

**SATURDAY 24 AUGUST 2024****SAT 00:00 Midnight News (m00224tg)**

National and international news from BBC Radio 4

**SAT 00:30 Exam Nation by Sammy Wright (m00224s5)**

Book of the Week: Episode 5 - A different approach to schooling

Head of School, Sammy Wright looks at the role of school. This time, he explores what teaching Paradise Lost reveals about effective new paradigms for school & life? Carl Prekopp reads.

Drawing on his twenty years as a teacher and his experience on the UK Government's Social Mobility Commission, Sammy Wright has interviewed hundreds of teachers, education experts and pupils across England. Now, here in this book, he explores the fundamental misconception at the heart of our education system. By focussing on the grades pupils get in individual academic subjects, he argues, we simply end up ranking them, and our schools into winners and losers: some pupils are set on a trajectory to university - the rest are left ill-equipped for the world they actually face.

With wisdom and humour, Wright's entertaining and thought provoking book considers school's purpose.

Abridged by Katrin Williams  
Produced by Elizabeth Allard

**SAT 00:48 Shipping Forecast (m00224tj)**

The latest weather reports and forecasts for UK shipping

**SAT 01:00 Selection of BBC World Service Programmes (m00224tl)**

BBC Radio 4 joins the BBC World Service.

**SAT 05:20 Shipping Forecast (m00224tn)**

The latest weather reports and forecasts for UK shipping

**SAT 05:30 News Briefing (m00224tq)**

The latest news from BBC Radio 4

**SAT 05:43 Prayer for the Day (m00224ts)**

Presence

A spiritual comment and prayer to start the day with Steve Taylor

A few years ago I visited the British Museum in London, and saw a group of tourists filming the exhibits with mobile phones. They weren't actually looking at the ancient relics, just filming them. As I watched the tourists, it struck me that none of them were actually there. Rather than looking at these relics now, they were preparing to look at them in the future, when they get back home. In fact, they weren't visiting the museum now, they were visiting it in the future.

Human beings are probably the most inappropriately named species on our planet. Most humans spend very little time being. It might be more accurate to call ourselves human doings or human thinkings, since that's how we spend most of our time. Many of us find it difficult to be – that is, to simply live in the present moment, aware of ourselves and our surroundings. We like to keep ourselves busy with activities and entertainments. We like to rush forward into the future, pushing the present away, as if it's an obstacle.

However, it's important to remember that life only takes place in the present. The past doesn't exist anymore, and the future is yet to exist. The past only exists in our memory, and the future only exists in anticipation. If we're not present to our experience, then in a sense we're missing out on life. So today, let's focus on the present. From time to time, release your attention from activities and distractions, and bring yourself back to now. Look around you attentively, surveying your surroundings, the people and the objects and natural phenomena around you. Be conscious of your feelings and sensations, the experiences you are having right now, in your body and in the world.

Let's savour the present, since it's all we have.

Blessings.

**SAT 05:45 Frontlines of Journalism (m001lyw2)**

7. Open the door and you're doomed

Journalists couldn't get to the truth with people. Some make stories possible. Others do all they can to stop them.

Revisiting difficult stories he and other journalists have had to

report, BBC International Editor Jeremy Bowen looks at some of the obstacles that stand between journalists and what Watergate reporter Carl Bernstein once called the 'best obtainable version of the truth'.

In this episode: how journalists deal with sources, spin and powerful people.

Jeremy speaks with: journalist and former BBC political editor Laura Kuenssberg, Dean Baquet - until 2022 executive editor of the New York Times, BBC Gaza producer Rushdi Abu Alouf, and broadcaster and former editor of The Mirror and News of The World, Piers Morgan.

Presenter: Jeremy Bowen  
Producer: Georgia Catt  
Assistant Producer: Sam Peach  
Additional research: Rob Byrne  
Series mixing: Jackie Margerum  
Series Editor: Philip Sellars

**SAT 06:00 News and Papers (m0022bpb)**

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

**SAT 06:07 Open Country (m002243t)**

Football Falcons Rookies and Rooks

Nadeem Perera presents this week's Open Country from Richmond Park. He's with two young footballers from West Ham and Birmingham City. Nadeem is nature mad and wants to share his passion for birdwatching with the young players as a way of using nature as a tool for better sportsmanship. As a football coach as well as wildlife presenter, Nadeem believes an appreciation of nature can be incorporated into football clubs' daily outdoor training sessions. He's in Richmond Park where he first discovered his love of the outdoors and takes Manny Longelo and Liam Jones on a walk around the park guided by Assistant Park Manager Peter Laurence. Along the way he sets the boys a task of spotting as many birds as they can in order to be crowned the inaugural Open Country Man of the Match.

Producer: Maggie Ayre

**SAT 06:30 Farming Today (m0022bpr)**

Businesses that import meat could have to pay up to six times more than they were expecting to get each lorry through border checks; that's according to the British Meat Processors Association. Since April businesses that import through Dover and the Eurotunnel through Folkestone have been paying what's called a Common User Charge.

Bracken is a large and very prolific fern, and it can be a big problem for farmers, particularly in the uplands. It eats into grazing land, it harbours ticks and it's difficult to control, especially since last autumn when Asulox, the only herbicide used to kill it, became permanently withdrawn from the UK and Europe. The Innovative Farmers Network has just started trialling non-chemical approaches to bracken control, one of which involves using cattle to trample it.

Curlew are an iconic and beautiful bird of moorland and wetland areas, but curlew numbers have diminished significantly over the last few decades, placing them firmly on the RSPB's red list. A project in Wales, funded by the Game and Wildlife Conservation Trust, is using drones to locate nests which can then be protected.

All week on Farming Today we've been visiting rural communities all around the UK's coastline and finding out how they're meeting the challenges they face. Sarah Swadling has been to the Devon village of Beer to find out how they're keeping the community and tourism vibrant.

60 years ago, the first ever BBC Radio 4's On Your Farm programme aired, as an early morning outside broadcast from a family farm in Rutland. To mark the programme's diamond anniversary, Vernon Harwood has visited that same farm to discover what's changed over the past six decades.

Presented by Caz Graham and produced by Beatrice Fenton.

**SAT 06:57 Weather (m0022bpy)**

The latest weather reports and forecast

**SAT 07:00 Today (m0022bpbz)**

24/08/24 - Lyse Doucet and Simon Jack

News and interviews, plus Sports Desk, Weather and Thought for the Day.

**SAT 09:00 The Missing Madonna (m0022bq3)**

Waiting For John Craig

The lives of the Graham family come crashing down. And revelations from Marshall Ronald and John Craig seem to seal their fate.

**SAT 09:45 Animal (m001qy7)**

Jaws

You might think you know the story of Jaws. But dive a bit deeper - because there's more swimming in these waters...

In Animal, writer and adventurer Blair Braverman presents stories exploring the curious and fascinating ways humans relate to other animals - from magpies to spiders to creatures of the deepest oceans.

In this episode, Blair speaks to Claire Parkinson, Co-Director of the Centre for Human Animal Studies at Edgehill University, and shark expert Melissa Cristina Márquez, about the legacies of Jaws - the book and movie that forever changed our capacity for a relaxing day at the beach.

Blair uncovers a story of planetary existential crisis, and a quest for redemption for author Peter Benchley.

Producer and Sound Designer: Jesse Lawson  
Co-Producer: Arlie Adlington  
Executive Producer: Steven Rajam  
Sound Mixing: Arlie Adlington  
Series Art: Cameron Hay

An Overcoat Media production for BBC Radio 4

**SAT 10:00 You're Dead to Me (m0022bq7)**

Benedetta Carlini

Greg Jenner is joined in 17th-Century Italy by Professor Michelle Sauer and comedian Sophie Duker to learn about notorious nun Benedetta Carlini. From the moment of her birth in 1590, Benedetta – whose name literally means 'blessed' – was dedicated to God's service by her father. As a young girl, she joined a community of religious women, where in her twenties she began experiencing mystical visions. These culminated in a number of miraculous signs and occurrences, including the appearance of the stigmata on her body. But following a papal investigation, shocking secrets were revealed, including her sexual relationship with another nun. This episode charts her life, from the miracles that occurred during her childhood, through her time as a devout nun, and to her ultimate downfall at the hands of the papal investigator.

You're Dead to Me is the comedy podcast that takes history seriously. Every episode, Greg Jenner brings together the best names in history and comedy to learn and laugh about the past.

Hosted by: Greg Jenner

Research by: Hannah Campbell Hewson

Written by: Hannah Campbell Hewson, Emmie Rose Price-Goodfellow, Emma Nagouse, and Greg Jenner

Produced by: Emmie Rose Price-Goodfellow and Greg Jenner

Audio Producer: Steve Hankey

Production Coordinator: Ben Hollands

Senior Producer: Emma Nagouse

Executive Editor: James Cook

**SAT 10:30 The Kitchen Cabinet (m0022bqc)**

Series 45

South Lambeth

Jay Rayner and his panel of culinary experts are in South Lambeth, the home of London's 'Little Portugal'. Joining Jay to offer their best tips, tricks and recipes are chefs, cooks and food writers Melek Erdal, Jordan Bourke, Lerato Umah-Shaylor and Andi Oliver.

The panellists share their best ideas for using a pressure cooker and the fool proof way to make homemade piri-piri seasoning, and offer their own twist on the beloved margarita cocktail. They also discuss some alternative uses for date syrup, and why we're constantly instructed in recipes to tear, not chop, basil.

Alongside the panel's advice, Jay chats to local Portuguese chef Diogo Durães, from O Cantinho De Portugal, Stockwell who teaches us about the breadth and regionality of Portuguese cuisine. We also hear about the key ingredients in Portuguese cooking, and his best recipe for the garlicky bread-based soup, Açorda.

Producer: Bethany Hocken

Assistant Producer: Rahnee Prescod

A Somethin' Else production for BBC Radio 4

**SAT 11:00 Newscast (m0022d42)**

Harris v Trump All Eyes on November

Today, we take a look at the race for the White House, following the conclusion of the Democratic National Convention in Chicago.

Did Kamala Harris do enough to connect with the voters this week? Will Trump's attacks on her work? And what impact will Robert Kennedy JR's decision to drop out have on the race?

You can now listen to Newscast on a smart speaker. If you want to listen, just say "Ask BBC Sounds to play Newscast". It works on most smart speakers.

You can join our Newscast online community here: <https://tinyurl.com/newscastcommunityhere>

Newscast brings you daily analysis of the latest political news stories from the BBC. It was presented by Paddy O'Connell, James Cook and Marianna Spring. It was made by Chris Gray with Miranda Slade. The technical producer was Matthew Cadman. The editor is Sam Bonham

**SAT 11:30 From Our Own Correspondent (m0022bqk)**  
Thailand's handcuffed democracy

Kate Adie presents stories from Thailand, Australia, Senegal, Germany and the US

Thailand has seen its fair share of political drama over the years. In recent weeks, the dissolution of the opposition party and the dismissal of the PM showed the firm grip on the country by unelected institutions. Jonathan Head has been watching the events rapidly unfold.

In Australia, there's a deepening housing crisis with 120,000 people facing homelessness in the country every night. Soaring property prices and underinvestment in social housing and a growing population have made the situation worse. Katy Watson has been in Perth, Western Australia.

It was an idea that first had its inception in the 1980s: fighting desertification by planting a wall of trees across the African continent. The Great Green Wall would snake through eleven countries, from Senegal in the West to Djibouti in the East. But progress on the project has been slow. Nick Hunt has been in Senegal.

The Baader Meinhof gang are an anti-American, anti-imperialist terrorist group that spread fear across West Germany in the 1970s and 80s. The group claimed responsibility for a series of unsolved murders in the early 90s. So, the arrest of one alleged member of the group in Berlin has attracted significant attention, as Tim Mansel reports.

And finally, a cast of political heavyweights, ranging from Hillary Clinton to Barack and Michelle Obama to Bernie Sanders took to the stage in the glittering halls of the Democratic National Convention this week in Chicago. But back in Washington, Rajini Vaidyanathan spoke to some street vendors who were somewhat underwhelmed.

Producers: Serena Tarling and Farhana Haider  
Editor: Tom Bigwood  
Production coordinators: Katie Morrison and Sophie Hill

**SAT 12:00 News Summary (m0022bqp)**  
The latest national and international news from BBC Radio 4.

**SAT 12:04 Sliced Bread (m001xvkh)**  
Toast - Little Chef

Why did the restaurant chain, Little Chef, disappear from our roadsides?

Sean Farrington discovers what happened to the brand which brought us Jubilee Pancakes, Olympic Breakfasts and free lollies for the kids.

At its peak, Little Chef had over 400 restaurants on most of our major highways and a turnover well in excess of £100m.

So, how did such a successful business ultimately end up toast?

Sean speaks to Fiona Alper who was married to the Little Chef co-founder, Sam Alper; the entrepreneur, Lawrence Wosskow, who once owned Little Chef and Becky Parr-Phillips who started as a waitress but rose through the ranks to become Little Chef's head of operations.

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

This episode was first broadcast in April 2024

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

You can email the programme at [toast@bbc.co.uk](mailto:toast@bbc.co.uk)

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

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

**SAT 12:30 Catherine Bohart: TL:DR (m00224sw)**  
Series 1

5. Are we going to see Robert Jenrick's Brat Summer?

Confused by candidates? If you're feeling adrift ahead of the Conservative leadership election, TL:DR has done the reading for you.

Alex Kealy joins Catherine Bohart to look at the runners and riders. In the sidebar, Russian stand up Olga Koch looks at why a strong opposition is politically useful, and Financial Times columnist Stephen Bush looks at what it takes for an opposition to get back in the driving seat.

Written by Catherine Bohart, with Madeleine Brettingham, Sarah Campbell, and Georgie Flinn.

Produced by Victoria Lloyd

Recorded by Merlin Kerr at Monkey Barrel in Edinburgh

Edited by David Thomas

Production Coordinator - Beverly Tagg

A Mighty Bunny production for BBC Radio 4

**SAT 12:57 Weather (m0022bqw)**  
The latest weather forecast

**SAT 13:00 News and Weather (m0022br0)**  
The latest national and international news and weather reports from BBC Radio 4

**SAT 13:10 Any Questions? (m00224t2)**  
Nadra Ahmed, Wendy Chamberlain MP, Barry Gardiner MP, Kevin Hollinrake MP

Alex Forsyth presents political debate from Hartrigg Oaks care community in York with the Executive Co-Chair of the National Care Association Nadra Ahmed, Liberal Democrat Work and Pensions Spokesperson Wendy Chamberlain MP, Labour's Barry Gardiner MP and Shadow Business and Trade Secretary Kevin Hollinrake MP.  
Producer: Camellia Sinclair  
Lead broadcast engineer: Jonathan Esp

**SAT 14:00 Any Answers? (m0022br4)**  
Call Any Answers? to have your say on the big issues in the news this week.

**SAT 14:45 The Archers (m00224sy)**  
Lilian and Paul celebrate National Plum Day with themed cakes and a chat. Lilian is thrilled that Alice is throwing herself into 'The Stables' event, producing wonderful work on branding. To Paul's delight, he receives a large bag of branded medals from Alice, meaning he can give out numerous prizes to the riders in the fancy dress competition, from 'Best Hat' to 'Best Embellished Horse'. No one will be disappointed!

Emma and Will greet George, who arrives at Number One The Green with his unwelcome guest. Clive Horrobin says that he was happy to help George, and that he was a chip off the old block. Furiously, Emma berates George for believing the lies of his criminal uncle. To avoid George leaving again, she thanks Clive through gritted teeth for bringing him home. Clive claims that a near-death experience has changed him. Emma is unconvinced. In George's room, Emma updates her son and urges George not to mention Clive to anyone. George tells her that Clive has advised him to stay quiet as Alice may get off anyway – why throw himself under the bus for nothing? Appalled, Emma pleads for him to think of human decency and Alice – that she and Will are in a much better position to advise him than his vile uncle. It is time to face the truth. Downstairs, Clive has settled in and means to stay and assures Emma and Will that he is now a peaceful person. But this soon turns to a threat – let him stay or he'll tell the whole of Ambridge what George has done.

**SAT 15:00 Stalingrad (m0022dpl)**

2. Viktor's Struggle

By Vasily Grossman  
Translated by Robert and Elizabeth Chandler  
Dramatised by Mike Walker

Part two of Grossman's dark and honest account of the epic battle of Stalingrad; a prequel to his novel Life and Fate, starring Kenneth Branagh, Greta Scacchi and Mark Bonnar and recently published in its first ever English translation by Richard and Elizabeth Chandler.

Stalingrad explores the approach of war to the city of Stalingrad, through the many lives of the Shaposhnikov family and their partners. Atomic scientist Viktor Shtrum struggles with his work for the Soviet state, while his family live, love and work despite swirling rumours, to run the city's power stations, factories and hospitals.

Viktor Shtrum ..... Kenneth Branagh,  
Lyuda Shaposhnikova ..... Greta Scacchi  
Alexandra ..... Ann Mitchell  
Zhenya ..... Doon Mackichan  
Stepan Spiridonov ..... Kenneth Cranham  
Nina ..... Danusia Samal  
Vera ..... Scarlett Courtney  
Tolya ..... Will Kirk  
Nikolai Krymov ..... Mark Bonnar  
Novikov ..... Rick Warden  
Lenya ..... Greg Jones  
Pryahkin ..... Clive Hayward  
Yeremenko ..... Neil McCaul  
Apparatchik ..... Adam Courting  
Driver ..... Ikky Elias  
Woman ..... Sinead MacInnes

Original music composed by John Hardy, with Rob Whitehead, and performed by Oliver Wilson-Dixon, Tom Jackson, Stacey Blythe, and Max Pownall.

Produced and directed by Jonquil Panting  
Series Producer Alison Hindell

**SAT 16:00 Woman's Hour (m0022brb)**  
Weekend Woman's Hour Listener Week: Van Life, Risky sports, Widows Fire, Pets as therapy, Tummies

Listener Week is when all the topics, interviews and discussions are chosen by YOU!

We hear from listener Siobhan Daniels. She wrote to us on Instagram: 'I would love you to talk about van life and an alternative way of living.' Siobhan is 65 years old and after selling her home and possessions has lived in her motorhome for five years. She joins Nuala McGovern on the programme.

Listener Kitty Dowry wanted us to take a look at so called 'risky' sports, and to encourage us all to look at them in a different way. Kitty is a climber; she has been doing it for 10 years and wants to see more women give it a go, even those who might have written it off for fear of it being too dangerous. Kitty joins Anita, as does Hazel Findlay, a professional climber and coach.

As part of Listener Week we have been asked by widows to discuss one side effect of bereavement – hyper-arousal, and the term 'Widow's Fire'. Nuala McGovern explores these ideas with listener Lizzie, Stacey Heale, who has written a book – Now is Not the Time for Flowers - about her experience of being widowed, and also by the psychotherapist Lucy Beresford, who can shed some light on what might be going on.

How one moment or person can change your life's trajectory. Listener Bettie tells Anita how a childhood invite to a friend's house introduced her to a new way of life -one she says saved her.

Listener Sarah Palmer got in touch to tell us about the volunteer work she does with the charity Pets As Therapy. She joined Nuala to talk about how her life has been "immeasurably improved" because of her dog Haggis and the work they do together visiting local hospitals and care homes.

Why do so many of us feel bad about our tummies and why are the rounded or wobbly ones never celebrated? That's what listener Carole wants to know. Content creator Lottie Drynan created the IBS blog The Tummy Diaries and #mybloatwardrobe and has learned to love her rounded stomach. She joins Nuala McGovern, along with Charlotte Boyce, Associate Professor in Victorian Literature and Culture at Portsmouth University, and columnist Pravina Ruda to discuss our historical and cultural relationship with our tummies.

Presenter: Anita Rani  
Producer: Annette Wells  
Editor: Sarah Crawley

**SAT 17:00 PM (m0022brg)**

Red Sea oil spill fears after tanker attack

The vessel is adrift in the Red Sea with 150 thousand tonnes of crude oil on board. The Iran-backed Houthis in Yemen have been attacking shipping in the Red Sea for several months, claiming to do so in protest at the Israel-Hamas war in the Gaza Strip. Plus UNICEF calls for ceasefire to vaccinate children in Gaza against Polio and Italian prosecutors have opened a manslaughter investigation into the sinking of a luxury yacht off the island of Sicily.

**SAT 17:30 Sliced Bread (m002243k)**

Dishwasher Tablets

Do more expensive dishwasher tablets clean better? And how do eco versions stack up?

We are back with a new series of Sliced Bread and even more investigations into your suggested wonder products! We'll also be hitting a significant milestone during this batch of programmes so look out for more on that.

First up - dishwasher tablets. Listener Deborah got in touch after hearing our deep-dive into dishwashers themselves and had some burning questions about the tablets we put in them. Do more expensive ones give you a better clean? Do they protect glasses better? And what about the eco brands that promise to be kinder to the environment?

Listener Graham sent a voicenote asking whether buying an 'all-in-one' tablet is better than using separate components, either for cleaning or the environment.

Greg's joined by Deborah and a panel of experts in our studio at Media City in Salford to run all these questions through the wash.

All our investigations start with YOUR suggestions. If you've seen an ad, trend or wonder product promising to make you happier, healthier or greener, email us at sliced.bread@bbc.co.uk OR send a voicenote to our WhatsApp number 07543 306807.

**PRESENTER: GREG FOOT**  
**PRODUCER: SIMON HOBAN**

**SAT 17:54 Shipping Forecast (m0022brl)**

The latest weather reports and forecasts for UK shipping

**SAT 17:57 Weather (m0022brq)**

The latest weather reports and forecast

**SAT 18:00 Six O'Clock News (m0022brw)**

Teenager arrested after deadly knife attack in Germany

German police say fifteen-year-old boy knew about a knife attack that left three dead.

**SAT 18:15 Loose Ends (m0022bs0)**

Su Pollard, Michelle McManus, Camille O'Sullivan, Chris Grace, Catherine Cohen, Sinéad Gleeson

Actress and singer Su Pollard's new tour Still Fully Charged celebrates her 50 years in showbiz – she catches up with Michelle McManus about what keeps her hooked, and being beaten by a dog in a talent competition. Clive Anderson chats to comedian and actor Chris Grace. He's returned to Edinburgh after his sold-out 2023 run, this time with a packed out performance schedule including his new show Sardines (A Comedy About Death). Award-winning non-fiction writer Sinéad Gleeson's debut novel Hagstone sees an artist discover a commune of women on a remote island – she discusses the inspirations behind it.

With music from comedian and actor Catherine Cohen, and Irish singer and musician Camille O' Sullivan.

Presented by Clive Anderson  
Co-host: Michelle McManus  
Produced by Caitlin Sneddon

**SAT 19:00 Growing Solo (m001yj6n)**

Year's End

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

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

answered. This episode also explores some of the issues of trying to eat locally and seasonally.

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

A Good Egg production for BBC Radio 4

**SAT 19:15 The Infinite Monkey Cage (p0j98dtz)**

Series 30

Alien Life - Russell Kane, Lisa Kaltenecker and Chris Lintott

Are we alone in the universe? Brian Cox and Robin Ince venture to Glastonbury in the search for alien life and are joined in their galactic quest by comedian Russell Kane and astronomers Lisa Kaltenecker and Chris Lintott. They imagine the sorts of worlds that might best host alien life, how some of the biological and technological signatures of alien life might appear as well as how evolution might shape this life. They discuss some of the mysterious signatures that have appeared as well as how hard it is to really know what you're looking for and how objects like faulty microwaves have muddled the alien-finding waters.

Producer: Melanie Brown  
Exec Producer: Alexandra Feachem  
BBC Studios Audio production

**SAT 20:00 Archive on 4 (m0022bs4)**

PCs Gone Mad: Computers in Fiction and Reality

Broadcaster and comedian Steve Punt fires up the archives to examine the cultural history of computers on screen.

From Katharine Hepburn and the electronic brain of the 1950s, to Jurassic Park and the threat of malicious hackers; Steve explores the parallel history of how (and why) the fiction and the fact of computers developed.

With guests:

Charlie Brooker, media commentator and creator of Black Mirror  
Zoe Kleinman, the BBC's Technology Editor  
Kevin Murrell, co-founder of The National Museum of Computing

Producer: Becca Bryers

A BBC Studios Audio production for BBC Radio 4

**SAT 21:00 You're Dead To Me (p0fmp6w6)**

Leonardo da Vinci (Live)

In this special episode of You're Dead To Me, recorded in front of a live audience, Greg Jenner is joined by Professor Catherine Fletcher and comedian Dara Ó Briain to learn about Leonardo da Vinci.

Leonardo lived from 1452 to 1519 during an era of plague and warfare across Western Europe. It was also the height of the Italian Renaissance.

From mathematics to military maps, and some paintings which you may have heard of, Leonardo da Vinci did it all. But was he a generational genius or an "ideas man" who had a chronic inability to finish what he started?

Research by Anna Nadine-Pike  
Written by Emma Nagouse and Greg Jenner  
Produced by Emma Nagouse and Greg Jenner  
Assistant Producer: Emmie Rose Price-Goodfellow  
Project Management: Isla Matthews  
Audio Producer: Steve Hankey  
The You're Dead To Me theme tune was performed by Charles Mutter and the BBC Concert Orchestra

The Athletic production for BBC Radio 4

**SAT 22:00 News (m0022bs7)**

The latest national and international news from BBC Radio 4

**SAT 22:15 The Food Programme (m00224s3)**

Taste the World

Food, identity, myths and reality. In a globalised world can a dish reflect who we are and where we live? Dan Saladino explores fascinating stories of food, music and tradition in an ever changing and fast moving world.

Produced and presented by Dan Saladino.

**SAT 23:00 The Many Wrongs of Lord Christian Brighty (m0022bs9)**

Episode 1. The Couple I Uncoupled

Lord Christian Brighty is the talk of the Regency 'Ton' - a celebrated libertine, a heartthrob and a hero to many. But close-up, he is a spoilt, impetuous, life-ruining bastard... Or at least he was. Because his carefree life of infinite privilege has been upended by an encounter with his new chambermaid - the uneducated but forthright Babigail - who became the first person to tell him the unvarnished truth about his selfish behaviour. Overnight, his lifelong trust that everyone loved him had been replaced with a gnawing fear that Babs was right.

So now, with his narcissism collapsing and a need to prove to Babs he is actually a good person, Lord Brighty is determined to fix all his past wrongs. And by extension all the ills of Regency society. Accompanying him in his quest are Babs (elevated beyond her station to a chambermaid-cum-adviser role), and his butler, Mr Churlington. Although Churley would prefer everything to stay exactly as it used to be (as would all Brighty's friends, family and the entirety of high society).

In episode 1, Brighty - with Babs' assistance/disapproval - must get nearly-weds Mr Darkly and Miss Lucy-Beth Bonnet to fall back in love, having previously split them up. In his lordship's absence, the very un-sordid Churlington is left to organise Brighty's celebrated 'Sordid Soirée'.

Written by Amy Greaves & Christian Brighty

Cast:

Lord Christian Brighty ..... Christian Brighty  
Babs ..... Jessica Knappett  
Churlington ..... Colin McFarlane  
Lucy ..... Nimisha Odedra  
Lady Hisper / Singer ..... Katia Kvinge  
Darkly / Vicar ..... David Reed

Script Editor ..... David Reed  
Sound & Recording ..... David Thomas  
Photographer ..... Will Hearle  
Production Assistant ..... Katie Sayer  
Producer ..... Ben Walker

A DLT Entertainment Production for BBC Radio 4

Christian Brighty and Amy Greaves are award-winning comedians. Their viral sketches based on Bridgerton, Poldark and Jane Austen have catapulted them to viral stardom, securing Christian's place as the internet's answer to Mr Darcy and amassing 150 million views across TikTok and Instagram (@brightybuoy). Amy and Christian both have a deep love of the work Jane Austen, traditional regency romance (not smut), and historical romance set in the regency (smut).

**SAT 23:30 The 3rd Degree (m00223nx)**

Series 13

6. University of East Anglia

This episode coming from the University of East Anglia, The 3rd Degree is a funny, upbeat and brainy quiz show.

The specialist subjects this week are Physics, Biological Studies and History, so we'll find out the relevance to each of those subjects of a sombrero, pishing and the Northcote-Trevelyan Report of 1853. Avocats, quangos, muesli and Reginald Maudling all play a key role in the fun.

The show is recorded on location at a different University each week, and pits three undergraduates against three of their professors in this fresh take on an academic quiz. The general knowledge rounds include a quickfire bell-and-buzzer finale and the Highbrow & Lowbrow round cunningly devised to test not only the students' knowledge of history, art, literature and politics, but also their Professors' awareness of TV, music and sport. Meanwhile there are the three specialist subject rounds, in which students take on their professors in their own subjects, and where we find out whether the students have actually been awake during lectures.

In this series, the show goes to Leicester, St Andrews, Loughborough, Falmouth, the University of East Anglia and Robinson College, Cambridge.

Producer: David Tyler

A Pozzitive production for BBC Radio 4

**SUNDAY 25 AUGUST 2024****SUN 00:00 Midnight News (m0022bsd)**

The latest news and weather forecast from BBC Radio 4.

**SUN 00:15 Open Book (m00223nv)**

Evie Wyld

Evie Wyld talks to Johnny Pitts about her new novel, *The Echoes*. The book opens with Max discovering that he's dead. He finds himself in the South London flat he shared with his partner Hannah, wondering how and why he died, and what the rules are for being a ghost. But the novel is also about Hannah, who moved to South London from rural Australia. Slowly, the book pieces together the fragments of Hannah's traumatic family history.

Recent years have seen a number of stand-up comedians turn to writing novels - including Jessie Cave, whose debut *Sunset* was a Sunday Times bestseller, and who is performing two shows at this year's Edinburgh Fringe. Camille Bordas's latest novel is set over the course of one day in Chicago among students and teachers at a degree course in stand-up comedy. They discuss their work, and the different challenges of being funny on stage and on the page.

And for our monthly Editor's Pick - where we ask a Commissioning Editor to recommend us a great read from a rival publishing house - Kinza Azira has chosen *Madwoman* by Chelsea Bieker.

Presenter: Johnny Pitts

Producer: Tim Bano

Book List – Sunday 18 August

The Echoes by Evie Wyld  
 After the Fire, A Still Small Voice by Evie Wyld  
 The Material by Camille Bordas  
 Sunset by Jessie Cave  
 White Noise by Don DeLillo  
 Erasure by Percival Everett  
 Twenty Grand by Rebecca Curtis  
 Really Good, Actually by Monica Heisey  
 Madwoman by Chelsea Bieker

**SUN 00:48 Shipping Forecast (m0022bsg)**

The latest weather reports and forecasts for UK shipping

**SUN 01:00 Selection of BBC World Service Programmes (m0022bsj)**

BBC Radio 4 joins the BBC World Service.

**SUN 05:20 Shipping Forecast (m0022bsl)**

The latest weather reports and forecasts for UK shipping

**SUN 05:30 News Briefing (m0022bsn)**

The latest news from BBC Radio 4

**SUN 05:43 Bells on Sunday (m0022bsq)**

The church of St Margaret, Leiston in Suffolk

This week's Bells on Sunday comes from the church of St Margaret, Leiston in Suffolk. Rebuilt in 1854, this Grade II listed church is an example of the Victorian Gothic style. Only the 14th Century west tower and 13th Century font remain of the original Medieval church. There are eight bells mostly dating from the late 19th century and cast by the John Taylor foundry of Loughborough. The Tenor bell weighs twenty and a half hundredweight and is in the note of E. We now hear them ringing Yorkshire Surprise Major.

**SUN 05:45 In Touch (m00224hp)**

Trust

Everyone has to put their trust in other people from time to time but when you are blind or partially sighted, do you have to do it more often than most? For example, when asking a stranger for help on the street or in a train station, when purchasing something in a shop and in our relationships. To help us analyse this topic are three visually impaired people with differing career backgrounds, relationships and life experiences, who also acknowledge there are many times when they have to take a bit of a gamble on when and who to trust. They are Richard Lane, Denise Leigh and Kelly Barton.

Presenter: Peter White

Producer: Beth Hemmings

Production Coordinator: David Baguley

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 (m0022c04)**

The latest national and international news from BBC Radio 4

**SUN 06:05 Beyond Belief (m00224h5)**

The Gift of the Garden

In her poem 'God's Garden', Dorothy Frances Gurney writes:

'One is nearer God's heart in a garden  
 Than anywhere else on earth.'

Join Giles Fraser and a panel of green-fingered guests as they gather together at the Aga Khan Centre in Kings Cross to reflect on the theological significance of gardens and gardening.

From Eden and Gethsemane, to the ancient Islamic gardens of Andalusia, to the Japanese Gardens of Zen Buddhism; temples to churchyards, these sacred zones have been places of solace and reflection for millennia; places of life and death, of peace and tranquillity.

Here, even non-religious gardeners find common ground with their religious counterparts: on their knees, often in silence, hands in the earth. For many, gardening is the answer. We hear from Jill Smith - lay minister and trustee of 'The Quiet Garden Movement', who tells us how her garden is a place of healing.

Our panellists are Dr Omar Ali de Unzaga - Head of Ismaili Studies at the Aga Khan Centre, Revd Lucy Winkett - Rector at St James' Church in Piccadilly, and Ai Hishii - Director of Japanese garden architects, Momiji Design.

\*You can visit the Islamic Gardens at the Aga Khan Centre for free - book online.

Presenter: Giles Fraser

Producers: James Leesley and Bara'atu Ibrahim

Editor: Tim Pemberton

**SUN 06:35 On Your Farm (m0022c06)**

On Your Farm at 60

Sixty years ago a new weekend farming programme was launched by the BBC. On Your Farm started with an early morning outside broadcast from a family farm in Rutland as the day's harvesting got underway in the surrounding fields. To mark the programme's diamond anniversary, Vernon Harwood visits that same farm at Barrowden to check on today's harvest and discover what's changed over the past six decades. In 1964 Rowland and Dennis Tyler described themselves as traditional arable and sheep farmers but in 2024 is that the case for Dennis' sons, Richard and Charles?

On Your Farm was created by producer Anthony Parkin as a way for the nation to eavesdrop on farmers discussing the highs and lows of their industry. Parkin always considered it to be "a breath of fresh farm air" but the national newspapers preferred to call his regular breakfast table debates "Bacon and Eggs Radio". The first programme was introduced by David Richardson, a Norfolk pig and arable farmer who went on to host hundreds of editions over the following two decades. "I happened to be in the right place at the right time, I suppose," says David, who shares his memories in this anniversary episode. "I learned on the job, I liked asking questions and that's really what broadcasting is all about."

On Your Farm was described by the former Sunday Times columnist, Paul Donovan, as "one of radio's great treats." It once claimed to have Radio 4's catchiest theme tune and the programme even had a spin-off recipe book called 'The Best of Breakfasts'. Now as it enters its seventh decade, On Your Farm remains a weekend must-listen, the perfect accompaniment to bacon and eggs, and it's still doing what it does best – eavesdropping.

Produced and presented by Vernon Harwood

**SUN 06:57 Weather (m0022c08)**

The latest weather reports and forecast

**SUN 07:00 News and Papers (m0022c0b)**

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

**SUN 07:10 Sunday (m0022c0d)**

Defining church, US religious electorate, Prison Reform

The word 'church' was not used to describe hundreds of new Church of England congregations, initiatives and community groups set up over the last decade. Research by the Centre for Church Planting Theology and Research, at Cranmer Hall, Durham, found that in the past ten years, around 900 so-called "new things" have been started in 11 dioceses. But none of the dioceses used the term "church" as 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.

Dave Male, the Church of England's co-director for vision and strategy, discuss if this is simply about the choice of language or something deeper?

In light of the government's emergency measures put in place in prisons, we're joined by the lead bishop for prisons, the Right Reverend Rachel Treweek, and David Spencer, Head of Crime and Justice at Policy Exchange, to explore the sentencing of young people and whether custodial sentences are helpful in the long term.

Following Kamala Harris' acceptance of the Democratic nomination for president, we speak to theologian Brad Onishi, Professor of Religion at The University of San Francisco and co-host of the 'Straight White American Jesus' podcast, to get his view on how the two candidates appeal to the US religious electorate.

Presenter: William Crawley

Producers: Alexa Good, Bara'atu Ibrahim and Katy Davis

Studio Managers: Simon Highfield and Jack Morris

Editor: Tim Pemberton

**SUN 07:54 Radio 4 Appeal (m0022c0g)**

FareShare

Matt Lucas makes the Radio 4 Appeal on behalf of FareShare. The charity takes surplus food from supermarkets, wholesalers, and producers and redistributes it to thousands of charities across the UK.

To Give:

- Freephone 0800 404 8144

- 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 'FareShare'.

- Cheques should be made payable to 'FareShare'.

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

Registered Charity Number: 1100051

**SUN 07:57 Weather (m0022c0j)**

The latest weather reports and forecast

**SUN 08:00 News and Papers (m0022c0l)**

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

**SUN 08:10 Sunday Worship (m0022c0n)**

The 350th Anniversary of Isaac Watts

Marking the 350th birthday of the renowned hymn writer Isaac Watts, a special service from Methodist Central Hall, Westminster. Known for his timeless contributions to Christian worship, including "When I Survey the Wondrous Cross" and "O God, Our Help in Ages Past." Isaac Watts has inspired generations of believers through his hymns. Preacher: Rev Tony Miles; Director of Music: Gerard Brooks; Organist: Andrew Furniss; Producer: James Mountford

**SUN 08:48 A Point of View (m00224t4)**

The Power of Weird

At a village fete in rural France, AL Kennedy finds herself among barrel organs, sleeping piglets and 'a guy in a flowing blue smock gliding about on an ancient motor bicycle, just because he could.'

After US Democratic Vice Presidential nominee Tim Walz turned the word 'weird' into 'the soundtrack of our summer,' Alison relishes how the concept is reclaiming its roots.

Producer: Adele Armstrong

Sound: Peter Boshier

Production coordinator: Gemma Ashman

Editor: Tom Bigwood

**SUN 08:58 Tweet of the Day (m0022c0q)**

Gillian Burke on the Pied Flycatcher

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

Summer visitors to western and northern woodlands, the pied flycatcher is a magical bird. Favouring damp oak woods brimming with ferns and lichen, the male pied flycatcher dazzles with his laundry while wing bars over dark body. From when they first arrive in Britain, their see-saw song provides an acoustic sound to these woodlands, though as biologist, presenter and podcaster Gillian Burke reveals seeing one is not all that easy.

Producer : Andrew Dawes of BBC Audio in Bristol

Studio Engineer : Suzy Robins

**SUN 09:00 Broadcasting House (m0022c0s)**

Israel and Hezbollah trade fire

Hezbollah fires hundreds of rockets on Israel, which retaliates with airstrikes. Also, Paralympian Hannah Cockroft shares her medal hopes, and Britain's oldest skydiver.

**SUN 10:00 The Reunion (m0022c0v)**

The 2012 Paralympics

In the summer of 2012, London hosted the Paralympics for the first time — the biggest ever Paralympics, with over 4,000 athletes from 164 teams.

With 2.4 million advance tickets sold and an advertising blitz from Channel 4, the country was primed to continue the golden summer that had started with great success at the Olympic Games.

The Opening Ceremony kicked off with the world-famous electronic voice of Stephen Hawking and featured an appearance from Sir Ian McKellen, music from Beverly Knight and the sound of 80,000 people in the stadium crunching on apples at the same time.

Over 10 days, Team GB Paralympians began to change public perception of what disabled people were capable of. From the first day of the games, the medals began to roll in for the host nation. In front of packed stadiums and millions more on TV, Sarah Storey won Team GB's first gold medal. In the following days, Ellie Simmonds defended her title, setting a new world record, and the rowing mixed coxed four which included Naomi Riches won Team GB's only rowing gold.

When Thriller Thursday came around, Team GB's gold medal haul sat at 25 and the country had become used to winning at least two golds a day. Hannah Cockroft won her second gold, David Weir his third and Sarah Storey her fourth. A 19-year-old Jonnie Peacock took his marks against the first ever global Paralympian star – Oscar Pistorius – beating him and crowning Thriller Thursday with the final GB gold medal of the day.

Team GB finished the games with 34 gold, 43 silver and 43 bronze medals and London 2012 was declared the "greatest Paralympic Games ever". The closing ceremony was a huge party with Coldplay, Rihanna and Jay-Z performing, a fitting ending to the weeks of the Olympics and Paralympics games.

Kirsty Wark is joined by Britain's most successful Paralympian of all time Dame Sarah Storey, and gold medallists Hannah Cockroft, Naomi Riches, and Ollie Hynd. Ade Adepitan was part of the bid team for the games and part of the Channel 4 presenting team. Jenny Sealey and Bradley Hemmings directed the opening ceremony and Kim Gavin the closing ceremony of both the Paralympics and Olympics.

Producer: Jill Achineku  
Series Producer: David Prest  
A Whistledown production for BBC Radio 4

**SUN 11:00 The Archers Omnibus (m0022c0x)**

WRITER: SARAH HEHIR  
DIRECTOR: PIP SWALLOW  
EDITOR: JEREMY HOWE

Natasha Archer.... Mali Harries  
Pat Archer.... Patricia Gallimore  
Lilian Bellamy.... Sunny Ormore  
Susan Carter.... Charlotte Martin  
Ed Grundy.... Barry Farrinmond  
Emma Grundy.... Emerald O'Hanrahan  
George Grundy.... Angus Stobie  
Will Grundy.... Philip Molloy  
Don James.... Thom Petty  
Alistair Lloyd.... Michael Lumsden  
Jim Lloyd.... John Rowe  
Paul Mack.... Joshua Riley  
Jazzer McCreary.... Ryan Kelly  
Denise Metcalf.... Clare Perkins  
Kirsty Miller.... Annabelle Dowler

**SUN 12:15 Growing Solo (m001yj6n)**

[Repeat of broadcast at 19:00 on Saturday]

**SUN 12:30 The Unbelievable Truth (m00223r0)**

Series 30

Episode 3

David Mitchell hosts the panel game in which four comedians are encouraged to tell lies and compete against one another to see how many items of truth they're able to smuggle past their

opponents.

Miles Jupp, Marcus Brigstocke, Holly Walsh and Lou Sanders are the panellists obliged to talk with deliberate inaccuracy on subjects as varied as milk, sound, Italians and parties.

The show is devised by Graeme Garden and Jon Naismith.

Producer: Jon Naismith

A Random Entertainment production for BBC Radio 4

**SUN 12:57 Weather (m0022c0z)**

The latest weather forecast

**SUN 13:00 The World This Weekend (m0022c11)**

Israel and Hezbollah escalate cross-border strikes

Israel launches 'pre-emptive strikes' on Hezbollah amid a barrage of rocket fire. A former British Ambassador reflects on the escalating conflict. Plus, how can Labour keep both the unions and business happy?

**SUN 13:30 Rearming the UK (m0022bxs)**

The UK's defence industry is to be put on a 'war footing'. Douglas Fraser asks whether we can overcome the practical and political obstacles of rearming, to meet the challenges of a world that seems more unstable than ever.

When Keir Starmer got elected his government promised to keep their predecessors pledge of increasing defence spending to 2.5% of GDP, albeit without putting a time scale on when it might happen. They've since embarked on a review of the armed forces under former NATO secretary general Lord Robertson. Regardless of its conclusions the defence sector will be expected to increase its production capacity not only to replenish the stocks of arms and ammunition donated to Ukraine but restore the capabilities of our greatly diminished army, navy and airforce. Douglas asks how can that be done; and where should any new money be spent? Should it be led by the tactics we've seen at play in Russia's invasion with its almost World War I approach of massed artillery and trench warfare or by the defenders innovative use of drones and western supplied precision weapons? And how can a public desperate to see improvement in UK public services be persuaded that this will be money well spent?

**SUN 14:00 Gardeners' Question Time (m00224sk)**

Southwold: Weddings, Pelargoniums and Secret Snakes

Do grass snakes have any benefit to my garden? How do I stop my autumn raspberries from getting maggots? What I can plant between now and next June that will flower in time for my daughter's wedding?

Kathy Clugston and a panel of experts are in the hot seat as they answer the gardening queries from an audience in Southwold. On the panel are head gardeners Ashley Edwards and Matthew Pottage, and pest and disease expert Pippa Greenwood.

Later, Matthew Pottage sneaks away to Wootens of Wenhaston Plantsman Nursery in Darsham, where he meets co-owner Jill Stafford to discuss Pelargoniums and how there's a variety for everyone.

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

A Somethin' Else production for BBC Radio 4

**SUN 14:45 Opening Lines (m0022c13)**

Clear Light of Day - Episode 2

Set in the turbulent years of 20th century India, Anita Desai's novel Clear Light of Day brings us a story of family and political upheaval in the blistering heat of Old Delhi. John Yorke unpicks the threads that hold both family and community together until they fray and fall apart. From an opening in the 1980s we are taken backwards and forwards in time to find loyalties and tensions amongst siblings set against the backdrop of India's turbulent history.

The most significant event for India was Partition, when India became an independent country and Pakistan was created as a homeland for the Muslim communities. The divisions and ethnic violence unleashed run through the country and the Das family. In the second of two episodes, John Yorke reveals the importance of the historical and political background to the novel. He introduces us to a significant character, Aunt Mira, who symbolises all that has gone wrong as we see the contrast between her strength and resilience in youth to a state of alcohol-induced confusion and despair.

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 dramatized 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.

Includes archive clips of Anita Desai from The View from Here, BBC Radio 4 - 18.02.95

Contributor : Kamila Shamsie, author

Researcher: Nina Semple  
Production Manager: Sarah Wright  
Sound: Sean Kerwin  
Reader: Aarushi Ganju  
Producer: Mark Rickards  
Executive Producer: Caroline Raphael

A Pier production for BBC Radio 4

**SUN 15:00 Clear Light of Day (m0022c15)**

Episode 2

In August 1947, the partition of India caused up to two million deaths. Anita Desai's semi-autobiographical novel, set in Delhi, tells the story of a Hindu family torn apart by the tragedy when one of the siblings marries a Muslim. Desai explores the betrayal, grief, and slow path towards reconciliation, experienced by a nation and in microcosm by one family.

The drama is told from the perspective of 20 years later, in 1967, when all has come to pass. Although the memories never fade....

CAST  
Bim Meera Syal  
Tara Ayesha Dharker  
Raja Amit Shah  
Dr Biswas/ Akbar Kurtha  
Sharma

Bakul/ Nitin Ganatra  
Cobbler  
Mira/ Neelam Bakshi  
Biswas mother (Ep 2)  
Father (Ep 1)/ Amerjit Deu  
Father Misra (Ep 2)  
Jaya Zainab Hasan  
Sarla Kiran Sonia Sawar  
Mulk Gavi Singh Chera

Adapted for Radio by Jane Rogers  
Produced and Directed by Clive Brill

A Brill production for BBC Radio 4

**SUN 16:00 Open Book (m0022c17)**

Elif Shafak

Elif Shafak talks to Shahidha Bari about her new novel, There Are Rivers in the Sky - linking 'three characters, two rivers, and one epic poem' by the journey of a single drop of water.

Plus Hanna Pylväinen on writing with an omniscient narrator in her book The End of Drum-Time - when a Sami reindeer herder and a minister's daughter fall in love in the nineteenth century Arctic Circle.

Presenter: Shahidha Bari  
Producer: Emma Wallace

Book List - Sunday 25 August

There are Rivers in the Sky by Elif Shafak  
Forty Rules of Love by Elif Shafak  
The Island of Missing Trees by Elif Shafak  
Epic of Gilgamesh  
Our Mutual Friend by Charles Dickens  
The End of Drum-Time by Hanna Pylväinen  
The Kalevala: Edited by Elias Lönnrot

**SUN 16:30 Brain of Britain (m0022c19)**

Brain of Brains 2024

Every three years the most recent winners of the coveted Brain of Britain trophy play off in a good-natured general knowledge

contest for the title Brain of Brains. Russell Davies welcomes a line-up of formidable quizzers to London's Radio Theatre for a special curtain-raiser to the 2024 Brain of Britain series.

Fighting for the title are:

Dan Adler from Farnham (the 2023 Brain of Britain champion)  
Eleanor Ayres from Cambridge (runner-up in 2023)  
Marianne Fairthorne from London (runner-up in 2022)  
Karl Whelan from the Wirral (the 2021 champion)

Assistant Producer: Stephen Garner  
Producer: Paul Bajoria

#### SUN 17:00 Witness History (w3ct4xf7)

The small Irish town known as 'Little Brazil'

Gort in the west of Ireland is known by the nickname 'Little Brazil' because it's home to so many Brazilians.

They first came to Ireland in the late 1990s to work in the town's meat factory.

Lucimeire Trindade was just 24-years-old when she and three friends arrived in the town, unable to speak a word of English or Irish.

Nearly 25 years later, Lucimeire considers Gort her true home.

She tells Vicky Farncombe how being in Ireland changed her outlook on life.

"I learned that a woman can have their own life, especially going to the pub alone without their husbands!"

(Photo: Traditional Brazilian carnival dancers strut their stuff in Gort. Credit: John Kelly, Clare Champion)

#### SUN 17:10 Behind the Crime (m00212zx)

David

David Martindale can remember the moment he turned his back on crime. The police were all over his front garden, and he was about to be arrested for his involvement in drug dealing in his home town of Livingston.

His childhood was violent – but it was also dominated by football. He was a gifted player, but didn't have the sort of homelife that might have propelled him to football stardom. Instead he got involved with local rivalries and a lifestyle that led him to a young offender institution.

Years later, he was back inside, this time serving a long sentence for dealing cocaine.

Yet at his lowest moment, he found an inner resolve that led him to turn his back on crime, focus on his future and end up managing a top-flight football team. His first match in charge of Livingston FC in the Scottish Premier League was in front of 60,000 fans at Parkhead, home of Celtic FC.

This is an astonishing story about reaching the top against the odds.

Dr Sally Tilt and Dr Kerensa Hocken are forensic psychologists who work in prisons. Their job is to help people in prison understand the harm they've caused, identify why it happened and work out how to make changes to prevent further harm after they've been released.

In Behind the Crime, they take the time to understand the life of someone whose crimes have led to harm and prison.

For details of organisations that can provide help and support, visit [bbc.co.uk/actionline](http://bbc.co.uk/actionline)

Producer: Andrew Wilkie

Editor: Clare Fordham

Behind the Crime is a co-production between BBC Long Form Audio and the Prison Radio Association.

#### SUN 17:54 Shipping Forecast (m0022c1d)

The latest weather reports and forecasts for UK shipping

#### SUN 17:57 Weather (m0022c1g)

The latest weather reports and forecast

#### SUN 18:00 Six O'Clock News (m0022c1j)

Israel and the armed Lebanese group, Hezbollah, have carried out the biggest attacks on each other in ten months of conflict – while stopping short of triggering all-out war.

#### SUN 18:15 Pick of the Week (m0022c1i)

Rachel Parris

This week, you'd be excused thinking that all you hear is radio ga ga. But one programme in particular looked at how babies develop language, all sparked off by a viral video with a mother and her incredibly Liverpoolian baby. Plus, we learn how the earliest seeds of the incredibly messy Valencian festival La Tomatina were planted from a first-hand account of one of the

boys from the original sauced-up scrap in 1945. Speaking of planting – if cleanliness is next to godliness, what does that make gardening? Giles Fraser finds himself and some green-thumbed guests in a rooftop garden at the Aga Khan Centre in Kings Cross asking just that.

Presenter: Rachel Parris  
Producer: John Offord  
Production Co-ordinator: Jack Ferrie

A BBC Audio Northern Ireland production for BBC Radio 4

#### SUN 19:00 The Archers (m0022bxg)

It's the day of the Ambridge fete and Joy is full of praise for Azra's book stall, despite her misgivings about having the fete on the same day as the grand re-opening of the Stables. She shocks Azra with talk of an open surgery and a free consultation for everyone who buys a book. But Azra turns it to her advantage, guilt-tripping anyone who asks about their health into buying a book.

George isn't happy about being dragged to the fete by Emma. And he can't understand why his family and everyone has such a downer on his uncle Clive. Emma doesn't want Clive anywhere near George or Poppy. Later, as Emma tells Joy she is enjoying the fete her mood takes a downturn when George announces he has had enough and he's leaving.

Meanwhile the Stables has its own Canterton celebration and Justin is resplendent in his ringmaster's garb, which Lilian loves. She is less happy about Justin's plan to keep Alice hidden behind the scenes. Alice has a key part in the day, says Lilian. Later Justin has great news. Horse owner Rani Pershore is at the event. He wants to keep Alice away from her until Alice reveals they have a personal connection – Alice sold her horse Banjo to Rani. She quickly persuades Rani that The Stables is the right choice for her.

Joy praises Azra who sold out of books and says she's a shoo-in for next year's fete. No way, says Azra, aghast. But Joy is confident: that's what they all say.

#### SUN 19:15 Illuminated (m0022c1n)

Sybil Phoenix, A Civil Life

The years after Sybil Phoenix's arrival in England from British Guiana in 1956 follow a not unfamiliar pattern – trying to find a home and secure a livelihood, learning how to manage the endemic racism in Britain and, above all things, building a community.

Fostering countless children, setting up the famous Moonshot youth club in south-east London and dealing with the reaction from right-wing extremists bound together her personal and public lives. In 1972 she accepted – not without controversy – an MBE, the first black woman to do so. With her new status she set up a hostel for young women, the Marsha Phoenix Memorial Trust.

Now aged 97, Sybil's story is shared by her son Woodrow and daughter Loraine, the activist Eric Huntley, who's known her for over 80 years, and through previously not heard recordings that touch on her troubled early life, the death of her daughter Marsha, the New Cross Fire and much else.

Produced by Cherise Hamilton-Stephenson and Alan Hall  
A Falling Tree production for BBC Radio 4

#### SUN 19:45 Buried (m001hfbl)

Series 1

Series 1 - 2. A Scene of Horror

Dan and Lucy visit Mobuoy, and reveal the audacious scam of how criminals dumped a million tonnes of waste. But there's worse, as they learn what was buried.

"All you have to do... is dig it up."

A trucker's deathbed tape plays out. It's urgent, desperate.

In this BBC Radio 4 podcast series, investigative journalists Dan Ashby and Lucy Taylor deep-dive into one of the worst environment crimes in UK history – the secret dumping of a million tonnes of waste near a city. But when they uncover missing documents, fears of toxicity and allegations of organised crime, they realise they've stumbled into something much bigger. As they pick at the threads of one crime, they begin to see others. Could Britain be the home of a new mafia, getting rich on our waste?

In a thrilling ten-part investigation, the husband-and-wife duo dive into a criminal underworld, all the time following clues left in a deathbed tape. They're driven by one question – what did the man in the tape know?

Presenters and Producers: Dan Ashby and Lucy Taylor  
Assistant Producer: Tess Davidson  
Original Music and Sound Design: Phil Channell  
Sound Design and Series Mixing: Jarek Zaba  
Executive Producers: Phil Abrams and Anita Elash  
Commissioning Editor: Dan Clarke

A Smoke Trail production for BBC Radio 4

#### SUN 20:00 Word of Mouth (m002243w)

How babies learn language

Recently a video went viral of a baby talking – or babbling – with a Liverpool accent. Professor Julian Pine from Liverpool University explains how babies and young children learn language, including the rules we take for granted. Including the surprising reasons who children make mistakes like saying "nana" instead of banana, or "I play football yesterday" instead of "I played football yesterday." Plus, did you know verbs and nouns go to different parts of the brain?

Produced for BBC Audio in Bristol by Sally Heaven  
Subscribe to the Word of Mouth podcast and never miss an episode: <https://www.bbc.co.uk/sounds/brand/b006qtzq>

#### SUN 20:30 Last Word (m00224sp)

Phil Donahue, Countess Diana Phipps Sternberg, Mary Gibby, Toumani Diabaté

Matthew Bannister on American TV host Phil Donahue – pioneer of the daytime talk show.

Countess Diana Phipps Sternberg, the Czech born interior designer who was at the centre of a vibrant social scene in London during the swinging 60s.

Professor Mary Gibby OBE, the botanist who specialised in the study and classification of ferns.

Toumani Diabaté, the Malian musician known around the world for his virtuoso kora playing.

Interviewee: Bill Brioux  
Interviewee: Michael Žantovský  
Interviewee: Jess Barrett  
Interviewee: Suntou Susso

Producer: Gareth Nelson-Davies

Archive used:

The Phil Donahue show, Radio Ident, WLWD, Dayton Ohio, 1968; Phil Donahue interview, Television Academy Interviews YouTube, uploaded 06/06/2011; Phil Donahue interview on his career and becoming a dad, Today, NBC, 23/10/2024; Phil Donahue on literacy and education, ABC News, Uploaded 20/09/2024; The Phil Donahue Show, Marlo Thomas, 1977, Marlo Thomas YouTube Channel, uploaded, 21/09/2012; The Czech Republic, 1989's Velvet Revolution, BBC World Service, 07/12/1999; Czechoslovakia (1948), YouTube uploaded 13/04/2014; Gardner 4VT in narrowboat Swan, Myk Askin YouTube channel, uploaded 19/04/2010; Toumani Diabaté interview, Front Row, BBC Radio 4, 05/06/2014; Toumani Diabaté interview, BBC Radio 3, 29/05/2021;

#### SUN 21:00 Sliced Bread (m001xvkh)

[Repeat of broadcast at 12:04 on Saturday]

#### SUN 21:25 Radio 4 Appeal (m0022c0g)

[Repeat of broadcast at 07:54 today]

#### SUN 21:30 From Our Own Correspondent (m0022bqk)

[Repeat of broadcast at 11:30 on Saturday]

#### SUN 22:00 Westminster Hour (m0022c1q)

Ben Wright's guests are the newly-elected Labour MP Chris Curtis; Conservative peer and former Health Minister, Lord Bethell; and the foreign affairs expert Sophia Gaston, from think tank Policy Exchange. They look ahead to a big speech from Sir Keir Starmer, and discuss the validity of his claims about the state of the public services and the economy. Camilla Turner – political editor of the Sunday Telegraph – brings additional insight and analysis. The veteran industrial correspondent Nick Jones reflects on Labour's relationship with the trade unions. And the programme also includes an interview with Baroness Tanni Grey-Thompson about the Paralympics and the everyday challenges facing disabled people.

#### SUN 23:00 The Human Subject (m0022c1s)

The Boy with an Ice Pick in his Brain

This is the story of 12 year old Howard Dully. The year is 1960. His stepmother is finding him to be 'unbelievably defiant' so she

takes him to a private California hospital. There he is evaluated by Dr Walter Freeman who diagnoses him with childhood schizophrenia.

For this he prescribes a brutal procedure which would alter Howard's life forever - a lobotomy. Dr Freeman performed thousands of these operations across the United States, including on Rosemary Kennedy, JFK's sister. Julia and Adam hear from Jack El-Hai, journalist, medical writer and author of *The Lobotomist: A Maverick Medical Genius and His Tragic Quest to Rid the World of Mental Illness*.

Presenters: Dr Adam Rutherford and Dr Julia Shaw  
Producers: Rufaro Faith Mazarura and Simona Rata  
Assistant Producer: Mansi Vitlhani  
Executive Producer: Jo Meek  
Sound Design: Craig Edmondson  
Commissioner: Dan Clarke

An Audio Always production for BBC Radio 4.

**SUN 23:30 Frontlines of Journalism (m001lyw2)**  
[Repeat of broadcast at 05:45 on Saturday]

**SUN 23:45 Short Works (m00224sm)**  
Glimmers

"Here is the summer, and here is the light, and she's crying again, and they are the new tears. She can live with those ones."

An original short story about coming back to the world after postpartum depression, written and read by Kerri Ní Dochartaigh.

A BBC Audio Bristol Production  
Producer: Becky Ripley

## MONDAY 26 AUGUST 2024

**MON 00:00 Midnight News (m0022c1v)**  
The latest news and weather forecast from BBC Radio 4.

**MON 00:15 Crossing Continents (m00224hr)**  
Ageing without a safety net in Malaysia

Industrialisation, modern cityscapes and strong economic growth promote an image of a youthful, vigorous Malaysia. But the country is now ageing rapidly, and this sudden transformation seems to have caught many - including the government - by surprise. Despite their country's development, millions have little or no retirement income and face destitution or dependence in their golden years. What little provision is available was compromised during the Covid pandemic when the government allowed workers to withdraw retirement funds just to survive lockdown. Those who did so can now have almost nothing left in their accounts. Without any universal pension, many older Malaysians rely on their families - but younger relatives are often struggling in a low wage economy and find it increasingly difficult to provide for anyone but themselves. As Claire Bolderson reports, Malaysians may have to change their attitudes to retirement and to saving if they are to avoid the spectre of serious poverty in old age.

Producer: Mike Gallagher  
Editor: Penny Murphy  
Studio Manager: Hal Haines  
Production Coordinator: Katie Morrison

**MON 00:45 Bells on Sunday (m0022bsq)**  
[Repeat of broadcast at 05:43 on Sunday]

**MON 00:48 Shipping Forecast (m0022c1x)**  
The latest weather reports and forecasts for UK shipping

**MON 01:00 Selection of BBC World Service Programmes (m0022c1z)**  
BBC Radio 4 joins the BBC World Service.

**MON 05:20 Shipping Forecast (m0022c21)**  
The latest weather reports and forecasts for UK shipping

**MON 05:30 News Briefing (m0022c23)**  
The latest news from BBC Radio 4

**MON 05:43 Prayer for the Day (m0022c25)**  
We Are Each Other's Cousins

A spiritual comment and prayer to start the day with Steve

Taylor

In 1968, the American astronaut Rusty Schweickart was floating in a spaceship close to the moon. As he watched the planet Earth slowly turning, a small blue pearl surrounded by the emptiness of space, it struck him that the idea of calling himself "American" was absurd. There were no boundaries or borders, no countries or nationalities - there was just one planet, and one human race.

There are around 8 billion human beings living on different parts of the Earth's landmass. We speak different languages, have different appearances and different traditions and religions. But we all stem from the same source.

Let's rewind history all the way back to 250,000 BC, when our species first developed in eastern Africa. For tens of thousands of years, we remained in Africa, but eventually began to disperse, to migrate into the Middle East and Europe. Over the following millennia, as we dispersed further, groups developed different physical characteristics, in response to new environments and climates. For example, groups who migrated north developed lighter skin and hair.

Scientists have identified fundamental features shared by all the human race's languages, suggesting that there was one original human language, dating back 50,000 years or more. But as we dispersed, linguistic differences grew until groups were unintelligible to one other. Groups developed different lifestyles and traditions too and began to perceive each other as distinct.

So today, whenever I meet a person who seems to belong to a different nationality or religion, I will remind myself that we all stem from the same source. Beneath our superficial identities, we share the same essence. We are all each other's cousins, sharing the surface of this beautiful planet as it spins through space.

Blessings.

**MON 05:45 Farming Today (m0022c27)**  
26/08/24 "Mama Hen" the woman who rescues factory farmed hens

Northern Ireland's 'Mama Hen'

Thirteen years ago, Barbara Mladek gave up her full time job as a bank executive to run a hen rescue centre in Northern Ireland. She says it is now her life's mission to rescue and re-home as many battery hens as she can. She is so obsessed with hens, that she has changed her own name by deed poll to 'Mama Hen'.

Barbara also rescues abandoned hens, ducks, geese and turkeys. Her centre is run as a charity and relies entirely on donations. Over the years, she and a small number of volunteers have rescued thousands of hens from slaughter. She opposes battery hen production but has developed a working relationship with several Northern Irish poultry producers to 'rescue' some of their hens when their egg laying value comes to an end.

She knows that the hens she saves are only a tiny proportion of the commercial flocks reared in Northern Ireland's flourishing poultry business. But she says saving even one hen is worth it. It's a seven day a week round the clock commitment, but Barbara says she has no regrets about swapping office life and a guaranteed salary for the fulfillment she has looking after the birds.

Produced and presented by Kathleen Karragher

**MON 05:57 Weather (m0022c29)**  
Weather reports and forecasts for farmers

**MON 06:00 Today (m0022bwy)**  
News and current affairs, including Sports Desk, Weather and Thought for the Day.

**MON 09:00 The Artificial Human (m00202gr)**  
Why can't AI drive me home yet?

Developers have been trying to create driverless cars since the 1920s. Numerous iterations have come into being and fallen away over the years - radio controlled cars, electronic guide systems buried into roads, lidar, radar, computer vision, but with the roll out of AI, we seem closer than ever to getting from A to B without having to touch the wheel.

In fact, in several places in the United States, Driverless Cars are already on the streets - albeit in a limited scope - ferrying users across the cities of Phoenix and San Francisco. And yet here in the UK? There are few autonomous vehicles in select locations, such as airports. But we're unlikely to be hailing a cab without a driver in the near future? Why?

Aleks and Kevin are all set to find out. They'll talk to Elaine

Moore, who has been a frequent passenger in driverless cabs in San Francisco. Dr. Jack Stilgoe, leader of the Driverless Futures Project, and engineer Paul Newman who is developing autonomous vehicle software here in the UK. They'll learn about the practical, legal, ethical and technical needs that autonomous vehicles will need to meet in order to function, how the fabric of cities might need to change for them to operate, and just how soon driverless cars will be able to safely operate on UK streets.

If you want to ask to answer your burning question on AI, please get in touch at [theartificialhuman@bbc.co.uk](mailto:theartificialhuman@bbc.co.uk)

**MON 09:30 How to Play (m0022bx0)**  
Mozart's Requiem with Sheffield Philharmonic Chorus

The Sheffield Philharmonic Chorus invite us to eavesdrop on their rehearsals as they prepare to perform Mozart's celebrated Requiem, with the Flanders Symphony Orchestra. As their concert date approaches, our singers show how the tiniest details can transform what the music communicates, and the crucial elements that govern whether a performance soars or flops.

Conductor, Kristina Poska and Chorus Director, Darius Battiwalla are joined by choristers, Angela Argenzio, Rosalind Hobson, Ranjan Sen and Steve Terry. They share how they work together to uncover a message of hope and redemption in music that Mozart composed while he was dying.

**MON 10:00 Woman's Hour (m0022bx2)**  
Sisters: A Woman's Hour special

Whether you have a sister or not, it's a relationship that has long fascinated us. In this special edition of Woman's Hour, Nuala McGovern explores what makes the female sibling dynamic so compelling.

If you were watching the Paris Olympics, you might have spotted identical twins Lina and Laviai Nielsen taking to the track. The Olympic duo join Nuala to discuss competing together at an elite level in athletics, winning bronze side-by-side for Team GB, and navigating triumphs and challenges in the public eye after Lina's Multiple Sclerosis diagnosis.

Psychotherapist Jennifer Gledhill joins Nuala to talk about the psychology of sister relationships. What pushes you apart, and what brings you together? She also gives her tips on how to have a better relationship with your sister.

How do you deal with the grief of losing a sister? British-Kurdish activist Payzee Mahmood's joins Nuala to talk about her beloved sister Banaz, who was murdered aged 20 in a so-called 'honour' killing. Their father and uncle are serving life sentences for the murder. Nuala and Payzee talk about loss, legacy and how Banaz's death drove Payzee's campaign against child marriage.

What is Nuala like as a sister? Joining us from Ireland to spill the beans are Nuala's own two sisters - Vera and Eileen!

Film historian Alex Von Tunzelmann charts one of the most famous sisterly feuds in Hollywood history - the explosive rivalry between the Oscar-winning British actresses, Olivia de Havilland and Joan Fontaine.

And what if you don't have biological sisters or didn't grow up with them, but want the support system that can come with a sisterhood? Angel, from London, is now 21 years old and was in the care system from the age of five. She's a mentor and 'big sister' for Sister System, a charity that works with care-experienced women and girls. Angel and the charity's founder Okela Douglas join Nuala to discuss why sisterhood can have such a profound impact.

Presenter: Nuala McGovern  
Producers: Maryam Maruf and Erin Downes  
Editor: Olivia Bolton  
Studio Manager: Gayl Gordon

Archive: Fleabag / Two Brothers Pictures / Harry Bradbeer; Pride and Prejudice / Working Title Films / Joe Wright; Little Women / Columbia Pictures / Greta Gerwig

The book reading is from Joan Fontaine's memoir, *No Bed of Roses* published by William Morrow and Company

**MON 11:00 Michael Sheen Gets Into Character (m001zmn8)**  
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.

#### MON 11:30 One to One (m001mlj)

Dharshini David meets fashion writer Anna Murphy

Are we as obsessed as ever with not looking old? It's six years since US beauty magazine Allure banned the term "anti-ageing" in its publications, and some big cosmetic brands have tried to portray a more positive attitude towards getting older. But with huge demand for so-called "tweakments" like Botox injections, does the "anti-ageing" narrative still dominate? BBC business correspondent Dharshini David and Times fashion director Anna Murphy discuss the culture of the beauty industry and what is driving people's desire to change the way they look.

Produced for BBC Audio in Cardiff by Paul Martin.

#### MON 11:45 Child (p0hesmtn)

11. Oxytocin

Labour begins. The womb begins its grinding dance into contractions and the hormone Oxytocin steps onto the scene. In this episode, India Rakusen explores the influence that both people and the places we are in have over labour and birth.

Where we give birth, and with who, has changed quite dramatically over the centuries. But what do we know now about the significance of both? We hear from Dr Sarah Fox about the move from birth being a women-only space to the rise of man-midwives. Economist Emily Oster discusses the benefits of having a doula, and Leila Baker, one of the directors of Doula UK, talks about the rise in Doulas and what that means for marginalised groups, security and safety. Finally Dr Raneef Thakar considers how recent headlines have eroded trust - with consequences for oxytocin.

Presented by India Rakusen

Producer: Ellie Sans

Series Producer: Ellie Sans

Production Team: Ella McLeod & Georgia Arundell

Executive Producer: Suzy Grant

Commissioning Editor: Rhian Roberts

Original music composed and performed by ESKA And The Big Moon.

Mix and Mastering by Olga Reed

A Listen production for BBC Radio 4

#### MON 12:00 News Summary (m0022bx4)

The latest national and international news from BBC Radio 4.

#### MON 12:04 You and Yours (m0022bx6)

Student Commuters, Charity Superstores and the NHS App

More students are commuting but are universities set up to ensure that they make the most of their university experience?

Charity shops have been key feature of our high streets for years, now a new generation of charity superstores are opening in retail parks.

For years it was left to decline but an historic wool market has now been refurbished and not only become one of Yorkshire's hottest tourist attractions but also one of the country's biggest outdoor music venues.

The NHS App is now one of the most downloaded in the UK. More than three quarters of adults in England have it but not all GPs work with it. What do patients think about it and how will it develop in future? The Patients Association has been investigating. If you have a question as a patient you can contact the Patients Association on their Helpline: 0800 345 7115

We are experiencing hotter spells in summer, and the Met Office predict surges in temperature to 40 C and above will be

commonplace mid-century. But how do you keep homes, mostly built to keep the heat in, cool in hot weather?

PRESENTER: WINIFRED ROBINSON

PRODUCER: KEV MOUSLEY

#### MON 12:57 Weather (m0022bx8)

The latest weather forecast

#### MON 13:00 World at One (m0022bxb)

Former England football manager Sven-Göran Eriksson has died

We remember the life former England manager Sven-Göran Eriksson, and we speak to a politician in Kyiv as more than half of Ukraine's regions have been attacked overnight.

#### MON 13:45 Grenfell: Building a Disaster (m0022bxd)

6. Value Engineering

When Grenfell resident Ed Daffam first heard about the multimillion pound refurbishment of the tower, he welcomed it. The estate had, in his view, become increasingly run down in recent years.

But as the refurbishment progressed, he says residents felt their voices weren't heard. Meanwhile architects and contractors selected materials which would burn easily in a fire.

Kate looks at how cost-cutting and a race to the bottom in the construction industry had devastating consequences for the refurbishment of Grenfell Tower.

Presenter: Kate Lambie

Producer: Josephine Casserly

Production coordinator: Janet Staples

Audio engineers: James Beard and Gareth Jones

Story consultant: Simon Maybin

Editor: Penny Murphy

#### MON 14:00 The Archers (m0022bxg)

[Repeat of broadcast at 19:00 on Sunday]

#### MON 14:15 Stand Up Just William (m0022bxj)

All The News

Martin Jarvis performs as Richmal Crompton's immortal schoolboy character William.

#### MON 14:45 Wolverine Blues (m000zxn)

Episode 1

Wolverine Blues, or a Case of Defiance Neurosis

Fiction from Graeme Macrae Burnet, inspired by the case study "Defiance Neurosis of a Seventeen-Year-Old High School Student" by Alphonse Maeder.

In 1950s Switzerland, Max finds himself on a collision course with his father when a new friend stirs a passion for music.

Read by Alasdair Hankinson and Robin Laing

Producer: Eilidh McCreadie

Graeme Macrae Burnet lives in Glasgow and is the author of novels including the Man Booker shortlisted 'His Bloody Project' and longlisted 'Case Study'. His new novel, 'A Case for Matricide', is published in October and concludes the Georges Gorski trilogy.

#### MON 15:00 Great Lives (m0022bxl)

The Roman Emperor Nero

An unexpected choice for Great Lives, the Roman Emperor Nero has a reputation for debauchery and murder. He was also surprisingly popular, at least during the early years of his reign, and the writer Conn Iggulden argues he may be a victim of bad press. The Christians decided he was the anti-christ some three centuries after he died, and the three main sources are no more positive about his achievements and life. But a recent exhibition at the British Museum - entitled the man behind the myth - worked hard to soften Nero's terrible reputation. So is there more to Nero than we think?

Joining Conn Iggulden in studio is Dr Shushma Malik of Cambridge University. Matthew Parris presents. Conn Iggulden is co-author of The Dangerous Book for Boys and the best-selling historical fiction about Nero with the strapline, "Rome wasn't burned in a day."

The producer in Bristol is Miles Warde

#### MON 15:30 Extreme: Muscle Men (m0022bxp)

Muscle Men

5. The A Team

Nobody gets arrested for dealing anabolic steroids. That's the assumption bodybuilder Dan Duchaine, William Dillon and their fellow ring-members are relying upon, as they build the biggest steroid trafficking operation in America. But that's all about to change.

As President Ronald Reagan's War on Drugs rages in the mid 1980s, the ring find themselves in the crosshairs of a team of dogged investigators leading the fight against steroids.

Host Natalia Mehlman Petrzela reveals how a newly formed National Steroid Taskforce put steroids enforcement, once seen as a fringe issue by the authorities, on the map. That's bad news for Dillon and his fellow steroid dealers. But catching them won't be easy...

Featuring William Dillon; Daniel Supnick, a former special agent with the US Customs Service, and former special agent in the Criminal Investigations Division of the IRS, Stephen Gelman.

Presenter and Executive Producer: Natalia Mehlman Petrzela

Producer: Caroline Thornham

Assistant Producer: Mohamed Ahmed

Editor: Katherine Godfrey

Production Manager: Cheree Houston

Sound Design and Mix by Daniel Kempson

Original Music by SilverHawk, aka Cyrille Poirier

Executive Producer: Max O'Brien

Commissioning Editor: Dan Clarke

A Novel production for BBC Radio 4

Featuring clips from:

Interview with Philip Halpern - Professor Daniel Rosenke

Panorama: Dying to Win: Drugs in Sport - BBC1

Ronald Reagan speech, 1986 - The Ronald Reagan Presidential Library

'Say No To Drugs' Public Service Announcement - Mike Tyson

Episodes are released weekly on Mondays. If you're in the UK, you can listen to the latest episode, a week early, first on BBC Sounds <https://bbc.in/3ybDcHO>

#### MON 16:00 Rearming the UK (m0022bxs)

[Repeat of broadcast at 13:30 on Sunday]

#### MON 16:30 The Kitchen Cabinet (m0022bqc)

[Repeat of broadcast at 10:30 on Saturday]

#### MON 17:00 PM (m0022bxj)

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

#### MON 18:00 Six O'Clock News (m0022by2)

The former England football manager had been diagnosed with terminal pancreatic cancer. In 2001, he became the first foreign manager to lead the England team.

#### MON 18:30 The Unbelievable Truth (m0022by5)

Series 30

Episode 4

David Mitchell hosts the panel game in which four comedians are encouraged to tell lies and compete against one another to see how many items of truth they're able to smuggle past their opponents.

Justin Edwards, Zoe Lyons, Lucy Porter and Tony Hawks are the panellists obliged to talk with deliberate inaccuracy on subjects as varied as stationery, fast food, the Tudors and swearing.

The show is devised by Graeme Garden and Jon Naismith.

Producer: Jon Naismith

A Random Entertainment production for BBC Radio 4

#### MON 19:00 The Archers (m0022by9)

George declines Clive's offer to join him in morning yoga and listens to him moaning about his B&B. Later as they have a beer in the garden, George reveals Will is still pressing him to go to the police. Clive says he should tell Will and Emma to back off and hold his nerve. George worries about prison, for him or Alice. But Clive says wealthy people like Alice don't go to prison. Impatient, he tells George the crash was an accident:



stop going on and enjoy your beer.

Alistair and Harrison discuss the fete, where Harrison bought a brilliant book about cricket coaching. Alistair grumbles about one of the girls at the cricket camp – Cassie, who is decidedly sassy. Little Croxley cricket captain Laura asks Alistair how the camp has gone. Alistair is forced to reveal that Cassie – who it turns out is Laura's daughter – has been a bit of a handful. He adds that she could really be a decent cricketer, if she put her mind to it. Laura asks how things are going with his 'situationship'. He says it's going well and has to put up with Harrison pulling his leg about being the 'Valentino of the village'.

Clive bumps into a shocked Susan as she is shopping. It's been too long, he says. 'No,' she replies. 'It hasn't been long enough.' He follows her, suggesting they go for a coffee. She wants nothing to do with him. He claims he's different now; enlightened after a near-death experience. But Susan says they don't want him anywhere near them.

**MON 19:15 This Cultural Life (m001m4dh)**  
Nick Cave

Nick Cave, the Australian born singer-songwriter and author, reveals the formative influences and experiences that have inspired his own creativity. With his band The Bad Seeds, Cave is renowned for the darkness and drama of his narrative based work. His lyrics are often populated by flawed people doing bad things, but seeking redemption in love or God, or both. His musical output is diverse, ranging from rock'n'roll, to piano-based love songs. The tragic death of his 15 year old son Arthur in 2015 has informed recent work, with songs about devastating loss, grief and love explored throughout the albums *Ghosteen* and *Carnage*. Nick Cave has also written novels, poetry, a screenplay, and has recently published *Faith, Hope and Carnage* - a book exploring his ideas about creativity and belief.

Nick Cave talks to John Wilson about the influences of his father, an English teacher, and his mother, a school librarian, in encouraging his love of literature from a young age. He recalls seeing The Johnny Cash Show on television at the age of 10 and being spellbound by the country music star, with whom he later worked. He also remembers the life-changing effect of hearing Leonard Cohen's *Songs Of Life and Death* album for the first time, and the profound influence the Canadian poet and songwriter had on his own lyrics. He reveals that fellow Australian Barry Humphries was another artist who inspired his own work, having seen a Dame Edna Everage show in Melbourne in the early 1970s. Nick Cave also discusses the impact that the death of his son had on his life, work and marriage.

Producer: Edwina Pitman

**MON 20:00 The Briefing Room (m0022436)**  
Global Tensions 3: Russia and the West

David Aaronovitch and guests discuss the risk of escalation on Russian borders and further afield and explore what form that might take if it were to happen.

Guests:

Natia Seskuria, founder and executive director of the Regional Institute for Security Studies (RISS), a Tbilisi-based think tank  
Dr Jack Watling, Senior Research Fellow for Land Warfare at the Royal United Services Institute,  
Michael Clarke, Professor of Defence studies and Specialist Advisor to the Joint Committee on the National Security Strategy  
Mark Galeotti, writer on Russian security affairs and director of the consultancy Mayak Intelligence

Presenter: David Aaronovitch  
Producers: Ben Carter, Kirsteen Knight and Drew Hyndman  
Sound engineers: James Beard and Nigel Appleton  
Editor: Richard Vadon

**MON 20:30 BBC Inside Science (m0022440)**  
Why aren't we eating more insects?

We try some cricket tacos and ask what role insects might play in our future diets, in a special programme with a live audience at Green Man Festival in the Bannau Brycheiniog National Park in Wales.

Our panellists:  
Peter Smithers, an entomologist and fellow of the Royal Entomological Society  
Aaron Thomas, co-founder of Yum Bug, which makes meat out of crickets  
Dr Emily Porter, a dietician and gut health specialist for the NHS and The Gut Health Clinic

What else should we explore – and where else should we visit?

Send your suggestions to [insidescience@bbc.co.uk](mailto:insidescience@bbc.co.uk)

Presenter: Marnie Chesterton  
Producer: Gerry Holt  
Editor: Martin Smith  
Sound manager: Mike Cox  
Production Co-ordinator: Jana Bennett-Holesworth

**MON 21:00 History's Secret Heroes (p0hm0r3g)**  
18. Andrée De Jongh and the Comet Line

A 24-year-old Belgian woman masterminds an escape line, spanning eight hundred miles of Nazi-occupied territory, stretching from Belgium to Spain. Can Andrée de Jongh save the lives of hundreds of stranded airmen?

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

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

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

**MON 21:30 Intrigue (m001zgmj)**  
To Catch a Scorpion

To Catch a Scorpion: 7. Buried Deep

Sue and Rob uncover new evidence linking Scorpion to deaths at sea. They track him to a luxury seaside villa and hear from a woman close to him about the drugs and money he craved.

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 twenty 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  
Assistant Exec Tracy Williams  
Assistant Commissioner Podcasts/Digital, Will Drysdale  
Original music is by Mom Tudie  
and Sound Design is by Tom Brignell

**MON 22:00 The World Tonight (m0022byd)**  
Keir Starmer speech to warn tough times ahead

The Prime Minister set to warn that "things will get worse before they get better" in a speech from Downing Street's rose garden.

Also in the programme: Ukraine says Russia has used hundreds of missiles and drones to target the country's energy network, in the biggest air attack of the war so far. And, Gallagher brothers tease Oasis reunion – we speak to a fan who manages the rural studio where they recorded 'What's the story morning glory?'.

**MON 22:45 The Go-Between by LP Hartley (m0022byg)**  
Episode Six

"The past is a foreign country: they do things differently there." So begins this classic novel of childhood, class and lost innocence, set in the scorching hot summer of 1900.

Shortly before his 13th birthday, Leo Colston goes to spend the summer holidays with a schoolfriend, on his family's country

estate, Brandham Hall. There he becomes the go-between for Marian, his friend's older sister, and Ted - a tenant farmer.

Read by James Wilby  
Produced by Alison Crawford and Mair Bosworth  
Abridged by Sara Davies  
Recorded and Mixed by Ilse Lademann

**MON 23:00 Limelight (p0d9067z)**  
Harland - Series 2

Harland - 5. Frigedæg

All is not well in Harland. Powerful industrialist Darius Fordingbridge has to rely on his hapless CCTV operative Dan to make the perilous journey into the Zone in the hope of protecting the youngest of the Hare Witches from the murderous demon known as Hare Mask.

Dan ..... Tyger Drew-Honey  
Lindsay ..... Jasmine Hyde  
Sarah ..... Ayesha Antoine  
Fordingbridge ..... Sean Baker  
Serena ..... Chloë Sommer  
Morris ..... Rupert Holliday Evans  
Mum ..... Fiona Skinner  
Firefighter ..... David Hounslow

Sound Design by Caleb Knightley  
Directed by Toby Swift

A BBC Audio production for BBC Radio 4

**MON 23:30 The Rise and Rise of the Microchip (m001wypc)**  
Quantum Leaps and Future Chips

In our final episode, Misha Glenny explores the power of microchips to unlock the potential of future innovation in artificial intelligence, quantum computing and neurotechnology.

The semiconductor has transformed the world as we know it, but is it on the cusp of changing what it means to be human?

This year chips took a decisive step into a new frontier, the human body, as Elon Musk's company Neuralink successfully implanted their first brain chip. Misha speaks to Professor Henri Lorach, who helps paralysed patients walk again using brain implants, about this pioneering technology and how it could revolutionise our lives.

At the centre of the Artificial Intelligence revolution is advanced microchip technology, those chips provide the power that makes AI possible. Misha hears from AI start-up Synthesia about the opportunities and the threats for nations and citizens of creating AI generated videos and Dame Wendy Hall, a member of the United Nations advisory body on AI, reflects on the need for regulation and strong governance of AI.

Beyond the realms of most human comprehension lies quantum computing, the next evolutionary phase in the microchip journey. Misha speaks to startup Quantum Motion and tech giant IBM about how their quantum chips which stay colder than absolute zero/outer space can complete tasks that take everyday computers hundreds of years in mere minutes. Yet in the wrong hands these chips could have a dark side – Misha hears from Nigel Inkster, the former director of operations for the British Secret Intelligence Service about how quantum computing could break down the world's cryptography and cyber security and reveal top secret information previously hidden.

Presented by Misha Glenny, Rector of the Institute for Human Sciences in Vienna.

Produced by Olivia Sopol and Mugabi Turya

**TUESDAY 27 AUGUST 2024**

**TUE 00:00 Midnight News (m0022byj)**  
National and international news from BBC Radio 4

**TUE 00:30 Child (p0hcsmtn)**  
[Repeat of broadcast at 11:45 on Monday]

**TUE 00:48 Shipping Forecast (m0022byl)**  
The latest weather reports and forecasts for UK shipping

**TUE 01:00 Selection of BBC World Service Programmes (m0022byn)**  
BBC Radio 4 joins the BBC World Service.

**TUE 05:20 Shipping Forecast (m0022byq)**

The latest weather reports and forecasts for UK shipping

**TUE 05:30 News Briefing (m0022bys)**

The latest news from BBC Radio 4

**TUE 05:43 Prayer for the Day (m0022byv)**

Sadness

A spiritual comment and prayer to start the day with Steve Taylor

Some people feel that sadness is a sign of weakness. We're supposed to be cheerful, or at least to present a cheerful exterior to the world. When friends or colleagues ask us how we are, no one expects us to say, "I feel quite down at the moment actually." Public shows of sadness are embarrassing. If someone starts sobbing during a work meeting, or leaves a party because they feel depressed, it's a serious breach of social codes.

We might also feel ashamed of sadness, as if we're letting ourselves down. Surely sadness means that our lives are not running smoothly, that we've allowed negativity to enter our minds. Surely if we were living in the right way, we'd feel happy all the time.

But all this ignores the important function of sadness. From time to time, we are inevitably exposed to suffering – other people's suffering or our own. From time to time, we'll face hardship and turmoil in our lives. Sadness is a coping mechanism. It helps us to process suffering. If we don't allow ourselves to feel sad, suffering stays inside, and builds up pressure, and may even poison us, turning into bitterness and guilt.

Sadness releases the pressure and has a therapeutic effect. Or as I express it poetically:

After your sadness has passed  
you'll feel cleansed and refreshed  
like a plain that's more fertile, after a flood has ebbed away.

Inside the great space of your being  
you'll feel deeper with humility  
richer with sensitivity  
more radiant with compassion  
and more passionate with selfless desire  
to bring healing to the world.

So today, if I feel waves of sadness inside me, I won't suppress them. I will allow them to flow through me, to express themselves and then pass.

Blessings.

**TUE 05:45 Farming Today (m0022byx)**

Farmers flooded earlier in the year are still waiting eight months on for government grants they have claimed to clear up.

It's a challenging harvest for farmers across the country because of the wet weather, and yields are down.

The National Farmers Union says as many as half of farmers have been affected by fly-tipping, which is a blight on the countryside and can cost farmers a lot of money to clear up.

Presented by Caz Graham

Produced by Alun Beach

**TUE 06:00 Today (m0022c2v)**

27/08/24 - Starmer pledges to 'reverse decade of decline'

The Prime Minister promises to reverse a "decade of decline" in a Downing Street speech, but he'll also warn that things will get worse before they get better.

Oasis announce they are reuniting after 15 years for a world tour next summer. Baroness Tanni Grey-Thompson tells Today about the moment she was forced to "crawl" off a train because staff failed to assist her.

**TUE 09:00 The Life Scientific (m0022c2x)**

Darren Croft on killer whale matriarchs and the menopause

Darren Croft studies one of the ocean's most charismatic and spectacular animals – the killer whale. Orca are probably best known for their predatory behaviour: ganging up to catch hapless seals or attack other whales. But for the last fifteen years, Darren Croft's focus has been on a gentler aspect of killer whale existence: their family and reproductive lives. Killer whales live in multi-generational family groups. Each family is led by an old matriarch, often well into her 80s. The rest of the group are her daughters and sons, and grandchildren. Especially intriguing to Darren is that female orca go

through something like the menopause - an extremely rare phenomenon in the animal kingdom, only documented in just five species of toothed whales and of course in humans. Halting female reproduction in midlife is an evolutionary mystery, but it is one which Darren Croft argues can be explained by studying killer whales.

Darren is Professor of Animal Behaviour at the University of Exeter. He talks to Jim Al-Khalili about his research on killer whales, his previous work revealing sophisticated social behaviour in fish, his life on the farm, and the downsides and upsides of being dyslexic.

Presented by Jim Al-Khalili

Produced by Andrew Luck-Baker

**TUE 09:30 Inside Health (m0022c2z)**

Cancer vaccine trials and planning for cyber attacks

Trials of a cancer 'vaccine' have begun and presenter James meets Steve, one of the first patients to trial the new treatment. Steve remembers his shock at being diagnosed with colorectal cancer in his 40s and tells the story of how he became involved in this pioneering research into tackling cancer.

The vaccine is based on the same mRNA technology as the Pfizer-BioNTech COVID-19 vaccine and James heads to the University of Cambridge to find out how the early work into cancer vaccines became the foundation for the rapid rollout of the covid vaccine.

In the lab, molecular biologist Dr Anne Willis and immunologist Dr James Thaventhiran explain how the vaccine is personalised to target the unique make-up of an individual patients' cancer cells, and how if the trials are successful they could open the door to mRNA treatments being used to treat a wide range of diseases.

Also, Imperial College London cyber security researcher Dr Saira Ghafur joins James in the studio to explain why healthcare is a growing target for cyber attackers and how we can prepare for the next one because, as Saira says, it really is a case of "when" not "if".

Presented by James Gallagher

Produced by Tom Bonnett with Hannah Robins

Assistant Producer: Katie Tomsett

Editor: Holly Squire

**TUE 10:00 Woman's Hour (m0022c31)**

Paralympics preview, Master of King's Music Errollyn Wallen, Shifters

The Paris Paralympic Games begin tomorrow. Nuala is joined by Paralympian turned broadcaster Rachael Latham to talk us through the women we should be looking out for over the next 12 days.

Composer and singer-songwriter Errollyn Wallen joins Nuala after being appointed the new Master of the King's Music. The position has existed since the 17th century and is awarded to musicians who have added to the musical life of the nation, but Wallen is only the second woman to hold the post. Her work is some of the most performed among living composers, and includes 22 operas.

The play Shifters follows former children friends Des and Dre, they are first loves whose relationship twists and turns over a decade. Currently on at the Duke of York's Theatre, is the third play in the West End to be written by a black British woman. The writer Benedict Lombe joins Nuala, along with Heather Agyepong who plays Des.

**TUE 11:00 Add to Playlist (m002240)**

Amy Harman and Roderick Williams head for The Village

Baritone Roderick Williams and bassoonist Amy Harman kick off with a famous four-letter acronym as they add the next five tracks to the playlist with Anna Phoebe and Jeffrey Boakye as they go on their latest international musical journey.

From the cop, the cowboy and the construction worker in Greenwich Village, the show drops in on Brahms, visits the Canary Islands, and ends up at an unorthodox Ella Fitzgerald version of a traditional Scottish folk song.

Producer: Jerome Weatherald

Presented with musical direction by Jeffrey Boakye and Anna Phoebe

The five tracks in this week's playlist:

YMCA by The Village People  
Scherzo in C Minor from the F-A-E Sonata by Johannes Brahms  
Canarios by John Williams  
'Pourquoi me réveiller?' by Alfredo Kraus

My Bonnie Lies Over the Ocean by Ella Fitzgerald

Other music in this episode:

Linger by The Cranberries  
Don't Let Me Be Misunderstood by Nina Simone  
Macho Man by The Village People  
In the Navy by The Village People  
America from West Side Story by Leonard Bernstein and Stephen Sondheim  
Gypsy Woman by Crystal Waters  
Riverdance by Bill Whelan  
My Bonnie by Tony Sheridan and The Beat Brothers  
My Bonnie by Ray Charles

**TUE 11:45 Child (p0hcsmp)**

12. Consent

Being in control and having a sense of choice can be the difference between a positive or negative birth experience, but how much choice do women really have?

India Rakusen speaks to Dr Anna Nelson about consent for cervical examinations and how muddy this area can be. Leah Hazard discusses what these examinations are for and how useful they can be, and we also hear from Dr Ihab Abassi about his decision to only perform gentle caesareans and the long lasting positive impact this can have on women.

Presented by India Rakusen

Producer: Ellie Sans

Series Producer: Ellie Sans

Production Team: Ella McLeod & Georgia Arundell

Executive Producer: Suzy Grant

Commissioning Editor: Rhian Roberts

Original music composed and performed by ESKA

Mix and Mastering by Charlie Brandon-King

A Listen production for BBC Radio 4

**TUE 12:00 News Summary (m0022c33)**

The latest national and international news from BBC Radio 4.

**TUE 12:04 You and Yours (m0022c35)**

Call You & Yours: Holiday Nightmares

What's gone wrong on your holiday?

Complaints to the financial ombudsman over failed holiday insurance claims have increased by almost a fifth over the last year.

Flight disruption is also on the rise, with almost three times more cancellations in the UK in the first half of this year compared with the same period in 2023, according to travel tech company AirHelp.

So, what are your holiday horror stories?

Have you lost your luggage? Or been hit with unexpected fees on your rental car? Perhaps you've even turned up to your accommodation only to find it overbooked or in rather different shape to the pictures?

If so, we'd like to hear what happened, how you solved it and whether you still managed to enjoy your trip despite the disruption.

Email us at youandyours@bbc.co.uk, share your stories, and leave a telephone number where we can contact you.

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

PRESENTER: WINIFRED ROBINSON

PRODUCER: CHARLIE FILMER-COURT

**TUE 12:57 Weather (m0022c37)**

The latest weather forecast

**TUE 13:00 World at One (m0022c39)**

The prime minister warns of coming budget pain

Sir Keir Starmer warns that as well as a difficult financial situation, the UK faces a "societal black hole" - and says that things will get worse before they get better. Plus: the cross-generational appeal of Oasis.

**TUE 13:45 Grenfell: Building a Disaster (m0022c3c)**

7. The Fire

In the early hours of the 14th June 2017, the bell in North Kensington's fire station begins to ring. Firefighter David Badillo assumes it is a routine house fire. He expects that he and his colleagues will extinguish it quickly and head back to the station.

But when he ventures inside the tower, David Badillo realises that this fire is like nothing he's seen before.

In this episode, Kate tells the story of the beginning of the night of the fire and asks whether the firefighters who risked their lives were adequately trained and prepared for an event which, for many, was foreseeable.

Presenter: Kate Lambie  
 Producer: Josephine Casserly  
 Production coordinator: Janet Staples  
 Audio engineers: James Beard and Gareth Jones  
 Story consultant: Simon Maybin  
 Editor: Penny Murphy

**TUE 14:00 The Archers (m0022by9)**  
 [Repeat of broadcast at 19:00 on Monday]

**TUE 14:15 Drama on 4 (m0017k7f)**  
 Jason's Mates

Peter Strickland is a highly regarded, award winning independent film maker. He has written and directed several Radio 4 dramas, all well received by audiences and critics. In Jason's Mates, Peter satirises the low to high level corruption that permeates some democracies at local level. He has harnessed the style of old, children's television animation in order to create a highly stylised world of reality-based but fictionalised political corruption, exploring it with wit and acute observation.

Peter says, "Jason's Mates is a response to the perennial problems of corruption and almost every incident in the play is loosely based on real life practices or occurrences. Playful satire felt like an appropriate response to something profoundly poisonous in society and I wanted to aim for a tone similar to the BBC animation I grew up on in the 70s. The play is narrated (as well as sporadically sung) and has the feel of a children's show. Presenting adult themes within the context of a children's format felt like the most effective way to tell a story of corruption, which is regrettably ever-relevant. The fictitious locale is also important in order to avoid scrutiny over what is or isn't correct, which will give us the freedom to tell the story of something all too real."

Jason is the Mayor of the prestigious and picturesque town of Ramsonlea. An election is coming up and an opposition candidate called Ernest is promising an overhaul of all the corruption and nepotism that has plagued local government under Jason's watch. Jason's mates have hugely benefited from his rule and become obscenely rich from the funds he's diverted to them and himself.

His friend Portie owns countless companies that win various tenders for roadworks and church renovation, which are invariably done badly to siphon off money, allowing local government to beg for more funds later down the line. His louche and arrogant son Lance is given a high-ranking position after the University is forced to give him top marks. Meanwhile, Ramsonlea Hospital is falling apart and the schools are suffering.

Cast:  
 Jason.....Richard Bremmer  
 Wilf.....Hugh Dennis  
 Portie Winterworth.....Toby Jones  
 Lance Winterworth.....Leo Bill  
 Ernest Montague.....Paul Ready  
 Professor Pontifex.....Fatma Mohamed  
 The Narrator.....Stephanie Racine

Original music.....Jon Fletcher  
 Lyrics.....Peter Strickland

Sound Design.....Eloise Whitmore

Written and directed by Peter Strickland

Executive Producer: Polly Thomas

A Naked production for BBC Radio 4

**TUE 15:00 Short Cuts (m0022c3f)**  
 Constellation

Star maps, messages from Earth to the moon and reaching out across distance as Josie Long presents short documentaries about constellations.

Star Map  
 Featuring Ferdinand Hauge Leth  
 Music by Kirstine Lindemann  
 Captured by Trawl Hz  
 Produced by Nanna Hauge Kristensen

News to the Moon and Back  
 Recordings courtesy of the NASA archive  
 Produced by Mika Golubovsky

The Complaints Department  
 Featuring Evan Gregg and letters from  
 www.dearmisterward.com  
 Produced by Inge Oosterhoff

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

**TUE 15:30 On Your Farm (m0022e06)**  
 [Repeat of broadcast at 06:35 on Sunday]

**TUE 16:00 The Grand House - Boom or Blight? (m0022c3h)**  
 Country houses have been the subject of hot debate since the National Trust and others decided to tell the stories of how colonialism and trade in enslaved people helped fund many great estates. But 50 years ago the country house, beleaguered by taxation and public hostility, faced ruin. 1500 houses were demolished in the years up to 1970s. Then in 1974, Sir Roy Strong and others mounted a dramatic exhibition at the V&A highlighting the loss. This prompted a change in the tax regime and in public opinion.

Tristram Hunt, current director of the Victoria and Albert museum, tells the story and looks at how great houses are making their money today. How appropriate are the events and entertainments they provide? Why is most of the money made in the grounds, not the houses themselves?

Many believe that the houses are in danger once again and that their stories need reframing to attract a new and more diverse audience - getting away from dull and static tours that feature undue reverence for the owners and their ancestral families. This is a moment of intense re-thinking about how country houses can contribute to the cultural life of the country - beyond just being 'leisure parks'.

Recorded around the country in several grand houses.

Presenter : Tristram Hunt  
 Producer : Susan Marling  
 A Just Radio production for BBC Radio 4

**TUE 16:30 You're Dead to Me (m0022bq7)**  
 [Repeat of broadcast at 10:00 on Saturday]

**TUE 17:00 PM (m0022c3k)**  
 Keir Starmer warns short-term pain needed for long-term good

The prime minister warns an economic 'black hole' left by the Conservatives will mean a 'painful' October budget. Also on PM, we ask whether dogs should be allowed in the office.

**TUE 18:00 Six O'Clock News (m0022c3m)**  
 Sir Keir Starmer has warned that his government's first budget is "going to be painful".

**TUE 18:30 Do Gooders (m0022c3p)**  
 5. The Funeral

Episode Five - The Funeral  
 Clive's latest fundraising project is put into jeopardy and he must attend a funeral to maintain his position in the league tables. Luckily Ken is on hand to school him in the dark arts of fundraising at a wake. Harriett tasks herself with getting Gladys a date and Lauren and Achi become embroiled in an ethical protest.

Garrett Millerick's Do Gooders is a new ensemble sitcom that takes us behind the charity curtain and mines the numerous frustrations that come with trying to 'do good' on an industrial scale.

The series follows the exploits of the fundraising events team at a fictional mid-level charity, The Alzheimers Alliance. Fundraising for this kind of mid-table organisation comes with its own unique set of challenges, be it setting up eye catching events, courting celebrity endorsement or juggling the inter charity politics.

And whilst certainly not languishing on the lowest rungs of the charity league table, Alzheimers hasn't got the dazzling sheen or the pulling power of a cancer charity, nor does it capture the public's sympathies in the way lifeboats or guide dogs do.

If Cancer Research is Coca-Cola, Alzheimers Alliance is Lilt. A cracking drink, but they've got to work hard to remind people they exist or face total extinction.

Cast  
 Lauren – Ania Magliano  
 Gladys – Lisa McGrillis

Clive – Garrett Millerick  
 Harriett – Fay Ripley  
 Achi – Ahir Shah  
 Ken – Frank Skinner

Guest Stars  
 Sandra – Andrea Hubert  
 Marcus – Glenn Moore

Writer – Garrett Millerick  
 Sound Engineer – David Thomas  
 Editor – David Thomas  
 Production Assistant – Jenny Recaldin  
 Producer – Jules Lom  
 Executive Producers – Richard Allen-Turner, Daisy Knight, Julien Matthews, Jon Thoday

An Avalon Television Production for BBC Radio 4

**TUE 19:00 The Archers (m0022c3r)**  
 Justin moans that his flat white is lukewarm but Emma has no time for his complaints. He's been chatting and let it go cold, she says. If he wants a hot one he'll have to buy another. Fallon intervenes and gives Justin a fresh coffee and complimentary croissant. Fallon asks Emma what's going on – she's been stressed out for days. Emma apologises but avoids telling the truth about George, saying 'he's just not right at the moment' and 'very nervous about going to court'. Fallon tells her to try not to worry and to reassure George: he did a wonderful thing. George rings and tells Emma Clive's upset after bumping into Susan who he says was awful to him.

Later, Justin quizzes Fallon about her plans for opening a café at the charging station. She reveals her ideas for a meat and dairy free eatery.

A shocked Susan is telling Tracy about being ambushed by Clive while shopping. Why couldn't he have stayed out of Ambridge? The two discuss how they can keep Clive away from their dad. They wonder whether they could bribe Clive to go away. But where would that end? They ask Brad's advice who reckons his Great Granddad has the right to see his son. George arrives to ask Brad what he's doing tonight and if he fancies seeing a film. Brad is seeing Mia so he suggests going tomorrow. George keeps Clive's role in his return a secret. But he and Brad agree that Great Granddad should have the choice to see his own son.

**TUE 19:15 This Cultural Life (m0018g0c)**  
 Eileen Atkins

With a career spanning eight decades, Dame Eileen Atkins is one of the most acclaimed British actors. She is a three-time Olivier Award-winner and has won Emmy and BAFTA Awards for her role in the television series Cranford. A familiar face on screen since making her television debut in 1959, she has starred in shows ranging from Doc Martin to The Crown, and her film roles have included The Dresser, Gosford Park, Cold Mountain and Paddington 2. She also co-created the long-running television series Upstairs Downstairs and The House of Elliot, and wrote the screenplay for the 1997 film of Virginia Woolf's Mrs Dalloway.

Dame Eileen talks to John Wilson about her upbringing on a Tottenham council estate and how, under the tutelage of a woman she knew as Madame Yandie, she became Baby Eileen, a child stage performer, singing and dancing in working men's clubs. She chooses as one of her greatest influences one of her teachers at Latymer School, EJ Burton, who introduced her to literature and theatre. She recalls the impact of joining the company at the Shakespeare Theatre, now the Royal Shakespeare Company, in 1957, after a long struggle to secure stage roles. Dame Eileen also explains how her fascination with Virginia Woolf led to one of her most celebrated stage performances, that of the writer herself, in a one woman show adaptation of A Room Of One's Own.

Producer: Edwina Pitman

**TUE 20:00 File on 4 (m0022c3t)**  
 After the Riots

Mosques and hotels housing asylum seekers came under attack during the riots that swept across the country earlier this month. The courts have been tough on violent disorder, but File on 4 examines how tackling the possible root causes may require an even stronger effort. Tensions over immigration are still simmering, particularly in areas that have long been in economic decline. Paul Kenyon reports.

Producer: Hayley Mortimer  
 Technical Producer: Nicky Edwards  
 Production Coordinator: Tim Fernley  
 Editor: Alys Harte

**TUE 20:40 In Touch (m0022c3w)**

Steve Darling; Archaeology in Cookham

Steve Darling is not the first visually impaired MP, but he is the latest, after winning Torbay in Devon for the Liberal Democrats in July's general election. In Touch speaks to Steve about the excitement and challenges of taking up his new role in the Mother of parliaments.

In Touch visits an archaeological dig site in Cookham, where an 8th century monastery is being excavated. Our main interest there, aside from the various skull and bone discoveries, is visually impaired Jonathan Charnley. Jonathan has always had a keen interest in history and decided to begin an archaeology course at university. During his studies, he lost most of his vision as the result of a brain tumour. In Touch finds out what performing archaeology is like for Jonathan since losing his vision.

Presenter: Peter White

Producer: Beth Hemmings

Production Coordinator: David Baguley

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

**TUE 21:00 Crossing Continents (m0022c3y)**

The struggle for Jerusalem's Old City

Why Armenians in Jerusalem say they are fighting an existential battle.

Is the identity of the Old City of Jerusalem changing - house by house? This small patch of land is of vital importance to Christians, Muslims and Jews alike. But, amid accusations of dodgy deals, corruption and trickery, there are concerns that the Old City's historic multi-ethnic and multi-religious identity is being altered. In the Armenian Quarter a battle is going on for the control of land which the local community says is essential to its well-being and even its survival. Emily Wither visits one of the most contested cities in the world.

Presenter: Emily Wither

Producer: John Murphy

Sound Mix: Neil Churchill

Production coordinator: Gemma Ashman

Editor: Penny Murphy

Music: Apo Sahagian

**TUE 21:30 Great Lives (m0022bxl)**

[Repeat of broadcast at 15:00 on Monday]

**TUE 22:00 The World Tonight (m0022c40)**

Starmer says Autumn budget will be "painful"

Sir Keir Starmer once again rounded on the Conservative record in government as he promised "tough action" to "fix the foundations of the country". Speaking from the Downing Street garden, the prime minister said people would have to "accept short-term pain for long-term good" ahead of the Budget in October.

In the Middle East, another hostage was rescued by the IDF in Gaza. Farhan Elkadi is a Bedouin Arab who worked at a kibbutz in southern Israel from where he was captured on October 7th. He was found in an underground tunnel.

And an extremely rare orchid that some people thought was instinct in Britain has been found, but the finder won't reveal where.

**TUE 22:45 The Go-Between by LP Hartley (m0022c42)**

Episode Seven

"The past is a foreign country: they do things differently there." So begins this classic novel of childhood, class and lost innocence, set in the scorching hot summer of 1900.

Shortly before his 13th birthday, Leo Colston goes to spend the summer holidays with a schoolfriend, on his family's country estate, Brandham Hall. There he becomes the go-between for Marian, his friend's older sister, and Ted - a tenant farmer.

Read by James Wilby

Produced by Alison Crawford and Mair Bosworth

Abridged by Sara Davies

Recorded and Mixed by Ilse Lademann

**TUE 23:00 Jon Holmes Says the C-Word (m0022c44)**

8. Always Look On The Bright Side Of Life

In episode eight, Jon and his guests discuss love, hope, strength and the future – ongoing treatments, ongoing research, and the joy of being told you're cancer free.

In 2023, Jon Holmes was diagnosed with cancer – which came as a bit of a surprise because, quite frankly, he was far too busy for all of that nonsense. After a very odd, intense, unexpected, ridiculous year, Jon realised that men don't tend to talk openly about the preposterous indignity of dealing with cancer. So he decided he would, with other men who are going through it, or who've been through it.

Here – inevitably – comes his new chatty podcast.

Across the series, Jon will be joined by the comedians Stephen Fry, Mark Steel, Richard Herring, Matt Forde and Eric Idle, actors Colin McFarlane and Ben Richards, rock star and The Alarm frontman Mike Peters, and journalists Jeremy Langmead, Nick Owen and Jeremy Bowen. Jon and his guests will demystify all things cancer in raw, honest, difficult, often absurd and – yes – funny detail, from fingers up the bum to blood tests via biopsies, surgery, catheters, stomas, feeding tubes, penis pumps (no, really) and incontinence pads.

Jon wants to stop the stigma and embarrassment associated with these issues (and by "issues", we mean "body parts and what happens to them"), to raise awareness and encourage listeners to 'get checked' as he aims to remove the fear from the whole diagnosis and treatment process in an accessible, honest and entertaining way.

Throughout the series, Jon will also be encouraging listeners to get involved and share their own experiences, whether it's something they have been through themselves or are supporting someone with cancer.

Jon Holmes Says The C-Word aims to humanise what is often a completely de-humanising process, because, honestly, the cancer road is paved with frequently hilarious unexpected moments - and Jon maintains that retaining a sense of humour is all important.

As Jon says: "If there had been a podcast like this when I was diagnosed - one full of other people's stories, advice and light moments to illuminate the darkness of the whole sorry process - I'd have lapped it up. But there wasn't, so I spoke to Radio 4, and now there is."

In Jon Holmes Says The C-Word Jon will be wearing his heart - and, quite frankly, all of his body parts - on his sleeve.

Written and presented by Jon Holmes

Produced by Laura Grimshaw

Commissioning Editor for the BBC - Rhian Roberts

An unusual production for BBC Radio 4

If you, or someone you know, have been affected by cancer, you can find information and support at [bbc.co.uk/actionline](http://bbc.co.uk/actionline)

**TUE 23:30 A Good Read (m001zv34)**

Kathryn Hughes and Dan Schreiber

Historian and author Kathryn Hughes and No Such Thing As a Fish presenter Dan Schreiber recommend favourite books to Harriett Gilbert. Kathryn chooses Flaubert's Parrot by Julian Barnes, an exploration of the French writer's life in the form of a novel. Dan's choice is very different - John Higgs taking on the conceptual artists and chart toppers The KLF. Harriett has gone for Michael Ondaatje's novel Warlight, set in a murky and mysterious post-war London.

Presenter: Harriett Gilbert

Producer for BBC Audio Bristol: Sally Heaven

**WEDNESDAY 28 AUGUST 2024****WED 00:00 Midnight News (m0022c46)**

National and international news from BBC Radio 4

**WED 00:30 Child (p0hcsmp)**

[Repeat of broadcast at 11:45 on Tuesday]

**WED 00:48 Shipping Forecast (m0022c48)**

The latest weather reports and forecasts for UK shipping

**WED 01:00 Selection of BBC World Service Programmes (m0022c4b)**

BBC Radio 4 joins the BBC World Service.

**WED 05:20 Shipping Forecast (m0022c4d)**

The latest weather reports and forecasts for UK shipping

**WED 05:30 News Briefing (m0022c4g)**

The latest news from BBC Radio 4

**WED 05:43 Prayer for the Day (m0022c4j)**

Rising to the Challenge

A spiritual comment and prayer to start the day with Steve Taylor

There have been many times in my life when I felt that I was asking too much of myself and was bound to be found wanting. Once I agreed to speak at a conference in America, and later found that there would be 1500 people in the audience, and tens of thousands of others watching on live stream. As a university lecturer, I was used to speaking to a few dozen students at the most. I felt anxious, wondering how I would cope with the pressure. I saw myself nervously stumbling over my words and losing my thread, together with the audience's interest.

But when the event arrived, it was as if a higher self took me over. I lost all self-consciousness and self-doubt, and spoke fluently and confidently. Something inside me seemed to rise to the occasion, making me wonder why I had been so anxious.

In fact, this is a common phenomenon. It's normal for us to doubt ourselves, to think that we are less capable than we really are. It's a quirk of our minds to over-estimate the danger of situations and to under-estimate our own abilities. But when we face challenges, we usually find that we are equal to them.

So if you're facing any challenges and obstacles today, remember that are deep reserves of resilience inside you, that will rise to the surface when you need them. Or as I have expressed it poetically:

Why look ahead and worry  
that you won't be able to cope  
with the challenges life offers you?

You should have learned by now  
that there's a spontaneous self inside you  
that's as agile as a wild animal  
always ready to leap up  
and respond with perfect reflexes  
to any new situation.

Blessings

**WED 05:45 Farming Today (m0022c4l)**

Beef production across the UK is down, but the demand is steady or rising. Should farmers be worried about imports taking over their market?

And what about alternative forms of protein, such as artificial meat? Research into this and other possibilities has been given a boost by the establishment of a new research group, costing £38 million.

And riding along in a combine harvester as it takes in this year's crop of oilseed rape.

Presented by Anna Hill

Produced by Alun Beach

**WED 06:00 Today (m0022cdg)**

28/08/24 - Energy bills set to rise this winter

Winter is coming and energy suppliers are meeting Government Ministers to discuss the prospect of rising fuel prices - we talk to the CEO of Energy UK, Emma Pinchbeck, and Caroline Flint, who chairs the Committee on Fuel Poverty. Water UK's David Henderson argues the industry needs more money to reverse long term underinvestment and fix sewage spills. We hear from the CEO of Paralympics GB, David Clarke, and cyclists Kadeena Cox and Matt Robertson ahead of the opening ceremony in Paris. And it turns out Lord Sainsbury never liked the fake columns adorning the new wing of the National Gallery his family paid for - and which the Prince of Wales famously branded a "monstrous carbuncle"

**WED 09:00 Sideways (m0022cdk)**

66. One is a Whole

We all know the power of a great love story. In films, literature, television - a "happy ending" is shorthand for the main characters coupling up at the end. But are these romantic aspirations really a key ingredient for a happy and fulfilled life?

Matthew Syed explores the idea that you can be long term single, and happy.

Social scientist Bella DePaulo always knew that marriage wasn't for her. At 70 years-old, she is happily single, and always has been. She's spent her career researching, writing and speaking on the single experience, in an effort to dismantle the conventional wisdom that a happy, fulfilled life, means a coupled-up one.

Matthew speaks to Yale sociologist and PhD candidate Hannah Tessler about her research into the complex, expansive relationship networks of single people.

We also hear from David Bather Wood, an Assistant Professor from the University Warwick, who explains how a philosophical parable about porcupines, dating back to the 1830s, influenced contemporary understandings of the choice to live a single life.

Presenter: Matthew Syed  
 Producer: Leona Hameed  
 Series Editor: Katherine Godfrey  
 Sound Design and Mix: Rob Speight  
 Theme Music: Ioana Selaru  
 A Novel production for BBC Radio 4

**WED 09:30 Intrigue (m0022cvh)**  
 Worse than Murder

Worse Than Murder: 6. Death Plus

The trial of Arthur and Nizamodeen Hosen for Muriel McKay's murder begins in September 1970. Despite the lack of a body, prosecutors build a strong case using forensic evidence. Nizamodeen makes limited admissions, while Arthur spins wild tales.

The brothers are found guilty, but the verdict brings little comfort to the McKay family. For decades, they struggle with unresolved grief and unanswered questions about Muriel's fate.

Then, in 2021, Nizamodeen resurfaces in Trinidad, seemingly ready to reveal the truth. The family, desperate for closure, engages with him. Nizamodeen claims Muriel died of a heart attack and indicates where he buried her. His story divides the family – some believe him, others are sceptical. A police search based on his information gets underway...

Worse Than Murder – A tragic case of mistaken identity that shook Britain and launched a tabloid war.

One winter's night in 1969, kidnappers targeting Rupert Murdoch's wife abducted Muriel McKay by mistake. She was never seen again. Jane MacSorley investigates this shocking crime which baffled police and, more than 50 years on, remains unresolved.

Presented by Jane MacSorley with Simon Farquhar  
 Produced by Nadia Mehdi, with extra production from Paul Russell and Megan Oyinka  
 Sound design and mixing by Basil Oxtoby  
 Story editor: Andrew Dickson  
 Executive producers: Neil Cowling, Michaela Hallam, Jago Lee and Rami Tzabar  
 Development by Paul Russell  
 Voice acting by Red Frederick  
 Original music composed by Richard Atkinson for Mcasto  
 With special thanks to Simon Farquhar, author of 'A Desperate Business: The Murder of Muriel McKay'

A Fresh Air and Tell Tale production for BBC Radio 4

**WED 10:00 Woman's Hour (m0022cdp)**  
 Bel Powley and Susan Wokoma, Genre fiction: Spy novels and thrillers, Jenny Ryan

The Real Thing is a play within a play currently on stage at the Old Vic in London. It encourages the audience to question why we fall in love, what is fact and what is fiction. And can we ever really know if the love we are experiencing is the real thing? Actors Susan Wokoma and Bel Powley star in the production and join Nuala in the Woman's Hour studio to discuss.

Over the summer Woman's Hour is taking a deep dive into the world of "genre" fiction and today we are entering the gripping and shady world of spy fiction and thrillers. Ava Glass joins Nuala to discuss her new spy novel The Trap. She is joined by Charlotte Philby, author and granddaughter of infamous double-agent Kim Philby, who has also written books about spies but her latest The End of Summer falls firmly in the thriller genre.

Omulbanin Sultani was studying medicine at Kateb University in Kabul when the Taliban banned women from universities in 2022. Last week, she arrived in Scotland, along with eighteen other female medical students from Afghanistan to complete their doctor training. The move - organised by the Linda Norgrove Foundation - took three years. Nuala speaks to Omulbanin, who is now a student at the University of St

Andrews.

Quizzer Jenny Ryan – better known as the Bolton brainbox 'The Vixen' on the hit ITV quiz The Chase – is breaking away from teatime telly to invite audiences to an evening of song, storytelling and showbiz secrets. She joins Nuala to talk about her passion for quizzing, her cabaret show, Jenny Ryan: Out Of The Box, and to sing live.

Presenter: Nuala McGovern  
 Producer: Laura Northedge

**WED 11:00 File on 4 (m0022c3t)**  
 [Repeat of broadcast at 20:00 on Tuesday]

**WED 11:45 Child (p0hcsn5k)**  
 13. Trust

With near-constant headlines of problems in our maternity services here in the UK, what does the word 'trust' mean today when it comes to birth, and what can we do to create more of it?

India Rakusen heads to her own hospital where she's due to give birth to speak to the director of midwifery Shirley Peterson, Dr Sanem Atakan a consultant obstetrician and a doula Aimee Hamblin about the breakdown and rebuilding of trust.

Produced and Presented by India Rakusen  
 Series Producer: Ellie Sans  
 Production Team: Ella McLeod & Georgia Arundell  
 Executive Producer: Suzy Grant.  
 Commissioning Editor: Rhian Roberts  
 Original music composed and performed by ESKA  
 Mix and Mastering by Charlie Brandon-King

A Listen production for BBC Radio 4

**WED 12:00 News Summary (m0022cdw)**  
 The latest national and international news from BBC Radio 4.

**WED 12:04 You and Yours (m0022cf0)**  
 Energy Bills, Used Car Finance and Vets

As energy firms and charities meet with government officials to look at how the scrapping of the winter allowance and looming rising costs could affect our energy bills, we ask what help is available for people already struggling to make their payments - and how that help could be expanded in the near future.

More than a million used cars are sold on hire purchase or PCP deals every year. Companies selling them say they offer drivers extra protection if a vehicle turns out to be faulty. With some deals involving several different firms, we hear how that's doesn't always happen in practice. A listener who experienced a terrifying fault on a busy motorway tells us how trying to get things put right left her with no transport but all the ongoing bills for months. We find out what you can do if you have a similar problem.

Some vets in Wales are going out on strike. As well as demanding more pay they also claim the large company that employs them has hiked its fees by 25% over two years. The company denies this and describes its charges as "fair and transparent". We hear the arguments.

In last week's phone-in on living alone, many of you got in touch telling us how getting a single theatre ticket is hard if not impossible. Well, we thought we'd look into that. We explain the reason why theatres and booking platforms make this difficult and how you can book a single seat when the computer keeps saying 'no'.

Presenter: Winifred Robinson  
 Producer: Julian Paszkiewicz

**WED 12:57 Weather (m0022cf4)**  
 The latest weather forecast

**WED 13:00 World at One (m0022cf8)**  
 Israel launches major West Bank raids

Nine Palestinians have been killed in what the IDF says is a "counter-terrorism operation" in the West Bank. Mustafa Barghouti claims Israel wants to annex the area. Plus, Prime Minister Keir Starmer visits Germany in search of closer ties, and a ship attacked by the Houthis begins leaking oil into the Red Sea.

**WED 13:45 Grenfell: Building a Disaster (m0022cfd)**  
 8. The Smoke

When Ed Daffarn opens his door in the early hours of the morning of the 14th of June 2017, he is confronted by a wall of thick acrid smoke.

As the combustible cladding and insulation burned, smoke gathered rapidly in the hallways and stairwells of Grenfell. It prevented many residents from leaving their flats - and ultimately, it is the smoke which killed those who died in the tower.

The reason this smoke spread so quickly through the building is due to one small detail, which could easily be considered as inconsequential, but on the night of the fire was far from it.

Presenter: Kate Lamble  
 Producer: Josephine Casserly  
 Production coordinator: Janet Staples  
 Audio engineers: James Beard and Gareth Jones  
 Story consultant: Simon Maybin  
 Editor: Penny Murphy

**WED 14:00 The Archers (m0022c3r)**  
 [Repeat of broadcast at 19:00 on Tuesday]

**WED 14:15 Drama on 4 (m0022cfj)**  
 Tether

It's 2010. Becky's a marathon runner, who's blind. She's after a new guide. Mark's a former 'Olympic Hopeful'. He's after a fresh chance at a medal.

Together, they start training for the Paralympics...

Tether, by Evening Standard Award-winner Isley Lynn, travels the miles and years of their partnership. It stars Mared Jarman and Tommy Sim'aan.

Becky – Mared Jarman  
 Mark – Tommy Sim'aan  
 News Reporters – Cellan Wyn  
 Gemma and News Reporter – Anna Spearpoint  
 Access Consultant – Margo Cargill  
 Production Coordinator – Eleri McAuliffe  
 Sound Design by Nigel Lewis  
 Directed by Fay Lomas

A BBC Audio Wales production for Radio 4

With thanks to Robert Matthews, Noel Thatcher, Nick Gleeson, George Ferguson, Carla Lever, Mike Lloyd, Metro Blind Sport, East London Vision, British Paralympic Association, British Blind Sport, Extant Theatre Company, Gareth Burrell, British Athletics, Irina Khapugina, International Paralympic Committee, Rafael Maranhao, Bethany Pitts, Lee Drage, Maisie Greenwood, Jon McLeod, Bruce Lynn.

Website image description:

A photo of the feet and legs of two runners – a woman and a man – on an open road. Beneath their feet, are the shadows of their bodies. The woman is slightly in front. Their legs are slightly blurred, and it appears that they are running at pace. The title of the drama, Tether, appears in maroon font in the centre of the image.

**WED 15:00 Reflections (m0021jph)**  
 Mary Robinson

The former President of Ireland and UN human rights chief sits down with Jim Naughtie in Dublin to reflect on her career and why she remains a "prisoner of hope"

Producers: Daniel Kraemer and Giles Edwards

**WED 15:30 Your Place or Mine with Shaun Keaveny (m001y7ww)**  
 Anita Rani: Mumbai, India

Anita says Mumbai is the LA of India but when Shaun was in the actual LA he got lost in a massive bathroom showroom. So Anita has a lot to do to get him to the bustling 24-hour city that has something for everyone, except perhaps Shaun Keaveny. Resident geographer, historian and comedian Iszi Lawrence joins their trip.

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.

**WED 16:00 The Media Show (m0022cfn)**

Telegram founder arrested

After the detention in France of Pavel Durov, owner of the controversial Telegram app, we explore what the first arrest of a social media boss means for content regulation and freedom of speech. As a new parliamentary term begins, we find out how the new Labour government is managing the media. Also in the programme, there's a new Chinese computer game which is breaking records – and revealing details of how the gaming industry is evolving. Plus, satirical outlet The Onion is returning to print. We find out why.

Guests: Mike Isaac, Tech Correspondent, The New York Times; Steve Rosenberg, Russia Editor, BBC News; Matt Chorley, Presenter, BBC Radio 5 Live; Eleanor Langford, Political Reporter, The i; Keza MacDonald, Games Editor, The Guardian; Frankie Ward, eSports broadcaster; Chad Nackers, Editor, The Onion

Presenter: Ros Atkins  
Producer: Simon Richardson  
Assistant Producer: Lucy Wai

**WED 17:00 PM (m0022cfs)**

Nine Palestinians killed in the West Bank

Israel raids at least four major settlements in what it calls a counter-terrorism operation. Plus the latest on weight-loss drugs, and the Paralympics, which starts tonight.

**WED 18:00 Six O'Clock News (m0022cfx)**

Israel has launched its biggest military operation in the occupied West Bank in years.

**WED 18:30 Ian Smith Is Stressed (m0022cfz)**

4. Holidays

Comedian Ian Smith is constantly stressed and in this series he is looking for any means to calm the hell down. In this episode, Ian tries to take a well deserved break - but what's that coming down the baggage carousel? His stress about going anywhere or doing anything.

Ian takes sensible steps to deal with holiday anxiety by attempting to land a passenger plane with no training.

A new stand-up series from Edinburgh Comedy Award nominated comedian Ian Smith.

Written and Performed by Ian Smith

Featuring Ed MacArthur

Additional Material from Rhiannon Shaw, Max Davis and Charlie Dinkin

Composer: Tom James McGrath

Choir: James Sherwood, Grace O'Keefe, Isabelle Farrah, Ewan McAdam

Assistant Producer: Ewan McAdam

Produced by Benjamin Sutton and Laura Shaw

A Daddy's SuperYacht production for BBC Radio 4

**WED 19:00 The Archers (m0022cg1)**

George is waiting for Brad outside the cinema and speaking on the phone to Clive who thanks him for persuading Susan and Tracy to allow him to see Bert. George is keen to get off the phone – until Clive offers to pay for the popcorn.

Tracy is laying down the law to Clive when he gets 'mystical', telling her to let go of her hostility. He tells her he wants to reconnect not only with Bert, but her and Susan too. Tracy doesn't believe a word of it. Later Susan arrives and both are aghast to see that Bert is delighted by Clive's return – Bert cried when Clive walked into the garden. Susan doesn't believe anything Clive has to say and wants to know what he's after. When Clive comes in and suggests a family day out to the seaside or the races, they give him short shrift. He goads them, saying Bert loved seeing him and accuses them of being selfish.

On the way home from the cinema George thanks Brad for sitting through a blockbuster when he prefers art films. He tells Brad how he wishes he could be him – with a bright, interesting future ahead.

George is putting the bins out when Clive strolls by. He says his reunion with Bert had been emotional but Susan and Tracy were cold and heartless: He's changed for the better – they for the worse. George reminds him Susan went to jail for him but he won't hear it. From now on he'll go wherever - and talk to

whoever - he likes: he's done apologising.

**WED 19:15 This Cultural Life (m001znkm)**

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

Readings from:

*Swing Time*, Zadie Smith, 2016  
*White Teeth*, Zadie Smith, 2000

**WED 20:00 AntiSocial (m00224s9)**

'Extreme' Misogyny

Should some forms of misogyny be classed as extremism?

After the Government announced it would look at 'extreme misogyny' in a review of its counter-extremism strategy, a fierce row kicked off on social media.

Would creating a category of 'extreme misogyny' be a long-overdue move, or dangerous overreach that risks labelling young men and boys as radical?

We look at the kind of misogynist content the government might be worried about, what the law does and doesn't say about extremism, and how the government's de-radicalisation programme Prevent is already dealing with forms of misogyny.

Guests:

Ally Fogg, co-founder of the Men & Boys Coalition  
Dr Charlotte Proudman, barrister and founder of campaign group Right to Equality

Dr Joe Whittaker, lecturer in Criminology, Sociology and Social Policy at Swansea University.  
Jonathan Hall KC, UK's independent reviewer of terrorist legislation  
Evelina Gibson, former Prevent officer

**WED 20:45 Boys (m001yqtj)**

About the Boys

2. Life Online

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

Thanks to

DRMZ Carmarthen Youth Project  
Cambridge Museum of Computing  
Zach Rausch New York University  
The Boys' Brigade (Glasgow Battalion)  
Haberdashers' Boys School  
Brook Advisory  
Craig Haslop University of Liverpool  
Freddie Feltham The News Movement  
Olivia Dickinson

Producer: Catherine Carr  
Researcher: Jill Achineku

Executive Producer: Marie Helly

A Whistledown production for BBC Radio 4

**WED 21:00 The Life Scientific (m0022c2x)**

[Repeat of broadcast at 09:00 on Tuesday]

**WED 21:30 Inside Health (m0022c2z)**

[Repeat of broadcast at 09:30 on Tuesday]

**WED 22:00 The World Tonight (m0022cg4)**

Israel's biggest operation in West Bank in years

The biggest Israeli military operation in the occupied West Bank in years continues tonight. We ask what's behind it - and speak to the head of the city's biggest hospital.

Also on the programme:

The Paralympics are underway - with a glittering opening ceremony in Paris - we're live in the French capital.

After the Prime Minister refuses to rule out the UK entering a youth exchange scheme with the EU - we debate whether that could be a good idea.

And why has it reportedly taken an underground practice known as "beaver bombing" to get them back into the wild?

**WED 22:45 The Go-Between by LP Hartley (m0022cg6)**

Episode Eight

"The past is a foreign country: they do things differently there." So begins this classic novel of childhood, class and lost innocence, set in the scorching hot summer of 1900.

Shortly before his 13th birthday, Leo Colston goes to spend the summer holidays with a schoolfriend, on his family's country estate, Brandham Hall. There he becomes the go-between for Marian, his friend's older sister, and Ted - a tenant farmer.

Read by James Wilby  
Produced by Alison Crawford and Mair Bosworth  
Abridged by Sara Davies  
Recorded and Mixed by Ilse Lademann

**WED 23:00 The Lovely Boys Talk Good (m0022cg8)**

4. I Would Do Anything For You

In their final episode, The Lovely Boys face a wi-fi riot and a journey to the underworld of plumbing with Luigi, testing their friendship more than ever.

Written and performed by Ben Cohen and Will Robbins  
Additional Voices by Davina Bentley  
Sound Design: Peter Duffy  
Theme Music Composer: Matty Hutson  
Production Co-ordinator: Becky Carewe-Jeffries  
Producer: Rajiv Karia

**WED 23:15 Tom and Lauren Are Going OOT (m0022cgb)**

Series 1

Golf For Orphans

Lauren forgets about an important charity fundraiser for work and hurriedly tries to get ready. Tom returns home from work covered in face paint, after his class craft day gets a bit out of hand. Their efforts to make the fundraiser are further hampered by a coy Neil, who appears to have intercepted a parcel intended for Lauren.

Special guest appearance by Julian Clary as Neil.

A Candle & Bell production for BBC Radio 4

**WED 23:30 A Good Read (m00201xz)**

Samantha Harvey and Darran Anderson

QUARTET IN AUTUMN by Barbara Pym, chosen by Samantha Harvey  
MRS CALIBAN by Rachel Ingalls, chosen by Harriett Gilbert  
PHARMACOPOEIA: A DUNGENESS NOTEBOOK by Derek Jarman, chosen by Darran Anderson

Two award-winning writers share books they love with Harriett Gilbert.

Samantha Harvey is the author of five novels, *The Wilderness*, *All Is Song*, *Dear Thief*, *The Western Wind* and, most recently, *Orbital*. She is also the author of a memoir, *The Shapeless Unease: A Year of Not Sleeping*. Her choice of a good read is a

slim novel by Barbara Pym set in 1970s London about the lives of four single people in their sixties who work in an office together. Quartet in Autumn is sharply perceptive about the ways in which we hide from one other and from ourselves.

Darran Anderson is an Irish writer who lives in London. He is the author of Imaginary Cities: A Tour of Dream Cities, Nightmare Cities, and Everywhere in Between; a memoir, Inventory, about growing up during the Troubles; and the forthcoming In the Land of My Enemy. His choice, Pharmacopoeia, brings together fragments of the artist and filmmaker Derek Jarman's writing on nature, gardening and Prospect Cottage, his Victorian fisherman's hut on the shingle at Dungeness.

Harriett's choice is a fantastically strange novel by Rachel Ingalls, published in 1982. In Mrs Caliban, a grieving housewife in a loveless marriage embarks on a heady affair with a green-skinned frogman.

Produced by Mair Bosworth for BBC Audio

#### THURSDAY 29 AUGUST 2024

**THU 00:00 Midnight News (m0022cgd)**  
National and international news from BBC Radio 4

**THU 00:30 Child (p0hcsn5k)**  
[Repeat of broadcast at 11:45 on Wednesday]

**THU 00:48 Shipping Forecast (m0022cgg)**  
The latest weather reports and forecasts for UK shipping

**THU 01:00 Selection of BBC World Service Programmes (m0022cgj)**  
BBC Radio 4 joins the BBC World Service.

**THU 05:20 Shipping Forecast (m0022cgl)**  
The latest weather reports and forecasts for UK shipping

**THU 05:30 News Briefing (m0022cgn)**  
The latest news from BBC Radio 4

**THU 05:43 Prayer for the Day (m0022cgq)**  
Mortality

A spiritual comment and prayer to start the day with Steve Taylor

Every so often, I like to visit cemeteries. It's not because I'm morbid or miserable – on the contrary, I find cemeteries life-affirming places. We human beings tend to take life for granted, unconsciously assuming that we're immortal, so it's helpful to remind ourselves that life is fragile and temporary, and therefore precious.

Many religions encourage us to contemplate our mortality. In the Satipatthana Sutta, the Buddha advises monks that whenever they come across a dead body, they should tell themselves, "my own body is of the same nature; such it will become and will not escape it."

The Christian holy day of Ash Wednesday is also a reminder of human mortality. Ashes are placed upon the heads of worshippers, while the priest recites the words "remember that you are dust and unto dust, you shall return."

In my research as a psychologist, I have found that for some people, encounters with death – such as through a diagnosis of cancer – can be transformational. They can awaken a new sense of gratitude and broaden one's perspective on life. As one person who was in remission from cancer told me, "trivial things become more trivial, and important things become more important." By trivial, he meant things like material possessions and competing for success and status. By important, he meant things like love, kindness, creativity and spirituality. Awareness of morality also focuses our attention on the present, and weakens our attachment to possessions and achievements.

I pray that our lives will continue for many years and decades hence. But while we enjoy our lives, let's occasionally remind ourselves that we are only here for a limited amount of time. Then we will savour our time here even more.

Blessings.

**THU 05:45 Farming Today (m0022cgs)**  
Ministers in the Holyrood Parliament are being urged to introduce legislation which sets legally binding targets to protect and restore Scotland's nature.

A new variety of fruit the saskatoon, a small purple-blue coloured berry that is native to Canada, has been hailed as a super-berry. It is high in antioxidants, fibre and Vitamin C as well as low in sugar, and now is grown in Scotland.

Growers have just two and a half hours to get their peas from the field to the freezer to stop them from losing quality, so the frozen peas in the shops have been bagged at peak freshness.

Presented by Caz Graham

Produced by Alun Beach

**THU 06:00 Today (m0022clg)**  
29/08/24 - Nick Robinson and Jonny Dymond

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

**THU 09:00 Across the Red Line (m0021qpp)**  
Series 7

Should obesity be classed as a disease? with oncologist Karol Sikora and obesity campaigner Sarah Le Brocq

Is obesity a lifestyle choice or a disease? Anne McElvoy and conflict resolution expert Louisa Weinstein work with oncologist Karol Sikora and campaigner Sarah Le Brocq to discuss their different ideas about obesity and how we view and treat it.

Across the UK, the numbers of those seriously overweight been steadily increasing, with the latest Health Survey for England reporting that 60% of the working age population (16-64-years-old) are now classed as overweight or obese.

Drugs like Ozempic and Wegovy are being used to help people lose weight but are they too expensive to fund on the NHS for something which many see as a self-inflicted problem. At the same time new research show some people are genetically predisposed to gaining weight which leads others to say that the matter should be seen as a disease.

Sarah Le Brocq who founded the organisation All About Obesity is campaigning for this classification but Professor Professor Karol Sikora an oncologist who has been director of the World health organisation cancer programme thinks this would be a mistake.

Presenter: Anne McElvoy  
Producer: Lisa Jenkinson

**THU 09:30 Three Million (m0022clj)**  
7. Road to the Past

Kavita Puri goes to India to meet some of the last survivors of the 1943 Bengal famine. She looks for traces of how war and famine impacted Kolkata and then travels from the city along the road to where the story of famine begins.

Kavita goes deep into the countryside and the jungle in West Bengal to find people who lived through that devastating time more than 80 years ago. These are voices that are almost never recorded and have never been broadcast before. For the past year and a half Kavita has been asking why there is no memorial to the three million people who died. But then in the Bengal jungle she finally finds it – it's not what she expected.

Presenter : Kavita Puri  
Series Producer: Ant Adeane  
Editor: Emma Rippon  
Sound design and mix: Eloise Whitmore  
Production Coordinator: Brenda Brown

With thanks to Manoshi Barua for her translation work and to her, Bhasker Patel, Moazzem Hossain and Jesmin Ahmed for voicing up the Bengali-language interviews.

**THU 10:00 Woman's Hour (m0022cll)**  
Kaos with Janet McTeer, India protests, author Clare Chambers

Protests have been happening across India after a 31-year-old junior doctor was raped and murdered in a hospital in Kolkata earlier this month. Her death prompted marches and strikes nationwide over safety issues for female doctors and this soon developed into a talking point for women's safety in general. BBC Delhi Correspondent Kirti Dubey joins Anita Rani to report on the latest news, along with Dr Aishwarya Singh Raghuvanshi, a female doctor in India.

A new Netflix series, Kaos is a modern, darkly comic retelling of Greek mythology that will perhaps have you seeing the gender politics of ancient Greece in a new light. Stage and film actor Janet McTeer stars as the Queen of the gods, Hera. Janet joins Anita to talk about Hera's sexual power as well as her

previous roles and what has changed in the industry.

In a new analysis, researchers from Imperial College, London estimate that the number of people living with food allergies in England has more than doubled since 2008, with the largest increase seen in young children. Using anonymised data from GP practices covering 13 million patients, researchers estimated trends in the prevalence of food allergy in the UK population. Anita is joined by Dr Paul Turner, Professor of Paediatric Allergy at the National Heart and Lung Institute at Imperial College, who led the research.

Author Clare Chambers' novel Small Pleasures was inspired by an interview she heard on Woman's Hour about a 1950's local newspaper competition to find a "virgin mother". That book, Clare's ninth, became a whirlwind bestseller and now she's back with another, *Shy Creatures*. Based on a newspaper article Clare discovered in an archive, this story focusses on a man who is found with a beard down to his waist and whose aunts have kept him locked away for several decades. Set in Croydon in 1964, the novel takes in the world of 1960s psychiatry and is told from the perspective of art therapist Helen, a single woman in her thirties and is having an affair with a married man. Clare joins Anita to tell her all about it.

Presenter: Anita Rani  
Producer: Rebecca Myatt

**THU 11:00 This Cultural Life (m0022cln)**  
Lee Child

Lee Child created his tough guy protagonist Jack Reacher, a former military policeman who roams America fighting crime, in 1997. Writing a book a year since his debut *Killing Floor*, Lee Child established himself as one of the most acclaimed and popular novelists in his genre, and has now sold over 100 million copies worldwide. The Reacher books have been adapted for a film starring Tom Cruise and, more recently, an Amazon Prime television series. Lee Child's latest publication, *Safe Enough*, is a collection of short stories.

Talking to John Wilson, Child recalls his upbringing in Birmingham and how his childhood passion for reading was fuelled by frequent visits to the local library. For *This Cultural Life*, he chooses a Ladybird book which told the Biblical story of David and Goliath as an early inspiration, acknowledging that the giant figure of Goliath probably inspired the physique of 6'5" tall Reacher. He also remembers the impact of a book called *My American Home* which depicted an array of houses and apartments throughout America, the country in which Child would later live and set his novels.

He also discusses how working for 18 years as a Granada television producer, overseeing the transmission of dramas including *Brideshead Revisited*, helped forge his understanding of storytelling. His work as a union shop steward, which brought him into conflict with management and eventually led to him being made redundant, was the catalyst for his new career as a crime novelist in the late 1990s. His debut Reacher novel, a violent tale of vengeance and rough justice was, he admits, written out of anger following his dismissal from Granada. Lee Child also chooses the 1990 movie *Dances With Wolves*, directed by and starring Kevin Costner, as another influence on the creation of his fictional hero Jack Reacher.

Producer: Edwina Pitman

Archive used:  
Reading from *Worth Dying For* by Lee Child, *The Knight Errant*: Lee Child - A Culture Show Special, BBC2, 20 Dec 2012  
Clip from *Brideshead Revisited*, Granada Television, ITV, 12 October 1981  
Clip from *Dances with Wolves*, Kevin Costner, 1990  
Clip from *Jack Reacher*, Christopher McQuarrie, 2012

**THU 11:45 Child (p0hcsngs)**  
14. Pain

The baby is almost here. In this episode, India Rakusen explores how the baby moves through the cervix into the birth canal to the moment the baby's head starts to crown.

And through all of this, how is pain acknowledged and addressed? India looks at the history of pain relief - and finds out from historian Randi Hutter-Epstein about an extreme form called Twilight Sleep that gained popularity at the start of the 20th Century. She also speaks to research midwife Rachel Ibikunle about the horrific beliefs about pain for Black and Asian women, and to Siobhan Miller of the Positive Birth Company about how understanding our body can help manage pain.

Presented by India Rakusen  
Producer: Ellie Sans  
Series Producer: Ellie Sans  
Production Team: Ella McLeod & Georgia Arundell

Executive Producer: Suzy Grant.  
Commissioning Editor: Rhian Roberts  
Original music composed and performed by ESKA  
Mix and Mastering by Charlie Brandon-King

A Listen production for BBC Radio 4

**THU 12:00 News Summary (m0022clq)**

The latest national and international news from BBC Radio 4.

**THU 12:04 You and Yours (m0022cls)**

Gap Finders: InterAct Stroke Support

Caroline Smith was a theatre director who had the seed of an idea planted after a conversation with her brother as he battled cancer in the late 90's. Years later that idea returned and she decided to act on it, creating InterAct Stroke Support in 2000. InterAct Stroke Support works with professional actors who go in to hospitals, stroke clubs and online around the UK, and read aloud to stroke survivors. The actors provide much more than a reading service, they perform and entertain, all in a hospital environment whilst bringing stories and poetry alive. Caroline believed in the relationship between art and health, and along with her experience in theatre, had a firm belief that they could help stimulate the memory of the patients, engage with language, and lift spirits - ultimately alleviating symptoms of post stroke depression which can slow or even arrest recovery.

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

Presenter: Winifred Robinson  
Producer: Dave James

**THU 12:32 Sliced Bread (m0022clv)**

Foam Rollers

Lots of people use a foam roller, either before or after exercise. It's not usually a very comfortable experience - as Greg finds out in this episode - but is worth the pain? Can they really increase flexibility before exercise, and ease our muscles afterwards? Is it any better than stretching? As you'd expect, there are plenty of claims around these products, which cost anything from a tenner to more than £100 for a vibrating version. We're going right around the world for this one - listener Brendon joins us all the way from New Zealand, and to get him some answers we've got foam roller expert Dr David Behm dialling in from Canada. National Physiotherapy Lead for Nuffield Health Jodie Breach also joins Greg in the studio. So are foam rollers the best thing since sliced bread?

PRESENTER: GREG FOOT  
PRODUCER: TOM MOSELEY

**THU 12:57 Weather (m0022clx)**

The latest weather forecast

**THU 13:00 World at One (m0022clz)**

Keir Starmer considers a smoking ban in some outside spaces

We look at how a smoking ban in pub gardens could impact the hospitality sector. Plus, why experts are concerned about an inquiry into the deaths of babies in the Lucy Letby case.

**THU 13:45 Grenfell: Building a Disaster (m0022cm1)**

9. Stay Put

On the top floor of Grenfell Tower, Marcio Gomes and his family are waiting. Outside, the fire has wrapped itself around 3 sides of the building. But Marcio can't see any of this. He's relying on the information given to him by 999 call handlers, and they are telling residents they are safest to remain where they are. Marcio has a decision to make: does he wait for firefighters to reach him, or does he take his pregnant wife and daughters into the black void of suffocating smoke that has gathered in front of his door.

In this episode, Kate tells the story of the final hours of the fire - of Rania Ibrahim and her daughters and Marcio Gomes and his family.

Presenter: Kate Lambie  
Producer: Josephine Casserly  
Production coordinator: Janet Staples  
Audio engineers: James Beard and Gareth Jones  
Story consultant: Simon Maybin  
Editor: Penny Murphy

**THU 14:00 The Archers (m0022cg1)**

[Repeat of broadcast at 19:00 on Wednesday]

**THU 14:15 Drama on 4 (m0017cgw)**

Red Lines

Craig Oliver and Anthony Seldon's behind the scenes drama - how Prime Minister Cameron and President Obama failed to enforce the "red line" against chemical weapons use by Syria's President Assad, who was aided by Russia's Vladimir Putin.

Sir Craig Oliver draws on his experience as David Cameron's former Head of Communications for a timely drama, co-written with the historian Sir Anthony Seldon, revealing for the first time the inside story of how Cameron and Obama were outmanoeuvred by Putin and Assad, then the Prime Minister failed to get support from Parliament to punish Assad's use of Sarin gas on his own people.

Assad was aided and abetted by Vladimir Putin, and writers Oliver and Seldon believe these events in 2013 were a step on the road to the invasion of Ukraine. After the UK voted to take no military action, Obama decided against action as well. Instead, Putin brokered a deal with Assad to remove Syria's declared chemical weapons, but in the subsequent months many more attacks were carried out using hidden stockpiles.

Starring Toby Stephens as David Cameron, Nicholas Boulton as Vladimir Putin, and featuring Jon Culshaw as Ed Miliband, William Hague and George Osborne.

In August 2013 President Assad of Syria used chemical weapons on a rebel area of Damascus, killing hundreds of civilians, including many women and children. Prime Minister David Cameron and President Obama wanted to take limited military action, to punish and deter, but both failed to get the political and public support. Assad, with Putin at his side, succeeded in manipulating events to delay a strike and when David Cameron then decided he needed a debate and Commons vote, the momentum was lost. MPs didn't back him and he suffered a humiliating defeat.

CAST  
DAVID CAMERON - Toby Stephens  
VLADIMIR PUTIN - Nicholas Boulton  
SAMANTHA CAMERON - Sarah Lawrie  
ED MILIBAND - Jon Culshaw  
WILLIAM HAGUE - Jon Culshaw  
NARRATOR - Veronica Roberts  
BARACK OBAMA - Wil Johnson  
GEORGE OSBORNE - Jon Culshaw  
CRAIG OLIVER - Jon Culshaw  
NICK CLEGG - Nicholas Boulton  
THERESA VILLIERS - Sarah Lawrie  
ED LLEWELLYN - Wilf Scolding  
GEORGE YOUNG - Wilf Scolding  
HILARY BENN - Wilf Scolding  
DOUGLAS ALEXANDER - Nicholas Boulton

Other parts were played by members of the cast.

WRITERS - Sir Craig Oliver and Sir Anthony Seldon

PRODUCER - Richard Clemmow  
DIRECTOR - David Morley

A Perfectly Normal production for BBC Radio 4

**THU 15:00 Open Country (m0022cm3)**

Battery Rocks

Helen Mark discovers a wilderness in the heart of Penzance, in West Cornwall. It's a rocky headland loved by local people, with steps into the open water and views of St Michael's Mount. If you set up a time-lapse camera here at Battery Rocks, you'd see a steady stream of people arriving at this unobtrusive place from sunrise to sunset. It's popular with swimmers, snorkellers, rock-poolers and poets, and it's a haven for wildlife.

Battery Rocks is a haven for people too, a life-saving place of joy and community, according to snorkelling instructor Katie Maggs. Helen goes snorkelling with Katie and discovers how this place inspired poet Katrina Naomi's new collection 'Battery Rocks'. Lucy Luck takes Helen on a rock pool ramble and Mike Conboye leads her in a sunrise swim at the rocks, with music from his acapella group, Boilerhouse.

Producer: Mary Ward-Lowery

**THU 15:27 Radio 4 Appeal (m0022c0g)**

[Repeat of broadcast at 07:54 on Sunday]

**THU 15:30 Word of Mouth (m0022cm5)**

The words we use about getting older and why they matter

How we talk about getting older can affect how we age, both mentally and physically. Michael asks Dr Lucy Pollock for her advice on ageing well and happily.

Dr Lucy Pollock has been an NHS consultant geriatrician, a doctor specialising in the care of older people, for over 30 years. She is the author of *The Book About Getting Older*, and her new book is *The Golden Rule: lessons in living from a doctor of ageing*.

Produced for BBC Audio Bristol by Beth O'Dea.  
Subscribe to the Word of Mouth podcast and never miss an episode: <https://www.bbc.co.uk/sounds/brand/b006qtz>

**THU 16:00 The Briefing Room (m0022cm7)**

What we know (and don't know) about the new Mpox outbreak

The first human cases of Mpox were detected in 1970. But a new strain detected in Congo in 2023 has got scientists confused. How worried should we be and are we prepared for it?

Dr Jonas Albarnaz, a Research Fellow specialising in pox viruses at The Pirbright Institute  
Dr Lilith Whittles, lecturer and Sir Henry Wellcome Postdoctoral Fellow in the MRC Centre for Global Infectious Disease Analysis  
Dr Josie Golding, head of epidemiology at The Wellcome Trust  
Trudie Lang, Professor of Global Health Research at the University of Oxford

Presenter: David Aaronovitch  
Producers: Ben Carter, Kirsteen Knight and Drew Hyndman  
Sound engineers: Jonathan Glover and James Beard  
Editor: Richard Vadon  
Production Co-ordinator: Gemma Ashman

**THU 16:30 BBC Inside Science (m0022cm9)**

Predicting everything

The Royal Society recently announced the shortlist for their annual Science Book Prize - and nominated is science writer and journalist Tom Chivers, author of the book *Everything is Predictable*. He tells us how statistics impact every aspect of our lives, and joins Marnie as a studio guest throughout the show.

A drug - lecanemab - that can slow the progression of Alzheimer's disease has recently been approved for use in the UK, but the healthcare regulator NICE has said that it won't be available on the NHS. But what is behind this decision, and what makes creating an Alzheimer's drug so difficult? Professor Tara Spire-Jones from the University of Edinburgh talks us through the science.

And could 'smart paint' supersize our fruit and veg? Reporter Roland Pease heads over to the experimental greenhouses of Cranfield University's crop science unit to see if the technology works.

The Paralympic Games are now underway in Paris, with athletes competing across 22 different events. But as competitors have a range of different impairments, how is it ensured that there's a level playing field? Professor Sean Tweedy from the University of Queensland calls in from Paris to explain how athletes are sorted into categories for competition.

Presenter: Marnie Chesterton  
Producers: Sophie Ormiston and Ella Hubber  
Editor: Martin Smith  
Production Co-ordinator: Andrew Lewis

**THU 17:00 PM (m0022cmc)**

Keir Starmer mulls beer garden smoke ban

The government confirms plans to ban smoking in some outdoor settings, possibly including pub gardens, al fresco restaurants and outside hospitals. Plus: the chair of the Youth Justice Board urges caution over prosecuting children and young people for their role in the riots.

**THU 18:00 Six O'Clock News (m0022cmf)**

The measures could see smoking banned in pub gardens and outdoor restaurants

**THU 18:30 Fresh from the Fringe (m0022cvk)**

2024, Part 2

Radio 4 brings you the spirit of the Edinburgh Fringe this August. Host Mark Watson takes us on a whistle-stop tour of the city, capturing the buzz of the festival, taking us with him to the Edinburgh Comedy Awards and showcasing some of the most exciting comedy talent from this year. Acts this week include Hannah Platt, Marjolein Robertson, Ania Magliano and Huge Davies.

Additional Material: Christina Riggs



Production Coordinator: Katie Baum

Sound Recordist: Sean Kerwin

Sound Editor: Charlie Brandon-King

Executive Producer: Pete Strauss

Assistant Producer: Becky Carewe-Jeffries

Produced in Edinburgh by Gwyn Rhys Davies

It was a BBC Studios Production for Radio 4.

**THU 19:00 The Archers (m0022cmh)**

Clive chats affably with Joy in the shop – he’s all charm as he ponders whether to buy chocolate or ciggies. He reveals he used to be local but doesn’t give details. Clive decides to try some real ale and lager. As he’s selecting crisps, Kate comes into the shop. She recognises Clive. He doesn’t recognise her, but she tells Joy about Clive robbing the shop, holding a gun to her face and calling her a bitch. A man can change, says Clive. He tells her he does yoga and a visit to Spiritual Home might be healing. Joy tells him to leave, she won’t serve him. A furious Clive shouts at them as he leaves the shop. Kate is shaken, but they agree they were both amazing for standing up to him.

Harrison is cooking chilli tofu for Fallon and they chat about her plans for a meat and dairy free café at the EV charging station. They relax with wine and chat about the day. Fallon tells Harrison he’s handsome and they need a romantic, passionate holiday. Harrison is momentarily taken aback. But Fallon doesn’t want to carry on the way they have been. Later, they discuss where they will go for their romantic trip and agree to give it some thought. Harrison makes her laugh and says they might just make it. Fallon says she never, ever thought they might split up, but Harrison confesses it crossed his mind. But, he says, he never wanted to.

**THU 19:15 The Public Philosopher (m002021f)**

The Ethics of AI

Is extracting the voices of dead musicians, digitally de-aging living actors, or relying on AI algorithms to pick a future husband or wife creepy or cool?

Professor Michael Sandel of Harvard University - Radio 4’s ‘Public Philosopher’ - discusses these and other questions with an audience at the Hay Festival in Wales.

Producer: Ben Carter

Editor: Richard Fenton-Smith

Sound Engineer: Andy Fell

Production co-ordinators: Janet Staples and Liam Morrey

Archive credits:

Apple Music: The Beatles, Now and Then

Intuition Robotics: ElliQ

**THU 20:00 The Media Show (m0022efn)**

[Repeat of broadcast at 16:00 on Wednesday]

**THU 21:00 Loose Ends (m0022bs0)**

[Repeat of broadcast at 18:15 on Saturday]

**THU 21:45 Naturebang (m000p6w2)**

Dog Poo and the Challenge of Navigation

Naturebang is back. Becky Ripley and Emily Knight are again trying to make sense of what we humans are all about, with a little help from the natural world. And this week, they’re getting lost.

Navigating our world is a challenge faced by every creature that moves. From dung beetles mapping the desert dunes, to eels circumnavigating the globe, each finds its own way about with unerring accuracy. How do they do it? And how is that going to help Becky and Emily get out of the woods?

The story of animal (and human) navigation is a story of the sun, the stars, magnetic fields, polarised light, and... dog poo. Yes, dog poo.

Featuring Michael S. Painter, Assistant Professor at Barry University, and John Edward Huth, Donner Professor of Science at Harvard University.

**THU 22:00 The World Tonight (m0022cmk)**

Israel agrees to pause in Gaza fighting for police vaccine drive

The World Health Organisation says Israel has agreed to "humanitarian pauses" in Gaza in order to allow the

administration of polio vaccines to more than 600,000 children. The agreement comes days after UN officials said a 10-month-old baby had been partially paralysed after contracting Gaza’s first case of polio for 25 years.

In the United States, Democratic Presidential nominee Kamala Harris has recorded her first broadcast interview. She sat down with CNN alongside her running mate Tim Walz.

And the Met Office has issued its list of storm names for the upcoming year, including one paying tribute to a weather forecaster whose prediction saved the D-Day landings.

**THU 22:45 The Go-Between by LP Hartley (m0022cmm)**

Episode Nine

"The past is a foreign country: they do things differently there." So begins this classic novel of childhood, class and lost innocence, set in the scorching hot summer of 1900.

Shortly before his 13th birthday, Leo Colston goes to spend the summer holidays with a schoolfriend, on his family’s country estate, Brandham Hall. There he becomes the go-between for Marian, his friend’s older sister, and Ted - a tenant farmer.

Read by James Wilby

Produced by Alison Crawford and Mair Bosworth

Abridged by Sara Davies

Recorded and Mixed by Ilse Lademann

**THU 23:00 The Today Podcast (m0022cmp)**

Starmer’s ‘black holes’: What will fill them?

“Things will get worse before they get better.” That was the gloomy warning given by Keir Starmer this week, in his first major speech since becoming prime minister.

Labour have previously blamed the Tories for the ‘economic black hole’ they say they’ve found in the public finances since taking office. But what did Starmer mean when he referred to a ‘societal black hole’ left by his predecessors? And if there are cracks in British society, how does the government fix them?

Amol and Nick are joined by Starmer’s former director of policy and expert on the working class Claire Ainsley – now a director at the left-leaning thinktank, the Progressive Policy Institute.

And Tom Walker - the comedian behind the fictitious political correspondent Jonathan Pie - is in the studio to give his moment of the week and reminisce on some of his favourite bloopers by news reporters.

If you have a question you’d like to Amol and Nick to answer, 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

Episodes of The Today Podcast land first on BBC Sounds. 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.

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.

You can listen to the latest episode of The Today Podcast any time on your smart speaker by saying “Smart Speaker, ask BBC Sounds to play The Today Podcast.”

The senior producer is Tom Smithard, the producer is Hatty Nash, research and digital production from Joe Wilkinson. The editor is Louisa Lewis. The executive producer is Owenna Griffiths. Technical production from Mike Regaard.

**THU 23:30 A Good Read (m00209gs)**

Denise Mina and Simon Brett

ABSENT IN THE SPRING by Agatha Christie (writing as Mary Westmacott) (HarperCollins), chosen by Simon Brett  
IN THE GARDEN OF THE FUGITIVES by Ceridwen Dovey (Penguin), chosen by Denise Mina  
HIDE MY EYES by Margery Allingham (Penguin), chosen by Harriett Gilbert

Crime writers Denise Mina and Simon Brett join Harriett Gilbert to read each other’s favourite books.

Simon Brett (Charles Paris, Fethering and Mrs Pargeter detective series) chooses Agatha Christie under the pseudonym Mary Westmacott, with Absent In The Spring. It’s a story

without any detective and one that, perhaps, reveals a more personal side to Christie’s writing.

Denise Mina (most recently: Three Fires, The Second Murderer) picks In the Garden of the Fugitives by South African-Australian author Ceridwen Dovey, an epistolary novel which begins with a letter that breaks seventeen years of silence between a rich, elderly man with a broken heart and his former protegee, a young South African filmmaker.

And for the occasion of having two crime authors, Harriett Gilbert picks a golden age crime book, Hide My Eyes by Margery Allingham, where private detective Albert Campion finds himself hunting down a serial killer.

Producer: Eliza Lomas for BBC Audio in Bristol

Join the conversation @agoodreadbbc Instagram

**FRIDAY 30 AUGUST 2024**

**FRI 00:00 Midnight News (m0022cmr)**

National and international news from BBC Radio 4

**FRI 00:30 Child (p0hcsngs)**

[Repeat of broadcast at 11:45 on Thursday]

**FRI 00:48 Shipping Forecast (m0022cmt)**

The latest weather reports and forecasts for UK shipping

**FRI 01:00 Selection of BBC World Service Programmes (m0022cmw)**

BBC Radio 4 joins the BBC World Service.

**FRI 05:20 Shipping Forecast (m0022cmy)**

The latest weather reports and forecasts for UK shipping

**FRI 05:30 News Briefing (m0022cn0)**

The latest news from BBC Radio 4

**FRI 05:43 Prayer for the Day (m0022cn2)**

Slowness

A spiritual comment and prayer to start the day with Steve Taylor

About 15 years ago, I was working part-time at a college about six miles away from my home. I initially drove to work, but found the journey stressful and frustrating, with jams and long queues at traffic lights. I decided to start cycling instead. It was great to be exercising in the open air, rather than sitting stationary inside a car.

But the best thing about cycling was that it enabled me to take in much more of the reality of the journey. I saw so many interesting old houses and beautiful old trees and flower beds that I had never noticed while driving. I saw turnings into quiet avenues that I had simply bypassed. Best of all, I could spend time looking at the sky, at the clouds and the still blues spaces between them and the morning sunlight shining through. Every morning, I arrived at work feeling energized and fulfilled. I was amazed at how much of the journey I had missed while driving, and how much more reality I sensed simply by travelling more slowly.

This a good metaphor for life itself. We experience much more reality through living slowly, since we become more present. We also find life much less stressful, and much more fulfilling.

So today, make a conscious effort to slow down. Take a few moments to release your attention from activity and take in the reality or where you are and what you’re doing. Here are some lines of poetry that may help:

Slow down.

Don’t be so desperate to reach the future that you push the present away.

Treat each moment with respect as a friend who deserves your attention. Greet every new experience as a guest who’s welcome to be part of your life.

Blessings

**FRI 05:45 Farming Today (m0022cn4)**

Four cases of bluetongue have now been confirmed in sheep on farms in Norfolk and Suffolk. The virus, which is spread by biting midges blown into the UK from northern Europe, is currently widespread in the Netherlands with further cases in Germany and Belgium. As well as sheep, it affects cattle, goats,

deer and camelids but not humans, nor does it pose any risk to the food chain.

Harvest is in full swing for many farmers and we've been seeing how it's going all week. In Cornwall on the Tregothan Estate they're harvesting tea with a solar-powered robotic tea picker.

Oilseed rape can be high risk: pests like cabbage stem flea beetle can wipe out a crop, and some pesticides which growers once relied on are now banned. We hear from a farmer in the Cotswolds who, in spite of the challenges, has created a booming business selling cold pressed rapeseed oil as a British alternative to imported oils.

We announce our Farming Today finalists in the 2024 BBC Food & Farming Awards.

Presented by Caz Graham and produced by Beatrice Fenton.

**FRI 06:00 Today (m0022cp6)**

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

**FRI 09:00 The Reunion (m0022c0v)**

[Repeat of broadcast at 10:00 on Sunday]

**FRI 10:00 Woman's Hour (m0022cp8)**

Nicki Chapman, Los Bitchos, Post Office Scandal

Nicki Chapman is well-known for presenting shows like Escape to the Country and Wanted Down Under and also a regular presenter on BBC Radio 2. She started out as a record pluggger in the music industry – and now she's written a memoir, So Tell Me What You Want, which lifts the lid on what it was like managing and touring with the likes of David Bowie, Take That, and S Club. She joins Anita Rani to talk about her career so far and her recent cancer diagnosis.

Two sisters, Eileen Macleod and Maureen Bedford, are to receive honorary degrees at the ages of 90 and 95, more than 60 years after they finished studying. The pair trained at the Bedford College of Physical Education in the 1940s and 1950s, but did not receive formal degree qualifications. Anita talks to them both about gaining qualifications in their nineties.

The Post Office Horizon scandal has been described as the most widespread miscarriage of justice in British legal history. One of those impacted was Ravinder Naga. In 2009, he falsely confessed to stealing money from his mum's Post Office to protect her from going to prison. Last week his conviction was overturned after 15 years. Anita talks to Ravinder and his mum Gurbash about what happened, and the impact it had on their relationship.

Los Bitchos are an all-female band from countries across the world who play a range of instrumental music from the style of Colombia folk music to Turkish psychedelic rock! All four members - Nic Crawshaw, Josefine Jonsson, Serra Petale and Agustina Ruiz, join Anita to discuss their latest album, Talkie Talkie, and to perform live in the studio.

Presenter: Anita Rani  
Producer: Lottie Garton

**FRI 11:00 The Food Programme (m0022cpb)**

Food Waste: New Answers for Old Problems

Food waste isn't a new story. So why cover it again? Well, in the UK, we are still wasting over 10 million tonnes of food a year. That's food that could have been sold, eaten, cooked and enjoyed.

Clearly this is a problem that isn't going away. But crucially, we have a new government who have said that a zero waste economy is one of their top priorities for the environment. What will this mean for food waste? And is it individuals, or businesses, who can really make a difference?

In this programme, Leyla Kazim goes after some new answers. Does the answer lie in the design of our fridges, for example? Or in making it law for supermarkets to tell us how much food they waste? Along the way, she meets the people who have made it their life's work to help us cut waste, from dumpster divers to fridge enthusiasts.

Ever wondered where all the unsold food from supermarkets goes? Matt Homewood, AKA The Urban Harvester, went to find out one night in his home town of Copenhagen, Denmark, and what he found shocked him. He began 'dumpster diving' every night and sharing pictures of his food swag on social media. Leyla hears how these posts began to go viral and were the start of Matt's activism to put the spotlight on supermarket food waste.

Food waste is often talked about in terms of redistribution to

charities or food banks. But that isn't the only answer, finds Leyla, when she visits Katy Newton, founder of Wasted Kitchen in Kent and a finalist in the BBC Food and Farming Awards 2024. Katy buys or trades for the surplus food she uses to make her takeaways, ferments and deli salad boxes, which go back on sale at the food hall next door. Katy explains why she wanted to counter the narrative around food charity and help people be more confident in the kitchen along the way.

Leyla hears an update from Wrap, the organisation that runs the UK's official food waste scheme, to find out what action has been taken so far and whether they would support a law to make food waste reporting legal. She asks the same question to the new government, before calling on journalist Ian Quinn, chief reporter at trade magazine The Grocer, for his take on what's happening in the industry.

Online there is a growing network of influencers helping people eat everything they buy to save waste, but also, save money. Two of the most popular, Elly Pear (another finalist for this year's Food and Farming Awards) and Max La Manna, meet in Elly's kitchen in Bristol to share their best food waste tips and approach Elly's fridge, ready-steady-cook style, to cook lunch with last night's leftovers.

Talking of fridges, at her home in London, Leyla hosts PhD researcher Emma Atkins for one of Emma's unique 'fridge sessions'. Emma's research looks at our relationship with the fridge, how its design can hinder our food waste efforts, and how fridge history is linked to over-buying of food. She quizzes Leyla about her food waste hotspots and explains how we might be hampered in our food waste efforts by the objects and systems around us.

Presented by Leyla Kazim and produced by Nina Pullman for BBC Radio in Bristol.

**FRI 11:45 Child (p0hcspe8)**

15. Golden Hour

The baby is born and takes its first breath. But it's not over. India examines how the body reacts and recovers in this first hour, how the placenta is born, and how bonding begins between parents and baby. And what if it doesn't? It's not always instant love, and that's okay. India speaks to doula Leila Baker and former midwife Rachel Reed about building that enchantment a different way when the rush of hormones doesn't have the expected effect. Midwife Leah Hazard describes the immediate aftercare and India asks Dr Alison Wright about how more personalised care could improve mothers experiences.

Produced and Presented by: India Rakusen.  
Series producer: Ellie Sans.  
Production Team: Ella McLeod & Georgia Arundell  
Executive producer: Suzy Grant.  
Commissioning Editor: Rhian Roberts  
Original music composed and performed by ESKA.  
Mix and Mastering by Charlie Brandon-King.

A Listen Production for Radio 4 and BBC Sounds.

**FRI 12:00 News Summary (m0022cpd)**

The latest national and international news from BBC Radio 4.

**FRI 12:04 AntiSocial (m0022cpg)**

Accent and class

Is it classist to stop Geordies using the term of endearment 'pet'? After the University of Newcastle sent out guidance to researchers advising they avoid using the word 'pet' as it might feel patronising or sexist to women, people took to social media to claim this was a classist move. It sparked a wider discussion about accents and class. Others claimed accents shouldn't be used as a marker of identity and that speaking with Received Pronunciation could be an equalising tool that could prevent prejudice. So what are the origins of RP and what does the data show about our perceptions of accents?

**GUESTS:**

Jasmine Andersson, writer and journalist  
Jonathan Meades, writer and critic  
Lynda Mugglestone, Professor of the history of English at the University of Oxford  
Dr Christian Ilbury, lecturer in Socio-linguistics at the University of Edinburgh

**FRI 12:57 Weather (m0022cpj)**

The latest weather forecast

**FRI 13:00 World at One (m0022cpl)**

Ending the badger cull

Live analysis and reaction to the government's new plan to get rid of tuberculosis in cattle - without culling badgers. Plus, is

the official Paralympics TikTok account offensive?

**FRI 13:45 Grenfell: Building a Disaster (m0022cpn)**

10. The Final Act

As the sun rises, the local council, the Royal Borough of Kensington and Chelsea are responsible for helping families try and find their loved ones and arranging accommodation for those who have just escaped Grenfell Tower.

But as the situation spirals out of control, lost keys, "dehumanising" processes and slow support for residents lead to frustration and confusion.

Presenter: Kate Lambie  
Producer: Josephine Casserly  
Production coordinator: Janet Staples  
Audio engineers: James Beard and Gareth Jones  
Story consultant: Simon Maybin  
Editor: Penny Murphy

**FRI 14:00 The Archers (m0022cmh)**

[Repeat of broadcast at 19:00 on Thursday]

**FRI 14:15 Limelight (m0021rv1)**

11 Minutes Dead

11 Minutes Dead - Episode 4

Paranormal thriller about Near Death Experience.

After losing consciousness in a surfing accident, Beth is faced with a horrifying vision of the future. When she awakes, she discovers not only that she has returned with mysterious new abilities but that something sinister has followed her back from the other side.

After seeing a haunting vision of her daughter's impending death and recognising the man who will be responsible, Beth goes on the run.

Written by Lucy Catherine.

Beth . . . . . Scarlett Brookes  
Jem . . . . . Paul Ready  
Roz . . . . . Claire Lams  
Sammi . . . . . Mabel Cresswell  
Pete . . . . . Narinder Samra  
Cerys . . . . . Lisa Palfrey  
Iskra . . . . . Anna Savva

Production Co-ordinator: Gaelan Davis-Connolly  
Sound Design: Peter Ringrose  
Director: Sasha Yevtushenko

**FRI 14:45 Buried (m001hfc)**

Series 1

Series 1 - 3. A One-Man Mission

Who was Joe Ferguson? His family say he was a man on a mission. But something bothered him about Mobuoy, even after the dump was exposed. What did he know?

"All you have to do... is dig it up."

A trucker's deathbed tape plays out. It's urgent, desperate.

In this BBC Radio 4 podcast series, investigative journalists Dan Ashby and Lucy Taylor deep-dive into one of the worst environment crimes in UK history - the secret dumping of a million tonnes of waste near a city. But when they uncover missing documents, fears of toxicity and allegations of organised crime, they realise they've stumbled into something much bigger. As they pick at the threads of one crime, they begin to see others. Could Britain be the home of a new mafia, getting rich on our waste?

In a thrilling ten-part investigation, the husband-and-wife duo dive into a criminal underworld, all the time following clues left in a deathbed tape. They're driven by one question - what did the man in the tape know?

Presenters and Producers: Dan Ashby and Lucy Taylor  
Assistant Producer: Tess Davidson  
Original Music and Sound Design: Phil Channell  
Sound Design and Series Mixing: Jarek Zaba  
Executive Producers: Phil Abrams and Anita Elash  
Commissioning Editor: Dan Clarke

A Smoke Trail production for BBC Radio 4

**FRI 15:00 Gardeners' Question Time (m0022cpq)**

Postbag Edition: Blenheim Palace - Mites, Bees and Powderly

Mildew

What can I use to stop mites from destroying my nine foot Schefflera? Why haven't we seen many bees this year? How do I remove fungus growing on my hawthorn tree?

Peter Gibbs and his team of gardening gurus travel to Blenheim Palace in Woodstock for a postbag edition of GQT.

While Head Gardener Andy Mills leads Peter and the panel around the historic grounds, they also rake through the GQT inbox to answer your gardening queries. On the panel this week are garden designer Chris Beardshaw, house plants expert Anne Swithinbank and pest and disease expert Pippa Greenwood.

Later in the programme, the panellists receive a surprise question from English fashion and textile designer Dame Zandra Rhodes, who asks what she should do about her dying hydrangeas.

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

A Somethin' Else production for BBC Radio 4

**FRI 15:45 Short Works (m0022cps)**  
Forbidden Planet by Dawn Watson

An original short story specially commissioned by Radio 4 to mark the 30th anniversary of the Provisional IRA's announcement of a cessation of military operations in Northern Ireland. As read by Andrea Irvine ('Blue Lights')

Dawn Watson was born in Belfast and is a poet and writer. She is currently a Lecturer in Creative Writing at Queen's University, Belfast. Dawn's debut collection *We Play Here* was a Guardian Poetry Book of the Year 2023 and was shortlisted for the John Pollard International Poetry Prize for an outstanding debut collection. Dawn's work has been broadcast on BBC Radio 4, BBC Radio 3, and BBC Radio Ulster, and has appeared in leading literary journals including *The Poetry Review* and *Granta*.

Writer: Dawn Watson  
Reader: Andrea Irvine  
Producer: Michael Shannon

A BBC Audio Northern Ireland Production for BBC Radio 4.

**FRI 16:00 Last Word (m0022cpv)**  
Mike Lynch, Nell McCafferty, Ruth Colvin, Sven-Göran Eriksson

Matthew Bannister on Mike Lynch, who was one of the UK's most successful tech entrepreneurs.

Nell McCafferty, the Irish journalist and feminist campaigner who took part in the "contraceptive train" protest in 1971.

Ruth Colvin, who founded the American "Literacy Volunteers" organisation to help adults who couldn't read or write

Sven-Göran Eriksson, the Swedish born football manager who became the first non-British coach of the England football team.

Interviewee: Suranga Chandratillake  
Interviewee: David Davis  
Interviewee: Susan McKay  
Interviewee: Judy Cheatham  
Interviewee: Henry Winter

Producers: Ben Mitchell and Ed Prendeville

Archive:  
Contraceptives From Belfast, RTE, 1971; Witness, BBC News, 03/12/2016; Ruth Colvin, All things considered, NPR, 10/12/2006; Ruth Colvin, Onondaga Historical Association, YouTube Upload, 07/07/2020; Ruth Colvin, Onondaga Historical Association, YouTube Upload, 01/12/2016; The Real Sven-Goran Eriksson, BBC Radio 5Live; Kammy & Ben's Proper Football Podcast, BBC, 18/11/2022; BBC News at Ten; 20/11/2012; PM, BBC Radio 4, 01/08/24; The Report, BBC Radio 4, 27/12/12

**FRI 16:30 Sideways (m0022cdk)**  
[Repeat of broadcast at 09:00 on Wednesday]

**FRI 17:00 PM (m0022cpz)**  
Afternoon news and current affairs programme, reporting on breaking stories and summing up the day's headlines.

**FRI 18:00 Six O'Clock News (m0022cpz)**

Vaccination will instead be the strategy for eradicating bovine tuberculosis

**FRI 18:30 Catherine Bohart: TL;DR (m0022cq1)**  
Series 1

6. Hang on - are there ghosts in this machine?

No time to read the news? Catherine Bohart does it for you in TL;DR. This week - Elon Musk thinks there should be regulation around AI. Is he right? Can AI really change the world, or are we just training our future robot overlords?

Times journalist Hugo Rifkind navigates the ethical minefield of artificial intelligence, while Professor Gina Neff breaks down how AI is already reshaping our lives - and the risks that come with it.

Meanwhile, in the TL;DR Sidebar, comedian Sunil Patel dives into the wild world of AI romance and discovers the perks and pitfalls of having an AI girlfriend. Will it be love at first byte?

Written by Catherine Bohart, with Madeleine Brettingham, Sarah Campbell, and Pravanya Pillay

With Ellen Patterson as Flobot

Produced by Victoria Lloyd

Recorded and Edited by David Thomas

Production Coordinator - Beverly Tagg

A Mighty Bunny production for BBC Radio 4

**FRI 19:00 The Archers (m0022cq3)**  
WRITER: Katie Hims  
DIRECTOR: Dave Payne  
EDITOR: Jeremy Howe

Lilian Bellamy.... Sunny Ormonde  
Harrison Burns.... James Cartwright  
Alice Carter.... Hollie Chapman  
Neil Carter.... Brian Hewlett  
Susan Carter.... Charlotte Martin  
Justin Elliot.... Simon Williams  
Emma Grundy.... Emerald O'Hanrahan  
George Grundy.... Angus Stobie  
Brad Horrobin.... Taylor Uttley  
Tracy Horrobin.... Susie Riddell  
Joy Horville.... Jackie Lye  
Alistair Lloyd.... Michael Lumsden  
Kate Madikane.... Perdita Avery  
Dr Azra Malik.... Yasmin Wilde  
Fallon Rogers .... Joanna Van Kampen  
Laura... Claire Cage

**FRI 19:15 Add to Playlist (m0022cq5)**  
Dinara Klinton and Nicky Spence on the mysteries of the masked singers

Ukrainian-British pianist Dinara Klinton and Scottish operatic tenor Nicky Spence join Anna Phoebe and Jeffrey Boakye, taking us from a cheeky 1980s boy band from Birmingham via Domenico Scarlatti to the famous French duo behind the mask as they add the next five tracks.

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

The five tracks in this week's playlist:

Pass the Dutchie by Musical Youth  
Sonata in G Major by Domenico Scarlatti  
Maybe This Time by Liza Minnelli  
Phantom of the Opera by Sarah Brightman & Michael Crawford  
Harder, Better, Faster, Stronger by Daft Punk

Other music in this episode:

Wipeout by Duke University College Band  
My Bonnie Lies Over the Ocean by Ella Fitzgerald  
Rule the Nation by U-Roy  
Gimme the Music by U Brown  
Pass the Kouchie by The Mighty Diamonds  
Cola Bottle Baby by Edwin Birdsong

**FRI 20:00 Any Questions? (m0022cq7)**  
Ellie Chowns MP, Andrew RT Davies MS, Emma Pinchbeck, Nick Thomas-Symonds MP

Ben Wright presents political debate from the National Botanic Gardens of Wales with the Green MP Ellie Chowns, the leader

of the Welsh Conservative Group in the Senedd Andrew RT Davies, the Chief Executive of Energy UK Emma Pinchbeck and the Paymaster General Nick Thomas-Symonds MP.  
Producer: Robin Markwell  
Lead Broadcast Engineer: Tim Allen

**FRI 20:50 A Point of View (m0022cq9)**  
I know what it is to crawl

In the week that one of Britain's most famous Paralympians Tanni Grey-Thompson was forced to crawl off a train, Tom Shakespeare describes his encounters with crawling.

'Don't get me wrong,' Tom says, I am not against crawling.' His holidays, he says, involve a lot of crawling: in Egypt to visit the apartment of the poet Constantine Cavafy or in Italy to see the childhood home of the communist revolutionary, Antonio Gramsci.

But in day to day life, Tom argues, 'crawling is no way for adults to go about their business.'

Producer: Adele Armstrong  
Sound: Peter Boshier  
Production coordinator: Gemma Ashman  
Editor: Tom Bigwood

**FRI 21:00 The Verb (m0022cq6)**  
The Adverb at Outspoken

Inspiring words that connect us in difficult times; three outstanding poets take to the stage at Outspoken, one of the most exciting and innovative poetry nights in the world.

Intiaz Dharker, poet, film-maker and national treasure is on first. She is a recipient of the Queen's Gold Medal and reads new poems from her collection 'Shadow Reader' - some of which explore the uncanny experience of having her 'shadow' read in order to predict her life-span.

Rachael Allen is a legendary poetry editor as well as a poet; she shares poems of scrupulous attention to a relationship breaking down. Her readings come from the narrative poem in her new book 'God Complex'.

Salena Godden's new book 'With Love Grief and Fury' is full of love poems for people and for the planet. She is a poet, memoirist and fiction writer.  
Her debut novel 'Mrs Death Misses Death' won the Indie Book Award for Fiction and the People's Book Prize.

We have selected poetry highlights - but Outspoken is also a music night, and was recorded at Southbank in London.

Thanks to the Outspoken team for welcoming Radio 4:

Joelle Taylor  
Anthony Anaxagorou  
Tom MacAndrew  
Karim Kamar  
Sam Junior Bromfield

**FRI 22:00 The World Tonight (m0022cqf)**  
In depth reporting, intelligent analysis and breaking news from a global perspective.

**FRI 22:45 The Go-Between by LP Hartley (m0022cqh)**  
Episode Ten

"The past is a foreign country: they do things differently there." So begins this classic novel of childhood, class and lost innocence, set in the scorching hot summer of 1900.

Shortly before his 13th birthday, Leo Colston goes to spend the summer holidays with a schoolfriend, on his family's country estate, Brandham Hall. There he becomes the go-between for Marian, his friend's older sister, and Ted - a tenant farmer.

Read by James Wilby  
Produced by Alison Crawford and Mair Bosworth  
Abridged by Sara Davies  
Recorded and Mixed by Ilse Lademann

**FRI 23:00 Americast (m0022cqk)**  
How Pennsylvania Could Decide The Election

In 2020 Joe Biden won this key swing state by fewer than 81,000 votes. In 2024, the path to the White House may be impossible for the Democrats unless they win over the people of Pennsylvania.

And the Republican know it. Vance and Trump are both visiting this week.

In this episode of Americast we investigate what makes Pennsylvania so important, and what makes its voters tick.

Sarah and Sumi are joined by two people with their fingers on the pulse; a morning radio host and a political strategist on different sides of the aisle.

**HOSTS:**

- Sarah Smith, North America Editor  
- Sumi Somaskanda, BBC Chief Presenter

**GUESTS:**

- Mike Mikus local Democrat political advisor  
- RJ Harris WHP 580 radio morning presenter

**GET IN TOUCH:**

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\* Send us a message or voice note via WhatsApp to +44 330 123 9480  
\* Email [Americast@bbc.co.uk](mailto:Americast@bbc.co.uk)  
\* Or use #Americast

US Election Unspun: Sign up for Anthony's new BBC newsletter: <https://www.bbc.co.uk/news/world-us-canada-68093155>

This episode was made by Chris Flynn with Rufus Gray, Catherine Fusillo, and Craig Langran. The technical producer was Mike Regaard. The series producer is Purvee Patni. The senior news editor is Sam Bonham.

US Election Unspun: Sign up for Anthony's new BBC newsletter: <https://www.bbc.co.uk/news/world-us-canada-68093155>

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The Today Podcast: <https://www.bbc.co.uk/sounds/brand/p0gg4k6r>  
Newscast: <https://www.bbc.co.uk/sounds/series/p05299nl>  
UkraineCast: <https://www.bbc.co.uk/sounds/brand/p0bqztzm>

**FRI 23:30 Fresh from the Fringe (m0022cvk)**  
[Repeat of broadcast at 18:30 on Thursday]