what an asset Denise is to the vet's practice. They chat about Sunday's cricket win over Darrington and Linda's worry that she might not get enough volunteers to prepare the teas for the T20 match during May Bank Holiday weekend. Jim arrives with Alistair's forgotten packed lunch. They agree to meet for a drink later at The Bull. Robert remarks how happy Alistair seems these days and says he might adopt a similar approach to working with Lynda. Instead of getting annoyed, he's going to focus on him and Lynda being a team. Later at The Bull, Jim offers to help Robert with his ancient mystery puzzle and they agree to make a night of it. Alistair joins them and, while Robert is at the bar, Jim says he will be spending the night at Ambridge Hall and Alistair should take the opportunity to spend some time alone with Denise.

George is not happy about Eddie's sign advertising Bartleby The Talking Horse. Eddie thinks they're on to a financial winner if they charge people to visit and take pictures with the pony. Linda arrives for a chat - with Bartleby (the cause celebre) – prompting an indignant protest from George that Bartleby talks about people, not to them. They risk damaging his brand. Eddie sharply points to George that were it not for his idea there would be no brand. George sulkily posts Bartleby and Linda's gossipy video about a dancing vet but soon changes his tune when it starts racking up thousands of views.

**TUE 19:15 Front Row (m001yqv1)**

Michelangelo exhibition at British Museum, Jembaa Groove perform, Inside Number 9

Historian Andrew Graham-Dixon and art curator Kate Bryan discuss Michelangelo: the last decades, a major new exhibition at the British Museum which focuses on the last thirty years of Michelangelo's life.

Reece Shearsmith discusses the ninth and final series of the BAFTA award winning Inside No. 9. Written with Steve Pemberton, the six episodes will feature new stand-alone stories, starting with 'Boo To A Goose'. Guest stars include Charlie Cooper and Katherine Kelly.

Jembaa Groove perform live. The Berlin-based band produce Ghanaian highlife/American R&B fusion music, an optimistic and positive sound created when they got together during the covid pandemic.

Presenter: Tom Sutcliffe  
Producer: Claire Bartleet

**TUE 20:00 File on 4 (m001yvdd)**

Caught on Camera: The special school staff who abused kids

Three years ago, dozens of memory sticks were discovered in a sealed box at a school for children with special educational needs. There was 500 hours of footage which showed children

being held in so-called 'calming rooms.' The videos showed the children being hit and denied access to a toilet. File on 4 investigates why a subsequent police investigation and an independent inquiry didn't lead to staff being sacked. File on 4 reveals how staff who were filmed hitting, kicking, and leaving children sitting in urine have not been sacked or referred to the barring service.

Reporter: Noel Titheradge  
Producer: Annabel Deas  
Technical Producer: Craig Boardman  
Production Coordinator: Tim Fernley  
Editor: Carl Johnston

**TUE 20:40 In Touch (m001yqv4)**

Redundancies at Guide Dogs; Voting Equipment

As the charity Guide Dogs looked into its own future, they have predicted some financial hardship due to rising costs. Similarly to many organisations within the charity sector, they are having to come up with ways of cutting costs in order to maintain current levels of service provision. Their staff have been told that redundancies are a possibility for many. Guide Dogs' CEO Andrew Lennox tells In Touch what is happening and why, in his view, such cuts are necessary.

With elections just around the corner, In Touch explores a new audio voting system: the McGonagle Reader. It will be available at a few local council areas for the 2024 local and general elections.

Presenter: Peter White  
Producer: Beth Hemmings  
Production Coordinator: Pete Liggins

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.

**TUE 21:00 Crossing Continents (m001yqv6)**

Kosovo: Euro or Bust

It's a quarter of a century since Kosovo emerged from a brutal war, one which pitted local ethnic Albanians against Serbs. Twenty-five years on, the government in Pristina is pressing ahead with reforms that could reinforce its separation from Serbia. They include banning the use of Serb dinars and curbing the import of things like Serb medicines. Pristina says the moves are needed to curb illegality and tax-evasion. But they've brought widespread complaints from local Serbs who feel victimised. Is the government justified in claiming there's a rising risk of violence, or are the restrictions themselves making this more likely?

Producer and presenter: Ed Butler  
Studio mix: Rod Farquhar  
Editor: Penny Murphy  
Production Coordinator: Gemma Ashman

**TUE 21:30 Three Million (p0hcrwmt)**

5. Ghosts

The Bengal Famine, particularly the experiences of people in the rural areas who suffered the most, is not well remembered today. There is no memorial, museum, or plaque to the victims or survivors anywhere in the world.

One man has made it his life's work to record their testimonies with paper and pen. Kavita hears from him - and tries to understand more about why the three million people who perished aren't better remembered or memorialised in India, Bangladesh and Britain.

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

With thanks to Dr Janam Mukherjee, Professor Joya Chatterji and Dr Diya Gupta.

**TUE 22:00 The World Tonight (m001yqv8)**

Hainault: Man arrested after boy killed in sword attack

A 14-year-old schoolboy has died after an attacker armed with a sword went on the rampage near Hainault Underground Station in northeast London. The 36-year-old suspect is in hospital after driving his van into a house as the attack began,

and police have been unable to speak to him. The incident is not being treated as terror-related.

Also on the programme:

The Ukrainian-born Republican Congresswoman, who voted against a \$61 billion aid package for Ukraine;

And Reader's Digest UK is coming to an end after 86 years – we reflect on the magazine's enduring appeal with one of its former columnists.

**TUE 22:45 You Are Here by David Nicholls (m001yqvb)**  
Episode 2

David Nicholls' new novel, You Are Here, follows two isolated and lonely people who are thrown together by the endeavours of a mutual friend who believes they both need to 'get out more'. A long weekend walking in the Lake District turns into a rain-lashed and wuthering journey across the valleys and moorlands of some England's most spectacular countryside.

Marnie is a freelance copy editor, spending most of her days alone in her south London flat. After a disastrous marriage in her early 20s, romance and companionship seem to have passed her by. Now, in her late 30s, she feels it is unlikely that she will ever meet someone.

Michael is still reeling from his wife's departure, increasingly reclusive, taking himself on long, solitary walks across the moors and fells. He teaches Geography at the same Yorkshire school as Cleo who is an old friend of Marnie's. It is Cleo's bright idea to bring together a small group of people in the second half of the Easter holidays to enjoy a few days walking in the glorious Cumbrian landscape.

David Nicholls is the author of several bestselling novels including One Day, Us, and Sweet Sorrow. He is also an award-winning screenwriter.

Written by David Nicholls  
Abridged by Jill Waters  
Read by Sally Phillips and Jim Howick  
Produced by Jill Waters  
A Waters Company production for BBC Radio 4

**TUE 23:00 Uncanny (m001yqv7)**

Series 4

Case 1: The Flood

Marcus loves visiting his eccentric Aunt Jean, the black sheep of a very religious family. She runs a witch shop in New Orleans, selling spells, candles and Ouija boards. When Aunt Jean tragically dies in Hurricane Katrina, drowned in the basement of her own flat, her possessions end up at Marcus's granddad's house in South Georgia.

One night Marcus and his cousin dig them out and find her prized Ouija board. What will happen if they try to make contact with her? The answer, it turns out, is that all hell breaks loose.

Danny heads to Georgia to meet Marcus and hears about the most terrifying night of his life.

Written and presented by Danny Robins  
Experts: Evelyn Hollow and Benjamin Radford  
Editing and sound design: Charlie Brandon-King  
Music: Evelyn Sykes  
Theme music by Lanterns on the Lake  
Script editor: Dale Shaw  
Development producer: Sarah Patten  
Production manager: Tam Reynolds  
Commissioning executive: Paula McDonnell  
Commissioning editor: Rhian Roberts  
Produced by Danny Robins and Simon Barnard

A Bafflegab and Uncanny Media production for BBC Radio 4

**TUE 23:30 Today in Parliament (m001yqv9)**

Sean Curran reports from Westminster as the government offers a concession and agrees to a timetable for the setting up of a compensation scheme for the victims of the infected blood scandal.

**WEDNESDAY 01 MAY 2024**

**WED 00:00 Midnight News (m001yqvj)**

National and international news from BBC Radio 4

**WED 00:30 Alien Earths by Lisa Kaltenecker (m001yqt6)**

[Repeat of broadcast at 11:45 on Tuesday]

**WED 00:48 Shipping Forecast (m001yqvl)**

The latest weather reports and forecasts for UK shipping

**WED 01:00 Selection of BBC World Service Programmes (m001yqvn)**

BBC Radio 4 joins the BBC World Service.

**WED 05:20 Shipping Forecast (m001yqqv)**

The latest weather reports and forecasts for UK shipping

**WED 05:30 News Briefing (m001yqqvs)**

The latest news from BBC Radio 4

**WED 05:43 Prayer for the Day (m001yqqvv)**

The bells of May

A spiritual comment and prayer to start the day with Rabbi Jonathan Wittenberg

Good Morning.

Maigloekchen, she called them in her native German, 'the bells of May', lily of the valley. My grandmother loved them, and I do too, with their modest, sweet-scented flowers.

May Day was traditionally considered the halfway point between the spring equinox and the summer solstice.

On the first of the month, the Old Farmer's Almanac says, one welcomes the spring by 'Bringing in the May' with branches of magnolia, redbud, lilac, or other local blooms.

I shall do as instructed, since it's my wife's birthday. And we'll keep 'no mow May' in our garden, and through June and July too, to help the wildflowers, butterflies and birds.

'Think global, act local,' runs the strapline. What with biodiversity loss, red lists, amber lists, and extinctions, thinking global can numb the brain. So it's good to remember that acting local still matters. Every species rescued means a world less impoverished, and, who knows, maybe our bug hotel, bird feeder or hedgehog highway helped make the difference.

We need to love them more: woodlands, parks, gardens, roadside verges, and the lonely trees in the concrete.

Amitav Ghosh recounts in his brilliant *The Nutmeg's Curse* how fellow author Robin Kimmemer congratulated her indigenous guide for his comprehensive knowledge of the names of the local plants. "Yes," the guide nods and replies with downcast eyes. "Yes, I have learnt the names of all the bushes, but I have yet to learn the songs."

His words remind me of a beautiful saying by Rebbe Nachman of Breslav: 'Not a plant but sings to the spirit its unique melody'.

May our hearts be opened to hear those melodies.

**WED 05:45 Farming Today (m001yqvxx)**

01/05/25 - Import border checks, local elections and blackgrass

New physical checks have been brought in on some imports of food and plants from the EU. Products deemed high or medium risk now have to be inspected - including live animals, meat and some plant products. Inspections can be done either at Government run sites or at commercial facilities - we report from both to find out how it works.

The major political parties are all competing for the rural vote ahead of the local elections. A combination of councillors, mayors and police and crime commissioners will be selected across England and Wales.

And, blackgrass is a weed that can grow amongst fields of commercial crops, competing for nutrients in the soil, and reducing yields. We meet a team of scientists at Rothamsted Research who are looking into how to tackle this pernicious weed.

Presented by Anna Hill

Produced for BBC Audio in Bristol by Heather Simons

**WED 06:00 Today (m001yqr2)**

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

**WED 09:00 Life Changing (m001yqr4)**

Excluded

Tier Blundell was never a bad kid, he was bright and curious but also disruptive. He grew up sandwiched between two cultures and felt excluded from society. Those feelings were amplified

when aged 11 Tier was informed by his school that he wouldn't be welcome back following the summer holidays and was instead sent to a Pupil Referral Unit. He left there with no qualifications and a sense of shame, until the day he puts on a suit, turns up for an unscheduled meeting and demands another go at education — and the results are staggering.

**WED 09:30 Influenced (m001y3v1)**

Helen Lewis Has Left the Chat

Left the Chat: No 5. Thug Shaker Central

When investigative journalist Aric Toler saw a handful of supposedly fake classified documents online, he had a hunch - what if they were real? The only way to find out was to hunt for the original source.

It was a journey that took him through the deep internet, beyond the reach of search engines. He scoured through chat forums about SpongeBob SquarePants, infiltrated servers named after edgy memes, and found a vital clue in screenshots of a video game about zombies. Eventually, Toler got his man - and his identity was not at all what you might expect.

At the heart of this story is the chat service Discord - a casual, conversational space without which, Toler thinks, his unlikely leaker would never have posted classified documents online.

A Tempo & Talker production for BBC Radio 4

**WED 10:00 Woman's Hour (m001yqr6)**

Co-parenting, Homelessness and women, Dr Jessica Taylor

Being evicted from your home is an incredibly distressing time for anyone. Something 56-year-old Heidi Dodson is about to experience, she's being evicted by her private landlord from her home. She approached her local council for priority housing but was declined. In a letter from Thurrock Council, she was told she should be able to function 'reasonably well' if she ends up on the streets. Thurrock Council say they are 'truly sorry for the language used in this letter and the distress it has caused. Heidi speaks to Clare McDonnell along with Polly Neate, Chief Executive of housing charity Shelter.

What is it really like to be a co-parent? Hayley Allen's son spends the weekdays with his dad and she takes care of him at the weekends. Carly Harris' two children spend 80% of their time with her and are looked after by their dad every other weekend. Clare talks to Hayley and Carly about the difficulties and benefits of co-parenting.

Dr Jessica Taylor is a best-selling author and chartered psychologist who runs the research consultancy VictimFocus. Her new book, *Underclass*, is a memoir, detailing her childhood on a council estate in Stoke, the trauma and abuse she suffered and her journey to becoming a professional campaigning on behalf of other victims. Jessica joins Clare to talk about why she wanted to write it.

As the second wife of Henry VIII Anne Boleyn's life and death have been well-documented but what about her sister Mary? A new play, *The Other Boleyn Girl*, has opened at Chichester Festival Theatre based on Philippa Gregory's best-selling novel. Lucy Phelps plays Mary and Freya Mavor is Anne – they join Philippa Gregory in a conversation with Clare.

Presenter: Clare McDonnell

Producer: Emma Pearce

**WED 11:00 Boys (m001yqr8)**

The Boys Are Not Alright

When radio producer Jo Meek realised Daniel Harris - the teenager found guilty of encouraging terrorism - lived in her county, the story hit home.

In *The Boys Are Not Alright*, she investigates the frightening rise of boys being radicalised online, and looks for the solutions to stop her own young sons spiralling.

She uncovers evidence of how Harris, who spent up to 14 hours a day online, quickly became radicalised. Daniel is not alone - over 2,600 children aged between 11 and 15 were referred to Prevent last year, with the vast majority boys.

And with more than one in three Prevent referrals now coming from the education sector, Jo hears how schools and Prevent practitioners are struggling to contain a 'Pandora's box' of extremist influence. Experts describe a constantly evolving online gaming landscape that mimics a playground, but without any meaningful protections. And as Jo struggles to contain her son's exposure to extremist ideas in the gaming world, she hears how hateful social media content is also proliferating fast, with a 12-fold increase since October 2023 that is specifically affecting young people.

Daniel Harris was radicalised, despite the best efforts of many in the community around him. Jo investigates what is being done by police and mental health services to ensure that young, vulnerable men - some of whom struggle to form real life relationships - are being protected and diverted from toxic online relationships. And as the nature of extremism shifts, with new ideologies emerging and more terrorists acting alone, Jo asks if the real threat is posed by an internet that offers ever more compelling opportunities to radicalise.

An Audio Always production for BBC Radio 4

**WED 11:45 Alien Earths by Lisa Kaltenecker (m001yqrb)**

Book of the Week: Episode 3 - Revelations from the tiny tardigrade

Lisa Kaltenecker, the astronomer and world-leading expert in the search for life on faraway worlds takes us on a mind-bending journey through the cosmos, asking, are we alone? Pippa Nixon reads.

Astronomer Lisa Kaltenecker's eye-opening guide to the cosmos uses Earth's diverse biosphere as a template to search for life on other planets beyond our galaxy. Working with a team of tenacious scientists from a variety of disciplines she has come up with an ingenious toolkit to identify possible life forms on planets far from Earth. Her enthusiasm and her expertise in the newest technological advances reveal the possibilities for whole new worlds. Perhaps, she muses aliens might be out there gazing back at us.

Lisa Kaltenecker is the Founding Director of the Carl Sagan Institute to Search for Life in the Cosmos at Cornell University. She is a pioneer and world-leading expert in modelling potential habitable worlds. She is a Science Team Member of NASA's TESS mission and the NIRISS instrument on the James Webb Space Telescope. The recipient of numerous international prizes and awards, including a European Commission Role Model for Women of Science and Research, she was named one of America's Young Innovators by Smithsonian Magazine. Asteroid Kaltenecker7734 is named after her.

Abridged by Katrin Williams

Produced by Elizabeth Allard

**WED 12:00 News Summary (m001yqrd)**

The latest national and international news from BBC Radio 4.

**WED 12:04 You and Yours (m001yqrj)**

Gambling Commission, Waitrose Reboot and Canal Mooring Fees

The Gambling Commission will announce new affordability checks to protect problem gamblers. The industry fears any further restriction could damage horse racing and the wider industry. Has the Commission struck the right balance?

Waitrose has been losing grounds to rivals recently. They are planning a re-boot and have signed up celebrity chef Yotam Ottolenghi to help with a new range of spice mixes, sauces and marinades, will it work?

The Canal and River Trust are raising the cost of mooring on the UK's waterways. Some river dwellers say they'll struggle to pay and may have to leave their narrow boats, the Trust that its necessary to fund their budget shortfalls and the rising costs of refurbishing and cleaning up canals.

Self-storage has never been more popular. We used to use it to lock up furniture and possessions during house moves but times have moved on and we've got creative with self-storage spaces.

The charity Guide Dogs for the Blind has seen a big drop in donations since the Pandemic. It has led the CEO to propose staff cuts in an attempt to stave off deficits in future.

PRESENTER: PETER WHITE

PRODUCER: KEVIN MOUSLEY

**WED 12:57 Weather (m001yqrj)**

The latest weather forecast

**WED 13:00 World at One (m001yqrl)**

Forty-five minutes of news, analysis and comment.

**WED 13:45 Boys (m001yqrn)**

About the Boys

3. Education

In this episode, teenage boys all over the UK talk to Catherine Carr about their school lives. She hears their take on their behaviour at school, the importance of the memories they are

making with friends and, critically, the importance of trusted relationships with adults while in education. Teachers also share the results of work done to close the attainment gap between boys and girls, and Catherine visits a pioneering project which is designed to intervene early in boys' lives, to help them achieve academically.

Thanks to

Cardinal Langley Roman Catholic School, Rochdale  
Taking Boys seriously, Ulster University  
Dance United Yorkshire  
DRMZ Carmarthen Youth Project  
Oasis Multi Academy Trust  
Johanna Primary school, Waterloo  
Mark Brooks OBE  
Steve Chalke MBE

Producer: Catherine Carr  
Researcher: Jill Achineku  
Executive Producer: Marie Helly

A Whistledown production for BBC Radio 4

**WED 14:00 The Archers (m001yqrq)**  
[Repeat of broadcast at 19:00 on Tuesday]

**WED 14:15 Drama on 4 (m001yqrs)**  
Bat Girls

Episode 3: Roshina's Story

by Kamal Kaan and Mary Cooper  
Episode 3 Roshina's Story

Roshina was in the Bat Girls team that won the Yorkshire Schools' final and got to the national final. But now she faces a different battle. Her father was an interpreter for the British Army in Afghanistan, and if the family stayed there they would be in danger. They are now in the UK but their asylum claim is pending. Will they be allowed to remain so that can Roshina can achieve her dream of going to university and also of becoming a cricket umpire?

ROSHINA .....Saba Amini  
KARISHMA..... Amy Leigh Hickman  
NAILA/ DAMSA..... Yazmin Kayani  
HAMID/ SALIM..... Peter Singh  
MATT/ LOGAN/ SILKSTONE..... Liam Fox  
SHIVANIE.....Shivanie Patel

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 (m001yqrv)**  
Money Box Live: The Cost of Caring

Unpaid carers spend at least 35 hours a week looking after someone close to them. That someone may have an illness, a disability, a mental health problem or even an addiction, but what matters is that they cannot cope without that care.

There are almost 6 million unpaid carers in the UK with 40% living in poverty according to charity Carers UK.

This week we have a special audio diary from one carer trying to hold down a job around those care commitments, we will also hear from those who have given up work to care full time.

The Department for Work and Pensions told us: 'We recognise the importance of carers, who play a vital role in our communities. We have increased Carer's Allowance by almost £1,500 since 2010, with those on low incomes potentially eligible for an extra £2,400 a year.'

So if you're unsure about the rules around carers allowance, assessments and where you can get help and support, Felicity Hannah is joined by Emily Holzhausen, Director of Policy and Public Affairs at Carers UK and Caroline Abrahams, Head of Charity at Age UK.

Presenter: Felicity Hannah  
Producer: Sarah Rogers  
Editor: Sara Wadeson

This episode was first broadcast on the 1st May 2024.

**WED 15:30 Why Do You Hate Me? (m001wq7n)**  
5. I Went Inside the World of the Trolled and the Troll

Marianna investigates online abuse targeting Eni Aluko and tracks down one of her trolls.

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

In this episode, she speaks to former footballer Eni Aluko and investigates the wave of online abuse directed at her. Marianna tracks down one of the people behind the abusive messages to understand why they do it.

If you have been affected by some of the issues raised in this programme, please visit [bbc.co.uk/actionline](http://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 (m001yqqg)**  
Behind the Information Iron Curtain

An information iron curtain has fallen across large parts of the globe, where access to impartial news reporting and information has never been more difficult. With the help of BBC specialists, Ros and Katie consider the impact of censorship and technological controls on Russia, Iran and China; how ingrained state disinformation has become and how it has distorted their citizens' perception of the world. Our panel also look at attempts to circumvent internet blocking and state restrictions on free media, from the use of VPNs by those on the inside, to the innovative tactics adopted by outsiders who are trying to deliver truthful news to an often indoctrinated audience.

Guests: Kerry Allen, China media analyst, BBC; Francis Scarr, journalist, BBC Monitoring; Kia Atri, journalist, BBC Middle East; Suzanne Raine, Centre for Geopolitics, University of Cambridge; Joe Tidy, cyber correspondent, BBC News; Fabian Falch, tech entrepreneur; Evie Aspinall, Director, British Foreign Policy Group, Jonathan Munro Deputy CEO & Director of Journalism, BBC News; Famil Ismailov, News Editor, BBC Russian Service.

Presenters: Katie Razzall and Ros Atkins  
Producer: Simon Richardson

**WED 17:00 PM (m001yqrx)**  
Afternoon news and current affairs programme, reporting on breaking stories and summing up the day's headlines.

**WED 18:00 Six O'Clock News (m001yqyz)**  
US universities gripped by Gaza protests; and teenage boy killed in UK sword attack named

**WED 18:30 Room 101 with Paul Merton (m001yqs1)**  
Series 2

Victoria Coren Mitchell

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.

Victoria Coren Mitchell attempts to banish shops that don't take cash, as well as cows. The one thing she could not live without however is something she wouldn't recommend to everyone.

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

**WED 19:00 The Archers (m001yqpt)**  
Denise is teasing Alistair about his dancing and as they work they get distracted talking about what might have happened in the church hall if they hadn't been disturbed by Joy and Azra. Far from being uncomfortable, Denise thinks they should just choose a better time and place. They chat about Bartleby – Jakob is considering having a word with the Grundys because all the extra attention can't be doing Bartleby any good. Alistair asks Denise if she has plans for this evening – he has Greenacres to himself. Denise is keen, she just needs an excuse to tell John. Later after a takeaway meal, and tucking into a second bottle of Jim's fine wine, Alistair suggests they move somewhere more comfortable. But Denise doesn't think Jim's house has the right vibe and proposes they book a hotel room where they can really relax. Alistair misunderstands, saying they

should call a taxi because he's had too much to drink. But Denise explains she means they should make a booking at the weekend - John is away on Sunday night.

Jakob is checking on a horse at the stables when Alice suggests that maybe he doesn't need to check on her sobriety every day. Jakob says he's not happy keeping her lapse from Kate but Alice tells him to stop worrying and she lies about having checked in with her detox buddy, Lisa. Alice offers to make Jakob a cup of coffee and, when he asks what Lisa thinks about her having a drink, she gets uncomfortable and has to spin ever more elaborate tales.

**WED 19:15 Front Row (m001yqs3)**  
Spirited Away at London Coliseum, Eurovision build-up, terminal diagnosis films

Award winning director behind Les Miserables John Caird and co-writing partner Maoko Imai talk about adapting the iconic Studio Ghibli film Spirited Away for stage, as it arrives at the London Coliseum from Japan.

Two new documentaries are exploring how dignity, beauty and even joy can be found following a terminal diagnosis. Simon Chambers and Kit Vincent, the filmmakers behind Much Ado About Dying and Red Herring respectively, discuss.

And the BBC's Eurovision reporter Daniel Rosney lifts a lid on preparations for the forthcoming song contest in Malmö.

Presenter: Antonia Quirke  
Producer: Ciaran Bermingham

**WED 20:00 AntiSocial (m001yj6g)**  
Are 'kidults' a problem?

Harry Potter actor Miriam Margolyes has told adult fans of the franchise to grow up, prompting a discussion about whether younger generations are delaying the responsibilities of adulthood.

It's a debate that spans culture and economics, so we look at what the data and the history tell us. Is there evidence that the 'kidult' is a real phenomenon, where do our ideas of adulthood actually come from, and what on earth is a 'Disney Adult'?

Presenter: Adam Fleming  
Producers: Simon Tulett, Simon Maybin, Nathan Gower  
Editor: Penny Murphy

**WED 20:45 Uncharted with Hannah Fry (m001qwpl)**  
5. The Choice

How well do you make decisions?

It's never easy, but today John Carter is faced with an agonising choice and has just 60 minutes to make the right call. One path could lead to glory, while the other might result in death.

Hannah Fry tells a tale of risk, decision making, and the single graph that changed it all.

Episode Producer: Lauren Armstrong-Carter  
Sound Design: Jon Nicholls  
Story Editor: John Yorke

A series for Radio 4 by BBC Science in Cardiff.

**WED 21:00 The Long View (m001yqs6)**  
[Repeat of broadcast at 09:00 on Tuesday]

**WED 21:30 Inside Health (m001yqs8)**  
[Repeat of broadcast at 09:30 on Tuesday]

**WED 22:00 The World Tonight (m001yqsB)**  
US campus protests turn violent as pro-Israel and pro-Palestine activists clash

There have been violent clashes between pro-Palestinian demonstrators and counter-protesters at University of California, Los Angeles. Meanwhile hundreds of people were arrested in New York, where students occupied part of Columbia University and demanded the institution cut ties with Israel.

Also on the programme:

Police in the South Caucasian country of Georgia fired tear gas and stun grenades to quell protests over new legislation that requires organisations with funding from abroad to register as foreign agents - it's been dubbed the "Russia law".

And can you ban politicians from lying? Members of the Welsh

Senedd think so, and are discussing a law to do just that.

**WED 22:45 You Are Here by David Nicholls (m001yqsd)**  
Episode 3

David Nicholls' new novel, *You Are Here*, follows two isolated and lonely people who are thrown together by the endeavours of a mutual friend who believes they both need to 'get out more'. A long weekend walking in the Lake District turns into a rain-lashed and wuthering journey across the valleys and moorlands of some England's most spectacular countryside.

Marnie is a freelance copy editor, spending most of her days alone in her south London flat. After a disastrous marriage in her early 20s, romance and companionship seem to have passed her by. Now, in her late 30s, she feels it is unlikely that she will ever meet someone.

Michael is still reeling from his wife's departure, increasingly reclusive, taking himself on long, solitary walks across the moors and fells. He teaches Geography at the same Yorkshire school as Cleo who is an old friend of Marnie's. It is Cleo's bright idea to bring together a small group of people in the second half of the Easter holidays to enjoy a few days walking in the glorious Cumbrian landscape.

David Nicholls is the author of several bestselling novels including *One Day*, *Us*, and *Sweet Sorrow*. He is also an award-winning screenwriter.

Written by David Nicholls  
Abridged by Jill Waters  
Read by Sally Phillips and Jim Howick  
Produced by Jill Waters  
A Waters Company production for BBC Radio 4

**WED 23:00 Gary Little: At Large (m001yqsg)**  
1. Two Ways of Looking at It

Stand-up comedy from Glaswegian comedian Gary Little, who hilariously shows there's always two ways of looking at things.

Growing up in the second poorest area of Scotland, Gary's life seemed inevitably set to be marred by depression, addiction or incarceration.

The violence and social deprivation in Glasgow's Springburn boiled down to survival of the fittest, where Gary's honed wits kept him alive and prosperous.

But dodgy childhood deals led him to darker places - selling drugs to his friends, then their friends, and then... everyone's friends.

In this episode, Gary reflects on the lies he swallowed as a child, including Uncle Elvis, and how being a people pleaser ultimately led to trouble he couldn't talk his way out of, and eight years inside.

More true criminal than true crime, this series gives a different perspective on life before, behind and beyond bars.

Written and performed by Gary Little.  
Produced by Julia Sutherland  
A Dabster production for BBC Radio 4.

**WED 23:15 Jessica Fostekew: Sturdy Girl Club (m00112dv)**  
4. Bodybuilding

In the final episode of Jessica Fostekew's stand up series about big strong girls, we arrive at the most aesthetic and least functional of all the strength sports - Bodybuilding.

The Schwarznegger in swimwear one.

It's an area in which Jess is way out of her depth, having flirted with the weightlifting movements by accident over the years but never daring to face the grueling diet.

Luckily she's got two brilliant interviewees on hand to help her get deep into the nitty gritty of things - champion bodybuilder Frances Amies-Winter and actor and former bodybuilder Megan Prescott. We also find out about the history of the sport as part of circus tradition, and Jess goes to Fran's gym to train with her on leg day.

Yes. She can just about still walk now.

Written and Performed by Jessica Fostekew  
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 (m001yqsk)**  
A pre-election day PMQs.

**THURSDAY 02 MAY 2024**

**THU 00:00 Midnight News (m001yqsm)**  
National and international news from BBC Radio 4

**THU 00:30 Alien Earths by Lisa Kaltenecker (m001yqrb)**  
[Repeat of broadcast at 11:45 on Wednesday]

**THU 00:48 Shipping Forecast (m001yqsp)**  
The latest weather reports and forecasts for UK shipping

**THU 01:00 Selection of BBC World Service Programmes (m001yqsr)**  
BBC Radio 4 joins the BBC World Service.

**THU 05:20 Shipping Forecast (m001yqst)**  
The latest weather reports and forecasts for UK shipping

**THU 05:30 News Briefing (m001yqsw)**  
The latest news from BBC Radio 4

**THU 05:43 Prayer for the Day (m001yqsy)**  
Words

A spiritual comment and prayer to start the day with Rabbi Jonathan Wittenberg

Good Morning.

Today I'm taking the train to Frankfurt, where my grandfather served as rabbi for thirty years, until the Nazis forced him to flee.

I was previously there in 2013, for the dedication of a monument to the staff of the British Consulate, who rescued thousands of Jews desperate to escape Nazi Germany.

Robert Smallbones was Consul General at the time. On November 16, a bare week after Kristallnacht, when Jewish buildings were smashed, synagogues burnt and thousands of Jewish men arrested, he wrote in his diary that, though he didn't get to rest until midnight.

After two hours sleep my conscience pricked me. The feeling was horrible that there were people in concentration camps whom I could get out, but I was comfortable in bed. I returned to my desk and stayed there until the next midnight.

His deputy, Arthur Dowden, drove round the city, giving food to people terrified of returning to their homes for fear of arrest.

Ida Cook, an English civil servant and herself a rescuer, recalled meeting Dowden at the Consulate. Hoping to skip the huge queue, she waved her British passport at him, but Dowden insisted she wait her turn. "I shall never forget the impression it made on the cowed, broken, hopeless people in that room. In this house, and this house only, they had their rights."

The staff at the Consulate saved my family's lives. My grandfather's words are inscribed on that monument erected in their honour - Day by day, they provided comfort, advice and help, a shining example of true humanity.

May we, too, recognise our shared humanity and fine the courage to care.

**THU 05:45 Farming Today (m001yqt0)**  
An investigation is under way into a case of large-scale illegal waste dumping in Kent.

According to a House of Lords committee report, up to a third of veterinary medicines currently used in Northern Ireland could cease to be available to farmers when a grace period ends next year.

A Natural Products BioHub has been launched at Swansea University, which will support researchers and businesses specialising in pesticides which control pests without the need for chemicals.

Presented by Charlotte Smith

Produced by Alun Beach

**THU 06:00 Today (m001yqp1)**  
News and current affairs, including Sports Desk, Weather and

Thought for the Day.

**THU 09:00 In Our Time (m001yqp3)**  
Mercury

Melvyn Bragg and guests discuss the planet which is closest to our Sun. We see it as an evening or a morning star, close to where the Sun has just set or is about to rise, and observations of Mercury helped Copernicus understand that Earth and the other planets orbit the Sun, so displacing Earth from the centre of our system. In the 20th century, further observations of Mercury helped Einstein prove his general theory of relativity. For the last 50 years we have been sending missions there to reveal something of Mercury's secrets and how those relate to the wider universe, and he latest, BepiColombo, is out there in space now.

With

Emma Bunce  
Professor of Planetary Plasma Physics and Director of the Institute for Space at the University of Leicester

David Rothery  
Professor of Planetary Geosciences at the Open University

And

Carolyn Crawford  
Emeritus Fellow of Emmanuel College, University of Cambridge, and Emeritus Member of the Institute of Astronomy, Cambridge

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

Reading list:

Emma Bunce, 'All (X-ray) eyes on Mercury' (Astronomy & Geophysics, Volume 64, Issue 4, August 2023)

Emma Bunce et al, 'The BepiColombo Mercury Imaging X-Ray Spectrometer: Science Goals, Instrument Performance and Operations' (Space Science Reviews: SpringerLink, volume 216, article number 126, Nov 2020)

David A. Rothery, Planet Mercury: From Pale Pink Dot to Dynamic World (Springer, 2014)

**THU 09:45 Just One Thing - with Michael Mosley (m001yqp5)**  
Nordic Walking

We all know that walking is hugely beneficial for our health and wellbeing, but we can get even fitter, and use nearly twice as many muscles, by introducing some poles and a simple technique. Join Michael Mosley as he delves into the science of Nordic walking to find out how it can enhance our walks by burning more calories and helping to ease back pain. He speaks to Dr Jennifer Reed from the University of Ottawa Heart Institute about her research, which has demonstrated why Nordic walking is one of the best forms of exercise for improving your heart health. Our volunteer Jessica picks up some poles and transforms her regular walks into a full-body workout.

Series Producer: Nija Dalal-Small  
Editor: Zoë Heron  
A BBC Studios production for BBC Sounds / BBC Radio 4.

**THU 10:00 Woman's Hour (m001yqp7)**  
Lawyer Harriet Wistrich, Chef Asma Khan, ACL injuries and women

Lawyer Harriet Wistrich is the founder and director of Centre for Women's Justice. She joins Anita Rani to talk about her new book, *Sister in Law*, which looks into 10 of her hard-won cases over 30 years. They include Sally Challen's appeal against her conviction for the murder of her husband, the victims of the taxi driver John Worboys, and the women caught up in the 'Spy Cops' scandal. Cases that she says demonstrate that "terrifyingly often, the law is not fit-for-purpose for half the population".

Boris Johnson's son Wilf's fourth birthday party has been gaining attention online, after pictures were shared on social media of his celebration featuring a monster truck bouncy castle with separate ball pit, and a bespoke balloon display. Have we finally reached the point of the ridiculous when it comes to children's parties? Journalist Anna Tyzack, who wrote an article about this very subject in the *i* newspaper, and one half of the comedy duo Scummy Mummies, Helen Thorn, join Anita to discuss.

The risk of ACL injuries in female football players is up to six times higher than their male counterparts. Leeds Beckett University is leading a new study into why this risk rate is so

high and the impact on athletes. Knee surgeon to the sports stars Andy Williams explains why this may be happening and footballer Emma Samways, of Hashtag United in Essex, tells us about her ACL injury from earlier on this year.

Chef Asma Khan has just been named as one of the 100 most influential people of the 2024, by the Time magazine. Asma is the founder of the London restaurant, Darjeeling Express, which has a women-only kitchen, mostly made up of South Asian immigrants over the age of 50. Asma has been a vocal champion for gender equality, and she talks about the change she wants to see in the restaurant industry.

Presenter: Anita Rani  
Producer: Olivia Skinner

**THU 11:00 This Cultural Life (m001yqp9)**  
Sebastião Salgado

Brazilian photographer Sebastião Salgado is best known for his captivating black and white photographs. He has documented scenes of hardship and desperation in times of war and famine; he has explored global labour and migration; and he has captured the wonders of the natural world. Salgado has worked in more than 120 countries over the last 50 years, and is now regarded as one of the all time greats of photography. His images are in the collections of museums and galleries around the world, he won the prestigious Premio Imperiale arts prize in 2021 and was the 2024 recipient of the Sony World Photography Award for outstanding achievement.

Raised on this a cattle farm in eastern Minas Gerais state, an early formative experience was leaving home for the city of Vitória in 1960. It was here, watching ships dock from all around the world, that he first felt the desire to travel. It's also where he met his wife Lélia who is his curator and editor. He began a promising career as an economist but switched to photography in the early 1970s, after he and Lélia bought their first camera on holiday. Joining the Magnum agency, the international cooperative of photographers, in 1979 allowed him to refine his craft with the help and advice of photography greats such as Robert Capa and Henri Cartier-Bresson.

Salgado tells John Wilson about some of his most famous photo series, including those on the theme of manual labour which he called Workers; and Exodus, the stories of global migration. Covering the Rwandan genocide in 1994 as well as years of photographing refugees from wars, natural disasters and poverty finally took its toll on Salgado's health. He stopped photographing and returned to Brazil, where he and Lélia began reforesting his father's farm, now transformed into a National Park of lush vegetation called Instituto Terra. The success of this venture led to Salgado returning to photography, this time seeking out beauty and landscapes in series called Genesis, his love letter to the planet.

Producer: Edwina Pitman

**THU 11:45 Alien Earths by Lisa Kaltenegger (m001yqpc)**  
Book of the Week: Episode 4 - How to create a tiny far off world

The prize-winning astronomer on using complex mathematical models, and creating tiny far off worlds in her quest to find signs of life in the cosmos. Pippa Nixon reads.

Astronomer Lisa Kaltenegger's eye-opening guide to the cosmos uses Earth's diverse biosphere as a template to search for life on other planets beyond our galaxy. Working with a team of tenacious scientists from a variety of disciplines she has come up with an ingenious toolkit to identify possible life forms on planets far from Earth. Her enthusiasm and her expertise in the newest technological advances reveal the possibilities for whole new worlds. Perhaps, she muses aliens might be out there gazing back at us.

Lisa Kaltenegger is the Founding Director of the Carl Sagan Institute to Search for Life in the Cosmos at Cornell University. She is a pioneer and world-leading expert in modelling potential habitable worlds. She is a Science Team Member of NASA's TESS mission and the NIRISS instrument on the James Webb Space Telescope. The recipient of numerous international prizes and awards, including a European Commission Role Model for Women of Science and Research, she was named one of America's Young Innovators by Smithsonian Magazine. Asteroid Kaltenegger7734 is named after her.

Abridged by Katrin Williams  
Produced by Elizabeth Allard

**THU 12:00 News Summary (m001yqpf)**  
The latest national and international news from BBC Radio 4.

**THU 12:04 You and Yours (m001yqph)**  
Gap Finders – SURI

This week's Gap Finders are Gyve Safavi and Mark Rushmore, founders of sustainable electric toothbrush brand SURI.

Did you know that almost every toothbrush you've ever owned still exists? It's a problem that SURI is trying to solve with its recyclable and repairable toothbrushes that they say could be the only toothbrush you ever need to own. We speak to Gyve and Mark about finding a niche in a crowded market, creating a sustainability-focused business and their plans for the future.

PRESENTER: Shari Vahl  
PRODUCER: Charlie Filmer-Court

**THU 12:32 Sliced Bread (m001yqpk)**  
Toast - Safeway UK

Why did Safeway's UK supermarkets disappear?

Safeway was once one of our biggest supermarket chains, so why did it drop down the list of top performers before disappearing altogether?

The BBC Business journalist, Sean Farrington, looks into it and speaks to the former Safeway director, Teresa Whickham, a former Safeway supplier, Judy Garner, and the News Editor, Ronan Hegarty, from The Grocer magazine.

Alongside them all to analyse Safeway's fortunes is the self-made millionaire and serial entrepreneur, Sam White.

This episode was produced by Viant Siddique.

Toast examines the brands that reached dizzy heights only to end up...toast.

It 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.

**THU 12:57 Weather (m001yqpm)**  
The latest weather forecast

**THU 13:00 World at One (m001yqpp)**  
John Swinney enters SNP leadership race

John Swinney confirms his bid to be the next SNP leader and First Minister of Scotland. Plus listeners explain how they are trying to manage children's mobile phone use.

**THU 13:45 Boys (m001yqpr)**  
About the Boys

4. Sex and Consent

In this episode, boys from all over the UK talk to Catherine Carr about sex, relationships and consent. In a post #MeToo and #Everyone'sInvited world, the boys talk very openly about their fears and anxieties around sex - especially to do with false allegations of assault. They also describe the pressures and the confusion they feel when trying to form physical and romantic relationships. Boys talk about the roles they feel they have to play and the difficulties in being both tough and emotionally open. Catherine also hears some of the work being done in schools and colleges designed to help boys and girls to communicate more openly and talks to a lawyer who works defending boys accused of sexual crime.

Thanks to

Haberdashers' Boys School  
Ben Dunks - author of 'Intimacy: A Guide for Young Men About Sex.'  
South Dartmoor Community College  
Brook Advisory  
Sandra Paul, Kingsley Napley  
Beyond Equality

Producer: Catherine Carr  
Researcher: Jill Achineku  
Executive Producer: Marie Helly

A Whistledown production for BBC Radio 4

**THU 14:00 The Archers (m001yqpt)**

[Repeat of broadcast at 19:00 on Wednesday]

**THU 14:15 Drama on 4 (m001yqpw)**  
Beltane

By Ben Lewis.

Soulful drama full of wit and wisdom about love, loss and new beginnings. Woven together with an exploration of the seasons and Pagan perspective on the wonders of nature.

Cast in Order of Appearance :

Neve McIntosh  
Charithra Chandran  
Bryan Dick

Music performed by Anna Massie

Sound Design by Kris McConnachie

Directed by Kirsty Williams

An EcoAudio certified production from BBC Audio Scotland for BBC Radio 4

**THU 15:00 Open Country (m001yqpy)**  
Darwin's Childhood Garden

Jude Piesse moved to Shrewsbury in Shropshire when her job changed, but it was only when she went for a walk alongside the river near her new house that she discovered she was living beside what had once been the garden where Charles Darwin spent his childhood. Much of the original 7 acres of the garden has been built on, but the original house, The Mount, still exists. It has been used as offices for many decades and has only recently been bought and is being renovated with a view to opening it up to the public with a museum and café.

Whilst some local people know about the existence of the house and garden, most people associate Charles Darwin with Down House in Kent where he brought up his own family. Inspired by her discovery, Jude researched the story of the house and garden, learning about the women and the gardeners who were also a part of Darwin's upbringing.

What becomes clear in this revealing journey is the enormous influence the garden had on a young boy in inspiring his curiosity and fascination with the natural world, which ultimately led to the publication of The Origin of Species.

Featuring Bibbs Cameron, researcher at Shrewsbury Civic Society; John Hughes, Darwin House Museum Project Manager and Dr Cath Price, Engagement Officer at Shropshire Wildlife Trust.

Producers: Eliza Lomas and Sarah Blunt. For BBC Audio in Bristol.

**THU 15:27 Radio 4 Appeal (m001yqhr)**  
[Repeat of broadcast at 07:54 on Sunday]

**THU 15:30 Feedback (m001yqq0)**  
Local Radio Fallout, Record Review and Michael Spicer

It's been 18 months since the BBC first announced sweeping changes to Local Radio in England. Now, most of the 39 stations share regional output on weekdays from 2pm and then national programming after 6pm. The decision immediately led to howls of protest from staff, politicians and Feedback listeners. This week, Andrea has been speaking to the person behind these changes, the Head of Audio and Digital for BBC England, Chris Burns.

Last week Radio 3 Controller, Sam Jackson, explained the rationale behind his recent changes to the station's schedule. But not all of you were convinced by his reasoning so, this week, Andrea is addressing some more of your comments.

And the comedian Michael Spicer joins Andrea to talk about his new series No Room on Radio 4 and BBC Sounds. The pair delve into the art of satire and why low hanging fruit can still be funny...

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

**THU 16:00 The Briefing Room (m001yqq2)**  
How does America fix its border crisis?

Democrats and Republicans have promised to solve the border crisis in recent times but they've failed and it remains a huge election issue. How does the problem get resolved?



David Aaronovitch talks to:

Gustavo Solis, investigative border reporter at KPBS television station in San Diego  
Doris Meissner is Senior Fellow and Director, U.S. Immigration Policy Program  
Edward Alden, senior fellow at the Council on Foreign Relations and author of *When the World Closed Its Doors: The Covid-19 Tragedy and the Future of Borders*

Production team: Sally Abrahams, Kirsteen Knight and Ben Carter

Editor: Richard Vadon  
Production Co-ordinator: Gemma Ashman  
Sound engineers: Neil Churchill

#### **THU 16:30 BBC Inside Science (m001yqq4)**

Ugly animals and asteroid Apophis

One year ago, the World Health Organisation declared that COVID-19 would no longer be categorised as a global health emergency. But the pandemic has left us with a new normal in all areas of our lives. From vaccine rollout to wastewater monitoring, we're asking: how has COVID altered the scientific landscape? Marnie Chesterton is joined in the studio by Linda Geddes, science journalist, and Barbara Kasprzyk-Hordern, Professor in Environmental and Analytical Chemistry at the University of Bath, to discuss.

Are ugly animals getting the short end of the conservation stick? Whilst a few beautiful creatures, like tigers and panda bears, get good marketing and attract the most conservation efforts, comedian and biologist Simon Watt argues that the endangered animals which are less pleasing to the eye are being forgotten.

Also this week, we answer a listener's question about the accuracy of using bug splats on cars to measure insect populations. Lead data analyst from the Kent Wildlife Trust, Lawrence Ball, gives us the details about the national citizen science survey, Bugs Matter, which sees people around the country measure insect splats on vehicle number plates as a marker of insect abundance.

And science journalist Roland Pease discusses the unprecedented scientific opportunity hurtling towards Earth in the form of asteroid Apophis. It will just miss our planet – in astronomical terms at least – but its proximity has astronomers excited.

Presenter: Marnie Chesterton  
Producers: Ella Hubber, Sophie Ormiston and Hannah Robins  
Editor: Martin Smith  
Production Co-ordinator: Jana Bennett-Holesworth

#### **THU 17:00 PM (m001yqq6)**

Forbes pulls out of SNP leadership race

Kate Forbes' decision not to stand clears the way for John Swinney to become SNP leader, protesters try to stop migrants being detained, and an orangutan using herbal medicine.

#### **THU 18:00 Six O'Clock News (m001yqq8)**

John Swinney announces he'll stand for SNP leadership; his main rival backs him

#### **THU 18:30 Stand-Up Specials (m000ydpx)**

Tessa Coates: Resting Witch Face

Tessa Coates explores the rise in modern witchcraft in young women.

#### **THU 19:00 The Archers (m001yqqb)**

Eddie is in good mood. He has borrowed the fortune telling booth from the Ambridge fete. He is giving it a coat of paint and tells Will he is working on the next stage of The Bartleby Experience. He plans to charge people for a special message from Bartleby. Will is concerned how George will react. Later George turns up and tells Eddie he wants the sign he has put up removed. When Eddie tells him about the booth, George says they are wrecking a social media sensation. He storms off, shouting that the sign and the booth must go. Later, as George threatens to take a hammer to the booth, Eddie tells him visitors paid £30 a time for messages from Bartleby. Will plays peacemaker, insisting that Eddie must split the cash and that George must use his share of the windfall to do something good - like taking his mother out for a meal.

Alice bumps into Jakob at the shop while he's buying ingredients for a meal Kate is cooking this evening for Miranda and Brian. He's not looking forward to it and persuades Alice to come along. That evening, Alice promises not to interrogate Miranda like Kate did. Brian jokes there could be knock at the door at any moment, and another member of the Aldridge clan

turn on the doorstep. The meal is a success and they press gang Miranda into their pub quiz team for tomorrow night at The Bull.

#### **THU 19:15 Front Row (m001yqqd)**

The Tattooist of Auschwitz, Marc Quinn at Kew, The Fall Guy,

Harvey Keitel stars in *The Tattooist of Auschwitz* - a six-part Sky Atlantic series based on the best-selling novel by Heather Morris, inspired by the real-life story of Holocaust prisoners Lali and Gita Sokolov.

Marc Quinn's exhibition *Light into Life* is at Kew Gardens from Saturday (4th May) until Sunday 29 September 2024.

The Fall Guy, directed by David Leitch, stars Ryan Gosling as a stuntman and Emily Blunt as his film director ex who entices him out of retirement.

All three are reviewed by Naomi Alderman and Jason Solomons.

And producer Trevor Horn assesses the legacy of guitarist Duane Eddy whose death was announced yesterday.

Presenter: Tom Sutcliffe

Producer: Torquil MacLeod

#### **THU 20:00 The Media Show (m001yqqg)**

[Repeat of broadcast at 16:00 on Wednesday]

#### **THU 21:00 Loose Ends (m001yptg)**

[Repeat of broadcast at 18:15 on Saturday]

#### **THU 21:30 Today in Parliament (m001yqqk)**

Sean Curran reports on postal deliveries, pylons and post-Brexit trade.

#### **THU 22:00 The World Tonight (m001yqqm)**

Parties await local election results

Polls have closed in the last big test of voter opinion before the general election - and one that may be decisive for the prime minister's immediate future. Experts are here with me in the studio to guide us through what lies ahead.

France's moment of reckoning over sexual abuse allegations in its film industry. We speak to the actress who's become the symbol of France's Me Too Movement.

And is it time we scrapped audio guides? We discuss with a leading British artist why he thinks they're part of a "terrible" modern scourge messing up the enjoyment of art.

#### **THU 22:45 You Are Here by David Nicholls (m001yqqp)**

Episode 4

David Nicholls' new novel, *You Are Here*, follows two isolated and lonely people who are thrown together by the endeavours of a mutual friend who believes they both need to 'get out more'. A long weekend walking in the Lake District turns into a rain-lashed and wuthering journey across the valleys and moorlands of some England's most spectacular countryside.

Marnie is a freelance copy editor, spending most of her days alone in her south London flat. After a disastrous marriage in her early 20s, romance and companionship seem to have passed her by. Now, in her late 30s, she feels it is unlikely that she will ever meet someone.

Michael is still reeling from his wife's departure, increasingly reclusive, taking himself on long, solitary walks across the moors and fells. He teaches Geography at the same Yorkshire school as Cleo who is an old friend of Marnie's. It is Cleo's bright idea to bring together a small group of people in the second half of the Easter holidays to enjoy a few days walking in the glorious Cumbrian landscape.

David Nicholls is the author of several bestselling novels including *One Day*, *Us*, and *Sweet Sorrow*. He is also an award-winning screenwriter.

Written by David Nicholls  
Abridged by Jill Waters  
Read by Sally Phillips and Jim Howick  
Produced by Jill Waters  
A Waters Company production for BBC Radio 4

#### **THU 23:00 Local Elections 2024 (m001yqqr)**

Coverage of the 2024 local elections in England.

#### **FRIDAY 03 MAY 2024**

#### **FRI 05:20 Shipping Forecast (m001yqqt)**

The latest weather reports and forecasts for UK shipping

#### **FRI 05:30 News Briefing (m001yqqw)**

The latest news from BBC Radio 4

#### **FRI 05:43 Prayer for the Day (m001yqqy)**

Compassion

A spiritual comment and prayer to start the day with Rabbi Jonathan Wittenberg

Good Morning.

I like to feed the birds while saying my morning blessings. I hear their songs as God's music, because God inhabits all life.

I've never believed in all-powerful God who reaches down from heaven to direct earth's affairs. There's too much injustice and suffering.

Rather, I believe God's presence dwells within us all. It's from inside our hearts that God speaks to us. But it's hard to be attentive enough to hear it, and harder still to follow.

Etty Hillesum understood this deeply. A young Jewish woman in Nazi occupied Holland, she kept a diary from 1941 until she was deported from the transit camp of Westerbork to Auschwitz.

Today marks the date in 1942 when she and all Dutch Jews were forced to wear the yellow star. On this date, too, the Nazis executed 71 members of the Dutch Resistance.

Soon afterwards Etty wrote, "Dear God, these are anxious times. But one thing is becoming increasingly clear to me: that You cannot help us, that we must help You to help ourselves. And that is all... that really matters: that we safeguard that little piece of You, God, in ourselves. And perhaps in others as well".

Etty lived, and died, by this deeply humane creed. In Westerbork she devoted herself to helping others. The grief-filled letters she wrote there are filled with care. Her last communication was a card she threw from the train carrying her east. "Opening the Bible at random I find this: 'The Lord is my high tower'".

That tower, her God, was in her heart.

May we, too, hear the spirit of compassion in our hearts and in all life.

#### **FRI 05:45 Farming Today (m001yqr0)**

03/05/24 Latest badger cull figures, Jeremy Clarkson, sniffing onion disease

The latest figures from Defra show nearly 20,000 badgers were killed across England last year, as part of the Government's policy to tackle TB in cattle. Badger campaigners say that the continued culling is leading to local extinctions. Defra says there are no easy answers, but badger culling "has proved highly effective and needs to remain a part of our holistic approach".

Jeremy Clarkson says if he wanted to make money from his thousand acre Oxfordshire farm he'd put as much as possible into government environmental schemes. Instead he's turned it into a TV show and for the third series, which starts today, he's gone into pigs.

Fusarium basal rot: its a fungus and apparently the single biggest problem facing the country's onion growers. This week we're looking at crop pests and diseases and the efforts being made to combat them. Researchers are looking into technology which can sniff-out early stage disease.

Presented by Charlotte Smith and produced by Beatrice Fenton.

#### **FRI 06:00 Today (m001yqyh)**

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

#### **FRI 09:00 The Reunion (m001yqj4)**

[Repeat of broadcast at 10:00 on Sunday]

#### **FRI 10:00 Woman's Hour (m001yqyk)**

Listener phone in: Boys - what's it's like to be one in 2024?

On today's Woman's Hour phone-in we ask what it's like to be a boy in 2024 and how society is shaping our future men.

On Monday we spoke to Catherine Carr about her Radio 4

series About the Boys. She spoke to boys up and down the country about how they felt about subjects like sex and consent, masculinity, friendship, life online and education and she found out that boys were experiencing confusing and often troubling messages about their role in society. She joins us, along with Richard Reeves, the President of the American Institute for Boys and Men to take your calls about boys.

Please get in touch with your experiences and thoughts about boys; from bringing them up to being one.

The phone lines open at 0800 on Friday 3 May. Call us on 03700 100 444 or you can text the programme - the number is 84844. Texts will be charged at your standard message rate. On social media we're @BBCWomensHour. And you can email us through our website.

Presenter: Anita Rani  
Producer Laura Northedge  
Studio Manager: Bob Nettles

#### **FRI 11:00 The Food Programme (m001yqym)**

Lessons from Leeds and Amsterdam on childhood obesity

Amsterdam and Leeds are two of the only places in the world to have cut rates of childhood obesity — and they've not done it by focussing just on diet. Sheila Dillon finds out how these two locally-based policies worked, and why the political circumstances around them were just as important as the policies themselves. She speaks to parents, academics, policy experts and public health leaders to find out what we can learn from these two remarkable interventions.

In Leeds, the local authority has prioritised health in the early years over the last 20 years, and part of that is working with the charity HENRY (Health, Exercise and Nutrition for the Really Young). HENRY has trained council staff to deliver courses helping parents to teach their kids healthy eating right from the start. In 2019 Leeds made national headlines becoming the first city in the UK to see a small, but significant drop in childhood obesity, and a bigger drop of 10% in the most deprived areas. The data shows that overall between 2009 and 2017 obesity dropped from 9.4% to 8.8% in four-to-five year olds, while levels remained unchanged in similar cities.

When it comes to improving children's health, Amsterdam's Healthy Weight Program attracted a lot of interest from around the world, becoming the shining example of what can be done to tackle high levels of obesity through action on a city-level. The Program's main principle was 'the healthy choice should be the easy choice', aiming to reduce childhood obesity through healthy food and drink, exercise and better quality sleep. From 2012 to 2015 the percentage of children who were overweight or obese went down 12%, from 21% to 18.5%, with the biggest fall amongst the lowest socio-economic groups.

In the programme we hear from: Alice Wiseman, Joint Director of Public Health for Gateshead and Newcastle, and Vice President of The Association of Directors of Public Health; Dr Dolly Van Tulcken, policy consultant and visiting researcher at the MCR Epidemiology Unit at the University of Cambridge; Jaap Seidell, Professor of Nutrition and Health at The Free University in Amsterdam; and Kim Roberts, Chief Executive of the HENRY charity.

Presented by Sheila Dillon and produced by Sophie Anton for BBC Audio in Bristol

#### **FRI 11:45 Alien Earths by Lisa Kaltenecker (m001yqyp)**

Book of the Week: Episode 5 - Unravelling the night sky's mysteries

The award-winning astronomer on how rock stars, a rocket launch and scientific breakthroughs lead to the unravelling of some of the night sky's mysteries. Pippa Nixon reads.

Astronomer Lisa Kaltenecker's eye-opening guide to the cosmos uses Earth's diverse biosphere as a template to search for life on other planets beyond our galaxy. Working with a team of tenacious scientists from a variety of disciplines she has come up with an ingenious toolkit to identify possible life forms on planets far from Earth. Her enthusiasm and her expertise in the newest technological advances reveal the possibilities for whole new worlds. Perhaps, she muses aliens might be out there gazing back at us.

Lisa Kaltenecker is the Founding Director of the Carl Sagan Institute to Search for Life in the Cosmos at Cornell University. She is a pioneer and world-leading expert in modelling potential habitable worlds. She is a Science Team Member of NASA's TESS mission and the NISS instrument on the James Webb Space Telescope. The recipient of numerous international prizes and awards, including a European Commission Role Model for Women of Science and Research, she was named one of America's Young Innovators by Smithsonian Magazine. Asteroid Kaltenecker7734 is named after her.

Abridged by Katrin Williams  
Produced by Elizabeth Allard

#### **FRI 12:00 News Summary (m001yqyr)**

The latest national and international news from BBC Radio 4.

#### **FRI 12:04 AntiSocial (m001yqyt)**

Dangers to women: man vs bear

Women online are being asked: would you rather be stuck in a forest with a man or a bear?

Most are saying they'd choose the bear, saying that men are potentially more dangerous to them than the wild animal. Cue arguments on social media about just how dangerous to women men are. Where did the meme come from? What can crime stats tell us about gender and violence, including sexual violence? And how has the way our society views violence between men and women developed over time?

Presenter: Adam Fleming

Producers: Simon Maybin, Simon Tulett, Ellie House, Jay Gardner

Editor: Richard Vadon

#### **FRI 12:57 Weather (m001yqyw)**

The latest weather forecast

#### **FRI 13:00 World at One (m001yqyy)**

Local Elections: trouble for the Tories

Local election latest results and analysis. The Conservatives set for the worst losses in 40 years, but it isn't plain sailing for Labour. We speak to both parties and voters about how the results might translate to a General Election.

#### **FRI 13:45 Boys (m001yqz0)**

About the Boys

5. Friendship

In this episode, boys from all over the UK talk to Catherine Carr about friendship. Some talk about the difficulty they have in expressing emotions to friends and their fear of being vulnerable. Others reflect on the importance of honest relationships in maintaining good mental health. Boys talk about not fitting the stereotypical masculine moulds and how that can cause difficulties in making friends with other boys. Catherine also speaks to experts who have studied boys and friendship for the last forty years and finally learns about some of the ways that male friendship groups can form hierarchies.

Thanks to

Carlton Keighley school, Yorkshire  
Dance United Yorkshire  
DRMZ Carmarthen Youth Project  
@panchbant on Instagram  
Niobe Way Author Deep Secrets: Boys Friendships and the Crisis of Connection  
Ben Hine, British Psychological Society

Producer: Catherine Carr  
Researcher: Jill Achineku  
Executive Producer: Marie Helly

A Whistledown production for BBC Radio 4

#### **FRI 14:00 The Archers (m001yqqb)**

[Repeat of broadcast at 19:00 on Thursday]

#### **FRI 14:15 Limelight (m001yqz2)**

Money Gone

Money Gone – 2. Hands Up

As the UK descends into chaos, certain people take advantage of the situation. The Prime Minister learns there's more to what's going on, but an issue with staff walk-outs presents her with a more pressing problem.

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

Pascal ..... Robert Bathurst  
Patricia ..... Josette Simon  
Emily ..... Charlotte Ritchie  
Ross ..... Aaron Heffernan  
Grace ..... Lauren Douglin  
Stuart ..... Raj Ghatak

Chris ..... Fergus Craig  
Glenn ..... Simon Darwin  
Adam ..... Chris Lew Kum Hoi  
Bex ..... Sylvie Churnside-Reed  
Jeremy Vine ..... himself

Written by Ed Sellek  
Directed by Tony Churnside

Production: Leah Marks and Louis Blatherwick  
Original Music and Sound Design by Eloise Whitmore and Tony Churnside

Theme sung by Ellie Akhgar  
Series Photographer: Simon Bray  
Illustrator: Pete Hambling  
Producer: Eloise Whitmore  
Exec Producer: John Dryden

A Naked production for BBC Radio 4 and BBC Sounds

#### **FRI 14:45 Child (p0hhqr63)**

21. Sleep

Go on, be honest. Is this the first episode you clicked? It drives people crazy. It's a firecracker of a topic, and emotions run high around sleep.

So let's talk about it. When did we start getting so anxious about baby sleep, and what's 'normal' for a baby anyway? India talks to anthropologist Dr Helen Ball about all this and the controversial topic of bed sharing as well as economist Emily Oster, who's crunched the numbers and research on... sleep training.

Presented by: India Rakusen.

Producer: Ellie Sans.  
Series producer: Ellie Sans.  
Executive producer: Suzy Grant.  
Commissioning Editor: Rhian Roberts  
Original music composed and performed by The Big Moon and Eska Mtungwazi.  
Mix and Mastering by Olga Reed.

A Listen Production for Radio 4 and BBC Sounds.

#### **FRI 15:00 Gardeners' Question Time (m001yqz5)**

Postbag: RHS Urban Gardening Show

What's the difference between anvil scateurs and bypass scateurs? What should I do with well-used compost? If you could design a gardening utopia, what would you include?

Peter Gibbs and his team of horticultural experts have packed up the wellies and travelled to Manchester for the RHS Urban Gardening Show. While exploring the exhibitions, they dig through the GQT inbox to answer your gardening queries. On the panel this week are self-proclaimed botanical geek James Wong, house plants expert Anne Swithinbank, and Curator of RHS Bridgewater Marcus Chilton Jones.

The GQT team are also joined by 'unusual houseplant' specialist Jacob James, 'Cloud Gardener' Jason Williams and landscape designer Conal McGuire, who provide some insightful knowledge on how we can create greener and more eco-friendly spaces in urban environments.

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

A Somethin' Else production for BBC Radio 4

#### **FRI 15:45 Short Works (m001yqz7)**

A Thoroughly Modern Woman by Bitaghavi

Susan considers herself to be a Thoroughly Modern Woman; after all, she's been on a Pride March - and she has a Tesla parked outside. So why does she sometimes feel that life would be easier if she just keep her mouth shut? And what does her husband have against peonies? A moving and funny portrayal of a woman getting to grips with change.

Bitaghavi is a Bristol-based writer and actor originally from Newcastle upon Tyne and this is her first work for R4. She's always been slightly obsessed with the inner life of people, their secrets and truths.

Written and read by Bitaghavi  
Produced by Alison Crawford

#### **FRI 16:00 Last Word (m001yqz9)**

C.J.Sansom, Olga Fikotová-Connolly, Dr Jenny Vaughan OBE, Sir Andrew Davis

Matthew Bannister on C.J. Sansom, the author best known for

creating the Tudor-era detective Matthew Shardlake.

Dr Jenny Vaughan OBE, the neurologist who campaigned on behalf of doctors charged with gross negligence manslaughter.

Olga Fikotová-Connolly, the Czech-born Olympic gold medallist who fell in love with an American hammer thrower during the cold war.

Sir Andrew Davies, Chief Conductor of the BBC Symphony Orchestra who made a big impact on the Proms.

Interviewee: Antony Topping  
Interviewee: Merja Connolly-Freund  
Interviewee: Matt Dunckley  
Interviewee: Sir Nicholas Kenyon

Producer: Gareth Nelson-Davies

Archive Used:

Shardlake, Official Trailer, Hulu, Youtube uploaded 10/04/2024; CJ Sansom discussion his book 'Dissolution', Bookclub, BBC Radio 4 06/08/2009; CJ Sansom reading, Bookclub, BBC Radio 4, 06/08/2009; Dissolution, Episode 1, 15 Minute Drama, BBC Radio 4, 03/09/2012; Olga Fikotová-Connolly interview, Sporting Witness: Love at the Cold War Olympics, BBC World Service, 19/12/2016; Fikotova shines in Melbourne with discus gold, Olympics.com, 1957; Harold Connolly and Olga Fikotova arrive in New York, NY-3 Telenews Daily, 24/04/1957; Reconnecting Hope: When things go wrong what part should we play?, Jenny Vaughan, TEDxNHS, Tedx Talks YouTube channel, uploaded 11/11/2022; Mr David Sellu, BBC News London, 05/11/2013; Jenny Vaughan interview, Jenny Vaughan YouTube channel, uploaded 09/03/2017; Andrew Davis, Desert Island Discs, BBC Radio 4, 07/09/1986; Andrew Davis, Closing Speech, BBC Last Night of the Proms 12/09/1992;

**FRI 16:30 Life Changing (m001yqr4)**  
[Repeat of broadcast at 09:00 on Wednesday]

**FRI 17:00 PM (m001yqzc)**  
The Conservatives get the blues

The Conservatives face significant losses in the local elections to rival parties big and small. The results as they stand plus live analysis and reaction.

**FRI 18:00 Six O'Clock News (m001yqzf)**  
Sir Keir Starmer has hailed sweeping wins for Labour at local elections in England. A High Court judge says the Government's greenhouse gas claims are 'vague and unquantified'.

**FRI 18:30 Dead Ringers (m001yqzh)**  
Series 24

Episode 2

The winners and losers in England's elections and the SNP Scottish leadership race, and what will Harry Kane do with his golden shoe?

With writing from Nev Fountain & Tom Jamieson, Laurence Howarth, Ed Amsden & Tom Coles, Sarah Campbell, Rob Darke, Edward Tew, Sophie Dixon, Cody Dahler, Joe Topping, and Alex Bertulis Fernandes. With additional material by Katie Sayer and Christopher Donovan.

Exec: Pete Strauss  
Sound Design: Rich Evans  
Prod Co-Ordinator: Dan Marchini  
Producer: Bill Dare

**FRI 19:00 The Archers (m001yqzk)**  
Writer: Caroline Jester  
Director: Rosemary Watts and Pip Swallow

Brian Aldridge.... Charles Collingwood  
Lilian Bellamy.... Sunny Ormonde  
Alice Carter.... Hollie Chapman  
Eddie Grundy.... Trevor Harrison  
Emma Grundy.... Emerald O'Hanrahan  
George Grundy.... Angus Stobie  
Will Grundy.... Philip Mollay  
Miranda Elliott.... Lucy Fleming  
Jakob Hakansson.... Paul Venables  
Chelsea Horrobin.... Madeleine Leslay  
Joy Horville.... Jackie Lye  
Alistair Lloyd.... Michael Lumsden  
Jim Lloyd.... John Rowe  
Kate Madikane.... Perdita Avery  
Dr Azra Malik.... Yasmin Wilde

Denise Metcalf.... Clare Perkins  
Lynda Snell.... Carole Boyd  
Robert Snell.... Michael Bertenshaw  
Mick.... Martin Barrass

**FRI 19:15 Screenshot (m001yqzm)**  
Chinatown

In 1974, Chinatown - now widely considered to be among the greatest films ever made - was nominated for 11 Oscars. Despite the creative confidence and freedom of the era, the 1970s were a time of tolerance for the morally questionable, or even downright illegal, behaviour of some of the powerful men creating these movies.

Chinatown's director, Roman Polanski, is the most totemic of those figures. His 1977 indictment for drugging and raping a 13 year-old led the director to flee the United States and seek legal and creative sanctuary in France, where he has remained and continued to make celebrated movies such as *The Pianist*, for which he won the Best Director Academy Award in 2003.

Fifty years on from Chinatown's release, Mark Kermode and Ellen E Jones ask how we can appreciate cinematic masterpieces like Chinatown which have been made by very problematic people?

Ellen gets about as close as it's possible to get to the creators of Chinatown - Hawk Koch worked with Roman Polanski on the set of *Rosemary's Baby* and, as the First Assistant Director on Chinatown, he was deeply connected with the movie and its director. In a wide ranging interview, he shares his memories from the set, discusses his friendship with Polanski and reflects on remaining in love with a movie despite its troubled past.

Claire Dederer's *Monsters: A Fan's Dilemma* is a highly personal account of her own relationship with the works of filmmakers like Roman Polanski and Woody Allen, and the questions of how knowledge of an artist's personal life does or doesn't change the way we feel about their art. Mark talks to Claire about the ethical and emotional issues of separating the art from the artist.

Produced by Freya Hellier.  
A Hidden Flack production for BBC Radio 4

**FRI 20:00 Any Questions? (m001yqzp)**  
Ian Blackford MP, Anthony Browne MP, Lucy Powell MP, Luke Tryl

Alex Forsyth presents political discussion from East Markham Village Hall in Nottinghamshire with the SNP MP and former Westminster party leader Ian Blackford, the Transport Minister Anthony Browne MP, the Shadow Leader of the House of Commons Lucy Powell MP and the UK Director of More in Common Luke Tryl.  
Producer: Camellia Sinclair  
Lead broadcast engineer: Chris Hardman

**FRI 20:50 A Point of View (m001yqzr)**  
Protagonists of Reality

Megan Nolan on the allure of New York and the city's 'main character' syndrome.

The city is, she says, 'the place that makes me happier to be alive than anywhere else - not in spite but because of its thoroughly human hopelessness.'

'Nature is nature, permanent and without moral taint,' writes Megan, 'but cities are paeans to the marvellous filth of the human spirit.'

'The real challenge is being moved by the effort to remain open to one another despite being consoled by surroundings made not of beauty and relief, but of cement and strife.'

Producer: Adele Armstrong  
Sound: Peter Boshier  
Production coordinator: Liam Morrey  
Editor: Richard Fenton-Smith

**FRI 21:00 Free Thinking (m001yqzt)**  
Winning and Losing, Plato scroll, the decline of Nightlife

Matthew Sweet talks about the philosophy of winning and losing with Professor Lea Ypi a political scientist at the London School of Economics and the journalist and author Peter Hitchens. They'll be joined by the lawyer Michael Mansfield KC who has headed some of the biggest legal cases in recent history including the Birmingham Six, the Bloody Sunday massacre and the Hillsborough disaster and also by Cath Bishop, a triple Olympian, former British diplomat, leadership and culture coach. Cath is the author of *'The Long Win'* which examines how we define success in sport, business, education

and life.

Professor Graziano Ranocchia, of the University of Pisa will talk about the discovery of an ancient scroll which contains a previously unknown narrative detailing how the Greek philosopher Plato spent his last evening, describing how he listened to music played on a flute by a Thracian slave girl. The team discuss how our understanding of history is altered as new artefacts or evidence emerge.  
And they consider the cultural role of nightlife against a backdrop of record closures of music venues, nightclubs and pubs.

Presenter: Matthew Sweet  
Producer: Lisa Jenkinson  
Studio Manager: Tim Heffer

**FRI 22:00 The World Tonight (m001yqzw)**  
In depth reporting, intelligent analysis and breaking news from a global perspective.

**FRI 22:45 You Are Here by David Nicholls (m001yqzy)**  
Episode 5

David Nicholls' new novel, *You Are Here*, follows two isolated and lonely people who are thrown together by the endeavours of a mutual friend who believes they both need to 'get out more'. A long weekend walking in the Lake District turns into a rain-lashed and wuthering journey across the valleys and moorlands of some England's most spectacular countryside.

Marnie is a freelance copy editor, spending most of her days alone in her south London flat. After a disastrous marriage in her early 20s, romance and companionship seem to have passed her by. Now, in her late 30s, she feels it is unlikely that she will ever meet someone.

Michael is still reeling from his wife's departure, increasingly reclusive, taking himself on long, solitary walks across the moors and fells. He teaches Geography at the same Yorkshire school as Cleo who is an old friend of Marnie's. It is Cleo's bright idea to bring together a small group of people in the second half of the Easter holidays to enjoy a few days walking in the glorious Cumbrian landscape.

David Nicholls is the author of several bestselling novels including *One Day*, *Us*, and *Sweet Sorrow*. He is also an award-winning screenwriter.

Written by David Nicholls  
Abridged by Jill Waters  
Read by Sally Phillips and Jim Howick  
Produced by Jill Waters  
A Waters Company production for BBC Radio 4

**FRI 23:00 Americast (m001yr00)**  
Back on campus: Biden condemns 'violent' protestors

Response to student protests across the US have escalated to violence this week, with students clashing, and arrests now exceeding 1,000.

We hear from students and BBC colleagues from across the States.

And the Americast team speaks to Niall Ferguson, historian and senior fellow at the Hoover Institute at Stanford University, about how universities are responding to protests.

HOSTS:  
• Justin Webb, Radio 4 presenter  
• Sarah Smith, North America editor  
• Marianna Spring, Disinformation & Social Media Correspondent

GUEST:  
• Niall Ferguson, historian and senior fellow at the Hoover Institute at Stanford University

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• Or use #Americast

US Election Unspun: Sign up for Anthony's new BBC newsletter: <https://www.bbc.co.uk/news/world-us-canada-68093155>

This episode was made by Chris Flynn with Rufus Gray and Catherine Fusillo and Claire Betzer. The technical producer was Hannah Montgomery. The series producer is Purvee Patni. The senior news editor is Sam Bonham.

**FRI 23:30 Today in Parliament (m001yr02)**

Alicia McCarthy discusses whether the system for getting rid of MPs behaving badly should be changed.