

SATURDAY 25 MAY 2024

SAT 00:00 Midnight News (m001zdvh)

National and international news from BBC Radio 4

SAT 00:30 A Body Made of Glass by Caroline Crampton (m001zdt2)

Episode 5: We Know Too Much

Caroline Crampton explores the history of hypochondria, drawing together cultural history and moving personal memoir.

When she was 17, Caroline Crampton developed a blood cancer which was diagnosed when a tumour appeared on her neck. After several rounds of gruelling treatment, including chemotherapy and weeks in an isolation ward, the doctors announced that her cancer was cured. But – understandably – Caroline herself was not so sure. Ever alert to new symptoms, feeling anxiously for new tumours on her neck, she worries continually that the cancer has returned.

‘The fear that there is something wrong with me, that I am sick, is always with me.’

This personal experience becomes the starting point for an exploration of the history of hypochondria or health anxiety, from the ancient Greeks to the modern wellness industry. It is, she says, ‘an ancient condition which makes itself anew for every age’.

In this episode, Caroline explores how the internet feeds health anxiety, ‘acting like a megaphone for a hypochondriac’. She tells the story of how Tik Tok videos produced during lockdown sparked an epidemic of symptoms, around Tourette’s syndrome in particular. And she reflects on what she’s learned in the five years spent researching the history of hypochondria:

“There are no perfect neat endings, no matter how much our instincts tell us to seek them out. During an early discussion about the book, someone asked me whether I would be giving it a happy ending. “Perhaps you could talk about the cure for hypochondria?” she said, hopefully. I think I made a joke, probably something about how it would make for a better story if I died from one of my imaginary ailments...”

Caroline Crampton is a writer and critic whose work has appeared in The Guardian, Granta, the New Humanist, and the Spectator. Her previous book *The Way to the Sea* (2019) is a journey down the Thames from source to sea. She hosts the *Shedumit* podcast about detective fiction.

The reader, Tuppence Middleton, is a British actress known for her stage and screen roles in *Downton Abbey*, *The Imitation Game*, *His Dark Materials* and *The Motive and the Cue*.

Find all the latest books at the bottom of the Sounds homepage. Just click on the Books collection.

Produced and abridged by Elizabeth Burke and Heather Dempsey
Executive Producer: Jo Rowntree
A Loftus Media production for BBC Radio 4
This is an EcoAudio certified production.

SAT 00:48 Shipping Forecast (m001zdvk)

The latest weather reports and forecasts for UK shipping

SAT 01:00 Selection of BBC World Service Programmes (m001zdvj)

BBC Radio 4 joins the BBC World Service.

SAT 05:20 Shipping Forecast (m001zdvp)

The latest weather reports and forecasts for UK shipping

SAT 05:30 News Briefing (m001zdvr)

The latest news from BBC Radio 4

SAT 05:43 Prayer for the Day (m001zdvt)

What is Pentecost?

A spiritual comment and prayer to start the day with Haydon Spenceley

Good morning.

Just under a week ago we marked Pentecost in the Christian year. Pentecost is one of those things that a lot of people have heard of or heard about but not many people can put their finger on what it actually is. Pentecost for the church marks the completion of Jesus’s promise to send the holy spirit both to be with and to guide those who love God. Like so many things in the Bible it can seem like something for ‘then’ rather than now. But wouldn’t it be something pretty special, splendid even if,

after all, we’re not really on our own.

From the very first in life we rely on other people. I’ve been doing that all my life and however hard I try not to I find I’m consistently reliant on others to do some pretty straightforward things. Recently a taxi driver complained about my being a wheelchair user, swore at having to put my chair in his boot and then muttered darkly about the state of the road outside my house. But while I was his passenger I was both a client and also somewhat reliant on him and at his mercy. His mood magically changed on arrival at my destination when it turned out other people were also there. For a brief moment though I was aware of my vulnerability and a rising anxiety.

Pentecost, the gift of the Spirit means that wherever the Christian person goes, God is with them. They are never alone. What a gift, as it was for me during my taxi journey, to know that kind of peace.

Father, help me to know your peace today and to share it with those I meet so that the world can be a better place for all.

Amen

SAT 05:45 Just One Thing - with Michael Mosley (m001zdvw)

Yoga

Although yoga is thought to have been practised for over 5,000 years, its myriad benefits for our health and wellbeing are still being uncovered. Professor Rima Dada from the All India Institute of Medical Sciences in New Delhi reveals the extraordinary findings into the benefits of yoga - how half an hour a day can slow down ageing at a cellular level by protecting your mitochondria and your DNA. It can also improve your brain health and even reduce symptoms of depression. Just a few sessions are enough for our volunteer James to catch the yoga bug!

Series Producer: Nija Dalal-Small
Editor: Zoë Heron

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

SAT 06:00 News and Papers (m001zlv1)

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

SAT 06:07 Open Country (m001zdwn)

Bats on Punts

Martha Kearney is in Cambridge to explore wildlife at night. She takes an evening trip on a punt to see and hear the creatures which come out after the tourists have gone to home bed. She learns about the bats which at this time of year are just emerging from hibernation - hungry and on the hunt for insects. They swoop low over the waters of the Cam, their echo-location picked up and relayed for human ears by the clicking of a bat detector. A bat enthusiast from the Wildlife Trust tells Martha about bats’ habits and identifies the species flitting through the trees around them.

Punts have not always been used in this benign way around wildlife. At the Museum of Cambridge, Martha is shown a punt gun - a huge weapon which was widely used in the 19th and early 20th century. It would have been mounted on a punt, with the huntsman paddling into a flock of wildfowl in order to shoot them in large numbers for food.

Martha also visits Cambridge University Botanic Garden, where a long-running moth research project is in progress. She watches as a moth trap is set out in the evening, and then returns early the next morning as a team of volunteers checks which moths have turned up in the trap, before releasing them back into the wild. She learns about the importance of these nocturnal species, and asks why night-time creatures like bats and moths always seem to get such a bad press.

Produced by Emma Campbell

SAT 06:30 Farming Today (m001zlv3)

25/05/24 Farming Today This Week: The Chelsea Flower Show; what farmers want from a new government

This week as the Prime Minister sets the date for the General Election, we ask what farmers will be looking for. And as antidote to all the politics, we bring you flowers. All week we’ve been taking time to enjoy the blooms, inspired by the Chelsea Flower Show.

Presented by Charlotte Smith and produced by Beatrice Fenton.

SAT 06:57 Weather (m001zlv5)

The latest weather reports and forecast

SAT 07:00 Today (m001zlv7)

Justin Webb and Simon Jack present news and interviews

Including Sports Desk, Weather and Thought for the Day.

SAT 09:00 Saturday Live (m001zlv9)

Hay Festival - Mishal Husain, Stephen and Anita Mangan, Conn Iggulden, Kiell Smith-Bynoe

We’re kicking off the festival season in style, and in the sun, with three very different books... but who’s authors have more in common than you may think.

This week’s events haven’t stopped Mishal Husain making her way to us this weekend – for what will surely be the only down time she’ll have over the next 6 weeks. Mishal’s new memoir charts her families experiences through partition and the events which have allowed her to become one of the UK’s most trusted journalists.

Stephen and Anita Mangan have promised not to steal each other’s pocket money or put bubblegum in each other’s hair and behave for the next hour. The brother and sister writing duo have cracked the code for what it takes to work with your sibling having written 5 books together – but it was their debut work that allowed them to channel familial grief.

The emperor of historical fiction, Conn Iggulden, has taken a break from playing his fiddle whilst ancient Rome burns to join us in the Hay-on-Wye countryside. But for someone who has made a living from writing about the history – it’s the story of his parents who both lived it and taught it that perhaps should

All that plus the Inheritance Tracks of the actor, comedian and new host of the Great British Sewing Bee – Kiell Smith-Bynoe.

Presenters: Huw Stephens and Kiri Pritchard-McLean
Producer: Ben Mitchell

SAT 10:00 Your Place or Mine with Shaun Keaveny (m001zlvj)

Siobhán McSweeney: Camino de Santiago pilgrimage, Spain

Siobhán may have played a nun on *Derry Girls* but insists she’s not religious. Although on her walk she found peace, transcendence and... guilt-free pints. Shaun on the other hand thinks he might find he needs a lie down, but perhaps the guilt-free pints can persuade him. And resident geographer, historian and comedian Iszi Lawrence is packing her bags with facts for this one.

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

Producers: Beth O’Dea and Caitlin Hobbs

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

SAT 10:30 The Kitchen Cabinet (m001zlvf)

Series 44

Aberystwyth

Jay Rayner and his rabble of food experts are in Aberystwyth to advise on all your culinary conundrums.

The panel discuss the best vegetarian fillings for sushi, and their favourite form of breakfast tomato. They also address the truly difficult question - how many layers should the perfect burger have?

Alongside the panel chitchat, recipes and debates, Jay talks to local chef and forager Nathan Davies about the taste, texture and uses of birch syrup.

Later in the show, we hear from Latifa Najjar, head of the Syrian Dinner Project charity, about the comforting Syrian dish, maqluba.

Producer: Bethany Hocken
Assistant Producer: Dulcie Whaddock
Executive Producer: Ollie Wilson

A Somethin’ Else production for BBC Radio 4

SAT 11:00 The Week in Westminster (m001zlvh)

The BBC’s Deputy Political Editor, Vicki Young, hosts a live edition of *The Week in Westminster*, in the week the general election was announced.

Joining her in the studio: The Spectator’s Political Editor, Katy Balls, the Financial Times’ Political Editor, George Parker, and

Guardian columnist and writer, Gaby Hinsliff.

SAT 11:30 From Our Own Correspondent (m001zlvk)
Myanmar's Jungle Revolutionaries

Kate Adie introduces stories from Myanmar, Ukraine, Kazakhstan and Mexico.

In Myanmar, tens of thousands of people have been killed since the military seized power in a coup in 2021, halting the country's tentative transition to democracy - a further 2.5m people have been displaced. Quentin Sommerville has spent a month in the east of the country, living alongside resistance groups fighting the junta the jungles of Karenni state on the border with Thailand, and Shan state, which borders China.

In a visit to Kyiv this week, Germany's foreign minister urged Western governments to supply more air defence weapons to protect Ukrainians from what she described as 'the rain of Russian missiles.' Jonathan Beale met with a Ukrainian military unit known as The Peaky Blinders, which is defending territory near Kharkiv with armed drones.

The world's largest inland body of water, the Caspian Sea, is shrinking at an unprecedented rate. Antonia Bolingbroke-Kent travelled to Mangystau, in western Kazakhstan, to find out why this is happening, and how it's affecting the people and the wildlife along its coastal communities.

In the city of Tijuana, right on the Mexico-US border, 3,000 men are incarcerated in La Mesa Prison, living six to a cell, and sharing a tiny bathroom. It's a claustrophobic and monotonous regime, so any distraction is welcome - and that might come in the form of a visit from a group of mostly elderly nuns. Linda Pressly joined them on a mission to provide spiritual support - and some small comfort.

Series Producer: Serena Tarling
Editor: Richard Fenton-Smith
Production Coordinator: Sophie Hill

SAT 12:00 News Summary (m001zlvw)
The latest national and international news from BBC Radio 4.

SAT 12:04 Money Box (m001zlvp)
General Election and Fraud report

What are the financial issues that you will be considering when you decide how to cast your vote in the General Election in July?

Research shows that the economy and inflation are two big issues on our minds - we'll hear from some potential voters on what they'd like to see.

New figures from UK Finance, which represents banks and other finance firms, revealed that in 2023 a record number of people lost more than £450 million to thieves who tricked them, manipulated them and then drained their bank account. The slightly better news is that more of them got their money back. We'll delve into the details.

And almost three quarters of a million tax credit renewal letters are hitting people's doormats over the next few weeks - and thousands of people will need to act or face losing their payments. What should you do if that's you?

Presenter: Paul Lewis
Reporters: Dan Whitworth, Sandra Hardial and Neil Morrow
Studio Producer: Craig Henderson
Editor: Jess Quayle

(This programme was first broadcast Saturday 25th May 2024)

SAT 12:30 Dead Ringers (m001zdtx)
Series 24

Episode 5

Recorded at the Hay Festival 2024. Mordant topical satire from the usual team with voices by Jon Culshaw, Jan Ravens, Duncan Wisbey and Jess Robinson.

With writing from Tom Jamieson, Nev Fountain, Laurence Howarth, Ed Amsden & Tom Coles, Rob Darke, Edward Tew, Sophie Dixon, Sarah Campbell, Cody Dahler, Joe Topping, Rachel Thorne and Christopher Donovan.

Producer: Bill Dare
Exec Producer: Richard Morris
Production Coordinator: Dan Marchini
Sound Designer: Rich Evans

SAT 12:57 Weather (m001zlvz)
The latest weather forecast

SAT 13:00 News and Weather (m001zlvz)
The latest national and international news and weather reports from BBC Radio 4

SAT 13:15 Any Questions? (m001zdv3)
Anneliese Dodds MP, Kate Forbes MSP, Alister Jack MP, Christine Jardine MP, Lorna Slater MSP

Alex Forsyth presents political discussion from Gairloch Community Hall with the Chair of the Labour Party Anneliese Dodds MP, the Deputy First Minister at Holyrood Kate Forbes MSP, the Secretary of State for Scotland Alister Jack MP, Liberal Democrat spokesperson for Scotland at Westminster Christine Jardine MP and the co-leader of the Scottish Greens Lorna Slater MSP.
Producer: Camellia Sinclair
Lead broadcast engineer: Ken Garden

SAT 14:15 Any Answers? (m001zlvw)
Call Any Answers? to have your say on the big issues in the news this week.

SAT 15:00 The Archers (m001zdtz)
Guests gather at Helen's house ready for Joy's surprise birthday party, where Kirsty confesses to Elizabeth that George has taken over looking after Rex's pigs while he's away. Joy's overwhelmed when she arrives - she couldn't have better friends. Mick has another surprise for her - he's landed a job on the Grey Gables security team. When Joy hears they'd tried to invite Rochelle and her children to the party, she snaps at Mick telling him he had no right to steal her address book and knock on people's doors. Mick wonders why he hasn't met Rochelle before, especially since the accident. Joy's enraged when Mick adds that Rochelle's supposed to care for Joy, and upset Mick heads off. Joy tells awkward Elizabeth that Rochelle's been a fabulous daughter to her. How dare Mick think otherwise.

Harrison tells Fallon that they need to talk. Harrison can't believe that the miscarriage isn't affecting Fallon, Harrison can't think of anything else. He hopes Alice goes to prison for what she's done. When Fallon confesses to Elizabeth that he knows Fallon doesn't want children, Harrison explains he thought he could live with it, but that was before Fallon got pregnant. He needs to grieve that baby. He wonders if the accident hadn't happened, they would just have got on with the pregnancy. Fallon is very clear that this wouldn't have been the case - she doesn't want children. They are both on the edge of tears as Harrison heads upstairs saying he doesn't think he can take this. Fallon can't either.

SAT 15:15 Brief Lives (m001747y)
Series 12

Episode 1

Brief Lives by Tom Fry and Sharon Kelly (1/2)
Sarah and Frank are finally going to do the grown up thing and get married. But things get complicated when Sarah loses a work file that could put her in danger and Frank has a visitor from his past. Maybe Fat Doug can help?

Frank.....David Schofield
Sarah.....Kathryn Hunt
Fat Doug.....Eric Potts
Johmmie.....Greg Wood
Jade.....Erin Shanagher
Michael.....Tachia Newell
Director/Producer Gary Brown.

Brief Lives has been running since 2007 and signs off after 12 series and 58 episodes.

SAT 16:00 Woman's Hour (m001zlvz)
Weekend Woman's Hour: British cyclist Lizzy Banks, Show-women, Love bombing, Infected blood scandal

On 28 July last year the British cyclist Lizzy Banks received an email from UK Anti Doping to say she had return two Adverse Analytical Findings. The letter stated she faced the prospect of a two-year ban unless she could establish the source. Thus began a ten-month journey investigating, researching and writing submissions to establish how the contamination event occurred. Absolved of any blame, having proved on the balance of probabilities that her test was contaminated, Lizzy speaks to Nuala McGovern about how the process destroyed her mentally, emotionally and professionally.

Olivier award-winning theatre maker Marisa Carnesky is taking over an entire street at this year's Brighton Festival with her show, Carnesky's Showwomxn Sideshow Spectacular, honouring the forgotten women of the circus. Marisa shares with Anita Rani the lost history of ground-breaking women magicians, aerial artists and sword climbers and how their stories are being explored through a new generation of

performers.

Do you know what love bombing is? One of our Woman's Hour listeners Lynn got in touch to say it's something we should be discussing. She joins Nuala McGovern alongside relationship therapist Simone Bose to explain more about what love bombing is, and how we can all look out for the warning signs.

The long awaited final report of the public inquiry into the infected blood scandal was published this week. The inquiry was announced in 2017 after years of campaigning by victims. From the 1970s to the early 1990s, approximately 30,000 people were infected with blood contaminated with HIV and Hepatitis C. Over 3,000 have since died, with one person estimated to die every four days in the UK. The affected groups include those who received infected blood via blood transfusions, such as women following childbirth, and individuals with haemophilia—predominantly males—and others with similar bleeding disorders who received contaminated blood products. Around 1,250 people with bleeding disorders, including 380 children were infected with HIV. Fewer than 250 are still alive today. Some transmitted HIV to their partners. Nuala McGovern speaks to Clair Walton, who gave evidence to the inquiry. She has been campaigning for years for the wives and partners who became infected to be heard and acknowledged.

Clara Schumann was one of the greatest female musicians of the 19th Century - a virtuoso performer who gave over 1,500 concerts in a 60 year career, all while raising eight children and financially supporting her household. Concert pianist Lucy Parham and actress Dame Harriet Walter join Anita Rani to discuss their concert 1, Clara which celebrates the groundbreaking life and work of Clara Schumann in her own right.

Presenter: Anita Rani
Producer: Annette Wells
Editor: Louise Corley

SAT 17:00 PM (m001zlvw)
Record numbers of MPs stand down

As many long standing MPs are leaving Parliament, Caroline Wyatt asks how the new intake of MPs could change the Parties.

SAT 17:30 Political Thinking with Nick Robinson (m001zlv2)
The Caitlin Moran One

Bestselling author and columnist talks to Nick Robinson about why, after years of writing about women and girls, she decided to turn her attention to problems with boys and young men with her latest book "What About Men?"

Producer: Daniel Kraemer

SAT 17:54 Shipping Forecast (m001zlv4)
The latest weather reports and forecasts for UK shipping

SAT 17:57 Weather (m001zlv6)
The latest weather reports and forecast

SAT 18:00 Six O'Clock News (m001zlv8)
Labour has defended its proposals on workers' rights, after a union leader said they had "more holes than Swiss cheese".

SAT 18:15 Loose Ends (m001zlvb)
Jan Ravens, Viv Groskop and Tiff Murray with music from The Will Barnes Quartet and Aleighcia Scott

Clive is joined by impressionist Jan Ravens (who brings along Liz Truss and Theresa May) chatting about the challenge of developing an impersonation and what happens when the politician who forms part of your act gets the boot... Award-winning novelist Tiffany Murray describes her unusually starry childhood at the residential recording studio Rockfield. It includes a childhood visit from David Bowie and being woken by Freddie Mercury singing "Galileo" - as revealed in her new book My Family and Other Rock Stars. Viv Groskop chats about her One Ukrainian Summer a memoir about falling in love and coming of age in the former USSR. The Will Barnes Quartet and Aleighcia Scott provide the music.

Presented by Clive Anderson
Produced by Kevin Core

SAT 19:00 Profile (m001zlvd)
Ann-Marie Powell

Ann-Marie Powell, is the exuberant and colourful, garden designer, whose' Octavia Hill 'Garden was one of the eight main

gardens in competition at the Chelsea Flower Show this year.

After dropping out of college she spent six months travelling in India, Nepal and New Zealand, which inspired her to take up gardening. Attending Capel Manor horticultural college her first job was working in sales for a large nursery. But Ann-Marie's colourful personal style and outgoing personality led her employer to encourage her to apply for a job as a presenter on a TV gardening show. She soon blossomed into a popular gardening show host working with fellow gardeners like Carol Klein, Joe Swift and gardening supremo, Monty Don.

In addition to running her own successful garden design business from the home she shares with her husband and two boys, on the Hampshire borders, she feels it's important that everyone should have access to green spaces, no matter where they live. During lockdown her Instagram page 'My Real Garden' was a big hit broadcasting garden tips and advice everyday.

Presenter: Mark Coles

CONTRIBUTORS

Julian Bundy - Husband
Angela Halksworth - Co-owner, Tendercare Nurseries
Janet Morgan - Friend
Jane Owen - Garden Designer
Mark Straver - Hortus Loci
Cleve West - Award winning Garden Designer
Tamsin Westhorpe - Gardener and Horticulture Writer

CREDITS

Gardens, Weeds and Words Podcast - Presented by Andrew O'Brien
Real Gardens - Channel 4
RHS
National Trust
My Real Garden - Instagram - Ann-Marie Powell

PRODUCTION TEAM

Producers: Julie Ball and Diane Richardson
Editor: Bridget Harney
Production Co-ordinator: Maria Ogundele
Sound: David Crackles

SAT 19:15 This Cultural Life (m001zdw4)

Lily Allen

Renowned for the autobiographical candour of her lyrics, Lily Allen has sung about the pitfalls of fame, drugs, broken relationships and motherhood. She was nominated for a Grammy Award for her debut album *Alright Still* and after the release of *It's Not Me, It's You* in 2010 won a Brit Award and three Ivor Novello Awards, including Songwriter of the Year. In 2021 she embarked on a stage acting career starring in *2.22 A Ghost Story*, for which she was nominated for an Olivier Award. More recently, with her childhood friend Miquita Oliver, she launched her BBC podcast series *Miss Me*.

Talking to John Wilson, Lily recalls a sometimes sad and troubled childhood. Her father, the actor and comedian Keith Allen, had left the family home when she was four, and her film producer mother Alison Owen was often away working. She chooses as her first formative experiences a school concert in which she performed the song *Baby Mine* from the Disney movie *Dumbo* and captivated the audience. She recalls how the first started writing and recording her own songs, and built up a fanbase with the on-line platform MySpace. She chooses, as key musical influences the 1979 song *Up The Junction* by Squeeze, and the 2004 album *A Grand Don't Come For Free* by Mike Skinner, otherwise known as *The Streets*. Lily Allen also reflects on the pressures of juggling life in the spotlight with motherhood, and how theatre acting has offered her a new creative challenge.

Producer: Edwina Pitman

SAT 20:00 Archive on 4 (m001zlwg)

Watching Us, Watching You

Long before social media, reality TV and culture wars as entertainment, the BBC's Community Programme Unit - commissioned by David Attenborough - set out to create an 'anthropology of everyday life'. Writer and broadcaster Ellen E Jones tells the story of the birth of a new generation of broadcasting.

The CPU was a 40-year experiment in breaking down the barriers between the national broadcaster and the nation. It all started in 1972 with an Open Door, through which we were suddenly able to see ourselves very differently.

There is one film from the CPU's Open Door series that has lived on as a touchstone for understanding representations of

race and racism on TV. *It Ain't Half Racist*, Mum was produced in 1979 and paired the revered cultural theorist Stuart Hall with actress Maggie Steed. Together they turned their attention to the casual prejudices which were part of the everyday media landscape. Ellen discusses its legacy with Maggie Steed and Dr Clive Chi-jioke Nwonka.

By the mid-90s, times had changed for the Community Programme Unit and technology had too. There was still no social media, but there were camcorders - and that presented a great opportunity to liberate public access television from the stuffy studios and take it to the masses. It was time to meet the nation, on their own terms. Mandy Rose was the co-producer of *Video Nation* and she reveals how it changed her and paved the way for social media. Ellen travels to Arisaig in the West Highlands to talk with Ian MacKinnon, one of *Video Nation*'s most prolific contributors, about his films on everything from the meaning of life to *The Full Monty*.

Now, 45 years on from *It Ain't Half Racist*, Mum and 30 years since filming began on *Video Nation*, Ellen revisits some of the most surprising and impactful contributions from this rich, accessible and underappreciated archive. She reassesses public access television as a tool for listening to the national mood and facilitating more nuanced discussions about the absurd, profound and divisive aspects of life.

Producer: Freya Hellier

A Hidden Flack production for BBC Radio 4

SAT 21:00 Shadow War: China and the West (m001zlwj)

Shadow War - Omnibus, Part 2

Could growing tensions lead to conflict? The rise of China is the defining challenge of our times – how far to co-operate, compete or confront? But has the West taken its eye off the ball? BBC Security Correspondent Gordon Corera looks at the points of friction in recent history, from espionage to free speech, the battle over technology and claims of political interference. This is a story about the competition to shape the world order. He speaks to politicians, spies, dissidents and those who've been caught up in the growing tension between China and the West.

Presenter: Gordon Corera

Series Producer: John Murphy

Sound Designer: Eloise Whitmore (Naked Productions)

Programme Coordinator: Katie Morrison

Series Editor: Penny Murphy

SAT 22:00 News (m001zlw)

The latest national and international news from BBC Radio 4

SAT 22:15 The Food Programme (m001zldt)

The Fight to Improve School Food in 2024

Sheila Dillon hears stories of how headteachers are transforming food in their schools in difficult economic conditions, as well as how flagship universal free primary school meal policies in Scotland and London are playing out so far.

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

SAT 23:00 Michael Spicer: No Room (m001z7ff)

3. Green

Politics and food cause indigestion.

Michael Spicer whips up his take on current events, alongside character-filled sketches which brilliantly capture everything that provokes us - culture, politics, work...and other people. Michael is famous for his Room Next Door government advisor character whose withering take downs of politicians have amassed more than 100 million views and helped keep his audience sane in fractured times.

Writer, Performer and Co-Editor: Michael Spicer

Composer and Sound Designer: Augustin Bousfield

Producer: Matt Tiller

A Tillervision production for BBC Radio 4

SAT 23:15 Michael Spicer: No Room (m001z7fg)

4. Purple

Train stations, cars and the secret to being a winner in life.

Comedian Michael Spicer's series features an up-to-the-minute take on current events, alongside character-filled sketches which brilliantly capture everything that provokes us - culture,

politics, work... and other people.

Michael is famous for his Room Next Door government advisor character whose withering takedowns of politicians have amassed more than 100 million views and helped keep his audience sane in fractured times.

Writer, Performer and Co-Editor: Michael Spicer

Composer and Sound Designer: Augustin Bousfield

Producer: Matt Tiller

A Tillervision production for BBC Radio 4

SAT 23:30 Round Britain Quiz (m001zdbj)

Programme 11, 2024

(11/12)

The Midlands and the South of England teams join Kirsty Lang for the penultimate contest in this series of the cryptic quiz. For the final time this year, Frankie Fanko and Stephen Maddock face Paul Sinha and Marcus Berkmann.

Today's questions are:

Q1 In Edinburgh someone shows you to your seat at a wedding. In Poole you're in a place that sends warnings to ships. In Manchester you'd find Simon & Garfunkel's last album with the middle missing. So where has a herb recently become a prison?

Q2 Someone who put his signature on a urinal, two people of very different heights, and Robert John Lange: what kind of dog might they all own?

Q3 (from Daniel Kitto) Music: Why might these all lead to recognition?

Q4 The Hasmonean dynasty, the sweetest innovation of Catherine de Medici, Yankee Doodle's feathered cap, and somewhere you'd go to gamble in China: shouldn't they be Scottish?

Q5 Why do Stravinsky's operatic Turk, an artistic hobby-horse, Cass Elliot and an Ottoman royal tutor appear to be caught in a lava flow?

Q6 Music: Why might you unearth this piece of music, and Bathsheba's feckless husband, and the creator of Z-Cars, at Hissarlik?

Q7 (from Isabel Evans) What links a Scottish dialect and one used by Dante and Petrarch, a sporting individual, and a chemical bond? And why might all of this interest a hermit near Aleppo?

Q8 (from Tom Peach) If the sports stars Michael Slater, Lionel Messi and John Milburn invited you for dinner, who might be on the menu?

Producer: Paul Bajoria

SUNDAY 26 MAY 2024

SUN 00:00 Midnight News (m001zlw)

The latest news and weather forecast from BBC Radio 4.

SUN 00:15 Open Book (m001zlj8)

Sarah Perry

Sarah Perry talks to Shahidha Bari about her new book, *Enlightenment*.

Plus authors Rosie Andrews and Bridget Collins on combining history, myth and imagination in their new novels: *Rosie's The Puzzle Wood*, and *Bridget's The Silence Factory*.

And author Abir Mukherjee on his book *I'd Never Lend - The Namesake* by Jhumpa Lahiri.

Presenter: Shahidha Bari

Producer: Emma Wallace

Book List – Sunday 19 May

Enlightenment by Sarah Perry
The Essex Serpent by Sarah Perry
Melmoth by Sarah Perry
The Silence Factory by Bridget Collins
The Puzzle Wood by Rosie Andrews
The Namesake by Jhumpa Lahiri
Hunted by Abir Mukherjee

SUN 00:48 Shipping Forecast (m001zlwq)

The latest weather reports and forecasts for UK shipping

SUN 01:00 Selection of BBC World Service Programmes (m001zlw5)

BBC Radio 4 joins the BBC World Service.

SUN 05:20 Shipping Forecast (m001zlwv)

The latest weather reports and forecasts for UK shipping

SUN 05:30 News Briefing (m001zlwz)

The latest news from BBC Radio 4

SUN 05:43 Bells on Sunday (m001zlwz)

The Parish Church of St Matthew in Blackmoor Hampshire

Bells on Sunday comes from the Parish Church of St Matthew in Blackmoor Hampshire. The church was built in the late 19th century to a design by the Victorian Architect Alfred Waterhouse, more famous for his designs for the Natural History Museum in London and Manchester Town Hall. The tower houses a ring of six bells cast by the John Warner foundry of Cripplegate London in 1870. The Tenor weighs eight hundredweight and is tuned to the note of A. We hear them ringing Norwich Surprise Minor.

SUN 05:45 In Touch (m001zg5s)

The UK's First Blind Overseas Ambassador; Travelling Tips & Tricks

Victoria Harrison is the UK's first totally blind ambassador to be posted overseas. In August she will take up the role as Ambassador to the Republic of Slovenia, and will be accompanied by her guide dog Otto. Victoria tells Peter about how she got into the diplomatic service, coming up against peoples perceptions of visual impairment and her capabilities to be a diplomat, and about the positive interactions that can stem from being blind when negotiating with others who may have very different political views.

Visually impaired globe-trotters Dawn Hopper, Hayley Kennedy and Amar Latif share their tips and tricks for efficient travel when you are visually impaired and about some of the sometimes surprising cultural differences they have experienced.

Hayley Kennedy is considered to be the only disabled person, let alone visually impaired person, to have travelled to every country recognised under the United Nations. Amar Latif founded the assisted holiday company for visually impaired people 'Travelayers', and Dawn Hopper has family in both Switzerland and Spain, and travels regularly with her new guide dog Micky.

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 (m001zmm2)

The latest national and international news from BBC Radio 4

SUN 06:05 Thinking Allowed (m001zk1g)

Richard Sennett

Richard Sennett, leading cultural and social thinker and Emeritus Professor of Sociology at the London School of Economics, talks to Laurie Taylor. Growing up in a housing project in Chicago, he originally trained in music. An accident put paid to his cello playing and he turned to sociology. Over five decades he's documented the social life of cities, work in modern society and the sociology of culture. His latest study explores the relations between performing in art (particularly music), politics and everyday experience. It draws personally on Sennett's early career as a professional cellist and explores the dangerous and ambiguous nature of performance, from the French theorist, Michel Foucault's hypnotic lectures to the demagoguery of contemporary politicians. He describes the tragic performances of unemployed dockworkers in New York City in the 1960s, as they competed for a dwindling number of jobs, and Aids patients in a Catholic hospital doing a reading of As You Like It and displaying defiance in the face of death and religious disapproval.

Producer: Jayne Egerton

SUN 06:35 On Your Farm (m001zmm4)

Magic mycelium

Alisha Fuller-Armah swapped a life in the luxury hospitality business in Jamaica for mushroom growing on Scotland's west coast. A self-taught grower, she built her mushroom business from scratch and now supplies top chefs and well-known retailers. She tells Ruth Sanderson her amazing story and talks about the enticing charm, and life lessons, of growing gourmet fungi.

Produced and presented by Ruth Sanderson

SUN 06:57 Weather (m001zmm6)

The latest weather reports and forecast

SUN 07:00 News and Papers (m001zmm8)

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

SUN 07:10 Sunday (m001zmm8)

Religion & Voting Behaviour in a General Election

How much does Religion influence voter behaviour in a General Election? We get the lowdown from Sir John Curtice Professor of Politics at Strathclyde University after a report from the religious think tank Theos claimed it could be a significant factor in July.

We've had some feisty feedback from listeners on the subject of hymns as 'baby-food' a topic inspired by the former Archbishop of Canterbury Rowan Williams who suggested choices at weddings were inspired by childhood and lacking in theological depth.

The Church of England has apologised after another delay to the review into how it handled allegations of abuse relating to the late John Smyth. Smyth was former chair of the Iwerne Trust which ran Christian Summer holiday camps but died before he could stand trial. Edward will hear from a survivor who is withdrawing from the process because of the delays.

Art expert Dr Siobhan Jolley talks Edward through the Martyrdom of St Ursula, currently on display as part of the Last Caravaggio exhibition at the National Gallery and explores the religious depth of Caravaggio's work.

Presenter: Edward Stourton

Producers: Catherine Murray & James Leesley

Editor: Tim Pemberton

SUN 07:54 Radio 4 Appeal (m001zmm4)

Breck Foundation

Lorin LaFave started Breck Foundation in her son's name after he was brutally murdered by an online groomer. The charity visits schools across the UK to teach children, parents and teachers how to recognise the first signs of grooming and be alert to the dangers.

To Give:

- UK Freephone 0800 404 8144

- You can donate online at bbc.co.uk/appeal/radio4

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

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

Mark the back of the envelope 'Breck Foundation'.

- Cheques should be made payable to 'Breck Foundation'.

Please note that Freephone and online donations for this charity close at 23.59 on the Saturday after the Appeal is first broadcast. However the Freepost option can be used at any time.

Registered charity number: 1168384

SUN 07:57 Weather (m001zmmg)

The latest weather reports and forecast

SUN 08:00 News and Papers (m001zmmj)

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

SUN 08:10 Sunday Worship (m001zmm1)

City Church Cardiff

A service for Trinity Sunday, led by Rev'd Catherine De Souza and Rev'd Dominic De Souza, pastors of City Church Cardiff. The service explores what the Trinity can tell us about the nature of God, and the lessons for human relationships. The service includes readings from Genesis 1 verses 1-2 & 26-27 and Psalm 139 verses 7-10.

The music includes:

Everlasting God

Holy Holy Holy
King of Kings
There is a Redeemer
Spirit Break Out
How Great is Our God

SUN 08:48 A Point of View (m001zdv5)

Permanently Restless

Sara Wheeler asks whether trying to get away from it all is a futile endeavour.

'We go to all that trouble', writes Sara, 'up at 4.30, cancelled planes and trains and bent tent poles - only to find ourselves, boring as ever, glum and pink on a beach or glum and damp in a Welsh cottage!'

But there are still good reasons, Sara argues, why so many of us want a change of scene. And so 'off we go, in large numbers. At every opportunity'.

Producer: Adele Armstrong

Sound: Peter Boshier

Production coordinator: Katie Morrison

Editor: Richard Fenton-Smith

SUN 08:58 Tweet of the Day (m001zmmn)

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

SUN 09:00 Broadcasting House (m001zmmq)

The Tories' plan for national service

The Tories say they will bring back national service if they win the general election. Plus D-Day memories. Paddy O'Connell presents.

SUN 10:00 Desert Island Discs (m001zmm9)

John Boyne, writer

The Irish writer John Boyne is best known for his 2006 novel *The Boy in the Striped Pyjamas*, which became a literary phenomenon, selling more than 11 million copies around the world. It was translated into 60 languages and adapted into a film, a play, a ballet and an opera. He has written more than two dozen books, including a number of titles for younger readers.

He was born in Dublin in 1971, and had ambitions to become a writer from an early age. He studied English Literature at Trinity College Dublin, followed by a Master's degree in Creative Writing at the University of East Anglia. From the mid-1990s, he spent seven years working at a bookshop in Dublin, while trying to launch his literary career.

Many of his books have historical settings: *The Boy in the Striped Pyjamas* is the story of two boys – one German, one Jewish – during the Holocaust; other books have taken inspiration from the Mutiny on the Bounty and Tsarist Russia. More recently, he's addressed sexual and physical abuse within the Catholic church in Ireland, drawing in part on his own experiences at school.

He lives in Dublin, not far from where he grew up.

DISC ONE: Bright Eyes - Art Garfunkel

DISC TWO: The Sound of Music - Julie Andrews

DISC THREE: Elton's Song - Elton John

DISC FOUR: Take on Me - A-ha

DISC FIVE: Lullaby for Cain (Instrumental) - Sinéad O'Connor

DISC SIX: Extract from String Quartet No. 4, composed by Noah Max and performed by The Tippett Quartet

DISC SEVEN: Make Your Own Kind of Music - Mama Cass

DISC EIGHT: Night of the Swallow - Kate Bush

BOOK CHOICE: *The Waste Land* by T. S. Eliot

LUXURY ITEM: A cinema screen showing *The Devil Wears Prada*

CASTAWAY'S FAVOURITE: *Night of the Swallow* - Kate Bush

Presenter Lauren Laverne

Producer Sarah Taylor

SUN 11:00 The Archers Omnibus (m001zmm5)

Writer: Liz John

Director: Jeremy Howe

Editor: Jeremy Howe

Ben Archer.... Ben Norris
David Archer.... Timothy Bentinck
Tom Archer.... William Troughton
Pat Archer.... Patricia Gallimore
Harrison Burns.... James Cartwright
Neil Carter.... Brian Hewlett

Vince Casey.... Tony Turner
 Mick Fadmoor.... Martin Barrass
 George Grundy.... Angus Stobie
 Joy Horville.... Jackie Lye
 Alistair Lloyd.... Michael Lumsden
 Jazzer McCreary.... Ryan Kelly
 Kirsty Miller.... Annabelle Dowler
 Elizabeth Pargetter.... Alison Dowling
 Freddie Pargetter.... Toby Laurence
 Lily Pargetter.... Katie Redford
 Fallon Rogers.... Joanna Van Kampen
 Inspector Norris.... Bharti Patel

SUN 12:15 Profile (m001zwd)
 [Repeat of broadcast at 19:00 on Saturday]

SUN 12:30 I'm Sorry I Haven't A Clue (m001zdfd)
 Series 81

Episode 2

This series of Radio 4's multi award-winning 'antidote to panel games' promises more homespun wireless entertainment for the young at heart.

This week the programme pays a return visit to the New Theatre in Oxford where Rachel Parris and the Reverend Richard Coles are pitched against Tony Hawks and Alexander Armstrong, with Jack Dee in the chair.

At the piano - Colin Sell
 Producer - Jon Naismith

A Random production for BBC Radio 4

SUN 12:57 Weather (m001zmmv)
 The latest weather forecast

SUN 13:00 The World This Weekend (m001zmmx)
 Election 2024: What is the plan for extreme weather?

Election 2024: as the parties set out their stalls, a look at some of the issues that are not front and centre of the campaigns. What should an incoming government do about extreme weather events? Plus South Africa goes to the polls in one of the most significant elections for the country in a generation.

SUN 13:30 Stoppage Time for Scunthorpe (m001zlp9)
 When Bury FC was expelled from the Football League after 125 years, the government commissioned a fan-led review of football's financial stability. Centring the importance of football clubs to hundreds of local communities, it recommended tough new rules about governance and ownership of football clubs. Five years on and with both Labour and the Conservatives supporting the creation of a new regulator, Scunthorpe United has become a case study for why politicians think they need to step in. A succession of owners, a string of relegations and a more than gloomy balance book left the North Lincolnshire town wondering what life without its football club might look like. But the efforts of the local community led to a small piece of hope. For Radio 4, lifelong Scunthorpe fan and BBC political journalist (in that order) Jack Fenwick tells the inside story of how it all went so wrong and what happened next.

Presenter and producer: Jack Fenwick

SUN 14:00 Gardeners' Question Time (m001zdtl)
 Chelsea Flower Show 2024: Postbag Edition

Do I need to worry that I don't have slugs in the garden? How do I stop my buddleia from growing out of control? Is there a ground cover that can prevent weeds from growing in my yard?

Kathy Clugston is joined by experts Matthew Wilson, Anne Swithinbank and Pippa Greenwood as they navigate this year's Chelsea Flower Show. While enjoying the various exhibitions through out the Chelsea grounds, the panel also dip into the GQT inbox to answer some of your horticultural queries.

Throughout the programme we hear from roving reporter Peter Gibbs, as he speaks with the founders of She Grows Veg, Lucy Hutchings and Kate Cotterill, about the rise in popularity of heirloom vegetables. And later he gets tips on how to create a child-friendly garden by speaking to garden designer Harry Holding.

Producer: Dom Tyerman
 Assistant Producer: Rahnee Prescod
 Executive Producer: Carly Maile

A Somethin' Else production for BBC Radio 4

SUN 14:45 Opening Lines (m001zmmz)
 The Raiders - Episode 1

In the series that takes a look at books, plays and stories and how they work, John Yorke explores S R Crockett's forgotten bestseller, a swashbuckling adventure story set in his native Galloway in south west Scotland.

Written in 1894, Crockett's novel is part romance, part action thriller, and part historical fiction. The action takes place in 1715, during the reign of George I, a time when Galloway was awash with pirates, smugglers, cattle rustlers, gypsies and bandits. John suggests it was the Mission Impossible, if not the Fast and Furious, of its day.

In this first episode, John considers how Crockett's engaging, humorous, pacy style of writing drives the adventure on, and the appeal of his unusually feisty female characters.

John is joined by Cally Phillips, the founder of the Galloway Raiders website, the home of all things Crockett, and Clara Glynn who has adapted The Raiders for BBC Radio 4. Together they discover that, beneath the fast-paced action, Crockett is shining a light on bigger issues - how a young man tests his mettle, the meaning of leadership and how it is possible to live a moral life outside the law.

John Yorke has worked in television and radio for 30 years, and he shares his experience with Radio 4 listeners as he unpacks the themes and impact of the books, plays and stories that are being dramatised in BBC Radio 4's Sunday Drama series. 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.

Contributors:
 Cally Phillips, founder of The Galloway Raiders website
 Clara Glynn, adapter of The Raiders for BBC Radio 4

Reading by Kyle Gardiner

The Raiders by S R Crockett, from The Galloway Raiders website <https://www.gallowayraiders.co.uk/>

Produced by Jane Greenwood
 Executive Producer: Sara Davies
 Sound by Sean Kerwin
 Researcher: Nina Semple
 Production Manager: Sarah Wright

A Pier production for BBC Radio 4

SUN 15:00 Drama on 4 (m001zmn1)
 The Raiders

Part 1

By SR Crockett. Adapted for radio by Clara Glynn.

Dubbed "Scotland's forgotten bestseller". The Raiders is an action romance set in the wild country of Galloway.

Part One

Patrick Kyle Gardiner
 May Jessica Hardwick
 Silver Sand Sandy Grierson
 Eppie Laura Lovemore
 Richard Maxwell/Ivie Kenny Blyth
 Kennedy Reuben Joseph
 Will James Rottger
 Gil Robin Laing
 Granny Eggface Anne Lacey
 Marion Rosie Smith

Literary Consultant: Cally Phillips

Directed by Gaynor Macfarlane

SUN 16:00 Open Book (m001zmn4)
 Maggie Nelson

Octavia Bright talks to celebrated American author Maggie Nelson about Like Love, an anthology of her essays which explores art and friendship and criticism. Nature writer Nicola Chester introduces a new prize for climate fiction, which she is judging and she's joined by Jessie Greengrass whose novel, The High House, is set in a near-future England devastated by

flooding. And a reading recommendation for June.

Presenter: Octavia Bright
 Producer: Nicola Holloway

Book List - Sunday 26 May 2024

Like Love by Maggie Nelson
 Bluets by Maggie Nelson
 On Freedom by Maggie Nelson
 The Argonauts by Maggie Nelson
 Weather by Jenny Offill,
 Solar by Ian McEwan
 Leave The World Behind by Rumaan Alam
 The High House by Jessie Greengrass
 One Of Our Kind by Nicola Yoon

SUN 16:30 Round Britain Quiz (m001zmn6)
 Programme 12, 2024

(12/12)

Kirsty Lang welcomes back the North of England and the Scots for the closing match of the 2024 series. With the results very tight this year, Scotland could take the overall series title if they win today. Stuart Maconie and Adele Geras face Val McDerimid and Alan McCreddie.

Today's questions:

Q1 Which Borough Treasurer's list might include the main thoroughfare of any town, the companion of Mr Smith and Mr Jones, something you might attach to the collars of felines, and (very nearly) where orphan Anne Shirley grows up?

Q2 What would French women conclude about mitochondria and other structures in a cell, the strait connecting the Aegean with the Sea of Marmara, and Britain's most common bats?

Q3 (from James Francis) Music: Why might all of these please a cat?

Q4 The common origin of romantically-inclined geriatrics, an expression of pity for people or creatures, an object made from cowhide and an ancient town on the Clyde, is anything but colourful. Can you explain why?

Q5 If I gave you an old-fashioned tanner, the town where Henry James died, a lot of Lockheed SR-71s and Piscine Molitor Patel, could you give me the rest of the song?

Q6 Music: Why might these three do their bit for the environment?

Q7 (from Simon Dooner) How could the following be said to contribute to an English Victorian poet's most famous work: an American baseball legend, the home ground of Solihull Moors, the colour of Carly's concealed lover's scarf, Rumer's coming-of-age classic, and what a fabled runaway duo dined on?

Q8 (from Frank Paul) How often would you expect accurate information from items belonging to the following: a deceased relative who lived to be 90, the bride whom Compeson jilted, and those obeying the first words of 'Funeral Blues'?

Producer: Paul Bajoria

SUN 17:00 Witness History (w3ct4xf1)
 The Hindenburg airship disaster

In 1937, the Hindenburg airship burst into flames during its mooring in New Jersey, in the US, killing 35 of the 97 passengers and crew.

SUN 17:10 The Tourist Trap (m001zddg)
 Episode 1

The travel industry is booming with millions more people holidaying abroad each year. In this first episode of The Tourist Trap, seasoned BBC TV travelogue presenter Rajan Datar focuses on the relentless rise of global tourism and the impact that's having on local communities. He hears how the Indian travel market is gearing up to conquer the world. He visits the Austrian village that regularly gets swamped by ten times as many tourists as there are residents. He is in Venice as it begins charging visitors to enter the city on certain days. He'll also be hearing how people have come to the end of their tether in Tenerife. Are we now in danger of killing the goose that lays the golden eggs - ruining the very natural beauty and attractions that we seek out so keenly?

Produced by Bob Howard.

SUN 17:54 Shipping Forecast (m001zmn9)
 The latest weather reports and forecasts for UK shipping

SUN 17:57 Weather (m001zmc)

The latest weather reports and forecast

SUN 18:00 Six O'Clock News (m001zmnf)

The Shadow Chancellor, Rachel Reeves, has ruled out putting up income tax, or national insurance, if Labour wins power at the general election.

SUN 18:15 Pick of the Week (m001zmmh)

Mike Sweeney

This week on our travels through the world of radio we'll be singing the blues, exploring the benefits of exercise on your mental wellbeing, checking if Mike's sense of humour chimes with your own... and finding out - in the most emotional and poignant way - the human cost of the infected blood scandal.

Presenter: Mike Sweeney

Producer: Elizabeth Foster

Production Co-ordinator: Paul Holloway

SUN 19:00 The Archers (m001zlz2)

Harrison greets Fallon as he returns from church and they chat awkwardly, with Harrison apologising for leaving his bedding where he slept, on the sofa. Fallon's finishing up mowing the grass and Harrison's off to training ahead of the T20 cricket. Before he goes, he mentions Philip Larkin's poem – The Mower. He offers to read her the last line but she suggests he send it to her instead.

At the Tearoom Chelsea isn't looking forward to playing but Pat gives her a pep talk and some fielding practice, using a cheese scone. Fallon arrives and confesses that Harrison, likewise, isn't enthusiastic: he's a bit embarrassed about his bad grace and sledging in the match against Leyton Cross.

Tracy takes Harrison to task as he hammers in the stumps. He agrees that he should email the other captain to apologise, and say sorry to Pat. But when he tries to talk to Tracy about the team vice-captaincy she gives him short shrift. He tells her George doesn't want the job and she agrees to think about it. During the match she's on fire, bowling a hattrick of wickets to help her team trounce the men. Harrison takes the opportunity to seek out Pat and offer a heartfelt apology.

Fallon turns up with leftover cake Natasha has sent for the teams to enjoy. She agrees to stay for one drink as 'Tracy's Tigers' lift the Mark Hebdon trophy and Tracy announces her new role as vice-captain. Fallon tells Harrison she read Larkin's poem and took hope from the ending: 'we should be kind while there is still time.'

SUN 19:15 The Beauty of Everyday Things (m001zmk)

Poet Ian McMillan has a gift for the art of small pleasures; the joy of close observation; revelling in everyday things, places and encounters; describing and re-describing them endlessly. In the company of fellow poets Helen Mort, Steve Ely and Dave Green he takes us to ordinary places that fascinate him: a railway platform with a striking red bench, on a bus journey, to a village cafe, and a local museum of curiosities; where we discover they can be portals into different ways of thinking, of feeling, and of being, where anything can happen, where the ordinary can become the extraordinary if we simply open our eyes and our ears.

Presented by Ian McMillan

Produced by Cecile Wright

SUN 19:45 Why Do We Do That? (m001g38h)

Why Do We Wear Make-Up?

Make-up has a long history - from the surprising use of lipstick in ancient Greece to today's Tiktok trends - and though fashions may have changed, some things, like red lips, cheeks, and defined eyes, keep cropping up. So in this episode, Ella Al-Shamahi investigates if there is any biological basis to make-up? Joined by Journalist and BBC Radio 1 presenter Katie Thistleton, and psychologist Professor Richard Russell, Ella discovers fascinating research on how make-up can change the way we perceive faces and ponders on a slightly strange theory about make-up and orgasm.

SUN 20:00 Word of Mouth (m001zdwq)

The Irish Language

In conversation with Michael about his book "32 Words For Field" Manchán Magan reveals Ireland's deep connection with the landscape expressed through the Irish language. The author traces his country's relationship with the natural world and its corresponding belief system that encompasses the 'otherworld'. He lists many similarities between Irish and Sanskrit and even Arabic - suggesting a link between the ancient Islamic word

Shamrakh and the Irish Seamróg (shamrock). It's a fascinating discussion of a rich and poetic language that survives in traditional communities on the west coast and is being enthusiastically revived in the cities. Manchán also lists the many words that we use in English that have come from Irish and Scots Gaelic: words like 'bog' 'whisky' 'hooligan' and 'Tory'. We also learn a bit of Hiberno-English along the way.

Producer: Maggie Ayre for BBC Audio Bristol

A longer version of this programme is available on the podcast

SUN 20:30 Last Word (m001zdtq)

Sir Tony O'Reilly, President Ebrahim Raisi, Penny Simkin, Professor Alasdair Geddes

Matthew Bannister on

The Irish rugby star and businessman Sir Tony O'Reilly. He made billions but ended up bankrupt.

The hardline President of Iran, Ebrahim Raisi.

Penny Simkin, who championed the role of birth doula's to help mothers during and after labour.

Professor Alasdair Geddes, the infectious diseases expert who diagnosed the world's last ever case of smallpox – in Birmingham.

Producer: Ed Prendeville

Archive used:

Penny Simkin, YouTube upload, PSfromPenny, 27/10/2009;

Penny Simkin, YouTube upload, PSfromPenny, 22/03/2011;

Today Programme, Radio 4, BBC, 20/05/2024; Newshour,

BBC World Service, 20/05/2024; News report by Philip

Hayton, Sound Archive, BBC Radio 4, 11/02/1979; Ebrahim

Raisi interviewed by Lesley Stahl, CBS Interactive Inc.,

YouTube upload, 60 Minutes, 19/05/2024; BBC profile on

Tony O'Reilly, 24/01/1975; Conversation Piece, Radio 4,

02/12/1985; People in profile, Radio Ulster, 06/09/1980; The

Last Case of Smallpox in the UK, BBC News, 31/08/2016

SUN 21:00 Money Box (m001zlvp)

[Repeat of broadcast at 12:04 on Saturday]

SUN 21:25 Radio 4 Appeal (m001zmm)

[Repeat of broadcast at 07:54 today]

SUN 21:30 From Our Own Correspondent (m001zlvk)

[Repeat of broadcast at 11:30 on Saturday]

SUN 22:00 Westminster Hour (m001zmm)

Ben Wright is joined by the Transport Minister, Anthony Browne; Shadow Skills Minister, Seema Malhotra; and Rob Ford, Professor of Political Science at Manchester University. They discuss the key themes of the unfolding election campaign, including Conservative plans for a new national service, and Labour's position on tax and spending. The programme includes a "farewell" interview with the departing red wall Tory MP, Dehenna Davison. And the BBC's Disinformation Correspondent, Marianna Spring, explains how she'll be investigating what comes into voters' social media feeds over the weeks leading up to polling day.

SUN 23:00 In Our Time (m001zdw0)

Empress Dowager Cixi

Melvyn Bragg and guests discuss the woman who, for almost fifty years, was the most powerful figure in the Chinese court. Cixi (1835-1908) started out at court as one of the Emperor's many concubines, yet was the only one who gave him a son to succeed him and who also possessed great political skill and ambition. When their son became emperor he was still a young child and Cixi ruled first through him and then, following his death, through another child emperor. This was a time of rapid change in China, when western powers and Japan humiliated the forces of the Qing empire time after time, and Cixi had the chance to push forward the modernising reforms the country needed to thrive. However, when she found those reforms conflicted with her own interests or those of the Qing dynasty, she was arguably obstructive or too slow to act and she has been personally blamed for some of those many humiliations even when the fault lay elsewhere.

With

Yangwen Zheng

Professor of Chinese History at the University of Manchester

Rana Mitter

The S.T. Lee Professor of US-Asia Relations at the Harvard

Kennedy School

And

Ronald Po

Associate Professor in the Department of International History at London School of Economics and Visiting Professor at Leiden University

Producer: Simon Tillotson

In Our Time is a BBC Studios Audio Production

Reading list:

Pearl S. Buck, *Imperial Woman: The Story of the Last Empress of China* (first published 1956; Open Road Media, 2013)

Katharine A. Carl, *With the Empress Dowager* (first published 1906; General Books LLC, 2009)

Jung Chang, *Empress Dowager Cixi: The Concubine Who Launched Modern China* (Jonathan Cape, 2013)

Princess Der Ling, *Old Buddha* (first published 1929; Kessinger Publishing, 2007)

Joseph W. Esherick, *The Origins of the Boxer Uprising* (University of California Press, 1987)

John K. Fairbank and Merle Goldman, *China: A New History* (Harvard University Press, 2006)

Peter Gue Zarrow and Rebecca Karl (eds.), *Rethinking the 1898 Reform Period: Political and Cultural Change in Late Qing China* (Harvard University Press, 2002)

Grant Hayter-Menzies, *Imperial Masquerade: The Legend of Princess Der Ling* (Hong Kong University Press, 2008)

Keith Laidler, *The Last Empress: The She-Dragon of China* (Wiley, 2003)

Keith McMahon, *Celestial Women: Imperial Wives and Concubines in China from Song to Qing* (Rowman & Littlefield, 2020)

Anchee Min, *The Last Empress* (Bloomsbury, 2011)

Ying-Chen Peng, *Artful Subversion: Empress Dowager Cixi's Image Making* (Yale University Press, 2023).

Sarah Pike Conger, *Letters from China: with Particular Reference to the Empress Dowager and the Women of China* (first published 1910; Forgotten Books, 2024)

Stephen Platt, *Imperial Twilight: The Opium War and the End of China's Last Golden Age* (Atlantic Books, 2019)

Liang Qichao (trans. Peter Zarrow), *Thoughts From the Ice-Drinker's Studio: Essays on China and the World* (Penguin Classics, 2023)

Sterling Seagrave, *Dragon Lady: The Life and Legend of the Last Empress of China* (Vintage, 1993)

Jonathan D. Spence, *The Search for Modern China* (first published 1991; W. W. Norton & Company, 2001)

X. L. Woo, *Empress Dowager Cixi: China's Last Dynasty and the Long Reign of a Formidable Concubine* (Algora Publishing, 2003)

Zheng Yangwen, *Ten Lessons in Modern Chinese History* (Manchester University Press, 2018)

SUN 23:45 Short Works (m001zdt)

Dŵr by Catrin Kean

An original short story by Catrin Kean. A woman is late for her father's funeral. She hardly knew him, but she spends the night in his empty house, trying to feel his presence.

Catrin Kean won the 2021 Wales Book of The Year Award for her debut novel "Salt".

Reader: Catrin Stewart

Sound: Nigel Lewis

Producer: John Norton

A BBC Audio Drama Wales Production

MONDAY 27 MAY 2024**MON 00:00 Midnight News (m001zmp)**

The latest news and weather forecast from BBC Radio 4.

MON 00:15 Crossing Continents (m001zg5v)

The Caspian Crisis

The Caspian Sea is the largest inland body of water in the world. Bordered by Kazakhstan, Russia, Iran, Turkmenistan and Azerbaijan it spans 371,000 square kilometres and bridges Europe and Central Asia. It's fed mainly by Russia's Volga and Ural rivers and the sea is not only rich in oil and gas but is also home to numerous rare and endemic species, including the Caspian seal and 90% of the world's remaining wild sturgeon. But the Caspian Sea is in crisis. Climate change and the damming of Russia's rivers are causing the coastline to recede at an alarming rate. The sea's levels have fallen by a metre in the last 4 years, a trend likely to increase. Recent studies have shown that the levels could drop between 9 and 18 metres by 2100. Last June Kazakh government officials declared a state of emergency over the Caspian. Iran has also raised the alarm with the UN. Antonia Bolingbroke-Kent travels to Kazakhstan for Crossing Continents to report from the shores of the Caspian Sea on what can be done to prevent an environmental disaster.

Presented by Antonia Bolingbroke-Kent

Produced by Caroline Bayley

Editor, Penny Murphy

Sound Engineer, Rod Farquhar

Production coordinator, Gemma Ashman

Dombyra played by Yelnar Amanzhol

MON 00:45 Bells on Sunday (m001zlzlw)

[Repeat of broadcast at 05:43 on Sunday]

MON 00:48 Shipping Forecast (m001zmmr)

The latest weather reports and forecasts for UK shipping

MON 01:00 Selection of BBC World Service Programmes (m001zmmnt)

BBC Radio 4 joins the BBC World Service.

MON 05:20 Shipping Forecast (m001zmmnw)

The latest weather reports and forecasts for UK shipping

MON 05:30 News Briefing (m001zmmzy)

The latest news from BBC Radio 4

MON 05:43 Prayer for the Day (m001zmp0)

New week choices

A spiritual comment and prayer to start the day with Haydon Spenceley

Good morning.

As we look forward to a new week, choices lie ahead. Prioritising can be a real challenge. So many things seek our attention, our focus, competing for time, making us feel even more busy than we actually are. We can feel compressed, crowded, squashed, perhaps even somewhat paralysed, in deciding which things matter and should have first place on our to do lists. So much so that it is easy to actually get through a good part of a day so concerned about picking the right thing to do that we don't actually do anything at all. I don't know if I'm the only one who has this problem.

God seems to ask those seeking to know how to make the most of their time to look at some key aspects of life in their decision making. Act justly, love mercy and walk humbly with God.

Acting justly looks very different in each situation and circumstance, but I am reminded that justice means putting others before ourselves, having a well-balanced love of God, self and neighbour (they all have to be equal to really work well). That's a good start. Justice doesn't involve hurting or putting others down. Loving mercy means seeking to actively forgive and encouraging others to do the same.

Walking humbly with God means knowing who we are and whose we are, where our life and breath comes from. I'd love to get those things right more often than I do, starting today.

Father help me to trust you, to act for justice, to rejoice in mercy and being merciful, and to know I am your son and walk hand in hand with you today.

Amen

MON 05:45 Farming Today (m001zmp2)

27/05/24 The D-Day farms

To mark the 80th anniversary of Vernon Harwood tells the story of Britain's D-Day farms.

As dawn broke on the morning of the 6th June 1944 thousands

of Allied ships and landing craft carrying more than 150,000 troops approached the beaches of Normandy in Northern France as the largest amphibious invasion in the history of warfare got underway. Meanwhile the airborne assault involved more than 11,000 aircraft making it the single largest aerial operation ever seen. D-Day had arrived. Code-named Operation Overlord, it would eventually result in the liberation of Western Europe, the defeat of Hitler's Germany and the end of the Second World War. But what part did the fields, farms and country estates of England have in the success of the Allied invasion?

Landowners, farmers and their families played a vital role in the crucial months leading up to D-Day. Large parts of rural England were taken over by the military and transformed in the process.

The journey starts at The D-Day Story in Portsmouth where the museum archives and exhibits help reveal the background to this complex strategic and logistical exercise. At Chavenage House in Gloucestershire, the Lowsley-Williams family moved out of their home to make way for an American unit working on 'ultra-secret' maps. The Hampshire village of Southwick hosted General Dwight D. Eisenhower while U.S. troops helped with the haymaking and in Dorset an historic farm at Tarrant Rushton was flattened in favour of an airfield.

Produced and presented by Vernon Harwood.

MON 05:57 Weather (m001zmp4)

Weather reports and forecasts for farmers

MON 06:00 Today (m001zly9)

Martha's Rule adopted in 140 hospitals

Martha's mother talks about the new system for second opinions. Plus election latest.

MON 09:00 Start the Week (m001zlyc)

Reading the Bible

The American author Marilynne Robinson is celebrated as a writer of fiction and non-fiction that raises philosophical questions about how to live an ethical life. In her latest book, Reading Genesis, she explores the stories in the Bible and God's promise of enduring covenant with humanity.

The writer Naomi Alderman grew up with stories from the Old Testament, and although no longer a believer, attests to the power and strangeness of these ancient stories. She wishes they were as popular as the Greek myths.

The poet Malika Booker grew up in Guyana where she says the King James Bible was ubiquitous. Its language has influenced her own work, and in recent years she has set herself the task of re-imagining the Bible, infusing its stories with the cadences of home.

Producer: Katy Hickman

MON 09:45 Café Hope (m001zlyf)

Saved from the skip

Rachel Burden hears from Kate Taylor-Smith who co-founded Second Life, a recycling shop. The community interest company started after the local tip was closed, and also acts as a hub and meeting place for the village, as well as giving out grants to community sustainability initiatives.

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 sitting in your local cafe 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.

You can contact us on cafehoped@bbc.co.uk

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

MON 10:00 Woman's Hour (m001zlyh)

Muses

From the Pre-Raphaelites to Picasso, Vermeer to Freud, some

of the most famous Western artwork involves an artist's muse. So who are the muses who have inspired great art? How do they embody an artist's vision? And why has the muse artist relationship led to abuse of power? Nuala speaks to art historian and author Ruth Millington and to writer, curator and podcaster Alayo Akinkugbe.

Penelope Tree was one of the most famous models of the 1960s and the muse of her then boyfriend, the photographer David Bailey. Despite appearing on the cover of Vogue and being credited by Bailey with kick-starting the flower-power movement, Penelope's life became increasingly difficult as their relationship began to flounder. These events have inspired Penelope's loosely biographical novel Piece of My Heart and she joins Nuala to discuss her depiction of life as a '60s muse.

In ancient Greek mythology, the nine muses are the inspirational goddesses of the arts, science and literature. So who are the nine muses? Nuala speaks to classicist Professor Edith Hall.

Dora Maar was as a photographer, painter and poet but is probably most famous as Pablo Picasso's lover and muse. Author Louisa Treger captures the complexity of this artist and muse relationship in her novel The Paris Muse and joins Nuala to discuss how the inspiration Dora offered Picasso nearly destroyed her.

We hear from Liza Lim, a Melbourne-based composer who collaborated with violinist and researcher Karin Hellqvist on a composition called 'One and the Other (speculative Polskas for Karin)', exploring Karin's relationship to her heritage and Swedish musical traditions.

Presenter: Nuala McGovern

Producer: Laura Northedge

Editor: Deiniol Buxton

MON 11:00 The Tourist Trap (m001zlyk)

Episode 2

The travel industry is booming with millions more people holidaying abroad each year. In this second episode of The Tourist Trap, Rajan Datar explores the impact of climate change on tourism, alternatives to air travel and what can be done to protect places from the impact of mass tourism. He talks to two British tourists who escaped the wildfires in Greece last summer and its impact on their future holiday plans. He hears how two very different people have given up plane travel. He visits the beautiful Alpine countryside of Bohinj in Slovenia as it tries to protect its way of life from the impact of over-tourism. Rajan then takes the night train from Venice to Vienna to see if that's a comfortable and convenient alternative to flying.

MON 11:45 D-Day: The Last Voices (m001zlym)

Episode 1: The Big Secret

D-Day: The Last Voices brings together a rich collection of historical audio testimonies recorded with those who fought in the invasion of Normandy, alongside extraordinary new interviews with the last surviving veterans, to tell their story of D-Day as it unfolded.

Presented by Paddy O'Connell, each programme charts a distinct chapter of the complex, visceral and moving story of the invasion, from subterfuge and secret planning, to the approach of H-Hour, the landings by air and sea, and on into the battles beyond the beaches.

Commissioned as a collaboration with D-Day: The Unheard Tapes for BBC Two, and drawing on the same longitudinal access and research, the series tells the story of D-Day through the last voices of those who lived it, leading us through their personal experiences of the invasion. Supported by the historical recordings of those who were there with them – this is their story, told in their own words.

The series begins in June 1944, as more than two million troops from over a dozen countries assemble across Southern England for a mission so secret, they don't yet know it will be D-Day, the start of Operation Overlord, to take France and attempt to push back the Nazi occupation of Europe. Allied soldiers train for top secret missions, by air and sea, and receive their mission objectives in sealed camps.

This episode charts the story of the reveal of D-Day to Allied troops, as they learn they will be part of what will become the largest seaborne invasion in history. An operation of such complexity and risk, nothing of this scale had ever been attempted before, the stakes are unimaginably high.

Paddy O'Connell, whose father took part in Operation Overlord as a Royal Marine Commando, interweaves the powerful and striking archive recordings of those who were there, with unique and extraordinary interviews with some of the last surviving veterans on the eve of the 80th anniversary of D-Day.

Meeting two former WRENS - Christian Lamb who helped draw the D-Day maps in Whitehall, and Pat Owtram who spoke German and was based on the Dover Cliffs scanning for Morse code from Occupied France, we are led through the enormous scale of the landings as 156,000 troops prepared for the impending invasion.

In archive recordings of the past, we hear from those who were there too, on landing craft and on ships, driving tanks or learning they would be part of the first waves onto the beaches.

As the hour of leaving for Normandy approached, commanders trusted in their training, and hundreds of thousands of soldiers set sail or took flight for the French coast under the cover of darkness.

Featuring:
Geoffrey Weaving
Christian Lamb
Pat Owtram
Gordon Prime
Warwick Nield-Siddall
Ivan Lambert
Ray Nance
James Kelly
Stanley Scott
John Capon
James Sink
Roy Crane
John Clegg
William Dunn
James Staggs

Written and presented by Paddy O'Connell
Produced by Paul Kobrak
Technical production by Richard Courtice
Sound design by Roy Noy, Tom Chilcot, Alex Short, Adam Palmer, Paul Donovan
Music composed by Sam Hooper

Production Executive – Anne-Marie Byrne
Archive Assistant Producer – Hannah Mirsky

Archive: BBC News, Fremantle, Paddy O'Connell, made in partnership with Imperial War Museums.

Executive Producers - Morgana Pugh and Rami Tzabar

A Wall to Wall Media production for BBC Radio 4

MON 12:00 News Summary (m001zlyq)

The latest national and international news from BBC Radio 4.

MON 12:04 You and Yours (m001zlys)

Suburban Pubs, BBC Proms Tickets, Driving Tests

The way we work has changed in recent years, more of us are working from home full-time or for a few days a week. So is that changing the way we spend our money, and are businesses taking note? Well in a recent announcement Heineken, who run around 2400 pubs in the UK, said they will be re-open and refurbishing around 60 pubs that are predominantly in suburban areas.

Our reporter, Bob Walker, will be investigating how it's not just Heineken that are banking on the revolution in our workplace.

It's been a record year for The Proms, with over 100,000 tickets selling online in the first day. For those that missed out on tickets they not only have the disappointment of missing the event, they also have the frustration of tickets appearing on resale sites for hundreds if not thousands of pounds. We'll be speaking to one music fan that wasn't lucky, and also to a ticketing expert who can tell us what needs to be done to prevent this profiting from ticket reselling.

And are you trying to pass your driving test but having to wait a long time for a date to do it? A recent Freedom of Information Request showed that 45% of test centres have similar or worse delays than before the Covid-19 pandemic. We'll be talking to the CEO of RED Driving School and a driving instructor who has many students ready to take their tests but not slots available for them to take it.

You can contact You & Yours by emailing youandyours@bbc.co.uk or using the hashtag #youandyours

Presenter: Winifred Robinson
Producer: Dave James

MON 12:57 Weather (m001zlyv)

The latest weather forecast

MON 13:00 World at One (m001zlyx)

Nato Secretary General calls for allied weapons to be used inside Russia

Nato's secretary general says allied weapons should be used inside Russia. Also, Keir Starmer lays out Labour's plan in his first major campaign speech.

MON 13:45 Shadow World (m001zlyz)

Thief at the British Museum

Thief at the British Museum: 1. The Man with the Cardboard Box

People have called Dr Ittai Gradel a kind of Sherlock Holmes, if Holmes were Danish and obsessed with gems. He's an antiques dealer with an eye for stolen goods who will help unlock the mystery at the heart of this story.

When Katie meets him in London, he's got something to show her - two ancient gemstones he believes belong to the British Museum.

But this whodunnit begins more than a decade ago as a man with a cardboard box wanders into an antiques market. He has some valuable treasure to sell.

Presenter: Katie Razzall
Producers: Darin Graham, Ben Henderson and Larissa Kennelly
Production Coordinator: Gemma Ashman
Mix and sound design : James Beard
Composer: Jenny Plant
Exec-producer: Joe Kent
Investigations Editor: Ed Campbell
Series Editor: Matt Willis
Commissioning Executive: Tracy Williams
Commissioning Editor: Dan Clarke

Archive: Sky News Australia

MON 14:00 The Archers (m001zly2)

[Repeat of broadcast at 19:00 on Sunday]

MON 14:15 John Finnemore's Souvenir Programme (m001zly4)

2024 Special

This year's show is all about the village John has moved into since last year's show - and the very big, collective decision that they made last night.

Written and presented by ... John Finnemore
Ensemble ... Margaret Cabourn-Smith
Ensemble ... Simon Kane
Ensemble ... Lawry Lewin
Ensemble ... Carrie Quinlan

Original music composed by ... Susannah Pearce
Theme tune arranged by ... Susannah Pearce
Theme tune performed by ... Susannah Pearce & Sally Stares

Studio managers ... Chris Maclean & Jon Calver
Sound design ... Rich Evans
Production coordinator ... Katie Baum
Executive producer ... Richard Morris
Producer ... Ed Morrish

An EcoAudio certified production
A BBC Studios Audio production

MON 15:00 Great Lives (m001zly3)

Mary Portas on Anita Roddick

Dame Anita Roddick started The Body Shop in Brighton as a way to earn a living while her husband was travelling the Americas by horseback. Her idea for ethically-sourced beauty products which were initially sold in urine sample bottles soon flew. The first shop that she began with a £4,000 loan and painted green to disguise the damp on the walls then developed into a global empire which was eventually sold to L'Oréal for £652m in 2006.

Retail consultant and broadcaster Mary Portas has chosen Anita Roddick as her Great Life for her extraordinary creativity, her playfulness and her innovation. She is joined by Anita Roddick's daughter Sam who now works with the Roddick Foundation which distributes some of her fortune to charitable causes. They reflect on how Anita Roddick put principles ahead of profit. She championed cruelty-free beauty and drew inspiration from her international travels to bring exotic-sounding products to the High Street. She pioneered the introduction of creches at work and used her shop windows to promote the environmental campaigns she believed in, leading her to be dubbed the "Queen of Green". They discuss her legacy and ask whether there is still a place for The Body Shop today.

Archive includes Anita Roddick talking on the Nine O' Clock News on 16th April 1984 and from the BBC Life And Times television programme from 2000. It also features Peter Kyle

MP talking about his time working for Anita Roddick on the Political Thinking Podcast from 2003.

Presenter: Matthew Parris
Producer: Robin Markwell for BBC Studios Audio in Bristol

MON 15:30 History's Secret Heroes (p0hm0rk0)

19. The Enigmatic Emily Anderson

Emily Anderson led a double life. This shy musicologist from Galway was also a top codebreaker for the British, whose work would play a crucial role in Allied victory.

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

MON 16:00 Stoppage Time for Scunthorpe (m001zly9)

[Repeat of broadcast at 13:30 on Sunday]

MON 16:30 The Kitchen Cabinet (m001zlyf)

[Repeat of broadcast at 10:30 on Saturday]

MON 17:00 PM (m001zlyc)

Prisons' near to complete chaos'

As the Government presses ahead with its early release scheme, the president of the Prison Governors' Association tells PM about violence and overcrowding behind bars.

MON 18:00 Six O'Clock News (m001zlyf)

He urged voters to back Labour in his first major speech of the election campaign

MON 18:30 I'm Sorry I Haven't A Clue (m001zlyh)

Series 81

Episode 3

The nation's favourite wireless entertainment pays a visit to the King George's Hall in Blackburn. Marcus Brigstocke and Henning Wehn take on Vicki Pepperdine and Tony Hawks with Jack Dee in the chair. Colin Sell provides piano accompaniment.

Producer - Jon Naismith.

A Random production for BBC Radio 4

MON 19:00 The Archers (m001zlyk)

Lilian and Oliver chat as he takes an early bank holiday ride before another busy day. Oliver asks after Alice who is still staying with Ruairi in London. Lilian wishes she could have done more before everything got so out of hand. She feels guilty about encouraging Alice's relationship with Harry. And she fears things might be awkward at The Bull after the crash. Later, Lillian awkwardly broaches the subject of Alice and Fallon with Jolene, who has no problem with her being supportive towards her niece - family is family. Lilian apologises and all is well between them. She insists on helping Jolene with queueing customers.

Vince asks after Fallon and orders a pint of Shires. Jolene offers him a taste of bread beer. He makes Jolene laugh when he asks for a shot of butter as a chaser. He takes a call from Freddie who tells him another customer is missing meat from their order. Jolene overhears, telling Vince that Wayne is also missing some steak from a recent delivery. Freddie gets Casey Meats driver Jason to give him a lift to the customer who complained. Jason's working the bank holiday for the overtime cash: his twin daughters want to go skiing. He asks if Freddie can put a bit more overtime his way. Later in the canteen, they chat. Freddie has to change the subject when he almost lets slip that his family owns Lower Loxley. He's summoned by Vince who tells him that there is no mistake in the online distribution system and they need to get to the bottom of the problem quickly.

MON 19:15 Front Row (m001zlym)

Hay Festival 2024 - Young Adult Fiction

In a special edition of Front Row recorded at this year's Hay

Festival, school children and young people put questions to four giants of Young Adult Fiction.

Anthony Horowitz has written books for both adults and younger readers, but here discusses his iconic creation Alex Rider. Manon Steffan Ros won last year's Carnegie Medal, the first translated book to read the prize having originally been written in Welsh. Alex Wheatle is the author of the hugely popular Crompton Knights series, having written his first novel Brixton Rock in prison. And Frances Hardinge is the only children's author other than Phillip Pullman to win the Costa Prize Book of the Year with the Lie Tree, as well as being the other behind other much loved YA novels including Fly By Night.

Presenter: Tom Sutcliffe
Producer: Ciaran Bermingham

MON 20:00 The Briefing Room (m001zdwv)
How much trouble are UK universities in?

David Aaronovitch and guests discuss the current financial crisis facing UK universities and ask what can be done about it.

Guests:

Branwen Jeffreys, BBC Education Editor
Nick Hillman, Director of The Higher Education Policy Institute
Madeleine Sumption, Director of the Migration Observatory at the University of Oxford and member of the Migration Advisory Committee
Alan Manning, Professor of Economics at the London School of Economics

Production team: Sally Abrahams, Kirsteen Knight, Miriam Quayyum and Ben Carter
Editors: Richard Vadon
Production Co-ordinator: Gemma Ashman
Sound engineers: Neil Churchill

MON 20:30 BBC Inside Science (m001zdwv)
Micro Nuclear Reactors

Guest presented by Liz Bonnin.

As the UK strives to achieve net zero by 2050, nuclear energy is looking more and more likely as a key player in reaching this goal. But it's not just massive power plants like Hinkley point C - there's are newer smaller reactors on the scene: small and micro modular reactors. 100 to 1000 times smaller than a conventional reactor, faster to build, and put together entirely in a factory before being shipped out, theoretically, anywhere: are micro modular reactors the future of nuclear energy or too good to be true? Dean of Engineering at the University of Liverpool, Eann Patterson, has just published a paper proposing a fleet of micro modular reactors to bear the burden of our energy load and he joins us to discuss the reality.

What came first, the chicken or the egg? Science writer, broadcaster and now egg expert Jules Howard joins us to answer this age old question. His book Infinite Life tells the story of how the egg propelled evolution – whether it's bird, insect, or mammal.

This month, scientist Alexandra Freeman's appointment to the House of Lords was announced. With a background in risk and evidence communication, Alexandra tells us why she applied, what she hopes to achieve, and how the public can get involved.

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

MON 21:00 Start the Week (m001zlyc)
[Repeat of broadcast at 09:00 today]

MON 21:45 Café Hope (m001zlyf)
[Repeat of broadcast at 09:45 today]

MON 22:00 The World Tonight (m001zlzp)
Deadly strike on Rafah a tragic mishap, Netanyahu says

Israel's Prime Minister says the deaths of dozens of civilians in an air strike in southern Gaza was a tragic mishap. We hear from an eyewitness and, as international condemnation grows, we get a response from the Israeli government.

Also tonight:

Rishi Sunak and Keir Starmer have been trading blows on the campaign trail - we have the latest.

A rare account from a Ukrainian soldier held captive by Russia.

And the change to plastic bottle caps that's been getting some people in a twist: what's behind the tethered bottle tops - and will it have a positive impact on the environment? We find out.

MON 22:45 Long Island by Colm Toibin (m001zlzr)
1: 'I am not the father.'

Niamh Cusack reads the heartbreaking sequel to Colm Toibin's bestselling novel, Brooklyn, set twenty years on.

Since leaving Brooklyn, Eilis and Tony have built a happy and secure life in Long Island. The future looks good - until one day a stranger knocks on the door, and everything changes.

Feeling very far from home, Eilis starts to question the life she's created. Her questions lead her back to Ireland, and to those she left behind, as she wonders whether it's too late to take a different path?

Author: Colm Tóibín is the author of eleven novels, including Brooklyn, The Master and The Magician, and two collections of stories. He has been three times shortlisted for the Booker Prize. Tóibín was appointed the Laureate for Irish Fiction 2022-2024.
Abridger: Richard Hamilton
Reader: Niamh Cusack is an acclaimed stage and screen Irish actor.
Producer: Justine Willett

MON 23:00 Limelight (m00114tk)
Harland

Harland - Episode 2: Wednesday

Lucy Catherine's supernatural thriller set in the new town of Harland. A girl has disappeared. A sink hole has entirely swallowed her home. DI Ward continues to investigate.

Sarah Ayesha Antoine
Dan Tyger Drew-Honey
Sadie Melissa Advani
Lori Grace Cooper Milton
Jess Lizzie Mounter
Lindsay Jasmine Hyde
Pete Michael Begley
Aldo Sam Dale
DJ Justice Ritchie
Newsreader Joseph Ayre

Sound design by Caleb Knightley
Directed by Toby Swift

MON 23:30 Lights Out (m001g2zm)
Series 5

Accounts and Accountability

Across the course of a single day, a documentary-maker hosts an open-call audition for subjects to star in her next project. Accounts and Accountability offers a dive into the ethics of buying and selling true stories.

With music composed by Eliza Niemi
Sound Recording by Fivel Rothberg
Assistant Producers: Kristine White, Kyle Damiao, Jose Salazar and Emma Rose Brown
Special thanks to Sean Hanley, David Pavlovsky, and Kelly Anderson

Produced by Jess Shane
A Falling Tree production for BBC Radio 4

TUESDAY 28 MAY 2024

TUE 00:00 Midnight News (m001zlzv)
National and international news from BBC Radio 4

TUE 00:30 D-Day: The Last Voices (m001zlym)
[Repeat of broadcast at 11:45 on Monday]

TUE 00:48 Shipping Forecast (m001zlzx)
The latest weather reports and forecasts for UK shipping

TUE 01:00 Selection of BBC World Service Programmes (m001zlzz)
BBC Radio 4 joins the BBC World Service.

TUE 05:20 Shipping Forecast (m001zm01)

The latest weather reports and forecasts for UK shipping

TUE 05:30 News Briefing (m001zm03)
The latest news from BBC Radio 4

TUE 05:43 Prayer for the Day (m001zm05)
Ice cream vans on cloudy days

A spiritual comment and prayer to start the day with Haydon Spenceley

Good morning.

I spent the first portion of my life as something of an eternal student. Some people in my family are still waiting for me to get a proper job. One of the beauties of studying a fair amount was that in the summer time I could spend a good portion of my non-studying time watching cricket. This is not something that everyone enjoys, I know, but there's something calm, rhythmic and almost meditative about some aspects of a County Championship Cricket match that other forms of the game and other sports just can't replicate.

It does us good to draw aside and focus on life at a different speed for a while. I find cricket does that for me, even if my working pattern now means I don't actually get to watch much of it! There's something about the calm and contented hum of spectators around a cricket ground, punctuated by an ice cream van optimistically turning up on a cloudy and windy day which reminds me that productivity and pace isn't everything. There's a good deal more to life.

This, of course is not a universally held or even all that popular opinion. I know this because all around me and often within myself I am reminded that I am not doing enough and what I am doing is not being done fast enough. Except that isn't right, is it? God declares those who love him to be enough just because they are, because he says so, not because of how much or how fast we work or produce things. Perhaps a good reminder for us all as we head into today.

Lord, thank you that I am enough because you declare it to be so. Help me to trust and follow you today.

Amen

TUE 05:45 Farming Today (m001zm07)
Environmentalist Ben Goldsmith blames sheep grazing for turning the UK's National Parks into 'dead zones'.

Neil Heseltine the chair of National Parks England responds, and explains what role he sees for these institutions.

One of the two scientists who was instrumental in creating a back-up vault of the world's crop seeds to protect global food security, explain how it works.

Presented by Charlotte Smith

Produced by Alun Beach

TUE 06:00 Today (m001znlk)
28/05/24 - Emma Barnett and Justin Webb

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

TUE 09:00 Being Roman with Mary Beard (m001zngp)
10. A Bag of Snails and a Glass of Wine

An obscure carved stone dug up from a vineyard in southern Italy tells the story of a pair of publicans- the delightfully named Calidius Eroticus and Fannia Voluptas- and their bawdy adventures in the pub trade. Fans of Frankie Howard, the Carry On films and the sitcom Plebs will instantly feel at home with the Roman sense of humour, but these two characters have so much more to offer than lame jokes and a glass of rough wine- they're our window into the fascinating bar culture of the Romans.

Most urban Romans had neither the facilities nor the time to cook their own food so meals were eaten and drinks drunk from bars. New discoveries at Pompeii reveal the complex stratification of the culture, from the most basic takeaways to dining rooms that mimicked the lifestyles of the rich and famous.

Producer: Alasdair Cross

Cast: Robert Wilfort and Tyler Cameron

Expert contributors: Allison Emmerson, Tulane University, Claire Holleran, Exeter University and Sophie Hay, Archaeological Park of Pompeii

Special thanks to Antonio Valerio of Campi Valerio and Museo Archeologico di Santa Maria delle Monache, Isernia

Translations by Mary Beard

TUE 09:30 All in the Mind (m001zng)

Grief, summer seasonal affective disorder, and anxiety in older people

In this episode, Claudia Hammond goes to the Chelsea Flower Show to speak to garden designer Katherine Holland. She credits gardening with helping to ease her grief following the death of her mother. Her Grief Kind garden features a meeting space with three chairs set around a coffee table, to encourage conversations about grief and will include a rotating display of personal objects symbolising loved ones who have died. Professor Catherine Loveday, a psychologist and neuroscientist from the University of Westminster, joins Claudia in the studio to discuss how objects can help us form links in our brains and remember our loved ones.

Many of us breathe a sigh of relief when the weather warms up and the sun pops out, but one listener actually finds their mood worsens during the summer. Catherine and Claudia discuss the little-known condition of summer seasonal affective disorder (SAD).

Finally, we hear from Professor Andrew Steptoe, a psychologist and epidemiologist from University College London. He heads up the English Longitudinal Study of Ageing, which has been running for 20 years. He has found that older people's anxiety levels have remained high following the pandemic. Claudia and Catherine unpick a few of the issues and stereotypes that some people may face.

Presenter: Claudia Hammond
Producer: Alice Lipscombe-Southwell
Studio Manager: Neva Missirian
Production Coordinator: Siobhan Maguire
Editor: Holly Squire

TUE 10:00 Woman's Hour (m001znlr)

Ruth Jones, Women and renting, Couples who disagree about having children

Ruth Jones is live in the Woman's Hour studio to talk about playing the Mother Superior in a West End production of Sister Act. She discusses getting out of her comfort zone by appearing on stage for the first time since 2018 and working on her fourth novel. Plus what can fans of Gavin and Stacey expect from the Christmas special?

What happens in relationships when one person wants a family and the other definitely doesn't? Is missing out on the chance to have children a deal-breaker? Or do some couples decide to stay together, with one person choosing the relationship over a baby? As BBC Radio 4 drama *The Archers* explores the dynamics between a couple in this situation, Nuala McGovern hears from Joanna Van Kampen who plays Fallon Rogers in *The Archers* and relationship therapist Cate Campbell.

With the cost of renting and living on the rise, housing insecurity is an increasingly harsh reality for many. A survey by Shelter and YouGov found that 54% of women feel that being a renter has held them back. Three young women—Aimee, Rhianon, and Rebecca—talk about the significant challenges they've faced in the rental market, and how this has affected their lives, plans, and sense of stability. Nuala is also joined by Jenny Lamb from Shelter to talk about how to best negotiate renting.

Marina Gibson, a leading female angler who runs the Northern Fishing School in North Yorkshire, has called on the Flyfishers' Club in London to finally open its doors to women. The club, which was established in 1884 and counts the King as a patron, describes itself as a club for gentleman interested in the art of flyfishing. Marina explains why she wants women to be able to join, and how her love of fishing led to a career change.

Presenter: Nuala McGovern
Producer: Olivia Skinner

TUE 11:00 Add to Playlist (m001zdv1)
Series 9

Natalie Duncan and Neil Brand take us on a manic journey

Add to Playlist returns for its ninth series and Jeffrey is joined by a new co-host, the violinist and composer Anna Phoebe.

To kick off the new six-part series, Jeffrey and Anna are joined in the studio by the composer and silent film specialist Neil Brand and jazz singer and composer Natalie Duncan, who create a playlist of five tracks which take us from a manic Monday to Blondie's biggest-selling single, via Sergei Prokofiev's children's masterpiece.

Cerys Matthews is taking a temporary pause from presenting the programme in order to pursue other musical and literary projects.

Producer: Jerome Weatherald
Presented with musical direction by Jeffrey Boakye and Anna Phoebe

The five tracks in this week's playlist:

Manic Monday by The Bangles
The Knight Bus from Harry Potter and the Prisoner of Azkaban by John Williams
Peter and the Wolf: The Duck, Dialogue with the Bird, Attack of the Cat by Sergei Prokofiev
Matte Kudasai by King Crimson
Call Me by Blondie

Other music in this episode:

Mr Vain by Culture Beat
Manic Monday by Apollonia 6
Manic Monday by Prince
Apparition on the Train from Harry Potter and the Prisoner of Azkaban by John Williams
Double Trouble from Harry Potter and the Prisoner of Azkaban by John Williams
I Put a Spell on You by Nina Simone
Move on up a Little Higher by Mahalia Jackson

TUE 11:45 D-Day: The Last Voices (m001znlz)
Episode 2: Out of the Skies

D-Day: The Last Voices brings together a rich collection of historical audio testimonies recorded with those who fought in the invasion of Normandy, alongside extraordinary new interviews with the last surviving veterans, to tell their story of D-Day as it unfolded.

Presented by Paddy O'Connell, each programme charts a distinct chapter of the complex, visceral and moving story of the invasion, from subterfuge and secret planning, to the approach of H-Hour, the landings by air and sea, and on into the battles beyond the beaches.

Commissioned as a collaboration with D-Day: The Unheard Tapes for BBC Two, and drawing on the same longitudinal access and research, the series tells the story of D-Day through the last voices of those who lived it, leading us through their personal experiences of the invasion. Supported by the historical recordings of those who were there with them – this is their story, told in their own words.

As night falls on 5th June 1944, 18,000 men ready themselves to leave Britain and embark on their missions. They will be the first in behind enemy lines on D-Day.

In parachutes, planes and gliders, they set off, and approach the Normandy coast as night gives way to the early hours of 6th June, marking the beginning of D-Day itself. Dropping in their thousands, many find they land far from their targets, alone, wounded or dying as their parachutes become waterlogged in flooded fields.

12,000 aircraft drop them in, and pilots and soldiers within with those aircraft lead us through the story, some of whom make the jump, describing in visceral and revealing detail how dangerous and tense their mission was.

At the Bénouville Bridge on the Orne Canal, later known as "Pegasus", a glider breaks apart as it lands and Major John Howard, Eddie Edwards and Wally Parr from the British Airborne recount their crash landing. Taking targets like this bridge is an essential part of the operation, for protecting the wider invasion zone and the beaches. In just a few short hours, the biggest amphibious landing in history will commence.

Featuring:
Geoffrey Weaving
Bernard Morgan
Marie Scott
Joe Cattini
Ray Nance
Terence Otway
Des O'Neill
Eddie Edwards
John Howard
Wally Parr
Victor Newcomb
Nat Hoskot
Warwick Nield-Siddall
William Dunn

Written and presented by Paddy O'Connell
Produced by Paul Kobrak
Technical production by Richard Courtice
Sound design by Roy Noy, Tom Chilcot, Alex Short, Adam Palmer, Paul Donovan

Music composed by Sam Hooper

Production Executive – Anne-Marie Byrne
Archive Assistant Producer – Hannah Mirsky

Archive: The D-Day Story Portsmouth, BBC News, Paddy O'Connell, made in partnership with Imperial War Museums.

Executive Producers - Morgana Pugh and Rami Tzabar

A Wall to Wall Media production for BBC Radio 4

TUE 12:00 News Summary (m001znm4)
The latest national and international news from BBC Radio 4.

TUE 12:04 You and Yours (m001znm)
Call You & Yours: Local Spending

Call You & Yours Are you spending more money locally, and on what?

Shopping closer to home is a legacy of the pandemic. Working from home is part of it but so is loyalty to local traders.

Have your shopping habits changed? Are you spending less money in towns and city centres and more on your doorstep?

You can email us about that now. To youandyours@bbc.co.uk - and please add your phone number so we can call you back.

From 11am on Tuesday you can call us on 03700 100 444.

Presenter: Winifred Robinson

Producer: Kevin Mousley

TUE 12:57 Weather (m001znmj)
The latest weather forecast

TUE 13:00 World at One (m001znm)
Conservatives promise a 'Triple Lock Plus' for pensioners

We examine the Conservative party's pledge for pensioners, and hear from Rishi Sunak's constituents in North Yorkshire. Plus, the latest from Rafah.

TUE 13:45 Shadow World (m001znm)
Thief at the British Museum

Thief at the British Museum: 2. White Paper Dots

A mysterious seller appears with a seemingly endless supply of ancient, precious gems at bargain prices. Collector and dealer Itai Gradel snaps them up. But then a strange series of events starts to unfold.

From his home in rural Denmark, Itai becomes suspicious about what is happening hundreds of miles away at the heart of the British Museum.

Presenter: Katie Razzall
Producers: Darin Graham, Ben Henderson and Larissa Kennelly
Production Coordinator: Gemma Ashman
Mix and sound design: James Beard
Composer: Jenny Plant
Exec-producer: Joe Kent
Investigations Editor: Ed Campbell
Series Editor: Matt Willis
Commissioning Executive: Tracy Williams
Commissioning Editor: Dan Clarke

TUE 14:00 The Archers (m001zlk)
[Repeat of broadcast at 19:00 on Monday]

TUE 14:15 Drama on 4 (m001znmw)
Flixborough 74

By Helen Cross. Real-life interviews and drama combine to mark fifty years since the Nypro disaster, in the small village of Flixborough in North Lincolnshire.

At 4.53pm on 1st June 1974, an explosion 'of warlike dimensions' silenced the nearby town of Scunthorpe. One of the UK's worst ever chemical explosions, it turned the Nypro chemical plant at Flixborough into a wasteland, burning for ten days and scorching surrounding fields. Two hundred houses were destroyed, over a thousand properties damaged and sending a toxic gas cloud drifting towards Yorkshire. Thirty-six people were seriously injured and twenty-eight men died.

This drama-documentary interweaves the testimony of people who were directly affected by the disaster with a fictionalised

reconstruction of key preceding events.

Everyone in Scunthorpe – and for fifty miles around - knows exactly where they were when Nypro went up. The writer and producer both lived nearby as children. They both heard the explosion and remember the trauma of its aftermath on local people. The disaster shocked the nation, and led to extensive, hitherto unacceptably strict developments in health and safety legislation.

Pete and Les are trying to restart the reactors at the Nypro chemical works when they notice a rise in pressure. Peggy and Arlene are having fun at the Appleby-Frodingham Steel Gala, unaware of how their world is about to change.

Les...John Godber
Peggy...Jane Thornton
Arlene...Martha Godber
Pete...Peter Caulfield
Sports Commentator...James Hoggarth
Narrator...Helen Cross
Sound Design...Mary Ward-Lowery and Ilse Lademann.
Music by Ben Nicholls.
Director...Mary Ward-Lowery

We would like to thanks Paul and Joyce Freear, Andrew Green, Margaret and David Humphries and Ian Johnson for their generous assistance in the making of this programme.

TUE 15:00 Short Cuts (m001zmn0)

Lost

Evaporating answers, mysterious music and disappearing dialects - Josie Long presents short documentaries about things in danger of becoming lost.

Pot-8-Toes
Featuring Billy Butler and Wally Scott
Originally broadcast in Hold Your Plums on Radio Merseyside

A Corner Seat in a Smoker. Facing the Engine
Produced by Robin the Fog

Echoes of Cockney
Produced by James Trice

Panchiko
Produced by Tom Whalley

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

TUE 15:30 Thinking Allowed (m001znn4)

Garden Utopias

Garden Utopias: Michael Gilson, Associate Fellow of the School of Media, Arts and Humanities, University of Sussex, takes Laurie Taylor behind the privet hedge, to explore the suburban garden and the beautification of Britain. How did millions of British people develop an obsession with their own cherished plot of land? Although stereotyped as symbols of dull, middle class conformity, these gardens were once seen as the vanguard of progressive social change, a dream of a world in which beauty would be central to all of our lives.

Also, JC Niala, anthropologist, allotment historian and writer, discusses 36 months of fieldwork on allotment sites and guerrilla gardened streets across Oxford and suggests these are places where urban gardeners imagine, invent, and produce a hopeful future within their city.

Producer: Jayne Egerton

TUE 16:00 Michael Sheen Gets Into Character (m001znn8)

Fragility

Michael Sheen explores the strange art of acting.

Today, there's a lot of talk about the "fragility" of young actors and audiences. But has that fragility always existed? And is it in fact necessary to the task of getting into character?

In the final installment of this series, Michael finds out what it's like to be a young actor today, in an industry that has changed so much since he started out.

As the world of acting evolves, are the teachings of Stanislavski and Adler still relevant? Mia McKenna-Bruce is a 26 year old actress who has never been to drama school but has just won a BAFTA. She tells Michael how she developed her own unique way of getting into character. Meanwhile, Brandon Grace remembers his struggle to break into drama school as a working class actor.

On-set therapists and intimacy co-ordinators are becoming the

new normal. Many actors and directors worry that these mediators will dampen "the spark." Dramatherapist Lou Platt tells us how an actor getting in touch with their inner child helped them to learn their lines, while intimacy co-ordinator David Thackeray explores the freedom of performance that can be found within the choreography of movement.

Produced by Alice McKee for BBC Audio.

TUE 16:30 When It Hits the Fan (m001znm0)

General Election PR strategy and the Post Office Horizon IT Inquiry

David Yelland and Simon Lewis debate the first of a series of PR reviews into the up and coming general election. Starting with Rishi Sunak's announcement in the rain last week, they'll be looking at how the parties launched their campaigns, their use of campaign videos and slogans, and how and when the press decide to take sides.

They also discuss how PR has been put on the stand at the Post Office Horizon IT Inquiry.

New to When It Hits The Fan, if you have a "Quick Wins" question for Simon and David about managing your personal PR, send them a voice note on WhatsApp with the word "Fan" to +44 3700 100444 followed by your question.

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

TUE 17:00 PM (m001znnj)

PM introduces its General Election Tombola, picking some of the constituencies it will visit during the campaign. Also, cloud measuring and the latest on the Trump trial.

TUE 18:00 Six O'Clock News (m001znnn)

Many displaced Palestinians are still sheltering in Rafah from the conflict

TUE 18:30 Joe Lycett's Obsessions (m000czy3)

Series 2

Clara Amfo and Carol Kirkwood

Joe Lycett's second series, exploring the nation's weird and wonderful obsessions by getting to know a selection of famous and not so famous guests.

Joining him on the sofa is weather presenter Carol Kirkwood, who shares her obsession with a cat called Donald, whilst Radio 1 DJ Clara Amfo reveals her love of trainers.

Joe also welcomes members of the public to share their secret passions, as well as this week's VOP (very obsessed person), Paul Fraine, who introduces Joe to the world of Live Action Role Play.

Written and performed by Joe Lycett.

With material from James Kettle and additional material from Catherine Brinkworth and Kat Sadler.

Produced by Suzy Grant.

A BBC Studios Audio production for BBC Radio 4, first broadcast in January 2020.

TUE 19:00 The Archers (m001zng4)

Lynda and Robert are in the attic sorting through some of the Edwardian furniture her mother left them. She wants to bring some down from there, but there's barely enough room with all the things they're already using. She spots a chest of Robert's father's military memorabilia, including the medal he tried to give to Freddie. There should be an event in Ambridge to mark the 80th anniversary of D-Day, says Linda. And she has an idea. Over tea on the lawn she suggests that they have a living history museum evening at Ambridge Hall. Robert will start with an account of the D Day landings. Then visitors can watch demonstrations of different aspects of the war. Chelsea could do wartime hairstyles and fashions, and Tony or Pat talk about wartime foods. Fallon could do Blitz baking! At the Tearoom with Robert, Lynda broaches the subject. Chelsea is keen and Fallon recalls a great aunt who served in Egypt during the war.

Lilian asks Jakob to take a look at a horse called Cinnamon, a new arrival at the Stables, who is a bit under the weather. But Lilian can't find his stables contract, which Alice would have filled in. It has details of his health and vaccinations. When they go to see Cinnamon – who following protocol for new arrivals is still in the quarantine field - they notice he's not in a good way: lethargic and not wanting to lift his head. Jakob is going to

send off some samples for tests. It doesn't look good, but they'll have to wait for the results to come back.

TUE 19:15 Front Row (m001zms)

Bernard Butler, Kafka, Benedict Cumberbatch

Hollywood star Benedict Cumberbatch talks about his new series Eric, where he plays a troubled puppeteer in 80s New York whose life and marriage unravel when his young son disappears and the only help he has to find him is from a giant imaginary monster who follows him everywhere. Created by British screenwriter Abi Morgan, the show opens on Netflix on Thursday.

Bernard Butler's first solo album in 25 years - Good Grief - is released on 31st May. He plays his latest single and reflects on a career that has involved highly successful collaborations with an eclectic range of artists including Duffy, Jessie Buckley, Tricky and The Libertines.

100 years after his death, Franz Kafka's papers are on display at a new exhibition at the Bodleian Library in Oxford. The curator Carolin Duttlinger discusses Kafka's ongoing significance with the novelist Joanna Kavenna.

Presenter: Samira Ahmed
Producer: Torquil MacLeod

TUE 20:00 File on 4 (m001zdzk)

Detained and Restrained: Britain's Vulnerable Kids

The most senior family court judge in England has described the growing use of Deprivation of Liberty orders for vulnerable children as a 'crisis.' File on 4 hears from young people who were held under the order supposedly for their own safety. But they say they were under constant supervision, denied access to their phones and the internet and kept away from their families. Some say they were subjected to physical restraints and even supervised when they were having a shower. And one teenager who was on a Deprivation of Liberty order tells the programme he preferred being in prison.

Reporter: Ashley John-Baptiste
Producer: Phil Marzouk
Technical Producer: Craig Boardman
Production coordinator: Ellie Dover
Editor: Carl Johnston

TUE 20:40 In Touch (m001znnw)

Accessibility of Ticketmaster and Sonos Speakers

Technology often supports blind and visually impaired people to achieve independence. However, the process can also work in reverse - hindering rather than helping. We speak to listeners about their experience of booking to see their favourite acts using Ticketmaster.

And is an update to an app always good news? Maybe not if you're a blind user of Sonos speakers. We look at what's caused the upset and hear what Sonos is doing to put things right.

Presenter: Peter White
Producer: Beth Hemmings/Fern Lulham
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.

TUE 21:00 The Law Show (m001zdr2)

Protest, Lasting power of attorney and the Green belt

Weekly conversation led by Dr Joelle Grogan that gives you an in-depth understanding of the law stories making the news and the legal decisions that could have a bearing on everyone in the UK. Whether it's unpicking a landmark legal ruling, explaining how laws are made or seeking clarity for you on a legal issue, The Law Show will be your guide.

This week:

Protest law has been tightened up a lot in the last year, giving the police more leeway to stop disruption. But parts of the new powers have now been deemed unlawful by the High Court. So what is and isn't legal when it comes to protest? And how should the police handle protesters? Joelle explores all this with barrister Dr Sam Fowles and with Andy Walker from the College of Policing.

Is it legal to build on greenbelt land? Campaigners in Greater Manchester are taking legal action after Bury council announced plans to build 1500 homes on greenbelt.

And: why you may need a "Lasting Power of Attorney", even if you're married. If your spouse were to be incapacitated, being next of kin is not enough to make financial or health decisions about them. Social media's "legal queen", solicitor Tracey Maloney, talks us through how and when to get an LPA.

Producers: Ravi Naik and Arlene Gregorius
Editor: Tara McDermott
Production coordinator: Maria Ogundele

TUE 21:30 The Bottom Line (m001zmy)
The Decisions That Made Me A Leader

The Decisions That Made Me A Leader: The Depop Story

Simon Beckerman is the founder of Depop, a platform where people can buy and sell pre-loved fashion, it currently has around 35 million registered users. He sold the company to Etsy for £1.25 billion in 2021.

Simon grew up in Italy to British and Italian parents who he describes as rebels in their own way and even as a teenager he knew he had to build his own business because 'I was unemployable'

His latest business, is DELLI a food app connecting independent retailers with consumers.

Evan asks about the key personal and business-related decisions that got him to where he is today.

The Decisions That Made Me A Leader is a mini-series from The Bottom Line. It features one-on-one interviews with entrepreneurs and business leaders, including Duncan Bannatyne, Martha Lane Fox, and the boss of Depop, Simon Beckerman. All of these episodes are available on BBC Sounds and you can also watch them on BBC iPlayer. To find the series, just search: The Decisions That Made Me A Leader. You can also watch the series on BBC iPlayer. To find the series, just search: The Decisions That Made Me A Leader.

Host: Evan Davis
Producers: Paige Neal-Holder and Farhana Haider
Assistant Editor: Matt Willis
Senior News Editor: Sam Bonham
Commissioning Editor: Hugh Levinson

A BBC News Long Form Audio production.

TUE 22:00 The World Tonight (m001znp0)
Diane Abbott has Labour whip restored

The BBC has been told that Diane Abbot, the UK's first black female MP, has been allowed back into the Parliamentary Labour party after race row probe, but will she stand in the election?

Also in the programme:

As Israeli tanks reach the centre of the southern Gaza city of Rafah, there are reports of an attack on a camp for displaced Palestinians in the west of the city. We hear from a British doctor in the area about the worsening conditions there.

And, how AI is helping to find a female partner for a lonely male tree?

TUE 22:45 Long Island by Colm Toibin (m001znp2)
2: 'I'm going to Ireland.'

Niamh Cusack reads the long-awaited and heart-breaking sequel to Brooklyn, set twenty years on.

Since leaving Brooklyn, Eilis and Tony have built a happy and secure life in Long Island. The future looks good - until one day a stranger knocks on the door, and everything changes.

Feeling very far from home, Eilis starts to question the life she's created. Her questions lead her back to Ireland, and to those she left behind, as she wonders whether it's too late to take a different path?

Today: when her mother-in-law threatens to adopt Tony's illegitimate baby, Eilis feels herself being called back to Ireland...

Author: Colm Tóibín
Abridger: Richard Hamilton
Reader: Niamh Cusack
Producer: Justine Willett

TUE 23:00 Uncanny (m001znp4)

Series 4

S4. Case 5: The Mystery of Willow Creek

Alaskan huntsman Fred and his cousin and uncle are trapped in a cabin in the Alaskan wilderness, seemingly surrounded by terrifying creatures, resembling the local folk stories about Bigfoot or "the Hairy Man". Can they escape with their lives?

Also, Danny ventures to Humboldt County, site of some of America's most famous alleged Bigfoot sightings, to talk to resident Native Americans about their ancient beliefs in these creatures and their own experiences. Is this a great American myth or could there really be a secret, undetected species living in the USA?

Written and presented by Danny Robins
Experts: Deborah Hyde and Lyle Blackburn
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 Lights Out (m000p6gc)

Series 3

How Do You Sleep at Night?

A dreamlike glimpse at our collective consciousness in this documentary composed entirely of questions.

Featuring Caroline Bird, Ross Sutherland, Axel Kacoutié, Rachel Long, Juliet Jacques, Melissa Harrison, Pejk Malinowski, Rikke Houd, Jazmine Green, Sara Brooke Curtis, Rebecca Tamás, Joe Dunthorne and Bertie Warnsley.

Produced by Eleanor McDowall
A Falling Tree production for BBC Radio 4

WEDNESDAY 29 MAY 2024

WED 00:00 Midnight News (m001znp6)
National and international news from BBC Radio 4

WED 00:30 D-Day: The Last Voices (m001znlj)
[Repeat of broadcast at 11:45 on Tuesday]

WED 00:48 Shipping Forecast (m001znp8)
The latest weather reports and forecasts for UK shipping

WED 01:00 Selection of BBC World Service Programmes (m001znpb)
BBC Radio 4 joins the BBC World Service.

WED 05:20 Shipping Forecast (m001znpd)
The latest weather reports and forecasts for UK shipping

WED 05:30 News Briefing (m001znpq)
The latest news from BBC Radio 4

WED 05:43 Prayer for the Day (m001znpj)
The history of disability

A spiritual comment and prayer to start the day with Haydon Spenceley

Good morning.

I have loved history all my life. I used to be good at remembering dates of kings and queens, rulers, wars and battles in medieval times. All the sorts of things that we get taught about through school. Later on I got to be more interested in social history, what made people tick in times past, who they were, how towns and cities developed, that sort of thing. At once both a bit esoteric but also crucially important to and how we are who we are today. Human beings have always fundamentally had similar natures even if we view things differently in each generation.

I'm regularly reminded for instance, that this is one of the first generations that I as a disabled person in the UK have been mostly physically safe and likely to live in an inverted commas

normal way in all of our history. That's a bit mad (and scary) when you think about it, isn't it? And something that we must work hard to maintain, for the future.

The point of history for me is to learn well for today and live well today and to set the right tone for tomorrow. There has been wisdom in the past as well as failure and we do well to listen and to learn to both.

If we've failed in the past we can feel like that is what defines the story of our lives. But it doesn't have to. All of us have failed and fallen short both of God's glory and God's best for us. But there is hope. Asking for help, for mercy, and the chance to live and learn from the past into the present and the future is a good way to start today.

Thank you for the good, the bad and the ugly in my history, for all I have learned and all I am yet to learn. Help me to learn to trust and follow your way today.

Amen

WED 05:45 Farming Today (m001znpj)
29/05/24 - A new National Park for Scotland, horned cattle and biofluorescence

Scotland is to get at least one new national park - due to be designated in 2026. Groups in Tay Forest, Loch Awe, Lochaber, Galloway, and the Borders have now submitted formal bids for the Scottish Government to consider...but not everyone's keen on the idea.

Farming traditional native breed cattle with horns, like Gloucester's and Longhorns, is becoming increasingly difficult because abattoirs don't have the facilities to deal with those horns. We hear from one farmer who says his herd of 80 longhorns may no longer be viable.

And we head out on a night time, biofluorescence safari to see the natural world in a whole new light.

Presented by Caz Graham
Produced for BBC Audio in Bristol by Heather Simons

WED 06:00 Today (m001znl1)
29/05/24 – Justin Webb and Emma Barnett

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

WED 09:00 More or Less (m001zmbf)
UK growth, prisons and Swiftonomics

Prime Minister Rishi Sunak has said that the UK economy is growing faster than Germany, France and the US, while Labour says the typical household in the UK is worse off by £5,883 since 2019. Are these claims fair? We give some needed context.

Net migration has fallen - we talk to someone who predicted it would - Dr Madeleine Sumption, director of the Migration Observatory at the University of Oxford.

Is Taylor Swift about to add £1 bn to the British economy as some media outlets have claimed? The answer is 'No'.

Why are our prisons full? We ask Cassia Rowland from the Institute for Government.

Presenter: Tim Harford
Producers: Charlotte McDonald, Nathan Gower, Bethan Ashmead Latham and Ellie House
Series producer: Tom Colls
Sound mix: Neil Churchill
Production coordinator: Brenda Brown
Editor: Richard Vadon

WED 09:30 Intrigue (m001z75g)
To Catch a Scorpion

To Catch a Scorpion: 3. Satisfaction Guaranteed

It's already late when the BBC team get a tip off that Scorpion's network of complicit lorry drivers might be operating from a new pick-up point. They stay hidden as events unfold.

Barzan Majeed - codenamed Scorpion - leads the Scorpion gang. He's on international most-wanted lists. He started his criminal career in Britain and went on to build a smuggling empire which now spans the globe.

An international police surveillance operation trapped more than 20 of his gang and almost netted Scorpion himself, but he was tipped off and escaped. BBC journalist, Sue Mitchell, and former soldier and aid worker, Rob Lawrie, team up to try to do

what the police have been unable to achieve: to find Scorpion, to speak to him, to ask him to account for his crimes and to seek justice to those families he has harmed.

Their investigation takes them to the heart of an organised criminal gang making millions from transporting thousands of migrants on boat and lorry crossings that in some cases have gone dangerously wrong, causing serious injury and putting lives at risk. They witness his operation in action and record as intense situations unfold, where vulnerable people desperate for a better future, put their lives in the hands of ruthless and dangerous criminals.

To Catch a Scorpion is a BBC Studios Audio Production for BBC Radio 4 and is presented and recorded by Sue Mitchell and Rob Lawrie.

The series is produced by Sue Mitchell, Winifred Robinson and Joel Moors

The Editor is Philip Sellars

Commissioning Editor is Daniel Clarke

Commissioning Exec Tracy Williams

Assistant Commissioner Podcasts/Digital, Will Drysdale

Original music is by Mom Tудie

and Sound Design is by Tom Brignell

WED 10:00 Woman's Hour (m001zfnf)

Hadestown creator Anaïs Mitchell, Perfume's Darkest Secrets, the return of Loaded magazine

Top perfume brands may have the "worst form of child labour" in their jasmine supply chains, a BBC Eye investigation reveals. Jasmine is considered to be one of the most valuable ingredients in some of the world's most iconic perfumes. Nuala McGovern is joined by BBC Eye correspondent Heba Bitar and producer/director of the documentary: Perfume's Darkest Secrets, Natasha Cox.

Grammy and Tony award-winning songwriter Anaïs Mitchell is the creator of the musical Hadestown – a genre-defying retelling of the Orpheus and Eurydice myth blending folk music and New Orleans jazz. With productions on Broadway and now at the Lyric Theatre in London, Anaïs performs live in the Woman's Hour studio and talks to Nuala about the origins and impact of Hadestown.

The 'lad's mag' Loaded is back - with Liz Hurley once again on the cover. Sarah Dittum, journalist and author of 'Toxic: Women, Fame and The Noughties', joins Nuala to give her reaction.

In our series of hobbies you've restarted after decades, we hear from Rosie, who rediscovered her childhood roller skates whilst clearing out her parents' house. Now, she does regular roller skating lessons, and absolutely loves it. She tells our reporter Sarah Swadling all about it.

What do you know about Nan Shepherd? The Scottish author, poet and naturalist has helped shape Scotland's recent literary history with her work. A new play, Nan Shepherd: Naked and Unshamed, explores her life and legacy at the Pitlochry Festival Theatre. The play's writer, Ellie Zeegan joins Nuala to discuss Nan's legacy.

Presenter: Nuala McGovern

Producer: Lottie Garton

WED 11:00 File on 4 (m001zg5q)

Long Covid: Mind Over Matter?

There are some two million people with long Covid in the UK - and most of them - around one and a half million - have symptoms that interfere with day to day activities. Fatigue, breathlessness, heart palpitations and severe dizziness are just some of the conditions people experience.

Currently there's no test for long covid and it could be years before we know for sure how best to treat the condition. This struggle to get help is leaving some very unwell people desperate - and willing to try anything to get better. There are treatments to wash your blood, high pressure oxygen chambers normally used by deep sea divers. A rainbow of supplements. All with varying degrees of evidence. And perhaps most strongly dividing opinion - programmes that claim to retrain long Covid patients' brains to stop their symptoms. They say they can help people recover from illness by rewiring the brain using techniques to influence physical changes in the body. Rachel Schraer - the BBC's health and disinformation correspondent - hears from people with long Covid who say the programmes didn't work and in some cases made them feel worse. Others say they fully recovered.

Reporter: Rachel Schraer

Producer: Paul Grant

Technical producers: Cameron Ward and Nicky Edwards

Production co-ordinator: Tim Fernley

Editor: Carl Johnston

WED 11:45 D-Day: The Last Voices (m001zfnr)

Episode 3: Over the Sea

D-Day: The Last Voices brings together a rich collection of historical audio testimonies recorded with those who fought in the invasion of Normandy, alongside extraordinary new interviews with the last surviving veterans, to tell their story of D-Day as it unfolded.

Presented by Paddy O'Connell, each programme charts a distinct chapter of the complex, visceral and moving story of the invasion, from subterfuge and secret planning, to the approach of H-Hour, the landings by air and sea, and on into the battles beyond the beaches.

Commissioned as a collaboration with D-Day: The Unheard Tapes for BBC Two, and drawing on the same longitudinal access and research, the series tells the story of D-Day through the last voices of those who lived it, leading us through their personal experiences of the invasion. Supported by the historical recordings of those who were there with them – this is their story, told in their own words.

As the landings begin on all five beaches, the first waves of men approach the shores of Normandy in landing craft. For many of the young soldiers on both sides, this is the first time they have seen action, and the closer the shore comes, the more excitement is replaced with terror.

At Omaha, the American landing craft are carried off course by strong currents. Worse still they discover that the pre-invasion naval bombardment has largely missed the German bunkers. Men see their friends gunned down before they even step foot on the shore. British Commandos peddle bicycles from Sword beach to act as reinforcements, and tank commanders describe scenes of untold terror on the beaches as they try to cross the sand.

Finally, movement off the beaches seems possible, but as the Allied Forces move off the beaches and into the Normandy countryside, danger lurks at every turn.

Featuring:

Don Duffield-Abdy

Bernard Morgan

Joe Cattini

Jim Glennie

Geoffrey Weaving

Ted Batley

Ray Nance

William Dunn

James Kelly

Stanley Scott

Ray Nance

James Sink

Warwick Nield-Siddall

John Clegg

Bill Millin

Written and presented by Paddy O'Connell

Produced by Paul Kobrak

Technical production by Richard Courtice

Sound design by Roy Noy, Tom Chilcot, Alex Short, Adam

Palmer, Paul Donovan

Music composed by Sam Hooper

Production Executive – Anne-Marie Byrne

Archive Assistant Producer – Hannah Mirsky

Archive: Fremantle, BBC News, Paddy O'Connell, made in partnership with Imperial War Museums.

Executive Producers - Morgana Pugh and Rami Tzabar

A Wall to Wall Media production for BBC Radio 4

WED 12:00 News Summary (m001znft)

The latest national and international news from BBC Radio 4.

WED 12:04 You and Yours (m001znfv)

Train Tickets, Cazoo and Family Planning

Where do you get the best price on your train tickets? A new survey has drawn attention to the fact that train operators can withhold the best ticketing options from third party ticketing services.

Citizens Advice say they receive a complaint about a used car every three minutes. So, how can you protect yourself when buying a second-hand car? We speak to a listener trying to claim on the warranty of a car bought through an online dealer that is now in administration, and hear some tips on what to look out for when buying in the second-hand market.

Marks and Spencer has gone from penny bazaar to one of the country's retail giants. Our reporter heads to Leeds to visit the company's archives and see how it preserves its 140 year

history.

Are you heading off on your summer holiday soon? We look at a report that suggests more people are claiming back VAT on purchases made abroad.

And we hear how the cost of living crisis is impacting family planning.

PRESENTER: WINIFRED ROBINSON

PRODUCER: CHARLIE FILMER-COURT

WED 12:57 Weather (m001znfy)

The latest weather forecast

WED 13:00 World at One (m001zng0)

Diane Abbott's career in the balance

Diane Abbott's political career hangs in the balance - will she stand for Labour again? Plus South Africa votes, thirty years since the end of Apartheid.

WED 13:45 Shadow World (m001zng2)

Thief at the British Museum

Thief at the British Museum: 3. Lightbulb Moment

For Ittai, the clues finally fall into place. Has he identified the thief?

Ittai Gradel long suspected someone was selling ancient gems that once belonged to the British Museum. But he had no idea when they were stolen or by whom.

Now a startling discovery leads him to believe the thefts are recent and that the thief is someone in a position of trust.

Presenter: Katie Razzall

Producers: Darin Graham, Ben Henderson and Larissa Kennelly

Production Coordinator: Gemma Ashman

Mix and sound design : James Beard

Composer: Jenny Plant

Exec-producer: Joe Kent

Investigations Editor: Ed Campbell

Series Editor: Matt Willis

Commissioning Executive: Tracy Williams

Commissioning Editor: Dan Clarke

WED 14:00 The Archers (m001zng4)

[Repeat of broadcast at 19:00 on Tuesday]

WED 14:15 The Interrogation (m000712n)

Series 7

Evie

Roy Williams' contemporary crime drama. D.I. Max Matthews and D.S. Sean Armitage pride themselves on their confounding interrogation technique, but nothing has prepared them for Evie.

Cast

Max Kenneth Cranham

Sean Alex Lanipekun

Evie Marcia Warren

Ronald Sean Baker

PC Jones Helen Clapp

Writer Roy Williams

Music David Pickvance

Director Jessica Dromgoole

Producer Mary Peate

WED 15:00 The Law Show (m001zng6)

Assisted dying, County court judgments, Drill music and ... nakedness

Weekly conversation led by Dr Joelle Grogan about the law stories making the news and the legal decisions that could have a bearing on everyone in the UK. Whether it's unpicking a landmark legal ruling, explaining how laws are made or seeking clarity for you on a legal issue, The Law Show will be your guide.

This week:

Assisted dying. Jersey, the Isle of Man, and Scotland are all taking steps towards making it legal to help someone die, in very specific and limited circumstances. It's currently a crime punishable by 14 years' imprisonment in England, Wales and Northern Ireland. Dr Joelle Grogan is joined by Professor Emily Jackson of the LSE, a specialist in medical law, and by barrister Dr Charlotte Proudman to navigate the law around assisted dying and to explain the differences between assisted

suicide and euthanasia.

Is there a point to county court judgements if they can't be enforced? Social media's "legal queen", solicitor Tracey Maloney, answers a question from a listener, who got a county court judgment against a builder, but still hasn't got her money back.

Art or evidence? Drill music, with its sometimes violent-sounding words, has been used by the prosecution in criminal trials to help paint a picture of the defendants as gang members. But is it fair to claim lyrics like "try deadin' him" are proof of criminal intent, or are these words just fiction? Senior criminal barrister and co-founder of the "Art not Evidence" campaign Keir Monteith KC argues that drill is being used unfairly against Black boys and young men. The Crown Prosecution Service insists that they "would not use this evidence if it was not relevant."

And a listener asks: is it legal to sunbathe naked in your garden?

Producers: Ravi Naik and Arlene Gregorius
Editor: Tara McDermott
Production co-ordinator: Maria Ogundele

WED 15:30 The Artificial Human (m001zng8)
Can AI Look After Me in Old Age?

Artificial Intelligence is in our homes, schools and workplaces. What does this mean for us?

In 'The Artificial Human,' Aleks Krotoski and Kevin Fong set out to 'solve' AI. Or at the very least, to answer our questions about it. These are the questions that really matter to us - is AI smarter than me? Could AI make me money? Will AI save my life? They'll pursue the answer by speaking to those closest to the forefront of AI-related innovation. By the end of each programme, the subject will be a little clearer - for us, and for themselves.

In this episode, listener Val wants to know: 'Can AI look after me in old age?'

Val has experience of looking after elderly relatives, and she's aware that it can take its toll. It's made her reflect on what her own future might look like. Will AI be able help her to be independent for longer? And if so, how?

Aleks and Kevin don't have all the answers, but they bring intelligence, curiosity and wit to the journey, seeking out the facts for us and speaking to those who are currently shaping our AI futures. This is very much a shared journey to get to the bottom of our deepest hopes and fears about these world changing technologies.

WED 16:00 The Media Show (m001zngb)

Is this the TikTok election?

A week into the election, we explore party control of the media message and the gaffes that happen when things go wrong. We hear live from the Labour battle bus, talk to Boris Johnson's former social media strategist and look at the way the different campaigns are crafting their message on TikTok.

Shona Ghosh, Senior Editor, Bloomberg; Martha Lane Fox, former Board Member, Twitter/X; Katy Balls, Political Editor, The Spectator; Sean Topham, Co-Founder, Topham Guerin; Jessica Elgot, Deputy Political Editor, The Guardian; Timandra Harkness, writer and author of Technology is Not the Problem; Sam Jeffers, Executive Director, Who Targets Me

WED 17:00 PM (m001zngd)

PM is live from Derby, as the General Election Tombola picks its first destination. In other news, Gareth Southgate's fashion overhaul and the latest from the Trump trial.

WED 18:00 Six O'Clock News (m001zngg)

Tzachi Hanegbi also said Israel now ran the majority of the border between Egypt and Gaza

WED 18:30 Robin Ince's Reality Tunnel (m001ngwk)
Fossils of the Mind

In the first of his two-part series Robin talks about love, books, and his love of books. He explores how we sometimes find it difficult to express our love and shares stories of the delight he's experienced on his travels. It is also a cautionary tale, warning of the dangers of not sharing praise and admiration before it's too late.

Escaping the confines of The Infinite Monkey Cage, comedian Robin Ince takes us on a journey through his Reality Tunnel in his second two-part stand-up series, recorded specially for Radio 4.

For over 30 years Robin Ince has been discharging fascinating thoughts, unusual knowledge, and infectious excitement into the universe. Over this time, these disparate, dusty specs of information have steadily clumped together and formed into an entity known as the 'Reality Tunnel'.

Previously, Robin's live appearances have only been visible to those astute enough to be tracking his trajectory; those with a keen enough eye to catch a fleeting glimpse of him as he twinkles through their orbit, emitting his ideas, shedding light on the human condition, before vanishing again into the distance. But now, using specialist recording tools and fancy editing, this phenomenon has been captured in high resolution audio for all to hear.

Praise for series 1
- "I was practically in tears of joy and wonder. I found it deeply moving and profoundly comforting"
- "It is a thing of beauty and joy and a thing for me amid an ocean of things that aren't!"
- "it's good to know I'm not the only one with those 'thoughts'"

Writer / Performer ... Robin Ince
Voice Over ... Cody Dahler
Producer ... Carl Cooper
Production Coordinator ... Mabel Wright

Sound Manager ... Jerry Peal
Sound Editor ... Joshan Chana
Original Music ... Dan Antopolski

Picture by Steve Best

BBC Studios Production for Radio 4

WED 19:00 The Archers (m001zngj)

It's Lynda's birthday and Robert serves pancakes with raspberries and Bridge Farm yoghurt in the garden. Ben stops by with a birthday card from all at Brookfield. Lynda wastes no time in press-ganging him into giving a presentation on wartime nursing for their D-Day event. At the Tearoom Chelsea presents Lynda with a whole marmalade cake baked by Fallon.

Meanwhile, Fallon is at The Bull dropping off some loaves for collection by the brewery for its bread beer. She tells Jolene Lilian had planned to help at the pub but something has come up at the stables. Jolene is looking for pictures of Auntie Connie, who served in an Egypt, when she comes across photos and artwork from Fallon's schooldays. She finds a picture of Connie with a note from her American sweetheart, and a poem. Fallon confides that Harrison sent her a poem but things are difficult and he is still sleeping on the sofa. They find a diary entry written by Connie but Jolene's not sure Fallon should read it.

When Fallon returns to the Tearoom she tells Lynda she is on board for the D-Day event. She agrees to make Woolton Pie, a hearty but frugal vegetable-filled dish. But as she tells Lynda and Robert about Auntie Connie's diary entry she is overcome and has to step outside. The situation feels impossible, she tells Lynda. But she loves Harrison – misses him.

That evening at the Bull, the participants in the D-Day event gather to finalise their plans. During their chat they take the opportunity to toast Lynda's birthday.

WED 19:15 Front Row (m001zngl)

Adrian Dunbar on Samuel Beckett, Degas exhibitions, Chigozie Obioma

Adrian Dunbar is co-curator of the Beckett Unbound Festival that takes place in various venues across Liverpool this weekend and sees him directing Beckett's radio play All That Fall in a disused reservoir in total darkness. He explains why he thinks Samuel Beckett is an incomparable writer whose appeal never fades.

As two new exhibitions about Edgar Degas open at different ends of the UK, Nick looks at the importance and impact of this French Impressionist artist with Pippa Stephenson-Sit, the curator of Discovering Degas on now at the Burrell Collection in Glasgow and with Anne Robbins, the curator of Discover Degas & Miss La La, which opens at the National Gallery in London on June 6th. Anne is now curator of paintings at the Musée d'Orsay.

The Biafran war, 1967 - 1970, was the first major conflict in post-colonial Africa, and when images of starving Biafran children with distended bellies began to be seen in the West, the modern humanitarian aid industry was launched. Award-winning novelist Chigozie Obioma has turned to the Biafran War for his new novel, The Road To The Country, which takes the reader to the front lines of the ferocious military confrontation.

Presenter: Nick Ahad
Producer: Ekene Akalawu

WED 20:00 AntiSocial (m001zdt6)

'Anglo-Saxon' and racism

Should the term "Anglo-Saxon" be dropped because it's been adopted by racists?

People online are angry because a history journal has dropped "Anglo-Saxon" from its title. Critics say it is pandering to American academics who are unduly worried about the term being used by white supremacists. The journal says that's got nothing to do with it. It's part of an ongoing debate about whether "Anglo Saxon" is useful and appropriate. How did the argument start? Where did the term actually come from? And how has it been used in modern times to talk about race?

Presenter: Adam Fleming
Producers: Simon Tulett, Simon Maybin, Natasha Fernandes
Editors: Bridget Harney, Sam Bonham

WED 20:45 Uncharted with Hannah Fry (m001r1xx)
9. Access Denied

A young researcher gains access to a secretive data set and discovers something shocking. What happens when a system designed to help people harms them instead?

Hannah Fry tells a tale about the mysterious realm of artificial intelligence.

Episode Producers: Lauren Armstrong-Carter and Clem Hitchcock
Sound Design: Jon Nicholls
Story Editor: John Yorke

A series for Radio 4 by BBC Science in Cardiff.

WED 21:00 Being Roman with Mary Beard (m001zngp)
[Repeat of broadcast at 09:00 on Tuesday]

WED 21:30 All in the Mind (m001zngq)
[Repeat of broadcast at 09:30 on Tuesday]

WED 22:00 The World Tonight (m001zngt)
Diane Abbott vows to be MP 'by any means'

The veteran Labour MP Diane Abbott has vowed to continue serving in the Commons "by any means". As the row deepens over how Labour has handled Britain's first black female MP, we ask whether a purge of the left is underway.

As the prime minister campaigns in South West England - Shaun Ley has also been there to find out how much of a threat tactical voting poses to the Tories.

Also: What a viral AI image about Rafah - shared nearly 45 million times on Instagram - tells us about the social media battle over Gaza.

And an unwelcome gift from North Korea to the South: why is Pyongyang sending balloons filled with rubbish and excrement to its neighbour?

WED 22:45 Long Island by Colm Toibin (m001zngw)
3: 'My mother said you broke his heart.'

Niamh Cusack continues Colm Toibin's long-awaited and heartrending sequel to Brooklyn, set twenty years on.

Since leaving Brooklyn, Eilis and Tony have built a happy and secure life in Long Island. The future looks good - until one day a stranger knocks on the door, and everything changes.

Feeling very far from home, Eilis starts to question the life she's created. Her questions lead her back to Ireland, and to those she left behind, as she wonders whether it's too late to take a different path?

Today: Eilis' unexpected return home to Ireland sends shockwaves through her small village...

Author: Colm Tóibín
Abridger: Richard Hamilton
Reader: Niamh Cusack
Producer: Justine Willett

WED 23:00 Bunk Bed (m000rlq3)
Series 8

Episode Four (with Kathy Burke)

Kathy Burke returns to the pull-out mattress to discuss self-censorship, Irish accents, boyfriends and her father - before

<p>Patrick sings them both a lullaby.</p> <p>The three bed fellows discuss the meaning of having 'a good heart' and Peter shares some of the pleasure and pain that results from having an attractive voice, but an Irish accent.</p> <p>A Foghorn Company production for BBC Radio 4</p> <p>WED 23:15 Tom Mayhew Is Benefit Scum (m0019r5n) Series 2</p> <p>These Boots Are Made for Working</p> <p>Comedian Tom Mayhew and his tiny Mum explore jobs, life and ambition. What does it mean to have a successful life and is it even possible when there's a cost of living crisis?</p> <p>Tom Mayhew Is Benefit Scum is an autobiographical stand-up series where the comedian shares stories about his life growing up working class and his time on benefits. The show takes a wry, sideways look at the prejudices that people have towards benefits claimants and turns those assumptions on their head.</p> <p>Written and Performed by Tom Mayhew Featuring Chris Cantrill Additional Material – Olivia Phipps Production Coordinator – Katie Baum Producer – Benjamin Sutton A BBC Studios Production.</p> <p>WED 23:30 Lights Out (m001gj6l) Series 5</p> <p>Call Signs</p> <p>A man, a Mouse and a Morse key: the story of a radio amateur in Kyiv as the Russian invasion unfolds.</p> <p>When his wife and two children flee Kyiv to escape the war, Volodymyr Gurtoviy (call sign US7IGN) stays behind in their apartment with only his radios and the family hamster, Mouse, for company.</p> <p>Before the war, he used to go deep into the pine forests, spinning intricate webs of treetop antennas using a fishing rod, catching signals from radio amateurs in distant countries.</p> <p>Prohibited by martial law from sending messages, he becomes a listener, intercepting conversations of Russian pilots and warning his neighbours to hide in shelters well before the sirens sound. After three months of silence, he begins transmitting again. Switching his lawyer's suit for a soldering iron, he runs a radio surgery for his friends and neighbours, dusting off old shortwave receivers and bringing them back to life.</p> <p>During air raids, he hides behind the thickest wall in his apartment, close to his radios, their flickering amber lights opening a window to another world. A story of sending and receiving signals from within the darkness of the Kyiv blackout.</p> <p>Music: Ollie Chubb (8ctavius) Producer: Cicely Fell A Falling Tree production for BBC Radio 4</p>	<p>Spenceley</p> <p>Good morning.</p> <p>Have you ever heard rocks crying? I'm reminded this morning of the verse in scripture that reminds us that the whole earth declares the glory, or sings the glory of God. If humans don't praise, the rocks will cry out. I'm a writer of songs and a lifelong lover of music. If even rocks will cry out in song then there must be music for me to make with my life, starting today. If we're not careful we can miss the beauty, joy, wonder of life, the astounding melody and harmony which is at play in the heart of everything. Even when you turn a tap on and pipes hum, or boil a kettle, some kind of music plays in the atmosphere. As we show love, kindness, as we are generous, as we are thankful to God for the love shown to us by Jesus in coming to be one of us, there is a playing of a new song of hope.</p> <p>That might all sound a bit much, a bit strange, but it's all about perspective. Our hearts can sing God's song, a song of love, joy, peace, hope and freedom for our own lives and for the lives of those we come into contact with today. We are designed to praise, to be thankful, at the most basic to be positive. I'm somewhat gnarled and cynical, so none of that comes naturally to me, but nonetheless, that is what I'm made for, so I am trying to learn what it is to be someone who sings a new song of God's goodness day by day.</p> <p>Help me to sing a new song to you today, whether that is a literal song, or the kind of song a life well-lived and focused on your way can sing. Let the melodies and harmonies of my song today be pleasing to your ear.</p> <p>Amen</p> <p>THU 05:45 Farming Today (m001znhh) A Welsh cheesemaker which described itself as innovative and with the highest sustainability standards has announced it cannot continue in its current form. The 321 farmers who supply milk to Mona dairy on Anglesey have been reassured that an interim buyer for their milk has been found, while the dairy's owners search for new investment.</p> <p>The Campaign for National Parks and the Alliance for Welsh Designated Landscapes has produced a 10-point National Parks Action plan for the new Welsh government.</p> <p>The proposals include increased funding, an end to water pollution, improving sustainable travel links and a new National Park for North East Wales.</p> <p>Amidst fears over reduced numbers of earth worms across the UK, one farmer who supplies them to gardeners, is increasingly supplying to other farmers.</p> <p>Presented by Charlotte Smith</p> <p>Produced by Alun Beach</p> <p>THU 06:00 Today (m001znk8) Labour and Conservatives make VAT pledge</p> <p>Chancellor Jeremy Hunt and Labour's shadow Chief Secretary to the Treasury Darren Jones speak to Today as the parties clash over their plans for tax and spend. The Liberal Democrats' deputy leader Daisy Cooper explains how they would seek to improve mental health provision in schools and Reform UK's leader Richard Tice sets out the party's plans on migration. Nick Robinson reports from his adopted constituency Bolton West ahead of the election, and the award-winning playwright Abi Morgan on her new thriller 'Eric' starring Benedict Cumberbatch.</p> <p>THU 09:00 In Our Time (m001znkd) Marsilius of Padua</p> <p>Melvyn Bragg and guests discuss one of the canonical figures from the history of political thought. Marsilius of Padua (c1275 to c1343) wrote 'Defensor Pacis' (The Defender of the Peace) around 1324 when the Papacy, the Holy Roman Emperor and the French King were fighting over who had supreme power on Earth. In this work Marsilius argued that the people were the source of all power and they alone could elect a leader to act on their behalf; they could remove their leaders when they chose and, afterwards, could hold them to account for their actions. He appeared to favour an elected Holy Roman Emperor and he was clear that there were no grounds for the Papacy to have secular power, let alone gather taxes and wealth, and that clerics should return to the poverty of the Apostles. Protestants naturally found his work attractive in the 16th Century when breaking with Rome. In the 20th Century Marsilius has been seen as an early advocate for popular sovereignty and republican democracy, to the extent possible in his time.</p> <p>With</p>	<p>Annabel Brett Professor of Political Thought and History at the University of Cambridge</p> <p>George Garnett Professor of Medieval History and Fellow and Tutor at St Hugh's College, University of Oxford</p> <p>And</p> <p>Serena Ferente Professor of Medieval History at the University of Amsterdam</p> <p>Producer: Simon Tillotson In Our Time is a BBC Sounds Audio Production</p> <p>Reading list:</p> <p>Richard Bourke and Quentin Skinner (eds), <i>Popular Sovereignty in Historical Perspective</i> (Cambridge University Press, 2016), especially 'Popolo and law in Marsilius and the jurists' by Serena Ferente</p> <p>J. Canning, <i>Ideas of Power in the Late Middle Ages, 1296-1417</i> (Cambridge University Press, 2011)</p> <p>H.W.C. Davis (ed.), <i>Essays in Mediaeval History presented to Reginald Lane Poole</i> (Clarendon Press, 1927), especially 'The authors cited in the Defensor Pacis' by C.W. Previt�-Orton</p> <p>George Garnett, <i>Marsilius of Padua and 'The Truth of History'</i> (Oxford University Press, 2006)</p> <p>J.R. Hale, J.R.L. Highfield and B. Smalley (eds.), <i>Europe in the Late Middle Ages</i> (Faber and Faber, 1965), especially 'Marsilius of Padua and political thought of his time' by N. Rubinstein</p> <p>Joel Kaye, 'Equalization in the Body and the Body Politic: From Galen to Marsilius of Padua' (<i>M�langes de l'Ecole Fran�aise de Rome</i> 125, 2013)</p> <p>Xavier M�rquez (ed.), <i>Democratic Moments: Reading Democratic Texts</i> (Bloomsbury, 2018), especially 'Consent and popular sovereignty in medieval political thought: Marsilius of Padua's Defensor pacis' by T. Shogimen</p> <p>Marsiglio of Padua (trans. Cary J. Nederman), <i>Defensor Minor and De Translatione Imperii</i> (Cambridge University Press, 1993)</p> <p>Marsilius of Padua (trans. Annabel Brett), <i>The Defender of the Peace</i> (Cambridge University Press, 2005)</p> <p>Gerson More�o-Riano (ed.), <i>The World of Marsilius of Padua</i> (Brepols, 2006)</p> <p>Gerson Moreno-Riano and Cary J. Nederman (eds), <i>A Companion to Marsilius of Padua</i> (Brill, 2012)</p> <p>A. Mulieri, S. Masolini and J. Pelletier (eds.), <i>Marsilius of Padua: Between history, Politics, and Philosophy</i> (Brepols, 2023)</p> <p>C. Nederman, <i>Community and Consent: The Secular Political Theory of Marsiglio of Padua's Defensor Pacis</i> (Rowman and Littlefield, 1995)</p> <p>Vasileios Syros, <i>Marsilius of Padua at the Intersection of Ancient and Medieval Traditions of Political Thought</i> (University of Toronto Press, 2012)</p> <p>THU 09:45 Just One Thing - with Michael Mosley (m001zmdl) Volunteer</p> <p>In this episode, Michael Mosley discovers that, as well as being a very rewarding thing to do, volunteering your time, labour or spare room can really benefit your health too. Michael speaks with Dr Edith Chen from Northwestern University in the US, who has been investigating the power of helping others. She tells Michael about her studies showing that by boosting your mood and empathy, volunteering can lower chronic inflammation, cholesterol and even help you lose weight. It's also a great way to meet new people! Meanwhile, Matt gives back to his local community by volunteering at a food bank.</p> <p>Series Producer: Nija Dalal-Small Editor: Zo� Heron A BBC Studios production for BBC Sounds / BBC Radio 4.</p> <p>THU 10:00 Woman's Hour (m001znkj) Ozempic, Netball Super League, Olivier award-winner Cassidy Janson</p> <p>As prescriptions for weight loss drugs in the UK increase, Woman's Hour explores how safe online prescriptions for</p>
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things like Ozempic and Wegovy are. Fashion stylist Jeannie Annan Lewin tells us how she buys the drugs and how they have helped her. Anita Rani is joined by Alima Batchelor, from the Pharmacists Defence Association, and Professor James Kingsland, Chair of Digital Clinical Excellence.

Cassidy Janson won an Olivier Award for her performance as Anne Hathaway in the musical & Juliet. She's also appeared in Wicked, Chess and in the role of Carole King in the West End production of Beautiful. Cassidy is now performing in Jerry's Girls at the Menier Chocolate Factory in London, which celebrates the life and legacy of the legendary award-winning Broadway composer Jerry Herman. Cassidy joins Anita and performs live.

Yvette Fielding is best known for hosting the TV show Most Haunted, and for being the youngest ever presenter of Blue Peter. She was just 18 when she joined the iconic BBC children's show in 1987. Yvette joins Anita to talk about her memoir *Scream Queen*, which charts her journey from child actor to 'ghost hunter'.

Today is a big day in the world of women's sport. The Netball Super League, the UK's elite level domestic competition, has relaunched and embarks on what it calls a "new era of transformational change". Anita is joined by Claire Nelson, Managing Director of the Netball Super League, and London Pulse CEO Sam Bird.

Presenter: Anita Rani
Producer: Emma Pearce

THU 11:00 This Cultural Life (m001zknm)
Zadie Smith

Zadie Smith grew up in north west London and studied English at Cambridge University. After a publisher's bidding war when she was just 21, her debut novel *White Teeth* became a huge critical and commercial hit on publication in 2000 and won several awards including the Orange Prize, now known as the Women's Prize for Fiction, and the Whitbread first novel award. Since then, with books including *On Beauty*, *NW* and *Swing Time*, Zadie Smith has established herself as one of the world's most successful and popular living novelists, renowned for her witty dialogue and explorations of cultural identity, class and sexuality. Her most recent book *The Fraud* is her first historical novel.

Zadie Smith talks to John Wilson about her upbringing in Willesden, North West London, with her Jamaican born mother and white English father. She chooses C S Lewis' *The Lion, The Witch and The Wardrobe* as an early formative influence and remembers how its themes of danger, power and betrayal were intoxicating to her as a young reader. Zadie talks about the creative influence of her husband, the poet Nick Laird, and of the cultural impact of a trip she made to west Africa in 2007 which inspired much of her 2016 novel *Swing Time*. She also reflects on her role as an essayist who in recent years, has increasingly written about global political and social issues.

Producer: Edwina Pitman

THU 11:45 D-Day: The Last Voices (m001znkp)
Episode 4: Beyond the Beaches

D-Day: The Last Voices brings together a rich collection of historical audio testimonies recorded with those who fought in the invasion of Normandy, alongside extraordinary new interviews with the last surviving veterans, to tell their story of D-Day as it unfolded.

Presented by Paddy O'Connell, each programme charts a distinct chapter of the complex, visceral and moving story of the invasion, from subterfuge and secret planning, to the approach of H-Hour, the landings by air and sea, and on into the battles beyond the beaches.

Commissioned as a collaboration with D-Day: The Unheard Tapes for BBC Two, and drawing on the same longitudinal access and research, the series tells the story of D-Day through the last voices of those who lived it, leading us through their personal experiences of the invasion. Supported by the historical recordings of those who were there with them – this is their story, told in their own words.

As Allied soldiers begin their missions inland from the beaches, their missions become focused on taking strategic targets in the villages and towns, on the way to Caen and Cherbourg.

The battle becomes one of hedgerow fighting, in what will become known as 'the bocage'. Back-up comes from the air for the Allies as the most widespread frontline carpet bomb drop in history takes place. French villages are reduced to rubble. With mounting civilian casualties, dreams of liberation are turning sour for the French.

The men of British Airborne who took Pegasus Bridge under

the command of Major John Howard are met by the Commandos of the First Special Service Brigade. Work begins on the beaches to build temporary ports. Paddy O'Connell discovers, through the interviews of the last surviving veterans of D-Day and those who fought with them, in historical recordings, that the men who had successfully landed on D-Day could still fail. All still faced the possibility of perishing, despite the historic scale of the invasion.

Featuring:
Gordon Prime
Mark Packer
Geoffrey Weaving
Bill Gladden
Michel Deserable
John Clegg
Nat Hoskot
Ivan Lambert
Bill Millin
Wally Parr
John Howard
Stanley Scott
Warwick Nield-Siddall
James Kelly
Eddie Edwards
Roy Crane

Written and presented by Paddy O'Connell

Produced by Paul Kobrak
Technical production by Richard Courtice
Sound design by Roy Noy, Tom Chilcot, Alex Short, Adam Palmer, Paul Donovan
Music composed by Sam Hooper

Production Executive – Anne-Marie Byrne
Archive Assistant Producer – Hannah Mirsky
Archive: BBC News, The D-Day Story Portsmouth, Paddy O'Connell, made in partnership with Imperial War Museums.
Executive Producers - Morgana Pugh and Rami Tzabar

A Wall to Wall Media production for BBC Radio 4

THU 12:00 News Summary (m001znkr)
The latest national and international news from BBC Radio 4.

THU 12:04 You and Yours (m001znkt)
Gap Finders: Wayne Hemingway

The UK has more than 10,000 charity shops. For some, the thrill of rummaging for unexpected bargains is infinitely more rewarding than predictable curated displays of the bland new clothes anywhere else. Others like the fact that as well as supporting causes, they recirculate 390,000 tonnes of textiles that would otherwise be burnt or dumped.

But such warmth towards charity retail isn't universal. They're often on quiet streets and perceived as a symptom of a town's terminal decline. Meanwhile, the growth in the numbers of us shopping in retail parks and on ultra-fast fashion apps shows no signs of stopping.

Designer, Wayne Hemingway thinks it doesn't have to be like this. Using money he made selling unwanted wool coats in Camden market, he first found fame and fortune setting up the iconic British fashion label Red or Dead. This clothed the likes of Kylie Minogue while many less famous people in the 80s queued outside its shops on multiple continents.

In the late 90s he set up a design agency that's since won awards in the fiercely competitive worlds of architecture and branding. With a CV like that, most people in his position would be tempted to cash in their lot and retire in the sun. Not Wayne. He saw an opportunity in charity retail and in 2023 he set up Charity Super.Mkt. It offers hand picked collections of second hand fashion in famous high streets and ensures more money goes to the charities who provide the goods.

Its stores have raised over a £1.5million for charities and appeared in prime locations spanning London's Bond Street to Glasgow's Buchanan Street. We find out how it works, what he learnt from the highs and lows of his previous businesses and what he'll do next.

Presenter: Winifred Robinson
Producer: Julian Paszkiewicz

THU 12:32 Sliced Bread (m001znkw)
Car Tyres

Is it worth paying more for premium car tyres?

There's a huge range of car tyres to choose from and the price differences between them can be significant. So do you really need to pay more to get a good tyre?

Listener Ian runs a car maintenance business and wants to know if the budget tyres he's been fitting are the right choice. Will they last as long and be just as safe? What do the different ratings on the labels you can see online mean? And as he moves towards electric cars he's also keen to know whether they need a special sort of tyre.

With the help of two experts in the field, Greg Foot 'treads' through the studies and the science to find out more. It's how he rolls (we'll stop now).

As ever we are still looking for your suggestions of products to look into. If you've seen something promising to make you happier, healthier or greener and want to know if it is SB or BS please do send it over on email to sliced.bread@bbc.co.uk or drop us a message or voicenote on Whatsapp to 07543 306807

PRESENTER: GREG FOOT
PRODUCER: SIMON HOBAN

THU 12:57 Weather (m001znky)
The latest weather forecast

THU 13:00 World at One (m001znl0)
Unions call for Diane Abbott to stand

Union boss Matt Wrack urges Labour's leader to allow Diane Abbott to stand for election. Plus, as both Labour and the Tories rule out VAT rises, are spending cuts inevitable? And Dani Clode, the woman who invited a bionic second thumb, explains how it works.

THU 13:45 Shadow World (m001znl2)
Thief at the British Museum

Thief at the British Museum: 4. Seeds of Doubt

Ittai is convinced he's found his thief, but not everyone is so sure. "I mean, to me, it just sounds like a setup. It sounds like he's being framed", one former museum insider tells us.

Peter Higgs is a well respected curator, highly regarded for his expertise on the ancient world and known for helping to return stolen antiquities, not selling them on eBay.

When Ittai shares his evidence with the British Museum, laying out why he thinks Higgs is a thief, no one seems interested. Has he missed something?

Presenter: Katie Razzall
Producers: Darin Graham, Ben Henderson and Larissa Kennelly
Production Coordinator: Gemma Ashman
Mix and sound design : James Beard
Composer: Jenny Plant
Exec-producer: Joe Kent
Investigations Editor: Ed Campbell
Series Editor: Matt Willis
Commissioning Executive: Tracy Williams
Commissioning Editor: Dan Clarke

Archive: Galleries of the British Museum

THU 14:00 The Archers (m001zngj)
[Repeat of broadcast at 19:00 on Wednesday]

THU 14:15 Drama on 4 (m001znl4)
Nearly Light

These days everybody seems to know somebody whose child won't go to school any more. Or can't – they are struggling to adjust after the pandemic. This is a current topic, regularly in the news, as young people and their families try to address and overcome this difficult challenge. *Nearly Light* is an insightful exploration of a complex situation, inspired by some of those young people's stories, from their and their families' point of view.

In North London, Elly's 15 and can no longer face the classroom, or even leaving the house. After months of lockdown, she prefers the solace of her bedroom. In Manchester, Ciaran's 16, lives with his mum, and spends his nights gaming. *Nearly Light* explores what happens when these two worlds collide, with a hopeful outcome.

Kit Withington is a new playwright from Manchester. She was a member of the Soho Theatre Writers' Lab in 2018, and her play *Scrap* was shortlisted for the Tony Craze Award. In 2021 she wrote *Our Moon Under Water* for *The Living Newspaper* at the Royal Court. In 2023, her play *As We Face the Sun* was commissioned by the Bush Theatre for their 18-25 young company.

Elly Addison Aston
Ciaran Ché Bradley

Jules Roisin Rae
 Mike Brooks Livermore
 Teddy Marloe Mead
 Jackie Christine Bottomley

Director : Jelena Budimir
 Sound Designer : Steve Brooke
 Illustration : YanKi Darling
 Production Manager : Darren Spruce
 Producer : Polly Thomas

Written by Kit Withington
 Thanks to Angus Blue for the use of his gaming track, Revving Up.

A Naked production for BBC Radio 4

THU 15:00 Open Country (m001znl8)
 Shivering Sands

Martha Kearney visits Whitstable to discover the fascinating and mysterious story behind Guy Maunsell's sea forts at Shivering Sands. Built in the second world war as air defences, these towers can still be seen from the shoreline, although they are now in a state of disrepair.

Martha discovers their incredible and strange history. Once home to up to 265 soldiers, these huge metal boxes on stilts later became the base for a broadcasting revolution. In the 1960s, pirate stations such as Radio City, Invicta and the short-lived Radio Sutch (run by the musician and parliamentary candidate Screaming Lord Sutch), broadcast from the sea forts to huge audiences who wanted to hear the latest pop and rock records.

Tom Edwards and Bob Leroi are two of the DJs with fond memories of their time aboard the sea forts at Shivering Sands, but there is also a darker history. David Featherbe's father was lost at sea after visiting the Red Sands fort and foul play was suspected. These mysteries and the forts imposing physical architecture fascinate historian Flo McEwan and many artists such as Stephen Turner and Sue Carfrae.

Today the forts lie empty and are slowly being lost to the sea, but they remain a source of inspiration to artists and photographers, as Martha discovers.

Produced by Helen Lennard

THU 15:27 Radio 4 Appeal (m001zmmk)
 [Repeat of broadcast at 07:54 on Sunday]

THU 15:30 Word of Mouth (m001znl8)
 Language When There Are No Words

Joshua Reno talks about how Charlie, his non-verbal son who is on the autism spectrum, communicates with him very effectively using gestures known as "home signs".

Joshua is the author of Home Signs: An Ethnography of Life beyond and beside Language.

Produced for BBC Audio Bristol by Sally Heaven

THU 16:00 The Briefing Room (m001znlm)
 Ukraine: Who's winning the war?

David Aaronovitch and guests assess the latest developments in Ukraine. In 2022, Russia was expected to win the war easily. That didn't happen. But is Russia gaining the upper hand now?

Guests:

James Waterhouse, BBC's Ukraine Correspondent
 Polina Ivanova, FT correspondent covering Russia, Ukraine and Central Asia
 Michael Clarke, Professor of Defence Studies at Kings College London and Specialist Advisor to the Joint Committee on the National Security Strategy
 Ann Marie Dailey, Senior Fellow at the Atlantic Council and policy researcher at RAND

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 (m001znl8)
 Why do we sleep?

Guest presented by Liz Bonnin.

We all instinctively know that sleep is incredibly important but

science doesn't actually have a satisfying answer for why we need to sleep. There are multiple theories, but now, new research from Imperial College London has suggested that the leading idea might actually be incorrect. Science journalist Ginny Smith explains.

Nearly 80 years ago, one of the rarest elements in the world, promethium, was first discovered, but it's properties have only now been revealed. Andrea Sella, Professor of Chemistry at University College London, tells us what this means.

What's the scariest animal on the planet? Lions, crocodiles, or maybe tigers might come to mind. Yet a recent study has found that animals around the globe fear our voices far more than sounds of any other predators. Professor Liana Zanette explains how her research could help conservation efforts.

Finally, we answer one of your questions. Listener Mary Evans got in touch to ask: 'do you think it's likely that people who are widely travelled and used to eating local food and drinking tap water would have more diverse bacteria in their gut?' Expert on all things microbiome, Megan Rossi, joins us in the studio to answer Mary's query. If you have any questions you think we can tackle, you can always email us at insidescience@bbc.co.uk.

Presenter: Liz Bonnin
 Producers: Hannah Robins, Ella Hubber, Sophie Ormiston
 Researcher: Caitlin Kennedy
 Editor: Martin Smith

THU 17:00 PM (m001znm0)
 The row in Labour widens

As a row over parliamentary candidates in the Labour party continues, we look at who is set to benefit from the infighting. Plus, what went wrong with Boeing?

THU 18:00 Six O'Clock News (m001znm6)
 Mr Logan told the BBC the Conservative party was unrecognisable from the one he joined

THU 18:30 Rhysearch (m000wsp)
 Series 1

1. Are Billionaires Evil?

Comedian Rhys James investigates topics that the rest of us are too busy to be bothered with.

1. Are Billionaires Evil?

Is money the root of all evil, or the solution to all your problems?

Everyone has big questions, but very few people have time to find the answers. Lucky for them, there's one man with a completely empty diary. Join Rhys James as he interviews experts, conducts experiments and guesses his way to a solution. Join him as he does the Rhysearch.

Written and presented by Rhys James
 Guest... Grace Blakeley
 Guest... David Brown
 Guest... Deborah Meaden

Produced by Carl Cooper
 Executive Producer: Pete Strauss

This is a BBC Studios Production

THU 19:00 The Archers (m001zmb1)

Freddie is in the loading bay at Casey Meats talking to Vince on the phone. Yet another customer called yesterday complaining their delivery is short. Freddie thinks a driver is taking the missing meat. Vince sets Freddie to trying to spot a pattern. He mentions that one of the drivers has a criminal record. But Freddie says he's served his time. Freddie asks Jason how easy it would be for something to go astray from an order. Jason points out that most customers don't have time to check through deliveries when they arrive. Later Vince and Freddie look at a spreadsheet of incomplete deliveries. There's no pattern that links to a single worker. They'll have to follow drivers on the late shift. Vince still thinks ex-con Antonio is the prime suspect. But Freddie points out that he himself has been in jail. Later, Freddie leaves a voicemail for Vince saying he's going to follow Jason tonight.

Lilian and Oliver meet on the way to the shop. Inside Vince is buying champagne. He's taking Elizabeth away for a long weekend but he forgot to pre-order the fizz. Lilian gets a call from Jakob – the tests results for Cinnamon are back. She rushes to the surgery. It's bad news – Cinnamon has strangles. Jakob recommends a full lockdown. And with the horse's paperwork missing the stables looks incompetent at best. Horses will have to be quarantined when it's show season, the cross

country course will shut and lessons will have to be cancelled. Lilian needs time to think. But later she tells Jakob a lockdown is the only way.

THU 19:15 Front Row (m001znm0)
 Review: The Beast, We Are Lady Parts, Beyond Fashion exhibition

Samira Ahmed is joined by author Anita Sethi and critic Tim Robey to review time-skipping sci-fi epic 'The Beast, where human emotions are perceived as a threat; the second series of Nida Manzoor's We Are Lady Parts, where the all-female Muslim punk band are recording their first album; they also give their verdict on the Beyond Fashion photography exhibition at the Saatchi Gallery, which tracks how fashion photography has become an art form in its own right.

Presenter: Samira Ahmed
 Producer: Paula McGrath

THU 20:00 The Media Show (m001zngb)
 [Repeat of broadcast at 16:00 on Wednesday]

THU 21:00 Loose Ends (m001ztlw)
 [Repeat of broadcast at 18:15 on Saturday]

THU 21:45 Why Do We Do That? (m001g9lw)
 Why Doesn't Everyone Clear Up?

It's a familiar problem with any shared household - there's always someone who doesn't do their fair share. Studies have shown that when people with different thresholds live together, the person with the lower tolerance for mess cleans up more, quickly leading to resentment and conflict. So why do some people clean up more than others? What needs to happen for everyone to pull their weight? Evolutionary science has some answers. Ella Al-Shamahi speaks to Dr Nichola Raihani, Professor of Evolution and Behaviour from University College London, to find out about free riders, cheaters and public goods, and how evolutionary scientists view cooperation challenges. Great British Bake Off star Michael Chakraverty shares his own anecdotes of untidy flatmates and failed attempts to enhance cooperation.

THU 22:00 The World Tonight (m001zmmk)
 Trump found guilty on all counts in criminal trial

The former US President Donald Trump has been found guilty of all 34 counts of falsifying business records to conceal a pay-off to a porn star during his 2016 election campaign. It's the first time in US history that a former or serving president has been convicted of a criminal offence. He will be sentenced on the 11th of July. Trump called it a shameful day in US history.

US President Joe Biden has reportedly agreed to Ukraine firing American weapons into Russian territory, but only on the Kharkiv border where the Russian military is gathering forces.

And another Conservative MP says he'll back the Labour Party at the election, Mark Logan MP for Bolton North East says only Labour can "bring back optimism into British life".

THU 22:45 Long Island by Colm Toibin (m001zmp)
 4: 'She was damaged goods to start with.'

Niamh Cusack continues the heartrending sequel to Brooklyn, set twenty years on.

Since leaving Brooklyn, Eilis and Tony have built a happy and secure life in Long Island. The future looks good - until one day a stranger knocks on the door, and everything changes.

Feeling very far from home, Eilis starts to question the life she's created. Her questions lead her back to Ireland, and to those she left behind - from family to friends and old lovers - as she wonders whether it's too late to take a different path? H

Today: Eilis' return has churned up powerful memories of the past for Jim. Meanwhile, Nancy is forging ahead with their wedding plans....

Author: Colm Tóibín
 Abridger: Richard Hamilton
 Reader: Niamh Cusack
 Producer: Justine Willett

THU 23:00 The Today Podcast (m001znmv)
 Starmer, Socialism & Diane Abbott - whose side is he really on?

Nick has long thought that the most important question in politics is 'whose side are you on?'

It turns out Keir Starmer might think the same. On The Today Podcast this week Nick looks into why the Labour leader highlighted that question in his first big speech of the election campaign.

Also – why did Starmer tell the BBC that he identifies as a socialist? And what will Diane Abbott do next?

And in a week when the Conservatives have promised national service for 18-year-olds and a pensioners' 'triple lock plus', Nick looks at where the dividing lines are being drawn so far.

To dissect the strategies, Nick is joined by friend of the pod, pollster James Kanagasooriam – research director at Focal Data and a board member of centre-right think tank Onward – and by Andrew Fisher, who was Labour's director of policy under the leadership of Jeremy Corbyn.

Plus, Radio 5 Live's Rachel Burden shares her moment of the week, ahead of her election night special broadcast with Nick. And Amol spills the secrets of his appearance on Doctor Who.

Episodes of The Today Podcast will land during the election campaign on Mondays and Thursdays. Subscribe on BBC Sounds to get Amol and Nick's take on the biggest stories of the week, with insights from behind the scenes at the UK's most influential radio news programme. If you would like a question answering, get in touch by sending us a message or voice note via WhatsApp to +44 330 123 4346 or email us Today@bbc.co.uk

The Today Podcast is hosted by Amol Rajan and Nick Robinson, both presenters of BBC Radio 4's Today programme, the UK's most influential radio news programme. Amol was the BBC's media editor for six years and is the former editor of the Independent, he's also the current presenter of University Challenge. Nick has presented the Today programme since 2015, he was the BBC's political editor for ten years before that and also previously worked as ITV's political editor.

The senior producer is Tom Smithard, the producers are Hatty Nash and Joe Wilkinson. The editor is Louisa Lewis. The executive producer is Owenna Griffiths. Technical production from Mike Regaard in London and Cameron Ward in Salford.

THU 23:30 Lights Out (m001gkdb)

Series 5

County Lines

Four people recount their involvement with "county lines" - gangs that exploit children and vulnerable adults to sell drugs around the UK.

Underneath their stories lies a series of unspoken, unanswered questions. Who gets to decide the boundary between criminal and victim? Why do we view 'county lines' through the lens of crime and punishment? And how well does the system support individuals and families devastated by the impact of 'county lines'?

With thanks to St Giles Trust SOS Project, Not In Our Community, Escape Line and Eski Media

Produced by Phoebe McIndoe and Redzi Bernard
A Falling Tree production for BBC Radio Four

FRIDAY 31 MAY 2024

FRI 00:00 Midnight News (m001znm)

National and international news from BBC Radio 4

FRI 00:30 D-Day: The Last Voices (m001zmkp)

[Repeat of broadcast at 11:45 on Thursday]

FRI 00:48 Shipping Forecast (m001znn3)

The latest weather reports and forecasts for UK shipping

FRI 01:00 Selection of BBC World Service Programmes (m001znn7)

BBC Radio 4 joins the BBC World Service.

FRI 05:20 Shipping Forecast (m001znnc)

The latest weather reports and forecasts for UK shipping

FRI 05:30 News Briefing (m001znnh)

The latest news from BBC Radio 4

FRI 05:43 Prayer for the Day (m001znm)

Music Theory

A spiritual comment and prayer to start the day with Haydon Spenceley

Good morning.

When I was learning music theory as a youngster I never really understood what the point of bars of rest one after another was in sheet music. Trying to follow where one had to count bar after bar of rest didn't seem very restful to me. Wouldn't it just be easier to keep playing?

We can live our lives a bit like that with potentially risky or even disastrous consequences. It's a falsehood to tell ourselves that those results will be better than the ones we will have if at some point, we allow ourselves to rest.

There's a temptation to view those who focus on self-care as somewhat self-absorbed, but they aren't. In my view as someone who rather jealously looks on at how able they are to focus and the lack of bags under their eyes after another full day of work. The balance between work and rest was set down by God in creation. I've often found it a good idea to follow God's lead and instruction even and especially, proving the truth of this in the times when I have chosen not to and thought I knew better.

I tell you, each and every time I have crashed and He has lovingly picked me up, pieced me back together and both set me back to work and reminded me to rest. As the working week draws to an end for many, I hope some rest is in your future.

Father, as you rested at the end of a full week of work, help me to both work well today and to find my rest in you at day's end. Be with me now and in the day and days ahead. Help me to live, work and rest to your glory.

Amem

FRI 05:45 Farming Today (m001znmr)

House prices in the Lake District are likely to fall because of plans to control the number of homes being turned into holiday lets, according to the most senior planning officer at the national park authority. This is already being done in Wales where it has been causing a lot of controversy.

A ten year study of beavers in Devon shows that they are having a positive impact on flood and drought alleviation – according to researchers at Exeter University who have been following the beavers on the river Otter, some farmers disagree with the findings.

And a grandfather and grandson team of bee keepers rent hives to apple growers in Northern Ireland so the bees can pollinate the crop.

Presented by Charlotte Smith

Produced by Alun Beach

FRI 06:00 Today (m001znm9d)

31/05/24 – Nick Robinson and Justin Webb

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

FRI 09:00 Desert Island Discs (m001znm9g)

[Repeat of broadcast at 10:00 on Sunday]

FRI 10:00 Woman's Hour (m001znm9j)

Trump conviction, FGM ban at risk in Gambia, TV's Queen of Books

Donald Trump has been convicted on all 34 counts of falsifying business records in his criminal trial in New York. It is the first time a former or serving US president has been convicted of a crime. Anita Rani is joined by New York Times journalist Amanda Taub and political commentator Julie Norman to talk about the woman at the centre of the case, the prosecution's star witness Stormy Daniels.

Amanda Ross is one of the most powerful women in publishing who doesn't even work in publishing. She's created and produced many major book-based campaigns on TV over the last 20 years, including Richard & Judy's Book Club and Between The Covers on BBC Two. She personally selects the books featured and has been responsible for launching the careers of many bestselling authors, including Kate Mosse, David Nicholls and Victoria Hislop. Amanda is hosting the Between the Covers Live! UK Tour 2024 and joins Anita to discuss.

Politicians in The Gambia are debating whether to overturn the ban on female genital mutilation. Activist Fatou Baldeh MBE describes the impact this discussion is having on the ground and her own experiences of surviving FGM.

Singer Abi Sampa has become the first British woman to perform qawwali – a form of Sufi devotional music typically performed by men – at the Royal Albert Hall. Abi, who is also a trained dentist, talks to Anita about her genre-defying Orchestral Qawwali Project which mixes South Asian traditions with western choral music and balancing her careers in music and dentistry.

Presenter: Anita Rani
Producer: Maryam Maruf

FRI 11:00 The Food Programme (m001znm9l)

Danny Trejo: A Life Through Food

Danny Trejo is a Hollywood legend appearing in hundreds of films mostly playing tough guys, convicts and henchmen. He has starred in some of the greatest action films of all time like Con Air with John Malkovich and Nicolas Cage and Heat with Robert De Niro and Al Pacino.

Life wasn't easy for Danny growing up. He started taking hard drugs and committing serious crimes from a very young age. He ended up in some of the most violent prisons in America but through finding God and sobriety turned his life around. He became a drugs counsellor and through a series of unlikely events worked his way into Hollywood as an actor.

At 80 he is also the owner of a chain of taco restaurants as well as a number of food and drink brands. In the programme Jaega meets him in the last branch of Trejo's Tacos and talks to him about his memories of food growing up, brewing hooch in prison and filming Old El Paso adverts in Mexico.

We also hear from food historian and writer Chloe-Rose Crabtree about why eating tacos in London has become a thorny issue for Americans and BBC entertainment reporter Colin Paterson on the history of celebrity restaurants.

Presented by Jaega Wise

Produced by Sam Grist for BBC Audio in Bristol

FRI 11:45 D-Day: The Last Voices (m001znm9n)

Episode 5: The Road to Liberation

D-Day: The Last Voices brings together a rich collection of historical audio testimonies recorded with those who fought in the invasion of Normandy, alongside extraordinary new interviews with the last surviving veterans, to tell their story of D-Day as it unfolded.

Presented by Paddy O'Connell, each programme charts a distinct chapter of the complex, visceral and moving story of the invasion, from subterfuge and secret planning, to the approach of H-Hour, the landings by air and sea, and on into the battles beyond the beaches.

Commissioned as a collaboration with D-Day: The Unheard Tapes for BBC Two, and drawing on the same longitudinal access and research, the series tells the story of D-Day through the last voices of those who lived it, leading us through their personal experiences of the invasion. Supported by the historical recordings of those who were there with them – this is their story, told in their own words.

As the series draws to a close, Paddy spends time with and hears from the last surviving veterans of D-Day, both those who were part of the Allied invasion force, and others who grew up in the shadow of the operation in a decimated Normandy. In the aftermath of 6th June 1944, veterans recall their sense of loss, of legacy and contribution, and above all, their responsibility to remember friends and comrades who lost their lives in the conflict.

This final part of the story explores what came next, in the aftermath of the invasion. The ferocious and bloody battle that followed, in which over 100,000 people lost their lives, and the weeks of brutality that paved the road to liberation, and made it possible. Hearing about the impact, in both nightmares and memories, that it had on those who were there is deeply moving, and commemorates this 80th anniversary with power, humility, pathos and emotion, remembering those who were left behind on the battlefields, in the marshes, fields forests and on the beaches of Normandy.

Featuring:
Joe Cattini
Geoffrey Weaving
Alec Penstone
John Dennett
Mark Packer
Michel Deserable
John Forfar
Christian Lamb
Pat Owtram
Eddie Edwards
James Kelly

Nat Hoskot
Roy Crane

Written and presented by Paddy O'Connell

Produced by Paul Kobrak
Technical production by Richard Courtrice
Sound design by Roy Noy, Tom Chilcot, Alex Short, Adam Palmer, Paul Donovan
Music composed by Sam Hooper

Production Executive – Anne-Marie Byrne
Archive Assistant Producer – Hannah Mirsky
Archive: BBC News, The D-Day Story Portsmouth, Paddy O'Connell, made in partnership with Imperial War Museums.
Executive Producers - Morgana Pugh and Rami Tzabar

A Wall to Wall Media production for BBC Radio 4

FRI 12:00 News Summary (m001zm9q)

The latest national and international news from BBC Radio 4.

FRI 12:04 AntiSocial (m001zm9s)

Meat-free menus and choice

Should meat and dairy be taken off menus to help save the planet from climate change?

A university is accused of “going woke” after reports it is transitioning to 100% plant-based catering by 2027. Climate activists are calling on universities and other public bodies like councils to ditch animal food products to help tackle the climate crisis. But what did the university in question actually decide and how widespread is the shift to plant-based menus? What's the evidence about the climate impact of meat and dairy versus vegan alternatives? And what is the best way to change people's behaviour when it comes to what they eat?

Presenter: Adam Fleming
Producers: Simon Maybin, Jordan Dunbar, Ellie House, Natasha Fernandes
Editor: Bridget Harney

FRI 12:57 Weather (m001zm9v)

The latest weather forecast

FRI 13:00 World at One (m001zm9x)

Does Trump's conviction change anything?

The former US President Donald Trump has been convicted in his criminal trial in New York. Also, the latest from the UK General Election campaign, as Labour and the SNP clash.

FRI 13:45 Shadow World (m001zm9z)

Thief at the British Museum

Thief at the British Museum: 5. Secret Missions

Ittai recruits an ally who used to work at the museum to go on a secret mission. He's convinced a senior staff member is stealing the very treasure they're supposed to protect. But no one will listen.

What Ittai doesn't know is that the museum is conducting its own secret investigation that will change everything.

Presenter: Katie Razzall
Producers: Darin Graham, Ben Henderson and Larissa Kennelly
Production Coordinator: Gemma Ashman
Mix and sound design : James Beard
Composer: Jenny Plant
Exec-producer: Joe Kent
Investigations Editor: Ed Campbell
Series Editor: Matt Willis
Commissioning Executive: Tracy Williams
Commissioning Editor: Dan Clarke

FRI 14:00 The Archers (m001zmb1)

[Repeat of broadcast at 19:00 on Thursday]

FRI 14:15 Limelight (m001zmb3)

The Specialist

Episode 1

Dark Medical Thriller by Matthew Broughton, creator of Tracks and Broken Colours.

After the old GP dies, Anna Diaz, an exceptional young doctor from Cardiff is sent to deal with the strange medical cases breaking out in the remote Welsh village of Bly.

With original music by Sion Orgon and Rhodri Davies

CAST

Anna Diaz- Saran Morgan
Ged Diaz - Sion Daniel Young
Ruth - Michelle Bonnard
Mr Devonshire - Pal Aron
Mr Dartington - Ifan Huw Dafydd
Raymond - Ioan Hefin

Original music by Sion Orgon and Rhodri Davies

Production Coordinator Eleri McAuliffe
Sound Design by Catherine Robinson
Directed by John Norton
A BBC Audio Wales production for Radio 4

FRI 14:45 Child (p0hhrtjl)

25. Lullaby

Lullabies. Simple, soothing... nonsense. Right? Wrong. Here we're getting behind the importance of music and singing in a baby's development. India speaks to Dr Nina Polytimou about her research into how music can help with speech and communication and also be a powerful tool for bonding. India then visits a Singing Mamas group to hear how coming together as mothers to sing is a powerful, important, and missing slice of community. Kate Valentine, the founder, describes the impact it has on maternal mental health.

Presented by: India Rakusen.

Producers: India Rakusen And Georgia Arundell
Series producer: Ellie Sans.

Executive producer: Suzy Grant.

Commissioning Editor: Rhian Roberts

Original music composed and performed by The Big Moon.
Mix and Mastering by Charlie Brandon-King.

A Listen Production for Radio 4.

FRI 15:00 Gardeners' Question Time (m001zmb7)

Cheshire West

My Fatsia plants had their stems nibbled by deer – will they recover, or should I buy new ones? Any tips on how I can get my eucalyptus plants to produce juvenile flowers? If you were building a scarecrow in your garden, what would you suggest dressing it in?

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

Later, James Wong and head gardener of the Castlefield Viaduct Nancy Scheerhout discuss how the 'garden in the sky' was created, as well as how it's maintained.

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

A Somethin' Else production for BBC Radio 4

FRI 15:45 Short Works (m001zmb9)

The Day He Met Jesus by Lucy Caldwell

An original short story commissioned by BBC Radio 4 from the author Lucy Caldwell. Read by Jenn Murray. ('The Lovers')

Born in Belfast, Lucy Caldwell is the award-winning author of four novels, several stage plays and radio dramas and the short story collections: Multitudes and Intimacies. She is also the editor of Being Various: New Irish Short Stories. In 2021 she won the BBC National Short Story Award with her story "All the People Were Mean and Bad." Her most recent novel, These Days, won the 2023 Walter Scott Prize for Historical Fiction. Her new collection, Openings, was published in May 2024.

Writer: Lucy Caldwell
Reader: Jenn Murray
Producer: Michael Shannon

A BBC Audio Northern Ireland Production for BBC Radio 4.

FRI 16:00 Last Word (m001zmbc)

Richard M Sherman, Professor Wendy James CBE , Morgan Spurlock, June Mendoza OBE

Matthew Bannister on

Richard M Sherman who teamed up with his brother Robert to write some of Disney's best loved songs.

Professor Wendy James CBE, the anthropologist who studied the Uduk tribes of Sudan.

June Mendoza OBE, the portrait painter whose subjects included members of the Royal Family, Prime Ministers and celebrities.

Morgan Spurlock, the film maker best known for his Oscar nominated documentary about the fast food industry "Supersize Me".

Interviewee: Brian Sibley
Interviewee: Dr Douglas Johnson
Interviewee: Anna Smith
Interviewee: Kim Mackrell

Producer: Gareth Nelson-Davies

Archive used:

Richard Sherman, Outlook, BBC Radio 4, 29 Aug 2016; Chitty Chitty Bang Bang, Trailer, Dir: Ken Hughes, MGM, 1968; Mary Poppins trailer, Director: Robert Stevenson, Disney, 1964; Julie Andrews, Feed The Birds, Composer Sherman; Richard Sherman, The Film Programme, BBC Radio 4, 30 May 2008; Richard Sherman, Front Row, BBC Radio 4, 26 Oct 2007; Richard Sherman, Soul Music, BBC Radio 4, 03 May 2016; It's A Great Big Beautiful Tomorrow, Richard M. Sherman and Robert B. Sherman, Walt Disney; Richard Sherman interview, Empire Magazine, YouTube, uploaded 12 Aug 2013; Interview with Professor Wendy James, Apollo, University of Cambridge Repository, Dir: Alan Macfarlane, Edit: Sarah Harrison, dspace.cam.ac.uk/handle/1810/223956, 15 May 2009; Super Size Me, 2004, Writer/Director: Morgan Spurlock, Samuel Goldwyn Film, You Tube, uploaded 17 May 2024; Super Size Me, Official Movie Trailer, Samuel Goldwyn Films, 2004; Super Size Me 2, Official Trailer, Samuel Goldwyn Films, 2019; Morgan Spurlock interview, ABC News, YouTube uploaded, 19 Sept 2019; June Mendoza, Desert Island Discs, BBC Radio 4, 08 Sept 1979; June Mendoza, Midweek, BBC Radio 4, 25 May 1988;

FRI 16:30 More or Less (m001zmbf)

[Repeat of broadcast at 09:00 on Wednesday]

FRI 17:00 PM (m001zmbh)

Trump to appeal historic conviction

President Trump confirms he will appeal against 34 guilty verdicts, calling the court case "rigged". But will the historic case sway floating voters? Plus Keir Starmer confirms Diane Abbott will stand as a Labour candidate. How much damage has been done to their campaign?

FRI 18:00 Six O'Clock News (m001zmbk)

Mr Trump was convicted of falsifying business records to cover up a hush money payment

FRI 18:30 Dead Ringers (m001zmbm)

Series 24

Episode 6

As always, the team treat all the political parties with equal contempt.

With writing from Tom Jamieson, Nev Fountain, Laurence Howarth, Ed Amsden & Tom Coles, Rob Darke, Edward Tew, Sophie Dixon and Cody Dahler.

A BBC Studios Audio Production

Producer: Bill Dare
Exec Producer: Richard Morris
Production Coordinator: Dan Marchini
Sound Design: Rich Evans

FRI 19:00 The Archers (m001zmbp)

Writer: Sarah Hehir
Director: Pip Swallow
Editor: Jeremy Howe

Ben Archer... Ben Norris
Jolene Archer... Buffy Davis
Pat Archer... Patricia Gallimore
Harrison Burns... James Cartwright
Lilian Bellamy... Sunny Ormonde
Vince Casey... Tony Turner
George Grundy... Angus Stobie
Jakob Hakansson... Paul Venables
Chelsea Horrobin... Madeleine Leslay
Tracy Horrobin... Susie Riddell
Freddie Pargetter... Toby Laurence
Fallon Rogers... Joanna Van Kampen

Lynda Snell... Carole Boyd
Robert Snell... Michael Bertenshaw
Oliver Sterling... Michael Cochrane
Jason Burntwood... Ian Conningham

FRI 19:15 Add to Playlist (m001zmr)

Series 9

Sam Lee and Debbie Wiseman head to outer space

Folks singer and song collector Sam Lee, and composer Debbie Wiseman, join Anna Phoebe and Jeffrey Boakye in the studio as they add the next five tracks. Starting with time travel, they head to a ground-breaking Coachella performance, a May Day celebration, and finish off with an unexpected dogleg from Fleetwood Mac, following their all-conquering album Rumours.

Producer: Jerome Weatherald

Presented with musical direction by Jeffrey Boakye and Anna Phoebe

The five tracks in this week's playlist:

Dr Who (Original Theme) by Ron Grainer/Delia Derbyshire
Wedding March from A Midsummer Night's Dream by Felix Mendelssohn
Freedom (Live) from Homecoming by Beyoncé
Padstow May Song by Lisa Knapp
Tusk by Fleetwood Mac

Other music in this episode:

This Must Be The Place (Naive Melody) - (Live) by Talking Heads
Sweet Girl McRee by Sam Lee
Call Me by Blondie
20th Century Fox Fanfare written by Alfred Newman
Gorilla by Little Simz
Fanfare For The Common Man by Aaron Copland, performed by Emerson, Lake & Palmer
Freedom by Beyoncé feat. Kendrick Lamar

FRI 20:00 Any Questions? (m001zmbt)

Peter Kyle MP, Professor Margaret MacMillan, Fraser Nelson, Chris Philp MP, Munira Wilson MP

Alex Forsyth presents political discussion from Shiplake Memorial Hall with Shadow Science, Innovation and Technology Secretary Peter Kyle MP, historian Professor Margaret MacMillan, the editor of The Spectator Fraser Nelson, Policing Minister Chris Philp MP and Liberal Democrat education spokesperson Munira Wilson MP.

Producer: Camellia Sinclair

Lead broadcast engineer: Kevan Long

FRI 21:00 Free Thinking (m001zmb)

The Insurrectionists' Guide to the Movies

The Insurrectionists' Guide to the Movies looking at some of the latest releases at the cinema and what they say about our culture society and democracy today.

Matthew Sweet speaks to Financial Times columnist Stephen Bush, Critic and historian Kate Maltby, Film Curator Keith Shiri and Dr Sarah Jilani - an expert in Anglophone postcolonial literature and world film.

Producer: Lisa Jenkinson

Studio Manager: Tim Heffer

FRI 22:00 The World Tonight (m001zmc0)

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

FRI 22:45 Long Island by Colm Toibin (m001zmc2)

5: 'Do you ever think about me?'

Niamh Cusack continues the heartrending sequel to Brooklyn, set twenty years on.

Since leaving Brooklyn, Eilis and Tony have built a happy and secure life in Long Island. The future looks good - until one day a stranger knocks on the door, and everything changes.

Feeling very far from home, Eilis starts to question the life she's created. Her questions lead her back to Ireland, and to those she left behind, as she wonders whether it's too late to take a different path?

Today: driven to distraction by her mother, Eilis goes to stay at the house in Cush. There on the strand, she sees a figure approaching...

Author: Colm Tóibín

Abridger: Richard Hamilton

Reader: Niamh Cusack
Producer: Justine Willett

FRI 23:00 Americast (m001zmc4)

Join the Americast team for insights from across the US.

FRI 23:30 Lights Out (m001gx66)

Series 5

Gatekeeper

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

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

Featuring the voices of:

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

Development Producer: Eleanor McDowall

Assistant Producer: CA Davis

Additional Recording: Heidi Chang and Israel Ramjohn

Sound Design, Music and Mixing Production: Axel Kacoutié

Produced by Axel Kacoutié

A Falling Tree production for BBC Radio 4