

| Radio 4 Listings for 9 – 15 August 2025 | | Page 1 of 21 |
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| <p>SATURDAY 09 AUGUST 2025</p> <p>SAT 00:00 Midnight News (m002gqzw) National and international news from BBC Radio 4</p> <p>SAT 00:30 The Autism Curve (m002bv3k) 5. The Spectrum</p> <p>Has the idea of autism expanded so far that it's breaking?</p> <p>The rapid upwards curve in autism diagnoses and a social media-fuelled trend for self-diagnosis have led to tension. Autism's centre of gravity has shifted: now those without an intellectual disability are most visible. But where does that leave autistic people who do have an intellectual disability and who could also be non-speaking? Who speaks for them? And what is diagnosis for anyway?</p> <p>Presenter: Michael Blastland Series Producer: Simon Maybin Editor: Clare Fordham Sound mix: Neil Churchill Production Co-ordinator: Gemma Ashman</p> <p>SAT 00:48 Shipping Forecast (m002gr00) The latest weather reports and forecasts for UK shipping</p> <p>SAT 01:00 Selection of BBC World Service Programmes (m002gr04) BBC Radio 4 presents a selection of news and current affairs, arts and science programmes from the BBC World Service.</p> <p>SAT 05:30 News Summary (m002gr08) National and international news from BBC Radio 4</p> <p>SAT 05:34 Shipping Forecast (m002gr0c) The latest weather reports and forecasts for UK shipping</p> <p>SAT 05:43 Prayer for the Day (m002gr0j) Celebrate and embrace differences</p> <p>A spiritual comment and prayer to start the day with Youstra Samir Imran. Good morning.</p> <p>There are many species of plant life, that we equate with being English, but which in fact gradually migrated across from other continents to our shores, or were introduced to our soils by other empires.</p> <p>Take the rose, the national flower of England. Only a handful are in fact native to Britain; and the majority were introduced to our lands by the Romans, such as the demure white alba, which we know as the white roses of York, or brought back by returning Crusaders from Syria, during the Medieval period, like the fragrant and vibrant pink rosa damascena.</p> <p>These delicate flowers travelled thousands of miles, yet managed to survive and re-acclimatise here, in a climate that is vastly different to the temperate one of their homelands. They integrated themselves so well, that they have become part-and-parcel of English culture.</p> <p>And that got me wondering about people – if flowers and plants manage to assimilate so well, that they are now considered part of English culture, what does it mean for us to be considered native, and belong to a land?</p> <p>It is the variety and assortment of flower and plant species, that enable a meadow to thrive. I believe it is our differences as people, that contribute to a society that thrives. I also think it is our differences that make it interesting and fun to get to know each other.</p> <p>All faiths agree that God loves all His creatures. And so I pray, that I am able to whole-heartedly celebrate and embrace everyone's differences, and recognise that everyone is important to this land, to help it flourish.</p> <p>Ameen.</p> <p>SAT 05:45 Uncharted with Hannah Fry (m0022swq) 14. Whispers from the Cosmos</p> <p>In a shabby brick hut in 1967, a young researcher spots a bizarre, pulsing signal: a cosmic whisper picked up a huge receiver she helped to build. Is it just mundane interference - or could it be alien life?</p> <p>Hannah Fry shares a tale of one woman's journey through the male-dominated halls of 1960s academia, to a groundbreaking discovery that transformed our understanding of the universe.</p> | <p>Producer: Ilan Goodman Sound Designer: Jon Nicholls Story Editor: John Yorke</p> <p>SAT 06:00 News and Papers (m002gzgr) The news headlines, including a look at the newspapers.</p> <p>SAT 06:07 This Natural Life (m002gqzn) Jeanette Winterson</p> <p>The author Jeanette Winterson grew up in Accrington in Lancashire, but has made her home in a village in rural Gloucestershire. This year marks the 40th anniversary of the publication of her best-known novel 'Oranges Are Not The Only Fruit'. In this programme she talks to Martha Kearney, giving her unique access to the garden of her cottage, where she grows her own fruit and vegetables. She explains why nature, wildlife and life in the countryside are so important to her, as she gives Martha a tour of her veg patch.</p> <p>Producer: Emma Campbell</p> <p>SAT 06:30 Farming Today (m002gzgt) 09/08/25 Harvest 2025 - from barley and peas, to cherries and sweetcorn.</p> <p>Harvest is the highlight of the farming calendar but this summer's harvest is one of contrasts. It's a good year for some crops like oil seed rape but for others yields are down. We take stock of the crops - from barley and peas to cherries and sweetcorn.</p> <p>Presenter = Charlotte Smith Producer = Rebecca Rooney</p> <p>SAT 06:57 Weather (m002gzgw) The latest weather reports and forecast</p> <p>SAT 07:00 Today (m002gzgy) Today (Saturday)</p> <p>SAT 09:00 What's Up Docs? (m002grrb) Will laughter help you live longer?</p> <p>Welcome to What's Up Docs?, the podcast where doctors and identical twins Chris and Xand van Tulleken cut through the confusion around health and wellbeing.</p> <p>In this episode, the Doctors turn their attention to laughter. You've probably heard the phrase 'laughter is the best medicine', but have you ever wondered if there's actually any science behind that? Can a good belly laugh really help with stress, pain, or even your immune system? How does it help to improve our relationships? And why do we laugh at all - even when nothing's particularly funny?</p> <p>To find out, Chris and Xand sit down with Professor Sophie Scott CBE, a leading expert in the neuroscience of laughter from University College London.</p> <p>If you want to get in touch, you can email us at whatsupdocs@bbc.co.uk or WhatsApp us on 08000 665 123.</p> <p>Presenters: Drs Chris and Xand van Tulleken Guest: Professor Sophie Scott Producer: Jo Rowntree Executive Producer: Rami Tzabar Editor: Kirsten Lass Assistant Producer: Maia Miller-Lewis Researcher: Grace Revill Tech Lead: Reuben Huxtable Social Media: Leon Gower Digital Lead: Richard Berry Composer: Phoebe McFarlane Sound Design: Melvin Rickarby At the BBC: Assistant Commissioner: Greg Smith Commissioning Editor: Rhian Roberts A Loftus Media production for BBC Radio 4</p> <p>SAT 09:30 Natalie Haynes Stands Up for the Classics (m002grqk) The Women Poets of Ancient Greece</p> <p>Natalie is joined by Edith Hall and Nikita Gill to tell the stories of the Nine Earthly Muses, the most admired Greek women poets. They are Sappho, Myrtis, Corinna, Moero, Anyte, Nossis, Erinna, Praxilla and Telesilla. The idea was that these "divine voices" had been nurtured by the Muses themselves.</p> <p>Sappho's magnificent poetry offers a different perspective from Homer's. Her Helen of Troy feels no guilt at all about leaving</p> | <p>her family to be with Paris. The poets provide funny, inventive and unexpected angles: Corinna writes about a contest between two local mountains to see which of them can play the best song on the lyre. The disgruntled loser, Mount Helicon, then rains down boulders like snow in displeasure. Praxilla writes drinking songs using her own meter and rhythms. But their work has been scorned and misunderstood by critics and Natalie wants to redress that.</p> <p>'Rockstar mythologist' Natalie Haynes is the best-selling author of 'Divine Might', 'Stone Blind', and 'A Thousand Ships' as well as a reformed comedian who is a little bit obsessive about Ancient Greek and Rome.</p> <p>Nikita Gill is an Irish-Indian poet whose work offers a shift of perspective which centres women in both Greek and Hindu myth as well as folklore. She has been shortlisted for the Goodreads Choice Award in poetry and the Children's Poetry Award and longlisted for the Jhalak Prize. Her new book is Hekate: The Witch.</p> <p>Edith Hall is Professor of Classics at Durham University, specialising in ancient Greek literature. She has written over thirty books and is a Fellow of the British Academy.</p> <p>Producer...Beth O'Dea</p> <p>SAT 10:00 You're Dead to Me (m002gzh0) Renaissance Beauty: hair, makeup and skincare in the 16th century</p> <p>Greg Jenner is joined in sixteenth-century Italy by historian Professor Jill Burke and comedian Tatty Macleod to learn all about Renaissance beauty standards and treatments. Early modern Italy is renowned for the gorgeous artworks created by painters like Titian, Rubens and Botticelli, many of them featuring beautiful women looking at themselves in mirrors or getting made up for a night out. In this episode, we take you through a Renaissance Get Ready With Me as we explore how these women would have been taking care of their hair and skin. We look at what hairstyles and makeup men and women wore, how often they bathed, whether or not they removed their body hair, and how they shaped their bodies through dieting and underwear. Along the way, we dive into the recipes for popular cosmetics and skincare treatments, ask where Renaissance beauty standards came from, and uncover the sexist, racist and classist ideas that often underpinned them. But we also explore how their beauty routines could be an avenue for women's self-expression, and show the importance of the history of beauty, even amidst the turbulent politics and warfare of the early modern period.</p> <p>If you're a fan of women's creativity through time, whacky historical recipes and early modern Italian art, you'll love our episode on Renaissance beauty.</p> <p>If you want to know more about the beauty standards of the past, why not listen to our episode on the history of high heels, or haircare entrepreneur Madam CJ Walker. And for more from Renaissance Italy, check out our episodes on the Borgias and Leonardo Da Vinci.</p> <p>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.</p> <p>Hosted by: Greg Jenner Research by: Emma Bentley Written by: Emmie Rose Price-Goodfellow, Emma Nagouse, and Greg Jenner Produced by: Emmie Rose Price-Goodfellow and Greg Jenner Audio Producer: Steve Hankey Production Coordinator: Gill Huggett Senior Producer: Emma Nagouse Executive Editor: Philip Sellers</p> <p>SAT 10:30 Artworks (m002b6rq) Art that Conquered the World</p> <p>The Mona Lisa</p> <p>When President Macron gave a press conference at the Louvre in January 2025, you can guess what painting he was standing next to. The Mona Lisa is probably the most celebrated artwork ever made, visited by millions of tourists every year, constantly re-invented by film-makers, meme-makers and advertisers.</p> <p>But for art historian James Fox, the Mona Lisa is not the greatest painting in the world, nor the greatest painting in the Louvre. For James, it's not even the greatest painting in the room. So how and why did Mona hit the big time?</p> <p>In this series, James traces the twists of fate and happy accidents that pushed a handful of artworks to the forefront of global pop culture.</p> <p>The story of the Mona Lisa is an eventful one. Stolen,</p> |
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vandalised, hidden in wartime and ruthlessly monetised for decades, the Mona Lisa has been a cultural ambassador for France, a tourist destination, a muse, a target and an advertiser's dream. It's a combination that has made her a global celebrity, seemingly impervious to shifts in cultural tastes.

To explore the Mona Lisa's journey to fame, James is in conversation with the art historian Noah Charney, author of *The Theft of the Mona Lisa*, and Margaret Leslie Davis, author of *Mona Lisa in Camelot*. Also contributing are Paris tour guide Sophie Gacheney, Benoit Roques of media production company Iconoclast and David Masterman of advertising agency VCCP.

Producer: Julia Johnson
Executive Producer: Laurence Bassett
A TBI Media production for BBC Radio 4

SAT 11:00 Radical with Amol Rajan (m002gr0r)

Books & Screens: Why Every School Needs a Library (Katherine Rundell)

Only one in three children in the UK enjoy reading in their spare time – the lowest rate recorded in 20 years, according to a survey for the National Literacy Trust.

Best-selling children's author Katherine Rundell, whose books include *Impossible Creatures* and *The Explorer*, says that represents a crisis of reading which will make it harder to tackle disinformation.

She thinks every school should have a library that is subject to an Ofsted inspection and literacy should be included in teacher training programmes to try to tackle the decline in children reading for pleasure.

Amol and Katherine also discuss why Donald Trump's re-election as US president led her to donate all the royalties from US sales of *The Golden Mole* (published under the title *Vanishing Treasures in America*) to climate charities.

GET IN TOUCH

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* Email: radical@bbc.co.uk

Episodes of *Radical with Amol Rajan* are released every Thursday and you can also watch them on BBC iPlayer: <https://www.bbc.co.uk/iplayer/episodes/m002f1d0/radical-with-amol-rajana>

Amol Rajan is a presenter of the *Today* programme on BBC Radio 4. He is also the host of *University Challenge* on BBC One. Before that, Amol was media editor at the BBC and editor at *The Independent*.

Radical with Amol Rajan is a *Today* Podcast. It was made by Lewis Vickers with Izzy Rowley. Digital production was by Gabriel Purcell-Davis. Technical production was by James Piper. The editor is Sam Bonham. The executive producer is Owenna Griffiths.

SAT 11:30 From Our Own Correspondent (m002gzh2)

Ukraine's summer camp for children of the missing

Kate Adie introduces stories from Ukraine, Japan, Bahrain and Croatia.

Nestled in the forest, far away from falling bombs is a pioneering summer camp for Ukrainian children whose parents have gone missing during the war. A Ukrainian charity is working to give them some relief – and much needed support – to help them cope with the ongoing uncertainty of not knowing where their parents are. Will Vernon visited the camp where art, exercise and self-expression are all vital to the healing process.

It's 80 years since the US dropped atomic bombs on the Japanese cities of Hiroshima and Nagasaki, leading to the end of World War II. Some 200,000 people were killed – but the bombing had other long-lasting effects. Jordan Dunbar travelled to Hiroshima to speak to survivors who shared their stories of discrimination and social stigma.

Bahrain has just one synagogue – The House of the Ten Commandments. The building was destroyed back in 1947 in a wave of communal violence, but after several decades, it was eventually restored and re-opened its doors again a few years ago. Today the synagogue serves people of all faiths, finds Iram Ramzan.

The tiny Croatian island of Krapanj has long been renowned for its tradition of sponge diving, shaping the island's identity for hundreds of years. Today, this trade is under threat from climate change and over-fishing. Mary Novakovich met one of the island's remaining divers, determined to keep the culture alive.

Series producer: Farhana Haider
Production Coordinators: Sophie Hill & Katie Morrison
Editor: Richard Fenton-Smith

SAT 12:00 News Summary (m002gzh4)

The latest national and international news from BBC Radio 4.

SAT 12:04 Sliced Bread (m002d8tn)

Toast – Nike's FuelBand

Nike's FuelBand was among the first fitness trackers to be launched and was worn by sports stars including the tennis player, Serena Williams. So, why did Nike give up on it so soon after its launch?

The BBC Business journalist, Sean Farrington, is joined by Nike's former Vice President of Digital Sport, Stefan Olander, to get the inside story on what happened to the successful product.

Alongside them is the entrepreneur, Sam White, who at the end of the show, based only upon what she has heard and using her business acumen, has to reach her own conclusions.

Other guests include:

- Nikki Legg – a FuelBand fan who bought one as soon as they came out and wrote to Toast suggesting we cover the fitness tracker on the show.

- Chris Smith – a sports and technology journalist who has written about the FuelBand and is an early adopter of wearable tech

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

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

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

SAT 12:30 Too Long; Didn't Read (m002gqys)

Series 2

Let's get this party started

Why does Britain have so many new parties? And why are none of them the fun kind? Catherine Bohart investigates the rising challengers to the two-party system, with the help of Zoe Lyons, Ian Dunt and roving correspondent Sunil Patel.

Written by Catherine Bohart, with Madeleine Brettingham, Gareth Gwynn and John Tothill.

Producer: Alison Vernon Smith
Executive Producers: Lyndsay Fenner & Victoria Lloyd
Sound Design: David Thomas
Production Co-ordinator: Katie Sayer

A Mighty Bunny production for BBC Radio 4

SAT 12:57 Weather (m002gzh6)

The latest weather forecast

SAT 13:00 News (m002gzh8)

National and international news from BBC Radio 4

SAT 13:10 Any Questions? (m002gqz5)

Halima Begum, Lord Falconer, Sir Andrew Mitchell MP, Isabel Oakeshott

Alex Forsyth presents political debate from Wiston House in West Sussex, with the chief executive of Oxfam GB, Halima Begum; the Labour peer and former Lord Chancellor, Lord Falconer of Thoroton; Sir Andrew Mitchell, the Conservative MP and former deputy foreign secretary; and Talk TV international editor and Telegraph columnist, Isabel Oakeshott.

Producer: Paul Martin
Lead broadcast engineer: Caitlin Gazeley

SAT 14:05 Any Answers? (m002gzhb)

Listeners respond to the issues raised in the preceding edition of *Any Questions?*

SAT 14:45 The Archers (m002gqyx)

Ruth's having a great time doing the harvest despite despite finding the tractor seat uncomfortable. There's still a big chunk left to do so after a break she and Stella get back to it. Stella continues filming on 'combine cam' and the two of them

happily give a running commentary. However Stella's stopped short by a hare leaping out in front of them. She's reminded of her dog Weaver for a second. Ruth confesses she finds it hard not to beat herself up about the accident and his death. Stella reiterates Weaver was just following his instincts. Ruth knows Stella's forgiven her – but wonders if she's forgiven herself? Stella admits she's not sure if she's ready yet to get another dog.

After a sumptuous picnic lunch with David the two women crack on with their task. Stopping to deal with a slow puncture on the trailer, they chat about Stella's dad. She admits harvest time brings back the memory of when he died. Ruth feels similar about her mother, recalling the harvest before her death of a stroke. They agree it's easy to get absorbed with work and miss precious moments, especially when there's no warning of what's to come.

Later they wrap up combine cam and the wheat harvest, pausing to admire the view of the beautifully cut fields. Stella reckons she'll get another dog after all. Suddenly Brian appears, shocked and furious that Stella's defied him. He hurls insults and they quarrel bitterly, until outraged Stella quits. Brian's left to wonder what Stella's done.

SAT 15:00 And Other Stories: Katherine Mansfield (m000lmkp)

1. Marriage a la Mode, Something Childish and Very Natural, Bliss

Katherine Mansfield's best-loved short stories fully-dramatised in two box-sets.

This first instalment contains three surprising love stories: *Marriage a la Mode*, *Something Childish & Very Natural* and *Bliss*.

* *MARRIAGE A LA MODE*: Isabel's new friends come between her and husband William.

Katherine Mansfield Hattie Morahan
Isabel Ellie Piercy
William Carl Prekopp
Moira Charlotte East
Bobby Ian Dunnett Jr
Dennis Joel MacCormack
Vendor Luke Nunn
Paddy Eliza Pearce
Jonny Orla Pearce

* *SOMETHING CHILDISH AND VERY NATURAL*: Henry and Edna meet and fall in love, just as passionately as they always hoped they might.

Katherine Mansfield Hattie Morahan
Henry Joel MacCormack
Edna Cecilia Appiah
Moth Girl Eliza Pearce

* *BLISS*: Bertha's life is dedicated to happiness, and her will for happiness folds around every experience, until this one.

Katherine Mansfield Hattie Morahan
Bertha Charlotte East
Harry Luke Nunn
Pearl Ellie Piercy
Eddie Joel MacCormack
Mary Cecilia Appiah
Mr Norman Knight Ian Dunnett Jr

Dramatised by Katie Hims.

Sound by Peter Ringrose.

Director: Jessica Dromgoole

First broadcast on BBC Radio 4 in August 2020.

SAT 16:00 Woman's Hour (m002gzhd)

Weekend Woman's Hour: Female breadwinners, Married but living apart, Traditional craftswomen

What happens when a woman earns more than her partner, or is the sole earner in a household? For some couples, it's a practical arrangement that works well. For others, it can bring unexpected tensions, challenging traditional ideas about gender, identity and power. Listener Karla emailed the programme to say that she wanted to talk about what it means to be a female breadwinner. She joined Anita Rani along with Melissa Hogenboom, author of the book *Breadwinners*.

After 30 years of marriage, Margaret Murphy moved from the family home in Australia to the UK—alone. Fifteen years later, she and her husband are still married, despite living on opposite sides of the world. She talks to Nuala McGovern about how she believes her later-life choices reflect a freer, more modern way to look at traditional married life.

Listener Brenda wrote in about her situation: 'I would love to hear you talking about a mother's play-book or instruction manual for getting through cancer. I would love to know how others are doing it.' Ailsa McDonagh also got in touch after an on-air shout out. She has been living with cancer for almost ten years and received her diagnosis when her children were aged one and three. Both Brenda and Ailsa joined Anita to discuss.

Mary-Havana Little is a traditional fibrous plasterer. She got in touch for Listener Week to suggest we talk about traditional crafts. Mary is one of the few women in the plastering world, working to create ornate decorative mouldings using techniques from hundreds of years ago. She joined Anita to speak about working in this male-dominated craft, and why she wants to inspire more women and girls into the industry.

Listener Sally Ruffles describes herself as a 68-year-old woman with one daughter and no grandchildren. She got in touch with Woman's Hour for Listener Week to say: 'There's this common assumption that having grandchildren is always a wonderful thing. But nobody really stops to think that not having them might also be okay—or even a positive thing for some people.' She joined Nuala with her daughter Hannah, who persuaded her mother to write to Woman's Hour, to discuss why it can be difficult to talk about not being a grandparent.

To kick this week off, we heard from listener Melanie Williams. Melanie is forever having to adjust her seatbelt because of her bust size. She worries if she were to be in an accident she would end up choking or being strangled by her seatbelt rather than protected by it. Melanie joined Nuala, along with motoring journalist Maria McCarthy who has been looking into the issue.

Jess wrote in to tell us about a poem she came across on social media about the post-partum period, calling it 'absolutely beautiful'. She added: 'There are hundreds of comments across Instagram and TikTok of mothers feeling exactly the same way. Please check it out, I would love to hear more from this poet.' We've tracked her down and her name is Amy Williams. She joined Nuala to perform the poem live in the studio.

Presenter: Anita Rani
Producer: Annette Wells
Editor: Rebecca Myatt

SAT 17:00 PM (m002gzhg)
Full coverage of the day's news

SAT 17:30 Sliced Bread (m002gqyt)
Nail Polish and Gels

Greg Foot gathers the experts, and "chips" away at the science for listener Helen.

Each episode Greg investigates the latest ad-hyped products and trending fads promising to make us healthier, happier and greener. Are they really 'the best thing since sliced bread' and should you spend your money on them?

All of our episodes 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 voice note to our WhatsApp number, 07543 306807.

RESEARCHER: PHIL SANSOM
PRODUCERS: KATE HOLDSWORTH & GREG FOOT

SAT 17:54 Shipping Forecast (m002gzhj)
The latest weather reports and forecasts for UK shipping

SAT 17:57 Weather (m002gzhI)
The latest weather reports and forecast

SAT 18:00 Six O'Clock News (m002gzhn)
Hundreds Arrested At Palestine Action Demo

Police arrested more than 200 people at a demonstration in central London in support of Palestine Action on Saturday 9th August - as protesters said free speech was under attack. Palestine Action is proscribed by the government as a terrorist organisation, but the High Court ruled on 30 July that proscription of Palestine Action, which has carried out break-ins at defence firms linked to Israel as part of direct action protests, should be reviewed. Palestine Action was banned under terrorism law after activists broke into RAF Brize Norton in Oxfordshire in June, and sprayed two Voyager planes with red paint. In other news, President Zelensky says there'll be no surrender of Ukrainian land to Russia -- ahead of talks between Donald Trump and Vladimir Putin next week. And there's been a heartfelt plea for world peace from the Mayor of Nagasaki on the 80th anniversary of the atomic bomb being dropped on his city by the United States.

SAT 18:15 Loose Ends (m002gzhq)

Tom Rosenthal, Thanyia Moore, Karine Polwart, Michael Elsener, Niall Moorjani, Couplet

Clive Anderson hosts a Loose Ends party with some of the many musicians, comedians, writers and stars of the stage lighting up the Edinburgh Festivals.

Tom Rosenthal is a comedian best known as Jonny on Friday Night Dinner, though I suppose you can describe him however you'd like as his new show is Whatever People Say I Am, That's What I Am. Thanyia Moore is back at the Edinburgh Fringe for her first time since 2022 – a summer that she looks back at in her aptly named August. Switzerland's answer to John Oliver – Michael Elsener – gives his top tips on How to Live in Paradise, and explains where flooding a leading politician's post box with compression stockings comes in to it. Plus writer and storyteller Niall Moorjani shares how their new show Kanpur: 1857 manages to incorporate gender, an Indian uprising against British colonial forces, and comedy.

With music from Karine Polwart and Dave Milligan who are raising a parting glass to a 200-year-old palm tree in Windblown, and Couplet who are spending their Honey Honey Moon Moon performing at the festival.

Presenter: Clive Anderson
Producer: Caitlin Sneddon

SAT 19:00 The Bottom Line (m002gzhs)
The Decisions That Made Me

Alan French (Thomas Cook, CEO)

When high street travel firm Thomas Cook collapsed in 2019, it triggered the biggest ever peacetime repatriation, with 150,000 holidaymakers needing to be brought home. Alan French was the Group Strategy and Technology director at the time and had to preside over the disaster. Despite that, he was determined to revive the company, and the next year relaunched Thomas Cook as a digital only brand. The travel executive talks to Evan Davis about how he managed to turn his fortunes around and resurrect the Thomas Cook name.

Production team:
Producer: Drew Hyndman, Georgiana Tudor
Editor: Matt Willis
Sound: John Scott
Production co-ordinator: Katie Morrison

SAT 19:15 The Infinite Monkey Cage (m002fxn2)
Series 33

Technofossils - Sarah Gabbott, Mark Miodownik and Aurie Styla

Brian Cox and Robin Ince dig deep into the strata of an imagined human history to unearth the curious concept of technofossils. Joined by paleobiologist Sarah Gabbott, material scientist Mark Miodownik and comedian and tech enthusiast Aurie Styla the panel unearths how the everyday objects that we throw away today compare to fossils of the past. Together, the panel investigates how these modern artifacts could degrade over time to become the fossils of the future. From old smartphones buried in bedside drawers to sprawling landfill sites, they imagine how these remnants of the Anthropocene might puzzle future archaeologists—and speculate on what these researchers might infer about our technology, customs, and way of life.

Series Producer: Melanie Brown
Assistant Producer: Olivia Jani
Executive Producer: Alexandra Feachem

BBC Studios Audio Production

SAT 20:00 Archive on 4 (m0010wp5)
Plastic: The Biography

The remarkable story of how plastic became such a major player in the worlds of industry, medicine and design (among many others) before becoming persona-non-grata thanks to its intimate involvement in our current ecological plight is Shakespearean in its scale and one of the great tales of the last century. Laura Barton sets out to create a biography of this most multi-faceted and fluid titan of the manufacturing world, using the fabulously rich archive from TV, radio, advertising and film - as well as fresh interviews with contemporary experts including Rebecca Altman, Jeff Mickle, Charlotte Hale and Lauren Bassam. Plastic's story is one of incredible power, hubris and more recently disparagement, but it is also endlessly complex and morally ambiguous; while plastic's negative impact on our environment is inescapable, as Laura will set out to describe it has also revolutionised the way we live our lives in any number of invaluable ways.

Produced by Geoff Bird

The exhibition 'Plastic: Remaking Our World' will be co-produced in 2022 by V&A Dundee, the Vitra Design Museum and MAAT.

SAT 21:00 Understand (m002gzhv)
The Trip

The Trip: Omnibus 1

During the early weeks of the pandemic, Tim Hayward spent 14 days in a coma. He remembers this time vividly – his days and nights filled with strange, incandescent visions and hallucinations. That experience is something he would never choose to revisit but, around the world, large numbers of people are deliberately seeking out powerfully altered states.

In this series, Tim sets out to better understand a group of substances that induce altered states: psychedelics.

There's been a surge of interest in their therapeutic potential for various mental health conditions - as well as a range of other clinical possibilities. As research around the world ramps up after years of taboo and prohibition he tries to get to grips with - or at least get a clearer sense of - how science, culture, politics and business might all interact in this changing psychedelic landscape, and what it all might mean.

He also explores what might be happening in the brain during a trip and whether, by studying psychedelics, we might uncover more about consciousness, imagination and even the mysteries of reality itself.

This is the first of two omnibus editions.

Presenter: Tim Hayward
Series Producer: Richard Ward
Executive Producer: Rosamund Jones
Editor: Kirsten Lass
Written by Tim Hayward and Richard Ward
Sound Design and Mixing: Richard Ward
Researcher: Grace Revill
Production Executive Lisa Lipman
Voiceover Artist: Sandra-Mae Lux
Special thanks to Zoë Dubus
Commissioning Editor: Daniel Clarke
A Loftus Media production for BBC Radio 4

SAT 22:00 News (m002gzhx)
National and international news from BBC Radio 4

SAT 22:15 The Food Programme (m002gqxg)
Polski Sklep: A Recent History of the Polish Shop

Since the early 2000s, one type of shop has quietly become a regular feature on British high streets: the Polski sklep – or Polish shop.

Known for their smoked sausages, sour pickles, and wide selection of herbal teas, these shops offer more than just food. With Polish people now the largest non-British nationality in the UK, and Polish the next most spoken language after English and Welsh, they also reflect a broader story of migration and community. Jaega Wise explores what makes these stores worth visiting for everyone, not just Poles, and how they're adapting to the challenges facing the high street.

To find out more, Jaega visits Peterborough – a city she once lived in and remembers for its vibrant Polish community. There, she explores the busy Europol supermarket and a popular home-style restaurant, Pierogarnia.

In Walthamstow, she meets cultural historian and second-generation Pole Dr Kasia Tomasiewicz, who explains the background behind the herbal teas and how they connect her to her ancestors. And back in Hackney, Jaega makes pierogi at home with food writer Zuza Zak, using a mix of Polish and British ingredients. She also hears from Dr Kathy Burrell, Professor of Migration Geographies at the University of Liverpool.

Producer: Eliza Lomas

SAT 23:00 Crybabies Present... (m002gzhz)
Series 1

Dances with Rats

Mark's got it all. All in this case being a failing marriage and a rat problem. So when a mysterious stranger gives him a chance to go behind enemy lines, he has no choice but to say cheese (rat for yes). But nothing can prepare him for the world that awaits.

Step into a sweeping fantasy epic as Crybabies bring the big screen to your normal sized radio.

Written and performed by Michael Clarke, James Gault & Ed Jones.

Featuring Susan Wokoma and Celeste Dring

Production Co-ordinator - Laura Shaw

Sound Design by David Thomas and Victoria Freund

Producer - Benjamin Sutton

Executive Producer - Joe Nunnery

A Boffola Pictures production for BBC Radio 4

SAT 23:30 Nature Table (m001fm83)
Series 3

Episode 1

Celebrating the natural world and all it's funny eccentricities.

Taking the simple format of a 'Show & Tell', in each episode Sue Perkins is joined by celebrity guests from the worlds of comedy and natural history.

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

Recorded at The Eden Project, this week Sue Perkins is joined by special guests: Billy Heaney (Zoologist), Holly Smith-Baerdorf (RSPB & Ecologist) and comedian Anna Keirle.

In this episode, Sue welcomes:

- * Zoologist Bill Heaney
- * RSPB and ecologist Holly Smith-Baerdorf
- * Comedian Anna Keirle

Written by Catherine Brinkworth, Jon Hunter, Jenny Laville and Nicky Roberts.

Producer: Simon Nicholls

A BBC Studios production for BBC Radio 4.

SUNDAY 10 AUGUST 2025

SUN 00:00 Midnight News (m002gzj1)
National and international news from BBC Radio 4

SUN 00:15 Bookclub (m002gq8s)
Kit de Waal

Presented by James Naughtie, BBC Radio 4's Bookclub, speaks to the award-winning writer Kit de Waal about her heart-rending debut novel, *My Name Is Leon*. Published in 2016 by Penguin it's the story of two brothers separated after one is adopted. The book, now taught on the curriculum in English schools, takes us back to 1980s Birmingham, and while brothers Leon and Jake share the same mother, Carol, their futures look very different. Jake is adopted, while Leon remains in foster care. The story follows Leon over the course of one difficult year in his life, and when he's given a bike it opens up his horizons. He often goes to the local allotments, where he meets the characters of Mr Devlin and Tufty, and sees a different slice of life.

This recording takes place at the Rare Birds Bookshop in Edinburgh.

Producer: Dominic Howell
Editor: Gillian Wheelan
This was a BBC Audio Scotland production.

SUN 00:48 Shipping Forecast (m002gzj3)
The latest weather reports and forecasts for UK shipping

SUN 01:00 Selection of BBC World Service Programmes (m002gzj5)
BBC Radio 4 presents a selection of news and current affairs, arts and science programmes from the BBC World Service.

SUN 05:30 News Summary (m002gzj7)
National and international news from BBC Radio 4

SUN 05:34 Shipping Forecast (m002gzj9)
The latest weather reports and forecasts for UK shipping

SUN 05:43 Bells on Sunday (m002gzjc)
The parish church of St Teilo in Llantilio Pertholey, in Monmouthshire

Bells on Sunday comes from the parish church of St Teilo in Llantilio Pertholey, in Monmouthshire. The thirteenth century medieval church is named after a sixth century Bishop of Llandaff and is a fine example of a rural Welsh church with three chantry chapels dating from about 1350. There are six bells, the 16th century tenor bell weighs twelve hundredweight and tuned to the note of F sharp. We now hear them ringing Grandsire Doubles.

SUN 05:45 In Touch (m002grs9)
Natalie's Story: Being Transgender & Blind

Natalie is a blind transgender woman and she contacted In Touch wishing to highlight the intersectional impacts of the UK Supreme Court's ruling in April, that ruled that a woman is to be defined by biological sex under equality law. Natalie describes how this could have major implications for how sex-based rights are applied and how society responds to her and especially those with disabilities.

Presenter: Peter White
Producer: Beth Hemmings
Production Coordinator: Liz Poole
Website image description: Peter White sits smiling in the centre of the image and he is wearing a dark green jumper. Above Peter's head is the BBC logo (three separate white squares house each of the three letters). Bottom centre and overlaying the image are the words "In Touch" and the Radio 4 logo (the word 'radio' in a bold white font, with the number 4 inside of 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 (m002gzpt)
The latest national and international news from BBC Radio 4

SUN 06:05 Heart and Soul (w3ct6vp0)
Verses for Women: Egypt's Quran Reciters

Salma El-Wardany meets young women in Egypt using their voices to amplify their faith – drawing inspiration from the long tradition of female Quran reciters in the country. Following in the footsteps of pioneering women like Sheikha Munira Abdu who was first heard on Egyptian Radio 100 years ago and the renowned singer Umm Kulthum, more Egyptian women are sharing their recitations of the Quran publicly. They're stepping out of the shadows of a fatwa that denounced women's voices as awrah (to be covered or not heard) which led to a ban of public recitation on the radio in the 1940s. The ban lasted years but the tradition is being restored thanks to a new generation, with women boldly reciting and chanting about the Prophet Mohammed on social media.

Salma visits Aya Mahmoud and Horeya Boreya, two young women who have both gained hundreds of thousands of followers thanks to their reciting online, and have the backing of Al Azhar Mosque, who announced a fatwa in 2021 that it was permissible. Salma visits the El Hour troupe, the first all-female chanting group to meet the founder Neama Fathy and hears about the challenges of overcoming conservative opinions. While the female voice is still a controversial topic – Salma meets Dr Yasmin Asmin, a feminist scholar who argues there isn't basis in scripture to say women's voices are awrah – women spoke and were heard in the Quran and were central to sharing and teaching the Quran in the time of the Prophet onwards.

Presenter: Salma El-Wardany
Producer: Miriam Williamson
Executive producer: Rajeev Gupta
Editor: Chloe Walker
Production co-ordinator: Mica Nepomuceno

SUN 06:35 On Your Farm (m002gzpw)
Mrs Kirkham and her Lancashire cheese

Mrs Kirkham's Lancashire is the last traditional raw milk cloth-wrapped Lancashire cheese made all year round. Graham Kirkham learnt how to make it from his mum, she learnt from her mum and it's made with the same starter culture and recipe Graham's grandmother used some 60 years ago.

Produced in a modern dairy next to the farm's milking parlour in the Lancashire village of Goosnargh, it's now found on cheeseboards at Michelin star restaurants and sold in the most prestigious cheese shops around the UK and in the States.

In this programme, Mrs Kirkham - Ruth - tells Caz Graham about the tradition of Lancashire cheese-making and her son Graham, now in charge, explains how he never really planned to be a cheese-maker, and how he has to explain to customers that his mum is real, not just a made-up brand! He also shares the secrets, joys and challenges of making this traditional delicacy, the smearing of butter on the maturing cheeses to seal in moisture, how happy cows make better cheese and the rigours of ensuring food safety with raw milk.

Presented and produced by Caz Graham

SUN 06:57 Weather (m002gzpy)
The latest weather reports and forecast

SUN 07:00 News and Papers (m002gzq0)
National and international news from BBC Radio 4

SUN 07:10 Sunday (m002gzq2)
The role of AI in faith and spirituality; Haredi draft row in Israel

BBC Director Ellena Wood talks about her documentary and podcast 'Inside the Cult of Jesus Army' which examines the puritanical sect founded by Noel Stanton and tells how former members are coming to terms with the damage it inflicted on their lives.

Stand-up David Rose takes his show: 'Our Hebrew Friend' to the Edinburgh Fringe. It tackles the complicated legacy of his great grandfather, a music hall entertainer who found fame by playing up to anti-semitic stereotypes.

Our reporter Rosie Dawson is in Lancashire where vicars and imams are building bridges on the cricket pitch.

Is there a role for AI chatbots when it comes to faith and spirituality? Emily Buchanan explores whether they could help with prayer and guidance, hears from Paul Powers who developed a GPT Jesus and looks at the ethics behind using artificial intelligence in religion with Dr Scott Midson - Lecturer in Digital Theology, at Manchester University - and Dr Alba Curry - Lecturer in Philosophy at the University of Leeds.

Correspondent Jon Donnison is in Jerusalem where a date of Oct 7th has been set for residents to leave Gaza City after a controversial Israeli government plan to take control of the area.

Emily hears about the row over Haredi conscription in Israel which has caused some Ultra-Orthodox leaders to declare war on the government

PRODUCERS : CATHERINE MURRAY & LINDA WALKER
STUDIO MANAGERS: MIKE SMITH & ETHAN CONNOLLY-FORSTER
PRODUCTION CO-ORDINATOR: LIZ POOLE
EDITOR: CHLOE WALKER

SUN 07:54 Radio 4 Appeal (m002gzq4)
Doctors for Nepal

Joanna Lumley makes the Radio 4 Appeal on behalf of Doctors for Nepal. The charity provides scholarships for medical fees to train doctors and nurses who then return to their isolated communities in Nepal to provide essential healthcare.

The Radio 4 Appeal features a new charity every week. Each appeal then runs on Radio 4 from Sunday 0755 for 7 days.
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 'Doctors for Nepal'.
- Cheques should be made payable to 'Doctors for Nepal'.
- You can donate online at bbc.co.uk/appeal/radio4

Registered Charity Number: 1133441. If you'd like to find out more about the charity's work visit *<https://doctorsfornepal.org>
*The BBC is not responsible for content on external websites
Producer: Katy Takatsuki

SUN 07:57 Weather (m002gzq6)
The latest weather reports and forecast

SUN 08:00 News and Papers (m002gzq8)
The news headlines, including a look at the newspapers.

SUN 08:10 Sunday Worship (m002gzqb)
From the festival city of Edinburgh

Live from Canongate Kirk with Very Rev Sally Foster-Fulton,

former Moderator of the General Assembly of the Church of Scotland, and Rev Neil Gardner. Canongate congregation are joined by folk trio Siskin Green, and singers of Edinburgh University Chamber Choir directed by Jack Oades. Organist: Simon Leach.

Sally speaks with Edinburgh International Festival performer, djembe-player Sidiki Dembele, about how his instruments and music bring people together in spiritual connection.

SUN 08:48 Witness History (w3ct74j3)
Ten countries join the EU in one night

On 1 May 2004, the European Union went through its biggest ever enlargement. 10 countries joined including eight from the former Soviet Union's sphere of influence. For some, it was the moment the Eastern Bloc threw off the shackles of the Cold War and embraced a prosperous future in the EU. For others, it was the moment European countries lost control of their borders, leading to mass migration. Twice Italian Prime Minister, Prof Romano Prodi, was President of the European Commission at the time. He speaks to Ben Henderson.

Eye-witness accounts brought to life by archive. Witness History is for those fascinated by the past. We take you to the events that have shaped our world through the eyes of the people who were there. For nine minutes every day, we take you back in time and all over the world, to examine wars, coups, scientific discoveries, cultural moments and much more.

Recent episodes explore everything from football in Brazil, the history of the 'Indian Titanic' and the invention of air fryers, to Public Enemy's Fight The Power, subway art and the political crisis in Georgia. We look at the lives of some of the most famous leaders, artists, scientists and personalities in history, including: visionary architect Antoni Gaudi and the design of the Sagrada Familia; Michael Jordan and his bespoke Nike trainers; Princess Diana at the Taj Mahal; and Görel Hanser, manager of legendary Swedish pop band Abba on the influence they've had on the music industry. You can learn all about fascinating and surprising stories, such as the time an Iraqi journalist hurled his shoes at the President of the United States in protest of America's occupation of Iraq; the creation of the Hollywood commercial that changed advertising forever; and the ascent of the first Aboriginal MP.

(Photo: People celebrate the Czech Republic joining the EU. Credit: Sean Gallup via Getty Images)

SUN 08:58 Tweet of the Day (m002gzqd)
Hannah Stiffall on the Chiffchaff

For wildlife filmmaker and TV presenter Hannah Stiffall, the chiffchaff's song is the first sign of Spring. Each year in March and April she will spend hours following these little birds along the hedgerows trying to get some good shots, watching them feeding from flowering blackthorn, with their beaks covered in pollen. By mid-summer chiffchaffs shift their energy from courtship to preparation, as they will soon be off on their long migration to their wintering grounds. Hannah always listens out for the chiffchaff's last song of the season, before they head back to southern Europe and North Africa.

Presented by Hannah Stiffall and produced by Sophie Anton for BBC Audio Production in Bristol.

SUN 09:00 Broadcasting House (m002gzqg)
Will the map of Europe be redrawn this week in Alaska?

Will the meeting of Trump and Putin in Alaska see land swaps agreed? Labour peer Maurice Glasman gives his analysis from Ukraine. Also Tiger Moth mapping and a look at renting.

SUN 10:00 Desert Island Discs (m002gzqj)
Professor Dame Carol Robinson, scientist

Professor Dame Carol Robinson is a scientist who was the first female professor of Chemistry at both Cambridge and Oxford Universities. She has been awarded scientific prizes from all over the world for her pioneering work studying complex macromolecules using an instrument called the mass spectrometer.

Carol was drawn to science as a child growing up in Folkstone where she started collecting flowers and shells before moving on to breeding mice because she was fascinated by their genetic makeup. She grew to love chemistry in particular and pored over the periodic table in her bedroom.

She left school at 16 and joined Pfizer, the pharmaceutical and biomedical company, as a laboratory technician. At Pfizer she began working with the mass spectrometer which measures the mass of all the atoms in a particular sample. She studied for an ONC and HNC in Chemistry in the evenings and at weekends and later gained a PHD in Chemistry from Cambridge University.

She was appointed DBE in 2013 for services to science and industry. In 2021 she founded the Kavli Institute for NanoScience Discovery, an interdisciplinary science institute dedicated to studying structures and materials at an ultra-small scale.

Carol has three children from her first marriage and lives in Oxfordshire with her second husband David.

DISC ONE: Girl on Fire - Alicia Keys
DISC TWO: She's Leaving Home - The Beatles
DISC THREE: Prokofiev: Romeo and Juliet Suite No. 2, Op. 64b: I. Montagues and Capulets - Dance of the Knights.
Performed by London Symphony Orchestra, conducted by Claudio Abbado
DISC FOUR: Sonnet - The Verve
DISC FIVE: Wild Horses - The Rolling Stones
DISC SIX: Golden Brown - The Stranglers
DISC SEVEN: Stairway to Heaven - Led Zeppelin
DISC EIGHT: The Scientist - Coldplay

BOOK CHOICE: The Herbal Apothecary: 100 Medicinal Herbs and How to Use Them by JJ Pursell
LUXURY ITEM: A portable mass spectrometer
CASTAWAY'S FAVOURITE: Stairway to Heaven - Led Zeppelin

Presenter Lauren Laverne
Producer Paula McGinley

SUN 11:00 The Archers Omnibus (m002gzql)
Writer: Liz John
Director: Pip Swallow
Editor: Jeremy Howe

Brian Aldridge.... Charles Collingwood
Ben Archer.... Ben Norris
David Archer.... Timothy Bentinck
Ruth Archer.... Felicity Finch
Susan Carter.... Charlotte Martin
Justin Elliott.... Simon Williams
Amber Gordon.... Charlotte Jordan
Emma Grundy.... Emerald O'Hanrahan
Will Grundy.... Philip Malloy
Jakob Hakansson.... Paul Venables
Brad Horrobin.... Taylor Uttley
Kate Madikane.... Perdita Avery
Kirsty Miller.... Annabelle Dowler
Lily Pargetter.... Katie Redford
Stella Pryor.... Lucy Speed
Oliver Sterling.... Michael Cochrane
Dane.... Stavros Demetraki

SUN 12:15 The Bottom Line (m002gzhs)
[Repeat of broadcast at 19:00 on Saturday]

SUN 12:30 I'm Sorry I Haven't A Clue (m002ggq)
Series 83

5. On the Buzzer

The godfather of all panel shows pays a visit to the Bristol Beacon. On the panel are Adrian Edmondson, Rachel Parris, Miles Jupp and Henning Wehn, with Jack Dee in the umpire's chair. Regular listeners will know to expect inspired nonsense, pointless revelry and Colin Sell at the piano.

Producer: Jon Naismith
A Random production for BBC Radio 4

SUN 12:57 Weather (m002gzqn)
The latest weather forecast

SUN 13:00 The World This Weekend (m002gzqq)
Send: how to fix a broken system?

We examine the system providing for children with special educational needs in England ahead of the government's planned reforms.

SUN 13:30 Currently (m002gzqs)
White Coats v the White House

What is going on with US science? Science Journalist Roland Pease asks whether the rounds of cuts, reorganisations and political strong-arming can be weathered, and how they will likely affect us all.

80 years after Vannevar Bush proposed what became the pact between government and universities that led to decades of global scientific dominance, is the edifice being toppled?

Bush's report "Science, The Endless Frontier" led to the

unwritten pact between university scientists and government funding that underpinned US leadership until now. "Trust us with the money, we'll give you the global scientific advantage".

Today, US scientists fear the Trump administration is ripping up that agreement. Mandating what and what can't be studied, who can study it, and re-defining expertise, government funded science in the US is being withered. The specialist agencies are either being closed down or defunded to the extent that many tens of thousands of government scientists are already unemployed. Multi-year experiments are being closed down uncompleted. Top universities are besieged by mandates on who and how they hire, tied to their future funding. Data streams that benefit researchers around the globe are being switched off. Even definitions of what counts as evidence are being re-drafted.

Science is a complex, interwoven and international activity. The administration's declared aim is "Restoring Gold Standard Science", but scientific bodies fear its actions will cede global leadership to China, and that the whole world may be poorer.

Can the coming storm be weathered, even if we can no longer predict it?

Produced by Alex Mansfield
Written and Presented by Roland Pease

SUN 14:00 Gardeners' Question Time (m002gqy0)
Summer Garden Party

Kathy Clugston and a crack team of top horticultural experts celebrate the return of the GQT Summer Garden Party in style — this year set against the stunning backdrop of RHS Garden Hyde Hall in the heart of Essex.

Kathy is joined by an all-star panel, including visionary garden designers Matthew Wilson and Bunny Guinness, RHS head gardener Matthew Pottage, and the king of all things edible, Bob Flowerdew. Together, they tackle a lively mix of questions from an enthusiastic audience of budding green thumbs, sharing expert tips, clever tricks, and plenty of inspiration to get your garden growing.

Senior Producer: Dan Cocker
Assistant Producer: Rocky Cocker
Assistant Producer: Suhaar Ali
Junior Producer: Rahnee Prescod

A Somethin' Else production for BBC Radio 4

SUN 14:45 Opening Lines (m002gzqv)
Hiroshima

In the months that followed the end of the Second World War, very few people in the West knew the true power of the atomic weaponry that had forced the Japanese surrender. John Hersey's article Hiroshima would change that.

Released a year after the bombs were dropped, the New Yorker piece was journalistic dynamite and sold out in hours. Published in one instalment - taking up the whole edition of the magazine - Hersey's meticulous and unflinching account of what happened after the atom bomb detonated brought home the horror of atomic weaponry to the world and changed journalism in the process.

John Yorke speaks to Janine di Giovanni, award winning war reporter and founder of The Reckoning Project (a war crimes unit that operates in Ukraine and the Middle East) about how pivotal the article was and how it impacts her work today.

John has worked in television and radio for 30 years, and shares his experience with listeners as he unpacks the themes and impact of the books, plays and stories that are being dramatised in BBC Radio 4's Sunday Drama series. As former Head of Channel Four Drama and Controller of BBC Drama Production he has worked on some of the most popular shows in Britain - from EastEnders to The Archers, Life on Mars to Shameless. As creator of the BBC Writers Academy he's trained a generation of screenwriters - now with over 70 green lights and thousands of hours of television to their names. He is the author of Into the Woods, the bestselling book on narrative, and he writes, teaches and consults on all forms of narrative, including many podcasts for R4.

Contributors:
Janine di Giovanni, war reporter and founder of The Reckoning Project.
David Remnick, editor of the New Yorker
John Hersey, author

Archive:
The David Remnick audio, and the John Hersey interview (taken from the American Audio Prose Library interview conducted by Kay Bonetti Callison, 1988) were both originally broadcast as part of Hersey's Hiroshima produced by Dora

Productions Ltd, BBC Radio 4 2016.

Reader: Riley Neldam
Sound: Sean Kerwin
Researcher: Henry Tydeman
Production Hub Coordinator: Nina Semple
Producer: Tolly Robinson
Executive Producer: Sara Davies

A Pier production for BBC Radio 4

SUN 15:00 Drama on 4 (m002gzqx)
Hersey's Hiroshima

John Hersey's searing account of the bombing of Hiroshima and its aftermath.

John Hersey's Hiroshima is a ground-breaking piece of journalism that gave voice to the survivors of the 1945 atomic bombing. Written after two weeks spent interviewing citizens in the devastated city, the article was originally published in The New Yorker in 1946 under tight secrecy, due to U.S. suppression of the bomb's long-term effects. It sold out rapidly and helped shift public understanding from triumphalist narratives to the harrowing human cost of nuclear war.

Hailed by New York University as the most important work of journalism in the 20th century, Hiroshima remains a moving testament to the power of bearing witness.

Hersey focuses his account on six of the survivors he interviewed. Miss Toshiko Sasaki; Dr. Masakazu Fujii; Mrs. Hatsuyo Nakamura; Father Wilhelm Kleinsorge; Dr Terufumi Sasaki; Reverend Mr. Kiyoshi Tanimoto.

Part One takes us through the morning of the bombing and its immediate aftermath.

Read by:
Akie Kotabe
Ami Okumura Jones
Dai Tabuchi
Kae Alexander
Mark Edel-Hunt
Matt McCooley

Directed by Anne Isger
Sound by Andy Garratt
Production co-ordination by Sara Benaim and Jon Powell

A BBC Studios Audio Production

SUN 16:00 Take Four Books (m002gzqz)
Irvine Welsh

Take Four Books, presented by James Crawford, this week speaks to the writer Irvine Welsh about his new novel Men In Love - the direct sequel to Trainspotting - and hears of the three other literary works that influenced and inspired Irvine's writing. More than thirty years after Trainspotting was published the iconic cast of characters of Renton, Sick Boy, Spud and Begbie are back, and entering a new phase of their lives looking for love.

For his three choices Irvine chose: William Shakespeare's Midsummer Night's Dream first performed between 1584-1596 and published in 1600; Ulysses by James Joyce from 1922; and In Search Of Lost Time by Marcel Proust which was published in seven parts from 1913 to 1927 and is listed in the Guinness Book Of Records as the longest novel ever written.

The supporting contributor for this episode is the writer and author of Scabby Queen - Kirstin Innes.

Producer: Dominic Howell
Editor: Gillian Wheelan
This is a BBC Audio Scotland production.

SUN 16:30 Nature Table (m001fvzx)
Series 3

Episode 2

Celebrating the natural world and all it's funny eccentricities.

Taking the simple format of a 'Show & Tell', in each episode Sue Perkins is joined by celebrity guests from the worlds of comedy and natural history.

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

Recorded at ZSL London Zoo.

In this episode, Sue welcomes:

* Zoologist and Author Lucy Cooke
* Conservationist and Zoologist Megan McCubbin
* Comedian Felicity Ward

Written by Catherine Brinkworth, Jon Hunter, Jenny Laville and Nicky Roberts.

Additional material by Kat Sadler.

Producer: Simon Nicholls

A BBC Studios production for BBC Radio 4.

SUN 17:00 Witness History (w3ct743r)
Sweden's shocking sugar experiment

In the 1940s, some vulnerable Swedish hospital patients were fed large amounts of sugary sweets as part of an experiment to see what it would do to their teeth.

Researchers considered the study a success as it led to new recommendations for children to eat sweets just once a week.

In the 1990s, the unethical aspects of the experiment emerged when Elin Bommenel became the first researcher to gain access to the original documents from the experiments. Sweden's government has never formally apologised for what happened, although it has greatly improved care for vulnerable children and adults.

Elin tells Frida Anund about the revelations.

A PodLit production.

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(Photo: A sugar cube. Credit: Getty Images)

SUN 17:10 The Invention Of... (m002dmkm)
Hungary

The Butcher and the Poet

"Brussels is abusing its power," said Victor Orban, "just as Vienna once did." The date, March 15 2025 - this year - but the reference was to March 1848 when Hungary rose up against its Austrian overlords, a great moment for many Hungarians today. Misha Glenny and producer Miles Ward were in Budapest when Viktor Orban made his speech, looking for the source of that revolution, who turned out to be a poet, Sandor Petofi. So is Viktor Orban right to draw parallels between then and now, or is he using history as a political tool?

With contributions from Paul Lendvai, Andras Gero, Viktor Sebesteyen, Kamilla Marosi and Krisztina Rohaly, a school teacher in Budapest.

Further reading:

The Hungarians: A Thousands Years of Victory in Defeat by Paul Lendvai
Under The Frog and How to Rule the World by Tibor Fischer
Budapest: Between East and West by Victor Sebestyen

SUN 17:54 Shipping Forecast (m002gzr2)
The latest weather reports and forecasts for UK shipping

SUN 17:57 Weather (m002gzr4)
The latest weather reports and forecast

SUN 18:00 Six O'Clock News (m002gzr6)

Israel Faces UN Security Council Criticism

Israel has faced fierce criticism at the UN Security Council in New York of its plan to step up the war in Gaza. Britain's envoy said an expanded offensive would open the way to more bloodshed. But the US representative insisted Israel could decide how to ensure its own security. Also, the Met Police says the majority of the more than 500 people arrested for supporting the banned group Palestine Action yesterday were aged over 50. And the voice of Mr Benn -- the actor Ray Brooks -- has died.

SUN 18:15 Pick of the Week (m002gzr8)
Len Pennie

This week, Len's walking down the Royal Mile to bring us some splendid snippets from the Edinburgh Festivals via BBC radio, including marriage counselling and musical comedy from Loose Ends, and the actor Brian Cox on Front Row. Plus, perhaps not a surprise, but there's plenty of poetry -- from the female lyricists of Ancient Greece to post-partum poetics on Woman's Hour. However, those keen for a verse or two, put your notebooks and quills away; comedian Ken Cheng is back to school us all, and is seeing red when it comes to the art form.

Presenter: Len Pennie
Producer: Anthony McKee
Production Coordinator: Caroline Peddle

A BBC Audio Northern Ireland production for BBC Radio 4.

SUN 19:00 The Archers (m002gzrb)

It's the day of the village fête and a stressed Dane is struggling to enlist help with last minute tasks. Kenton's pulled out of refereeing duties for the tug of war, and the Grey Gables team is looking patchy. Lynda boasts the Ambridge side has a full house. She extolls the virtues of mindfulness; good management starts with a calm mind.

Susan's bottle stall starts slowly, though Neil assures her it will pick up as the day goes on. She hopes so. The shop needs money coming in and a proper plan. Tracy comes up with the bright idea of selling the wine at a lower price with paper cups, to be consumed at the fête itself. Grateful, Susan runs with this and it's a huge success. Lilian teases Susan that her stall has ruined the day for the Bull's beer tent, until oblivious Tracy exclaims the beer tent's rammed, blowing Lilian's joke out of the water.

Lilian picks up the baton as referee and the tug of war gets underway. After a close tussle and some motivational talk from Lynda, Ambridge are the victors. Lynda sees the competition as a metaphor for the true soul of a village -- succeeding by collaboration and communication. Dane laughs that his team will be unbeatable next year. Lynda admires his fighting spirit. However, Lynda makes an error in the closing speeches by omitting to thank Akram for his help with the fête. Akram assures Zainab he's happy to fade into the background, but Zainab declares Lynda shouldn't be allowed to get away with this.

SUN 19:15 Illuminated (m000r3n8)
Art Came in the Night

Kevin Harman is an Edinburgh artist best known for creating 'situations', such as borrowing all his neighbours' doormats to create an installation, smashing the window of an art gallery and transforming rubbish in skips into sculptures. In this programme he explores what happens when public art and people clash and gets a sense of what it's like when 'art comes in the night'. Whilst working on his own installation in Govan, he ponders what success and failure really mean in the sometimes controversial world of public art.

Some public art is loved, some even defended from packs of roving art dealers, some is brushed off with indifference, or grumbling about wasted tax money. But when art comes out of the galleries and is splashed on the wall of someone's house or stuck outside on a shared stretch of grass the community can't help but be changed by its presence, and the art is at the mercy of those surrounding it.

Kevin meets architect Lee Ivett who, in 2017, embarked on a new project in Govan, a huge sculptural installation constructed from ropes taken from the former shipyards. Within 48 hours it had been burned to ashes by local teens. Although always intended as a temporary installation, community anger at large pots of money being given to artists erupted, stoked by articles in the press. But was this destruction simply vandalism or a sign that some important local needs weren't being met? Artist Nicola Atkinson has created public art all over the world, including recently in Dunfermline. She talks to Kevin about different ways she's found to engage with communities and cautions against the scandalisation of public art which can disempower artists and undermine the idea that art should be for everybody.

Presented by Kevin Harman
Produced by Lynsey Moyes
Contributors: Ross Galbraith, Lee Ivett, Aaron Andrews, Nicola Atkinson, Rakel McMahon

SUN 19:45 Just One Thing - with Michael Mosley (m001k0wg)
Write It Out

When things go wrong, you might think that focussing on the bad and writing about them would make things worse. But in some cases, the opposite seems to be true. Michael Mosley investigates a technique called “expressive writing”, a simple tip which can have surprising benefits for your health. The idea is to set aside 15 minutes to write about any worries that keep you up at night, showing many benefits - from improving lung function in people with asthma, to improving scores on exams and cognitive tests. In this episode, Michael Mosley speaks to the man who kick-started it all, Professor James Pennebaker from the University of Texas, Austin. He tells Michael about his original findings in the 1980s and the astonishing link between expressive writing, reduced doctor's visits, your immune system and how quickly your body heals wounds...

SUN 20:00 Feedback (m002gqzs)
Jeremy Bowen on reporting from Gaza, and the RAJARs

It's been almost two years since the most recent conflict between Israel and Palestine broke out, and it has generated almost constant radio news coverage, as well as plenty of challenges for BBC journalists while reporting. BBC News International Editor Jeremy Bowen joins Andrea Catherwood from Jerusalem to answer listener questions about the coverage of the conflict and the ongoing crisis in Gaza.

Radio consultant Matt Deegan returns to discuss the recent RAJAR figures on radio listening. Matt gives his view of the data across all radio in the UK.

And listeners share their thoughts on the ongoing BBC Sounds overseas saga, with an update on plans for 'catch up' listening on the new BBC App and bbc.com.

Presenter: Andrea Catherwood
Producer: Pauline Moore
Assistant Producer: Rebecca Guthrie
Executive Producer: David Prest

A Whistledown Scotland production for BBC Radio 4

SUN 20:30 Last Word (m002gqy8)
Dame Stella Rimington, Sylvia Young, Sir Jamie McGrigor, Joan Anderson

Matthew Bannister on

Dame Stella Rimington, the first woman to be Director General of MI5, who made the service more open and accountable.

Sylvia Young, whose drama school turned out countless stars of stage, screen and music.

Sir Jamie McGrigor, the Conservative Member of the Scottish Parliament for the Highlands and Islands, who introduced a bill to protect tartan.

And Joan Anderson the former model who brought the hula hoop to America.

Producer: Ben Mitchell

Archive:
Al Murray's Great British Spy Movies, BBC Four, 21/04/2015; Woman's Hour, BBC Radio 4, 28/07/2011; Newsround, BBC One, 25/02/1992; BBC News, BBC One, 16/07/1993; Stella Rimington: Security and Democracy – Is There a Conflict?, The Richard Dimbleby Lecture, BBC One, 12/06/1994; Death on the Rock, ITV (uploaded to YouTube), first broadcast 28/04/1988; BBC News, BBC One, 08/09/2001; EastEnders Feuds: The Beales vs The Mitchells, BBC Three, 18/05/2007; Doctor Who trailer – “Rose: I've got a choice”, BBC One (uploaded to YouTube), c.2005; BBC Radio Wales – Aled Jones, 06/06/2010; Through the Keyhole, BBC 1, 10/05/1999; Saving Our Salmon, BBC Two Scotland, 16/10/2018; The Radio Café, BBC Radio Scotland, 31/12/2008; Desert Island Discs: Allan Ahlberg, BBC Radio 4, 12/07/1980; Hula Girl (documentary), dir. Amy Hill & Chris Riess, Snap Pictures, 2018

SUN 21:00 Sliced Bread (m002d8tn)
[Repeat of broadcast at 12:04 on Saturday]

SUN 21:25 Radio 4 Appeal (m002gzq4)
[Repeat of broadcast at 07:54 today]

SUN 21:30 From Our Own Correspondent (m002gzh2)
[Repeat of broadcast at 11:30 on Saturday]

SUN 22:00 Westminster Hour (m002gzrd)
Analysis of latest political developments hosted by Helen Catt

Helen Catt's guests are the Labour MP Rosie Wrighting, Conservative former minister Jesse Norman and the pollster and political strategist, Scarlett Maguire. They discuss the mass arrests at the recent Palestine Action protest and the government's latest announcements on deporting foreign criminals in UK jails. Geri Scott - assistant political editor at The Times - brings expert analysis and insight. Helen also speaks to the defence expert and commentator Edward Lucas about the case for introducing a system of digital ID. And Jon Culshaw tells her about the Dead Ringers team's 25th anniversary tour.

SUN 23:00 Artworks (m002gqy5)
What Happened to Counter-Culture?

1. Absolute Beginners

More than just a cultural trend – counter-culture became a social movement so powerful it shaped institutions, businesses, politics and the attitudes and aspirations of whole generations – including everything from haircuts to voting choices. In fact, it became so prevalent that it's sometimes hard to remember how things have changed under its influence.

Comedian Stewart Lee presents a five-part series exploring the evolution and key ideas that have driven counter-culture from its beginnings with the Beats, folk and jazz in the 1950s, to its heights in the 1960s and 70s including the hippies and the early tech-communalists, the new liberation movements and punk, to the 1980s and early 90s, where political power on both sides of the Atlantic pushed back against the values of the 'permissive society'.

Talking to artists, musicians, writers, activists and historians, Stewart continues to the present day asking where we are now, in the digital age of social media silos and the so-called 'culture wars' – what's happened to counter-culture? Was it co-opted, did it sell out? Or did its ideas of freedom and identity become so entrenched within mainstream culture it's legacy has become unassailable? Or has it migrated politically to the Right? Throughout the series, the counter-culture is explored not only in terms of its history, extraordinary cultural output and key events – but also its deeper political and philosophical impact, its continued meaning for our own age.

Part 1, Absolute Beginners, explores why the counter-culture happened when it did and the uniquely placed generation driving it forwards - the Beat poets, the folk scene and its ties to the growing peace movement. A younger generation rejected ideas of security and hyper-conformity – a fear of the automated society and of a repressed 'One Dimensional Man' - the life being lived by their parents, still shaken by World War Two. Freedom and self-expression would become the new currency and poet Alan Ginsberg's Howl (1956) heralds the start of an unstoppable movement.

Contributors include musician Brian Eno, authors Iain Sinclair and Olivia Laing, music producer Joe Boyd, sculptor Emily Young, cultural historian Jon Savage and folk singer Shirley Collins, with Ian Kearey playing The Instrument.

Presenter: Stewart Lee
Producer: Simon Hollis

A Brook Lapping production for BBC Radio 4

SUN 23:30 The History Podcast (m0024bg5)
The Lucan Obsession

5. The Tinderbox House

Many relationships have tricky patches, with couples struggling for money or over the children. But there's a spark in this story that takes us from the Lucan's glamorous society wedding to Sandra Rivett being murdered, Lady Lucan attacked and the children swept away. And it grips us.

Alex von Tunzleman hunts for what triggers this story, delving through a box of Lucan's possessions not seen for decades. As she discovers cheque stubs, invoices and letters from the bank, she sees the reality of what life was like behind the Lucan's veneer of respectability: a world of debt and alcohol, gaslighting, late night calls and stalking.

Producer: Sarah Bowen

SUN 23:45 Short Works (m002gqy4)
The Market Photographer by Kamand Kojouri

David's sixteen, misses his friends and London, and definitely does not want to be doing an unpaid internship with a photographer in Swansea market. But Kourosh has more to teach David than simply taking photos. Kamand Kojouri was a finalist for the Rhys Davies National Short Story Prize, 2024. Read by Zak Ghazi-Torbati.

MONDAY 11 AUGUST 2025

MON 00:00 Midnight News (m002gzrg)
National and international news from BBC Radio 4

MON 00:15 Crossing Continents (m002grsf)
Waiting for my Dad - Ukraine's children of the missing

A pioneering summer camp for Ukrainian children with missing parents. According to the Ukrainian government, more than 70 thousand people are missing in the war, leaving families, including thousands of children, anxious for news of their loved ones and unable to move on.

Psychologists say these children are some of the most traumatised they have worked with.

Now for the first time a leading Ukrainian children's charity is putting on a special summer camp for some of these children, offering them therapy, fun activities and a safe place.

For Crossing Continents, Will Vernon is given exclusive access to this project, where psychologists are developing a new framework to treat these deeply traumatised children.

Producer: John Murphy
Sound mixer: Neil Churchill
Production Coordinator: Gemma Ashman
Series editor: Penny Murphy

MON 00:45 Bells on Sunday (m002gzjc)
[Repeat of broadcast at 05:43 on Sunday]

MON 00:48 Shipping Forecast (m002gzrj)
The latest weather reports and forecasts for UK shipping

MON 01:00 Selection of BBC World Service Programmes (m002gzrl)
BBC Radio 4 presents a selection of news and current affairs, arts and science programmes from the BBC World Service.

MON 05:00 News Summary (m002gzrn)
National and international news from BBC Radio 4

MON 05:04 Last Word (m002gqy8)
[Repeat of broadcast at 20:30 on Sunday]

MON 05:34 Shipping Forecast (m002gzrq)
The latest weather reports and forecasts for UK shipping

MON 05:43 Prayer for the Day (m002gzrs)
It's time for afternoon tea

A spiritual comment and prayer to start the day with Yoursa Samir Imran.

Good morning.

Did you know that today marks the beginning of Afternoon Tea Week? Having afternoon tea became popular in the 19th century, when society women would dress up and visit each other at four o'clock in the afternoon, usually for some good old-fashioned gossip, and be served trays laden with sandwiches, cakes, scones and tea.

It's said that it was the seventh Duchess of Bedford in 1840, who started the afternoon tea trend. Dinner in her household was served at eight o'clock in the evening, and by the late afternoon she would get hungry. So, she would ask that a tray of tea, bread and butter – the sandwich was still a relatively new concept back then – and cake be brought to her room. It became a habit, and soon she started inviting her friends over to join her.

Afternoon tea today, is no longer relegated to the upper class, nor is its prime purpose gossip. But what afternoon tea still achieves, is bringing friends together. The focus is spending quality time together, in a relaxed environment, where conversation and laughter can flow freely. It is excellent at maintaining friendships, and rekindling bonds.

In a society where we are increasingly living in the digital world, as opposed to the real one, many of us have unintentionally become lonely. Over half of the British population say they have between only one and four good friends. If there ever was the perfect setting to bring those friends together, it's afternoon tea.

So today, I pray that we all get the opportunity, to have afternoon tea with our friends, very soon.

Ameen.

MON 05:45 Farming Today (m002gzrv)
110825: environmental payments, meat carcass use

Farmers say they may have to plough up land currently managed for nature as the scheme that pays them isn't working. Thousands of countryside stewardship agreements come to an end this year, and applications for the replacement haven't opened yet. The Nature Friendly Farming Network is asking the government to roll over the current schemes to give farmers some certainty.

All this week we're looking at 'carcass balance' - using more of the animal's carcass to avoid waste. In the past the consumers in the UK would use the whole of an animal - including heart, lungs and liver - but tastes have changed and we need to find new markets for the unwanted offal.
Presented by Charlotte Smith and produced by Sally Challoner.

MON 05:57 Weather (m002gzrx)
The latest weather reports and forecasts for farmers

MON 06:00 Today (m002gztg)
News and current affairs, including Sports Desk, Weather and Thought for the Day.

MON 09:00 Rory Stewart: The Long History of... (m002gjfx)
Heroism

2. Revolution and Pragmatism

Rory Stewart explores ideas of what it means to be a hero from the ancient world to the present day. How have these ideas changed? Why do heroes matter? Who are the heroes we need today?

With the help of leading historians, psychologists, philosophers and theologians, he examines how heroism is continually questioned and re-invented in every age, and how these contrasting visions of the hero might speak to us in our own time. What does it mean for our moral life? How should we perceive and pursue human excellence?

In this episode, Rory explores ideas of the hero in the 18th and 19th centuries.

Presenter: Rory Stewart
Producer and sound design: Dan Tierney
Editor: Tim Pemberton
Commissioning Editor: Dan Clarke

MON 09:30 Fool's Gold (p0160266)
7. Follow the Money

George Powell is on the run from police, but trainee reporter Holly Morgan manages to track him down. She's hoping he'll finally reveal the truth about the missing coins, but George won't make it easy.

As the pieces of treasure that have been recovered go on display in Herefordshire, the biggest question remains: with hundreds of coins unaccounted for, is the hoard gone for good – or is someone sitting on a fortune?

Narrator: Aimee-Ffion Edwards

Contributors: Holly Morgan, Sarah Chedgzy, Peter Reavill

Sound Design: Peregrine Andrews

Production Co-ordinator: Dan Marchini

Additional Research: Holly Morgan

Associate Producer: David James Smith

Producer: Aron Keller

Exec Producer: James Robinson

A BBC Studios Audio Production

MON 10:00 Woman's Hour (m002gztk)
Goalkeeper Hannah Hampton, Celine Song on Materialists, Women in construction

England goalkeeper and Lionesses legend Hannah Hampton joins Nuala McGovern on Woman's Hour fresh from winning the UEFA European Women's Championship. Born with a serious eye condition, doctors told her she should never play football. She came into the recent Euros with questions over her ability to fill the gloves of recently retired Mary Earps. To add to that, she revealed her grandfather had died just days before the biggest tournament of her life began earlier this summer. Despite this, Hannah had an extraordinary tournament, particularly in those agonising penalty shootouts. She joins Nuala McGovern to chat all about it.

In June this year in Pakistan, Bano Bibi, a mother of five, and Ehsanullah Samalani, a father of three, were accused of having an affair and were shot - on the orders of a tribal leader, according to police. The event caused outrage, not just because it was another so-called 'honour killing', but because the authorities only took action after a video of the shootings went viral, more than six weeks later. Nuala is joined by Azadeh Moshiri, Pakistan Correspondent for BBC News, and Sheema Kermani, a woman's rights activist, dancer and theatre director who has been working with women in rural and marginalised communities for 50 years.

Writer and director Celine Song's semi-autobiographical debut *Past Lives* earned her two Oscar nominations and a host of other accolades when it was released in 2023. She talks to Nuala about her second film, *Materialists*, a romantic dramedy starring Dakota Johnson, Pedro Pascal and Chris Evans, and how it was inspired by her own time working as a matchmaker for high-net-worth individuals in New York.

Construction employs around 1.4 million people in Great Britain, according to the Office for National Statistics, but only around 15% of those people are women. And they don't always have a positive experience, with 30% having reported sexual assault at work and 64% saying men were paid more for the same role. So, as the industry faces a recruitment crisis, how could it evolve to become a safer and fairer place to work and encourage more women into construction? Nuala explores the problems and the opportunities with Faye Allen, author of *Building Women*, and Dr Carol Massay of Unity for Construction, who've both worked in the industry for more than 30 years.

And we remember long-serving Blue Peter editor Biddy Baxter, renowned for turning the children's show into a television institution, who has died at the age of 92.

Presented by: Nuala McGovern
Produced by: Sarah Jane Griffiths

MON 11:00 En-Gulfed (m002gztm)
Tourism

Activist and satirist Heydon Prowse explores how Gulf countries have become some of the biggest tourism success stories ever, receiving almost 70m visitors in 2024.

From Saudi Arabia's plans to build their own astonishing new buildings like Neom - a vast walled city in the desert, to Dubai's Palm Jumeirah, one of the most audacious engineering project the world has ever seen, Heydon asks what's behind the drive to attract more tourists, and what it means for those who visit.

Written and presented by Heydon Prowse
Producer: Alison Vernon-Smith

MON 11:45 Trauma Industrial Complex by Darren McGarvey (m002gztp)
Episode 1

There's been an explosion of trauma culture in the West over the last decade, ramped up by social media and its encouragement to shape, present and broadcast our own stories. But is this ownership helpful, or is it keeping people trapped? Could it even be warping public debate? In his new book, the Orwell Prize-winning author of 'Poverty Safari' and 'The Social Distance Between Us' shares hard-won wisdom from a life spent recovering in the public gaze. Darren is currently performing 'Trauma Industrial Complex: The Live Show' at the Edinburgh Fringe.

"In order to interrogate the nature of personal storytelling, one must tell a personal story. And this is mine."

Written and read by Darren McGarvey
Abridged by Rosemary Goring
Producer: Eilidh McCreadie

MON 12:00 News Summary (m002gzts)
The latest national and international news from BBC Radio 4.

MON 12:04 You and Yours (m002gztv)
Online Gambling Glitch, Protein Products, Counterfeit Books

Dozens of Gala Bingo customers have written to us to say that their winnings on a recent promotion were removed. Gala Bingo say that this is because a computer glitch paid out money in error. We hear from a couple that both lost nearly £8,000.

According to the government, seven per cent of adults in the UK report high levels of loneliness. It's why a growing number of people are joining clubs and societies. Members clubs in London in particular are growing in numbers and appealing to younger and more diverse demographics.

What was your first part time job? For many young people, part-time and seasonal work is a rite of passage. However, its getting a lot harder to find these jobs. According to UK Hospitality, job postings for temporary work in hospitality this summer are down 25 per cent year-on-year – with more than 20,000 fewer vacancies than this time last year.

According to online supermarket Ocado, searches for 'high protein' have doubled in the year to March, with 40 per cent of people increasing their protein intake. You can now find everything from protein crisps to protein cheesecake, with much of it marketed as being a healthier option. However, is it?

The comedian Rhys James has an autobiography coming out this month. Ahead of its release he highlighted the many fake versions of the book available on Amazon. He's not the only celebrity or public figure with fake books about him on the platform, many of which look to be written by AI. We hear from someone that has bought one of them, and boxing commentator Steve Bunce, who had one of the books written about him.

PRODUCER - CHARLIE FILMER-COURT
PRESENTER - WINIFRED ROBINSON

MON 12:57 Weather (m002gztx)
The latest weather forecast

MON 13:00 World at One (m002gztt)
Five Al Jazeera journalists are killed in Gaza

The Israeli military accuses Anas al-Sharif of being a Hamas operative, as a targeted strike kills him and 4 others. We speak to Al Jazeera's Managing Editor. Plus, a BBC Panorama report uncovers flaws in the evidence presented by Lucy Letby's new defence team.

MON 13:45 Understand (m002gzv1)
The Trip

6. Critical periods

During the early weeks of the pandemic, Tim Hayward spent 14 days in a coma. He remembers this time vividly – his days and nights filled with strange, incandescent visions and hallucinations. That experience is something he would never choose to revisit but, around the world, large numbers of people are deliberately seeking out powerfully altered states.

In this ten-part series, Tim sets out to better understand a group of substances that induce altered states: psychedelics.

There's been a surge of interest in their therapeutic potential for various mental health conditions - as well as a range of other clinical possibilities. As research around the world ramps up after years of taboo and prohibition he tries to get to grips with - or at least get a clearer sense of - how science, culture, politics and business might all interact in this changing psychedelic landscape, and what it all might mean.

He also explores what might be happening in the brain during a trip and whether, by studying psychedelics, we might uncover more about consciousness, imagination and even the mysteries of reality itself.

This episode features Dr Gül Dölen who is exploring a possible connection between psychedelic trips and how and when humans learn new things. The implications of her research are potentially ground-breaking.

Contributors:
Eugenia Bone, journalist and author of *How to Have a Good Trip*
Gül Dölen, neuroscientist, University of California, Berkeley

Presenter: Tim Hayward
Producer: Richard Ward
Executive Producer: Rosamund Jones
Editor: Kirsten Lass
Written by Tim Hayward and Richard Ward
Sound Design and Mixing: Richard Ward
Production Executive Lisa Lipman

Researcher: Grace Revill
Commissioning Editor: Daniel Clarke

A Loftus Media production for BBC Radio 4

MON 14:00 The Archers (m002gzrb)
[Repeat of broadcast at 19:00 on Sunday]

MON 14:15 Believe It! (m00174kh)
Series 6

Journey Home

This is the sixth series of Jon Canter's "radiography" of Richard Wilson. Exploring elements of Richard's life that are very nearly true.
Expect visits from David Tennant, Sir Ian McKellen, Arabella Weir and Stephen Mangan to name but four.

In the first episode, Richard has an extraordinary urge to go back to his birth place, Greenock. Who better to accompany him than fellow Scot David Tennant? Richard persuades David to drive.

Written by Jon Canter

Starring Richard Wilson and David Tennant

Produced by Clive Brill
A Brill production for BBC Radio 4

MON 14:45 Mrs Bridge by Evan S Connell (m0019k41)
Episode 1

Evan S. Connell's Mrs Bridge is an extraordinary tragicomic portrayal of suburban life and one of the classic American novels of the 20th century.

Mrs Bridge, a conservative housewife in Missouri, has three children and a kindly lawyer husband. Her married life begins in the early 1930s – and soon after she and her young family move to a wealthy country club suburb of Kansas City. She spends her time shopping, going to bridge parties and bringing up her children to be pleasant, clean and have nice manners. The qualities that she values above all else. And yet she finds modern life increasingly baffling, her children aren't growing up into the people she expected, and sometimes she has the vague disquieting sensation that all is not well in her life.

In a series of comic, telling vignettes, Evan S. Connell illuminates the narrow morality, confusion, futility and even terror at the heart of a life of plenty.

First published in 1959 it was perhaps overshadowed by the critical attention paid to contemporaries like Philip Roth and John Updike - although Mrs Bridge was a finalist for the National Book Award in that year. Ten years later Connell published Mr Bridge which follows that same events largely from the point of view of Walter Bridge. In 1990, James Ivory directed the film Mr and Mrs Bridge based on both novels and starring Paul Newman and his wife Joanne Woodward. Fans of the book today include the novelist David Nicholls and Tracey Thorne, author and singer.

Read by Fenella Woolgar
Written by Evan S Connell
Abridged by Isobel Creed and Jill Waters

A Waters Company production for BBC Radio 4

MON 15:00 Great Lives (m002gzv3)
DJ Deb Grant on John Prine

DJ Deb Grant picks US mailman turned country-folk singer John Prine, whose beautiful songs captured the world in which he lived.
Bob Harris, who first met him on the Old Grey Whistle Test, adds to the conversation.

"I came to know him through him speaking about his own music - it's his character, his personality and his attitude that I fell for," says Deb Grant. "When he died I was absolutely inconsolable."

Programme includes archive of John and his wife, talking after her husband died of complications arising from covid. There's also a reading of the lyrics from Sam Stone, his tale of a Vietnam vet returning from the war. "There's a hole in daddy's arm where all the money goes," he sings.

This is series 67 of Great Lives and future guests include Miles Jupp, Stewart Lee and Elizabeth Day.

The producer for BBC Studios Audio in Bristol is Miles Warde

MON 15:30 You're Dead to Me (m002gzh0)
[Repeat of broadcast at 10:00 on Saturday]

MON 16:00 Currently (m002gzqs)
[Repeat of broadcast at 13:30 on Sunday]

MON 16:30 Soul Music (m001msqn)
I Only Have Eyes for You

When I Only Have Eyes For You first emerged in 1934 it was a jaunty ditty written by Harry Dubin and Al Warren for the movie "Dames". But it gained huge popularity when the 1950s doo wop group The Flamingos under the musical arrangement of Terry Johnson transformed it into a dreamy otherworldly love song. Terry explains how he went about turning the song into an evergreen hit that has been covered by many including Art Garfunkel and Carly Simon.

Musicologist Luis Cruz attributes the genius of the song to its pedal chord - the repeated use of the C note. It adds to the feeling of fixation he says where the singer cannot see anyone else but the object of his affection.

The song is obviously one that speaks of deep love and Vivian Fransen was one of many who chose the song to play at her wedding. She'd been introduced to the Art Garfunkel version in 1975 when she met the man who was to become her husband. 12 years later he revealed a secret he'd been keeping from her which ended their marriage and caused her to reassess the song's meaning.

Jess Farr Cox would sing the song to her aged rescue dog Pico as his health deteriorated. Only that song and the theme to Antiques Roadshow would send him to sleep when he was in pain and distress and she still gets emotional when she hears it over a year after he was eventually put to sleep. People underestimate the love you get from a rescue dog, she says.
Chris Deerin is a political journalist and part of Scottish band Fat Cops. He recorded a version of I Only Have Eyes For You for the Tiny Changes Young People's Mental Health Charity founded following the death of the singer Scott Hutchison in 2018. Chris says he and fellow musician Bobby Bluebell had always loved the song and felt it was a fitting tribute to fellow musician Scott.

Producer: Maggie Ayre

MON 17:00 PM (m002gzv5)

President Trump: Ukraine will have to give up land for peace

The EU's former foreign policy chief gives her verdict on the upcoming Trump-Putin talks. Plus, Countdown's oldest ever contestant tells us how he stays sharp at 96 years old.

MON 18:00 Six O'Clock News (m002gzv7)

A missile strike kills six journalists in Gaza

Israel is facing mounting criticism for a missile strike which killed six journalists in Gaza. The Israeli military said the Al Jazeera correspondent, Anas al-Sharif, was the intended target. Also: The Home Secretary defends her decision to ban Palestine Action. And the businesswoman and philanthropist, Dame Stephanie Shirley, has died at the age of 91.

MON 18:30 I'm Sorry I Haven't A Clue (m002gzv9)
Series 83

6. Dinner Table or Bedroom

The godfather of all panel shows pays a visit to the Bristol Beacon. On the panel are Adrian Edmondson, Rachel Parris, Miles Jupp and Henning Wehn, with Jack Dee in the umpire's chair. Regular listeners will know to expect inspired nonsense, pointless revelry and Colin Sell at the piano.

Producer: Jon Naismith
A Random production for BBC Radio 4

MON 19:00 The Archers (m002gzvc)

Adam's grateful Brian eventually agreed to do the BL harvest and offers his thoughts on getting new contracts for the seed drill. Brian admits he and Stella have argued, but warns Adam off talking to her – he could help him out in her place. Later Adam tells Brian he now knows, via David, that it was Stella who decided to do the BL harvest, not Brian. Brian insists that not doing the harvest gave him some leverage over Justin, but now that's gone. Adam's astounded Brian risked losing the crop and drove Stella away in the process. He thinks Brian should apologise. Later Brian rows back on his obstinacy and thanks Adam for his work. Adam admits he's enjoyed it. He's sure once Stella returns things will settle down again.

Lilian declares to Lynda how much she enjoyed yesterday's fete, with its carousel and barrel organ. Lynda's more effusive about the stalls which reflected rural heart and soul, like Kirsty's craft area. She's sent a photo of the summer wreaths to absent

Robert. Lilian feels for James, so far away in New Zealand while Leonie's suffering with her back. Lynda's criticism of James for staying away so long while Leonie is incapacitated gets thrown back at her by Lilian, who accuses Lynda of thoughtlessness for forgetting to thank Akram in her closing speech yesterday at the fete. Lynda is mortified as realisation dawns, and she messages Akram to apologise. When he doesn't respond Lynda becomes even more stressed, to the point where she starts talking about having to leave the village.

MON 19:15 Front Row (m002gzvf)
Peter Sellers at 100

Peter Sellers was a comic genius who changed British comedy forever. With this year marking his centenary, Samira is joined by Dick Fiddy, curator of an new season of his films at the BFI, and comedy historian Robert Ross to discuss his films and legacy.

The Edinburgh International Book Festival got underway at the weekend. The theme is repair, but the festival has to navigate a fractious cultural landscape. Festival director Jenny Niven speaks to Samira.

A new novel from Nicola Barker is always an event. Her latest, Tony Interruptor, is set in a world that some Front Row listeners will recognise. That of live performance and what can happen when a member of the audience stands up and disrupts it.

The BAFTA Award-winning composer Jessica Curry talks about her new album of choral works, Shielding Songs.

Presenter: Samira Ahmed
Producer: Harry Graham

MON 20:00 The Briefing Room (m002gqzx)
Should the government worry about debt?

In a time of sluggish economic growth, the favourite way of squaring the circle of spending more but not increasing taxes is to borrow - and we have.

Keeping everybody's lights on during the pandemic and homes heated after the Russian invasion of Ukraine has helped send our national debt up from £1.8 trillion to £2.8 trillion in recent years.

But the question for the chancellor Rachel Reeves is how much more debt we can afford - and how much more debt do the markets think we can afford?

So what's the answer to that?

Guests:

Duncan Weldon, economist and author of 'Two Hundred Years of Muddling Through'
Mehreen Khan, economics editor of The Times
Chris Giles, economics editor of The Financial Times

Producers: Ben Carter, Kirsteen Knight and Sally Abrahams
Productions co-ordinator: Maria Ogundele
Sound engineer: Neil Churchill
Editor: Richard Fenton-Smith

MON 20:30 BBC Inside Science (m002gr01)
What's the evidence for vaccines?

US Health Secretary Robert F Kennedy Jr announced plans this week to cancel \$500 million dollars of funding for mRNA vaccine development. The research was focusing on trying to counter viruses that cause diseases such as the flu and Covid-19.

Marnie Chesterton is joined by Professor Anne Willis, Director of the MRC Toxicology Unit at the University of Cambridge, to explore the claims made by The US Department of Health and Human Services that the technology "poses more risks than benefits", and to look at the evidence behind the vaccines.

We also visit the most powerful computer the UK has ever seen at the University of Bristol, and explore how the Isambard-AI supercomputer is being used to carry out groundbreaking new research.

After last week's call for our listeners to pay homage to the satirical songwriter and mathematician Tom Lehrer, who died at the age of 97, we hear a range of your brilliant musical tributes.

And Marnie is joined by journalist Caroline Steel to explore the week's fascinating scientific discoveries.

Presenter: Marnie Chesterton
Producers: Clare Salisbury, Dan Welsh, Jonathan Blackwell
Editor: Martin Smith
Production Co-ordinator: Jana Bennett-Holesworth

MON 21:00 Changing the Odds (m0029hct)

Episode 3: Stoke-on-Trent; Britain's betting city

In the third and final episode of Changing the Odds, Lydia Thomas and Stewart Kenny head to Stoke-On Trent to investigate the deep bonds between the city and Bet365, Stoke's major employer.

Lydia Thomas has reported on the online gambling industry for many years, and Stewart Kenny is her guide to how gambling company's work; he founded Paddy Power in the 80s.

Bet365 is a British business success story. An online only betting company, it's been spearheaded by Denise Coates who led it to become one of the best known brands in online betting, with its website not only popular in the UK but also in the United States.

And despite most online betting companies being based offshore, Bet365 stayed in Stoke - employing nearly 10,000 people in high tech graduate jobs. Bet365 also sponsors the football team Stoke City and its sponsorship is on player's shirts and hoardings on the pitch when you watch matches.

But Stoke is also one of the poorest areas in the country, and its population does struggle with gambling addiction. Lydia and Stewart travel to a newly opened NHS Gambling Clinic in the city to hear from addicts, and why a facility like this is needed.

Stewart also opens up to Lydia why he quit the board of Paddy Power, did he do enough while he sat on the board to prevent customers experiencing harm from gambling and how could the industry reverse its reputation and become a betting industry that's safe and fair?

Presenter: Lydia Thomas
Producer: Lydia Thomas and Richard McIlroy
Main Contributor: Stewart Kenny
Assistant Producer: Emma Smith
Technical Producer: Michael Smith

MON 21:45 One to One (m001m4qk)

Crying: Keith Brymer-Jones and Craig Mealing

Keith Brymer-Jones from the Great Pottery Throwdown has become known for being moved to tears by a pot someone has crafted. In this episode of One to One, he talks to ex-serviceman Craig Mealing who is recovering from PTSD, about dealing with emotions and learning to cry.

Produced by Caitlin Hobbs for BBC Audio

MON 22:00 The World Tonight (m002gzvh)

Israel kills six journalists in targeted strike

There's been widespread international condemnation after five Al Jazeera journalists were killed in a targeted Israeli strike in Gaza. A fellow Gazan journalist - a friend of one of those killed - tells us why she's carrying on reporting.

Also on the programme:

Ahead of what he's called Friday's "feel-out" meeting with Vladimir Putin over Ukraine - Donald Trump has set out what he hopes to achieve. We have a report on a lesser known aspect of the war in Ukraine: the Indian men fighting for Russia.

Two leading education thinkers tell us how England's special educational needs policy should change.

And we're live in one of the UK's darkest regions with a spotters' guide to shooting-stars.

MON 22:45 An Artist of the Floating World by Kazuo Ishiguro (m002gzvk)

6: 'Why don't you simply face up to the past?'

Nobel Prize-winner Kazuo Ishiguro's classic novel set in post-WWII Japan, read by Tim McInnerny.

It is 1948. Japan is rebuilding after the horrors of the war, its people putting defeat behind them and looking to the future. The celebrated artist Masuji Ono fills his days in his garden with his two grown daughters and grandson, and his evenings drinking with old associates in the quiet lantern-lit bars of the old pleasure district. His should be a tranquil retirement. But as his memories continually return to the past, a dark shadow begins to grow over his serenity.

Today: it's now 1949, and with some of his old colleagues distancing themselves from him, and the meeting with his prospective in-laws now imminent, Ono decides it's time to talk to his former student Kuroda...

Writer: Kazuo Ishiguro
Reader: Tim McInnerny

Abrider: Richard Hamilton
Producer: Justine Willett

MON 23:00 Limelight (m001kh2w)

Who Killed Aldrich Kemp?

2. The Man Who Sold the World

Clara's dispatched on a new mission by her new boss. What could possibly go wrong?

Chapter Two - just who is Remington Schofield?

Cast:
Clara Page - Phoebe Fox
Aldrich Kemp - Ferdinand Kingsley
Mrs Boone - Nicola Walker
Sebastian Harcourt - Kyle Soller
Nakesha Kemp - Karla Crome
Aunt Lily - Susan Jameson
The Underwood Sisters & Forsaken McTeague - Jana Carpenter.
Sabine Seah - Rebecca Boey
Remington Schofield - Barnaby Kay
Miss Lotte Amutenya - Cherrelle Skeete
Mrs Bartholomew - Kate Isitt
Novak - Ben Crowe

Created and written by Julian Simpson

Recorded on location in Hove.

Music composed by Tim Elsenburg.
Sound Design: David Thomas
Director: Julian Simpson
Producer: Sarah Tombling
Executive Producer: Karen Rose

A Sweet Talk production for BBC Radio 4

MON 23:30 What's Funny About... (m0027kzv)

Series 4

3. Yes Minister and Yes, Prime Minister

Peter Fincham and Jon Plowman are joined by Jonathan Lynn to hear the story of how he and his co-writer Sir Anthony Jay created their sitcom masterpiece Yes Minister and Yes, Prime Minister.

Jonathan explains the challenges of writing a comedy about the on-the-face-of-it-not-entirely-hilarious subject of politicians and civil servants, and how he and Tony found such a rich vein of humour in the world of Jim Hacker and Sir Humphrey. He reveals the politicians who inspired the character of Jim, and the unlikely role that John Cleese's corporate training video company played in the creation of the series.

Producer: Owen Braben
An Expectation Entertainment production for BBC Radio 4

TUESDAY 12 AUGUST 2025**TUE 00:00 Midnight News (m002gzvm)**

National and international news from BBC Radio 4

TUE 00:30 Trauma Industrial Complex by Darren McGarvey (m002gztp)

[Repeat of broadcast at 11:45 on Monday]

TUE 00:48 Shipping Forecast (m002gzvp)

The latest weather reports and forecasts for UK shipping

TUE 01:00 Selection of BBC World Service Programmes (m002gzvr)

BBC Radio 4 presents a selection of news and current affairs, arts and science programmes from the BBC World Service.

TUE 05:00 News Summary (m002gzvt)

National and international news from BBC Radio 4

TUE 05:04 Currently (m002gzqs)

[Repeat of broadcast at 13:30 on Sunday]

TUE 05:34 Shipping Forecast (m002gzvw)

The latest weather reports and forecasts for UK shipping

TUE 05:43 Prayer for the Day (m002gzvy)

On modelling kindness

A spiritual comment and prayer to start the day with Youusra Samir Imran.

Good morning.

My three-year-old has suddenly become very compassionate. Whenever we go out, if he sees another child crying, he will go up and ask them what's wrong. If the child does not answer, he will then turn to their parents and ask them. Sometimes he goes as far as trying to hold the other child's hand and comfort them. This is not something I taught him. So, I wonder, are empathy and compassion innate qualities – has he developed these qualities naturally?

Muslims believe that all humans have a fitrah – a primordial innate nature that is naturally inclined, not just to believing in God, but also towards goodness. If children are born with this natural state of goodness, how can we ensure that this stays with them, rather than hardening or disappearing? Because at one point, nurture takes over nature, and children start to be witnesses to the cruelty around them.

I began to realise that if I want my toddler's ability to show compassion to stay with him, I must model kindness. And it has to start at home. Sometimes it's easier to be kinder to strangers, than to the people closest to us. We can be abrupt, cold or harsh and we expect loves ones to forgive us for our shortcomings.

But being kind is not just about helping an elderly neighbour carry their shopping indoors, or putting out bird seed in the garden, although those are both good things to do. It's about being kind to those who sometimes annoy us! So, to ensure my son continues to be kind, I must lead by example.

Oh Al-Latif, the Most Kind, please grant me opportunities each day to practice kindness, and model it to my children.

Ameen.

TUE 05:45 Farming Today (m002gzwo)

12/08/25 Dairy exports to Egypt, eating all the pig, Bronze Age cattle

The government's announced a trade deal with Egypt which it says could be worth £250 million in dairy exports ports over the next five years. As part of the deal, new regulations around the Halal certification of dairy produce going into Egypt will not be applied, avoiding what would have been a costly trade barrier.

Finding a market for every part of an animal, not just the popular cuts like bacon and steak, is known as carcass balance and it's something we're talking about all this week. We visit Redhill Farm in Lincolnshire to see how they find out how they manage it.

The auroch is regarded as the wild ancestor of the modern day cattle we see on farms today. They were huge and used to roam Europe through to the Bronze age. Excavations in the Yorkshire Dales have unearthed what may be the last recorded aurochs in the UK. We speak to farmer Tom Lord who lives in the area and is a passionate archaeologist. He's often called on to advise potholers who find auroch bones when they're exploring underground caves.

Presenter = Caz Graham
Producer = Rebecca Rooney

TUE 06:00 Today (m002gzys)

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

TUE 09:00 Natalie Haynes Stands Up for the Classics (m002gzvy)

Series 11

Hera

The Queen of the Olympian gods is swallowed whole by her father at birth and then marries her brother Zeus, who turns himself into a cuckoo to seduce her. Hera, or Juno to the Romans, has her triumphs. She adds the eyes to the tail feathers of her sacred bird the peacock by plucking them from the hundred-eyed monster Argos. And in the Iliad she dons a magic bra given to her by Aphrodite to persuade Zeus to support the Greeks against the Trojans.

Her loyalty to the Greeks begins when Trojan prince Paris doesn't choose her as the most beautiful. She then devotes her life to persecuting him and his people. Perhaps a slight overreaction. But is Hera a monster or just mistreated by the undisputed worst husband of all time?

At a packed out solo show recorded at the Hay Festival Natalie puts the case for and against.

'Rockstar mythologist' Natalie Haynes is the best-selling author of 'Divine Might', 'Stone Blind', and 'A Thousand Ships' as well as a reformed comedian who is a little bit obsessive about Ancient Greek and Rome.

Producer...Beth O'Dea

TUE 09:30 Inside Health (m002gzyy)

Is it safe to give kids melatonin?

More and more parents are using melatonin to help their children sleep - but there is little research on the long-term effects.

So, what do we know about the risks and is it ok to give it to children as an aid to help sleep?

James chats to Paul Gringras, professor of children's sleep medicine and neurodisability at Guy's and St Thomas' NHS Foundation Trust and Vicki Beevers, chief executive of The Sleep Charity.

Also this week, resident GP Margaret McCartney on the potential promise - and peril - of doctors using AI in the NHS, and should you eat your placenta? We hear from a dietician on whether there's any evidence it's good for you.

Presenter: James Gallagher
Producers: Tom Bonnett, Debbie Kilbride & Gerry Holt
Editor: Ilan Goodman
Production coordinator: Ishmael Soriano

This episode was produced in partnership with The Open University.

TUE 10:00 Woman's Hour (m002gzz0)

Nurses facing abuse in A&E, Sailor Jazz Turner, What is the true value of care?

The chief executive of the Royal College of Nursing says their members are facing "abhorrent" levels of violence in accident and emergency departments. Nicola Ranger tells Nuala McGovern that their Freedom of Information request to hospital trusts in England found that there were more than 4,000 incidences of physical violence against staff in 2024, almost double the amount five years ago. She believes this could be linked to an increase in waiting times.

Emma Holten tells us we need a feminist revolution. The author has spent years investigating the true value of care - and how rethinking it could transform our societies. Her debut book, *Deficit: How Feminist Economics Can Change Our World*, examines how mainstream economics systematically undervalues care work and advocates for reshaping policy to reflect its true worth.

How is it possible to sail around the British Isles solo when you use a wheelchair, can't swim and may suffer a seizure? Jazz Turner explains how she managed this in her yacht *Fear*. She has Ehlers Danlos Syndrome, which affects the joints but, in some cases like hers, can affect internal organs. Despite this life-limiting disease, Jazz now plans to sail around the world.

Historian Dr Fern Riddell has written a book looking into the relationship between Queen Victoria and John Brown. It has been a source of gossip for over a hundred years, but Dr Riddell has found new evidence which might support the theory that they secretly married, and even had a child together.

Presenter: Nuala McGovern
Producer: Melanie Abbott

TUE 11:00 Screenshot (m002gqz1)

Twin Peaks

For a very special 100th episode of Screenshot, Ellen E Jones and Mark Kermode explore the cult classic TV show.

The great surrealist American filmmaker David Lynch died in January 2025 at the age of 78. Lynch's films spanned the underground midnight movie *Eraserhead*, the black and white heartbreaker *The Elephant Man* and the critically beloved *Mulholland Drive*. Yet the director was perhaps most appreciated for the TV show he co-created with screenwriter Mark Frost - *Twin Peaks*.

Mark speaks to Mark Frost about his relationship with Lynch, and about the impact and legacy of their ground-breaking series. The pair discuss how pressure to solve the central murder of high school student Laura Palmer impacted *Twin Peaks*, and how the revival of the series in 2017 - after a 25 year hiatus - now seems fated.

Meanwhile, Ellen talks to critic and die-hard *Twin Peaks* fan Jourdain Searles about the series' dedicated cult following.

And she speaks to actor Tim Roth, star of *Reservoir Dogs* and Rob Roy, who got a chance to work with his hero David Lynch in 2017 on *Twin Peaks: The Return*.

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

TUE 11:45 Trauma Industrial Complex by Darren McGarvey (m002gzz2)

Episode 2

There's been an explosion of trauma culture in the West over the last decade, ramped up by social media and its encouragement to shape, present and broadcast our own stories. But is this ownership helpful, or is it keeping people trapped? Could it even be warping public debate? In his new book, the Orwell Prize-winning author of 'Poverty Safari' and 'The Social Distance Between Us' shares hard-won wisdom from a life spent recovering in the public gaze.

Appraising his own story, Darren McGarvey asks if sharing traumatic experience on the public stage is always the best way to effect change. The author is currently exploring the question fully at the Edinburgh Fringe, where he's performing 'Trauma Industrial Complex: The Live Show'.

Written and read by Darren McGarvey
Abridged by Rosemary Goring
Producer: Eilidh McCreadie

TUE 12:00 News Summary (m002gzz4)

The latest national and international news from BBC Radio 4.

TUE 12:04 You and Yours (m002gzz6)

Call You & Yours: Have you joined any kind of social club?

On our phone-in we want to talk about clubs as a way to meet - everything from books and knitting and cycling clubs to paid membership clubs where you can eat and work and exercise.

They are all on the rise, as a way to meet like-minded people, a welcome escape from too much solitude.

Have you joined any kind of a social club? Get in touch and tell us about it. Email youandyours@bbc.co.uk Please include a contact number.

And from **11am** on Tuesday you can call us on 03700 100 444

PRODUCER: LYDIA THOMAS
PRESENTER: WINIFRED ROBINSON

TUE 12:57 Weather (m002gzz8)

The latest weather forecast

TUE 13:00 World at One (m002gzzb)

Small boat crossings are rising at a record rate

As new figures from the Home office on small boat crossings are set to reach a milestone of 50,000 since Labour came to power, we discuss whether the government's policy plans will make any difference. We speak live to the Director of Water at the Environment agency as rising temperatures lead to national water shortfalls, and the latest in our series remembering the World at One's best moments ahead of our 60th Birthday looks back at the start of a political party.

TUE 13:45 Understand (m002gzzd)

The Trip

7. Fascination and taboo

During the early weeks of the pandemic, Tim Hayward spent 14 days in a coma. He remembers this time vividly - his days and nights filled with strange, incandescent visions and hallucinations. That experience is something he would never choose to revisit but, around the world, large numbers of people are deliberately seeking out powerfully altered states.

In this ten-part series, Tim sets out to better understand a group of substances that induce altered states: psychedelics.

There's been a surge of interest in their therapeutic potential for various mental health conditions - as well as a range of other clinical possibilities. As research around the world ramps up after years of taboo and prohibition he tries to get to grips with - or at least get a clearer sense of - how science, culture, politics and business might all interact in this changing psychedelic landscape, and what it all might mean.

He also explores what might be happening in the brain during a trip and whether, by studying psychedelics, we might uncover more about consciousness, imagination and even the mysteries

of reality itself.

This episode looks into the history of psychedelic research. From the "dawn" of psychedelic science in 1799 through to prohibition in the second half of the last century, Tim explores shifting cultural and scientific approaches to substances that induce altered states. There had been a willingness to openly explore the trip experience and to see what might be discovered by doing so. Why did all that become taboo?

Contributors:
Erika Dyck, historian of psychedelics, University of Saskatchewan
Mike Jay, author and cultural historian
Peter Sjöstedt-Hughes, philosopher of mind and metaphysics, University of Exeter

Presenter: Tim Hayward
Producer: Richard Ward
Executive Producer: Rosamund Jones
Editor: Kirsten Lass

Written by Tim Hayward and Richard Ward

Sound Design and Mixing: Richard Ward
Production Executive Lisa Lipman
Researcher: Grace Revill
Commissioning Editor: Daniel Clarke

A Loftus Media production for BBC Radio 4

TUE 14:00 The Archers (m002gzvc)

[Repeat of broadcast at 19:00 on Monday]

TUE 14:15 Drama on 4 (m001cpbq)

Heartstrings

A haunting story of love, obsession and betrayal set on the Norfolk coast.

Kate and her ex-boyfriend James arrive at her family's empty Norfolk bungalow where she hopes to find the peace, as well as the inspiration, to finish her debut novel.

The cottage backs onto a cliff top, with nothing but sea, sky and looming wind turbines. During the few stormy days cooped up in the cottage, the story of Kate's novel becomes tangled with the feelings of guilt she has following her mother's suicide, and the very present memory of a sea shanty she heard as a child. Cracks widen in their relationship when James, a more successful writer, has an agenda of his own to pursue.

Kate's world begins to unravel as reality and fiction become dangerously blurred.

Imogen Lea's first radio drama is the second of two plays featuring new voices from East Anglia. It was recorded on location in Norfolk.

Cast

Kate Rosalind Burt
James Charlie Layburn
Beryl Judith Street
Carol Gilian Cally
Garage attendant Greg Powles

Song composed and performed by Jessica Temple
Sound design by Jon Nicholls
Directed and produced by Fiona McAlpine

An Allegra production for BBC Radio 4

TUE 15:00 Extreme (m0027h5v)

Peak Danger

4. Summit Fever

In the chaos of the Death Zone, this group of climbers begins to splinter apart. Some have turned back but others have caught Summit Fever. They want to push upwards at all costs. Even if time is against them.

Cecilie Skog aims to make history as the first Norwegian woman to stand on the top of K2. Standing with the world at her feet, up above the clouds, it will feel like a dream come true.

But she has no idea of the nightmare that is about to unfold. Everything is about to change. And everyone is in terrible danger.

Featuring climbers Cecilie Skog, Lars Nessa, Eric Meyer, Fredrik Sträng, Pasang Lama and Kim Jae-Soo. Also featuring June Yoon as the voice of Kim Jae-Soo, as well as journalist and author Jennifer Jordan.

Special thanks to Fredrik Strång for providing archival footage.

Host and Executive Producer: Natalia Mehlman Petrzela
Producers: Leigh Meyer & Amalie Sortland
Editor: Josephine Wheeler
Production Manager: Joe Savage
Sound Design and Mix by Nicholas Alexander, with additional engineering from Daniel Kempson.
Original Music by Adam Foran, Theme music by Adam Foran and Silverhawk
Executive Producers: Max O'Brien & Craig Strachan
Commissioning Editor: Dan Clarke
A Novel production for the BBC

TUE 15:30 Heart and Soul (w3ct6vp3)

Rāgas and Redemption: Alam Khan's spiritual legacy

What does it mean to inherit a sacred tradition? Alam Khan was born into one of the most revered lineages in Indian classical music—his father, Ali Akbar Khan, was hailed as one of the greatest musicians of the 20th century and brought the spiritually rich sarod and rāga music to the West. But Alam's journey has not been one of simple inheritance.

Presenter Rajeev Gupta follows Alam across California - from his father's grave to the family music school and into the quiet spaces where Alam seeks refuge. At the heart of this documentary is a deeply personal wrestle: growing up American, immersed in rock and hip-hop, Alam resisted the weight of legacy. But after his father's death, something changed. Going through his father's recordings, he felt a cosmic calling - one that was more spiritual than familial.

Through intimate conversation and music, Alam explains the sacred philosophy behind Indian rāgas, where melody becomes a prayer and performance a form of spiritual alignment with the cosmos. But this is also a story of doubt, pressure, and the personal cost of carrying a spiritual tradition into the modern world. This is the story of a man finding peace in music, faith in legacy, and meaning in sound.

[Photo Description: (Left to Right) Rajeev Gupta and Alam Khan in front of a photo of Ali Akbar Khan, Photo Credit: Rajeev Gupta]

Producer/presenter: Rajeev Gupta
Editor: Chloe Walker
Production co-ordinator: Mica Nepomuceno

TUE 16:00 Artworks (m002gzzj)

No Criticism

1. Everyone's a Critic

Theatre critic Arifa Akbar explores whether the art of criticism is in crisis. From identity politics to the internet, social and technological change is challenging the ideals that have underpinned the work of critics for centuries. What does this mean for criticism and for culture at large?

Once, the critic was an almighty figure - a powerful voice able to assume a large audience, a tastemaker and gatekeeper, dispensing judgment on books, plays, exhibitions, film and television. Today it feels as the role is under intense scrutiny, as social change and contemporary cultural politics challenge the ideals on which criticism has rested for centuries - the authority and universality of the critic's voice; even the need for, and value of, criticism itself.

In this programme, Arifa explores what a shocking attack on a German dance critic might tell us about the waning power and authority of the critic. And she looks at how the internet gave rise to the 'everyman' critic - keyboard warriors who have found their voices online, partaking in the democratisation of opinion and criticism. She hears how a new generation of critics are changing what it means to practice criticism in a digital age and meets the artists challenging what critics can and cannot criticise. If we've witnessed the death of the old school critic, has the art of criticism flourished or withered in its wake?

With Wiebke Hüster, Michael Billington, Paul Morley, Meera Syal, Gabrielle de la Puente and Zarina Muhammad of The White Pube, Yolanda Bonnell and JJ Charlesworth.

Featuring an extract from 'Bug' by Yolanda Bonnell, directed by Carmen Alves

Special thanks to the Traverse Theatre, Edinburgh

Producers: Melissa FitzGerald & Sarah O'Reilly

A Zinc Audio production for BBC Radio 4

TUE 16:30 What's Up Docs? (m002gzmm)

What do your nails say about your health?

Welcome to What's Up Docs?, the podcast where doctors and identical twins Chris and Xand van Tulleken tackle the confusion around every aspect of our health and wellbeing.

This week, Chris and Xand are exploring the topic of nail health. As well as being useful tools on our hands and feet, nails can also be important signs of many diseases and disorders. But what exactly is a nail made of? How did nails evolve? And what should we be doing to keep them strong and healthy?

They speak to Dr Yusr Al-Nuaimi, Consultant Dermatologist at the Royal Devon and Exeter Hospital and Clinical Lead for the British Hair and Nail Society, to get some answers.

If you want to get in touch, you can email us at whatsupdocs@bbc.co.uk or WhatsApp us on 08000 665 123.

Presenters: Drs Chris and Xand van Tulleken
Guest: Dr Yusr Al-Nuaimi
Producers: William Hornbrook and Jo Rowntree
Executive Producer: Rami Tzabar
Editor: Kirsten Lass
Assistant Producer: Maia Miller-Lewis
Tech Lead: Reuben Huxtable
Social Media: Leon Gower
Digital Lead: Richard Berry
Composer: Phoebe McFarlane
Sound Design: Melvin Rickarby

At the BBC:
Assistant Commissioner: Greg Smith
Commissioning Editor: Rhian Roberts

A Loftus Media production for BBC Radio 4

TUE 17:00 PM (m002gzpp)

More than 50,000 small boat crossings since Labour came to power

Why have governments of different stripes been unable to bring the numbers down? Plus, the fourth heatwave of the summer and the revival of the postcard. And are political memoirs worth reading - or writing?

TUE 18:00 Six O'Clock News (m002gzrr)

More than 50,000 migrants have crossed the Channel since Labour came to power

Figures from the Home Office have confirmed that more than 50,000 people have crossed the Channel in small boats since Sir Keir Starmer became prime minister. Also: much of the UK is in the middle of yet another heatwave. And the lightshow mouthguards that will help identify head injuries at the upcoming women's rugby world cup.

TUE 18:30 Room 101 with Paul Merton (m002gzrt)

Series 3

Stephen Mangan

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

Stephen Mangan attempts to banish loud motorbikes, makes a strong case for squirrels going in, and possibly in a first for the show, attempts to also put a whole season into Room 101.

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

TUE 19:00 The Archers (m002gzww)

On the phone to Robert Lynda confesses her shame over Akram, castigating herself for her thoughtlessness. He still hasn't replied to her message. Robert suggests going to see Akram to clear things up. Meanwhile at the Maliks it's Zainab who's more worked up, while Akram claims he didn't feel hurt in the first place. Nevertheless Akram hides when Lynda arrives, while Zainab gives Lynda a mouthful. When Akram emerges he assures Lynda he's put the issue behind him. When Lynda explains how stressed she's been Akram apologises for not responding to her message; he was so busy yesterday. He was only hiding because he hasn't counted all the fete money yet. Relieved Lynda offers to do it for him. When she speaks to Robert later she's distracted and not really listening. It's his turn to feel put out, and he leaves mystified Lynda hanging.

Running the shop at the village hall is proving more chaotic than Susan had hoped, as she tells Zainab. When Alan comes in and reminisces about how the church used to be the centre of the community it gives Zainab an idea. Why not relocate the shop to the church? Susan puts the idea to Alan, who's not against it in principle, but various permissions will need to be obtained. Later he tells her the signs are looking good and he'll

call a meeting of the parochial church council to seek their approval. Delighted Susan tells him St Stephen's might just be the saviour of the village shop.

TUE 19:15 Front Row (m002gzzy)

Norwich Castle reopening, plus director Adrian Noble

Norwich Castle has reopened to the public after a major revamp. Historian Alice Loxton joins Tom to discuss what has been done to bring the 900 year old site up to 21st century tourist expectations

At 21 years old, Aigul Akhmetshina was the youngest singer to perform Carmen at the Royal Opera House. She'd already come a long way from home, a rural village in the Russian Republic of Bashkortostan.

Award winning director Adrian Noble talks about directing The Gathered Leaves - a play about turning 75 - an age which Noble himself has just reached. The former RSC Artistic Director also talks about how theatre can secure it's future in an age of TikTok and microdramas.

Presenter: Tom Sutcliffe
Producer: Claire Bartleet

TUE 20:00 File on 4 Investigates (m002h000)

My Faulty Knee Replacement

File on 4 Investigates reveals how surgeons had raised concerns about a faulty replacement knee eight years before its US manufacturer finally decided to withdraw it from use.

Knee replacement surgery is one of the most common operations carried out by the NHS, with over 100,000 procedures carried out each year. It's a surgical success story - but things can go wrong.

Around 10,000 problematic 'NexGen' knee implants, made by the US medical tech giant Zimmer Biomet, were fitted into UK patients over the past decade or so, until they were withdrawn in 2022.

But File on 4 Investigates exclusively reveals that warnings were given to both the company and the government regulator eight years before the product was recalled.

Reporter Adrian Goldberg talks to patients who had to endure the agony of new corrective surgery and orthopaedic surgeons whose reputations were thrown into doubt.

Reporter: Adrian Goldberg
Producer: Jim Booth
Story and Development Producer: Nazrin Wilkinson
Technical Producer: Nicky Edwards
Production Coordinator: Tim Fernley
Editor: Richard Fenton-Smith

Image: Deborah Booker following her knee replacement operation in 2016

TUE 20:40 In Touch (m002h002)

Macular Society Update; Deafblind in Scotland

The charity Macular Society provides support to people living with the UK's most prominent cause of sight loss, macular disease. They also help to fund research into finding a cure. In Touch has been hearing about the society's plans to reduce staffing levels within their regional team and so we speak to their CEO, Ed Holloway who explains what is currently happening with these proposals, which are still under consultation.

Scotland has recently recognised Deafblindness as a distinct condition, but what does this mean for people living with the dual disability? Ian Hamilton delves deeper into whether this change might mean better services for those living with it in Scotland.

Presenter: Peter White
Producer: Beth Hemmings
Production Coordinator: Liz Poole
Website image description: Peter White sits smiling in the centre of the image and he is wearing a dark green jumper. Above Peter's head is the BBC logo (three separate white squares house each of the three letters). Bottom centre and overlaying the image are the words "In Touch" and the Radio 4 logo (the word 'radio' in a bold white font, with the number 4 inside of 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 (m002h004)

Tajikistan's Last, Lonely Hyenas

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|--|---|---|
| <p>For decades, conservationists in Tajikistan assumed that the striped hyena – a shy, less vocal cousin of the spotted hyena – was extinct there. But in 2017 a motion-sensitive camera trap in the country's south-western corner, near the borders with Afghanistan and Uzbekistan, detected the presence of a female with cubs. The discovery stunned local observers, and ever since, one man and his colleagues have struggled to find out more about the few remaining Tajik striped hyenas with a view to saving them from oblivion. The challenges are immense, including the international animal parts trade, competition between animals and humans for habitat, and often-negative public perceptions of the hyena itself. Eight years on, Antonia Bolingbroke-Kent travels to the grassy lowlands of Tajikistan to join the small team in their fight to save these elusive, persecuted mammals, and in doing so learns how vital hyenas are to both the ecosystem and human health.</p> <p>Reporter: Antonia Bolingbroke-Kent Producer: Mike Gallagher Production Co-ordinator: Gemma Ashman Sound mixer: Neil Churchill Series editor: Penny Murphy</p> <p>TUE 21:30 Great Lives (m002gzv3) [Repeat of broadcast at 15:00 on Monday]</p> <p>TUE 22:00 The World Tonight (m002h006) Russia's push for more land in Ukraine</p> <p>As President Zelensky says he won't agree to hand over Ukrainian territory, we hear about Russia's latest push to capture more of it before Friday's summit between presidents Trump and Putin.</p> <p>Also on the programme:</p> <p>As the fourth heatwave of the summer kicks in, we hear from the farmers crying out for water.</p> <p>Why cats brains could help to find new treatments for Alzheimer's in humans.</p> <p>And a new sound at The Proms: we speak to the Nigerian brothers bringing "highlife" music to the Royal Albert Hall.</p> <p>TUE 22:45 An Artist of the Floating World by Kazuo Ishiguro (m002h008) 7: 'I made many mistakes.'</p> <p>Nobel Prize-winner Kazuo Ishiguro's classic novel set in post-WWII Japan, read by Tim McInnerny.</p> <p>It is 1948. Japan is rebuilding after the horrors of the war, its people putting defeat behind them and looking to the future. The celebrated artist Masuji Ono fills his days in his garden with his two grown daughters and grandson, and his evenings drinking with old associates in the quiet lantern-lit bars of the old pleasure district. His should be a tranquil retirement. But as his memories continually return to the past, a dark shadow begins to grow over his serenity.</p> <p>Today: at the marriage meeting between the two families, tensions are rising - Ono unexpectedly feels compelled to make a statement about his past...</p> <p>Writer: Kazuo Ishiguro Reader: Tim McInnerny Abridger: Richard Hamilton Producer: Justine Willett</p> <p>TUE 23:00 Havana Helmet Club (m002ddb9) 7. America's Backyard</p> <p>Adam gets a workplace medal for bringing Havana Syndrome to light – but a sceptical new CIA director throws everything back up in the air.</p> <p>Meanwhile, things get heated in Cuba, after US covert operations seemingly provoke rioting across the country. Appalled by what he is seeing, a Cuban scientist decides to take action.</p> <p>Credits Havana Helmet Club is written and presented by Jennifer Forde and Sam Bungey Editor: Guy Crossman Additional Editing : Simon Pearce Story editing: Mike Ollove Producer: Larry Ryan Sound designer: Merijn Royaards Additional mixing: Peregrine Andrews Theme music: Tom Pintens, with additional music composed by Merijn Royaards Fact checking: Stanley Masters. Additional reporting: Isobel Sutton, Pascale Hardey Stewart and Stanley Masters Archive producers: Miriam Walsh and Helen Carr</p> | <p>Production executive: Kirstin Drybrugh Editorial advisor: Jesse Baker Commissioner: Dylan Haskins Assistant commissioners: Sarah Green and Natasha Johansson</p> <p>TUE 23:30 Illuminated (m0027chk) The Memory Catcher</p> <p>Memory is fragile. We are driven to capture it. But is this possible when the memories of the person we love have fragmented?</p> <p>Julian's mother has no memory. Both her long and short term memory were destroyed by different viruses. His mother still has an emotional memory of Julian. She recognises him - his personality, his manner. But she doesn't know how old he is, what he does for a living, or that he has a partner. And she doesn't realise that she can't remember. So their relationship is stuck in a loop, consisting of repeated conversations and activities.</p> <p>But Julian's found a way to connect with his mother. He is a photographer and he is constantly trying to capture his mother's image. His sister thinks he's trying to catch glimpses of their mum as she would have been had she not got ill. Julian isn't so sure. For him, taking photographs of his mum is simply a way for them to pass time together - to connect.</p> <p>Chatting in her care home, going to the café for tea and cake, listening to music in the car, celebrating a birthday - the lens of Julian's camera brings us into the relationship between a mother and a son, divided by a loss but bound together by love.</p> <p>The Memory Catcher takes us on a journey into their relationship but also our relationship with memory. Who are we when we cannot make memories, even as simple as who has just said hello? When memory is faulty, fading, or lost altogether, what can be captured by another?</p> <p>Recorded by artist and writer Julian Lass Produced by Maia Miller-Lewis and Jo Rowntree Composer Maia Miller-Lewis With thanks to Kirsten and Monika and the wonderful staff at Monika's care home.</p> <p>A Loftus Media production for BBC Radio 4</p> <p>WEDNESDAY 13 AUGUST 2025</p> <p>WED 00:00 Midnight News (m002h00c) National and international news from BBC Radio 4</p> <p>WED 00:30 Trauma Industrial Complex by Darren McGarvey (m002gzz2) [Repeat of broadcast at 11:45 on Tuesday]</p> <p>WED 00:48 Shipping Forecast (m002h00f) The latest weather reports and forecasts for UK shipping</p> <p>WED 01:00 Selection of BBC World Service Programmes (m002h00h) BBC Radio 4 presents a selection of news and current affairs, arts and science programmes from the BBC World Service.</p> <p>WED 05:00 News Summary (m002h00k) National and international news from BBC Radio 4</p> <p>WED 05:04 BBC Inside Science (m002gr01) [Repeat of broadcast at 20:30 on Monday]</p> <p>WED 05:34 Shipping Forecast (m002h00m) The latest weather reports and forecasts for UK shipping</p> <p>WED 05:43 Prayer for the Day (m002h00p) Seize the opportunity to tell someone how much they mean to you</p> <p>A spiritual comment and prayer to start the day with Yousra Samir Imran.</p> <p>Good morning.</p> <p>Recently, my late aunt has been visiting me quite frequently in my dreams. She died from COVID-19 during the height of the pandemic. Aunt Fatma never had any children of her own, and in many ways was a second mother to me, my siblings and all my cousins.</p> <p>There are many theories surrounding seeing departed loves ones</p> | <p>in your dreams. Some say it is just our subconscious processing our grief, or replaying memories. For some, including Muslims, they believe that sometimes it's their souls coming to visit us, to comfort us or to relay a message.</p> <p>Whenever I see my Aunt Fatma in my dreams, she tells me not to be sad, because she's still alive.</p> <p>In Islam, dying from an illness makes you a shaheed, or a martyr, guaranteeing you entry to Heaven. And in the Qur'an, Allah tells us not to grieve for those who are martyrs, because they are still alive and being provided for. Could my Aunt Fatma have been sending me a message in my dream?</p> <p>I still have a screenshot of our very last Whatsapp conversation. She was congratulating me on my pregnancy. Three weeks later, she died. I wish I had told her how much she meant to me.</p> <p>Oh Lord, the Most Merciful. I pray you shower our departed loved ones with your mercy, and grant us more time with those who are still alive. I pray we are granted the opportunity, to tell them how much they mean to us. For those who are already gone, I pray you continue to send them, to visit us in our dreams.</p> <p>Ameen.</p> <p>WED 05:45 Farming Today (m002h00r) 13/08/25 Pig rules, drought, carcass use</p> <p>New rules to make trade fairer for pig producers come in today. A series of recent difficulties in the industry revealed that many farmers didn't have proper contracts for their stock. The new system aims to change that.</p> <p>The dry weather continues, with heat alerts out for all of England. It can be a problem for farmers, not only immediately, but for crops just establishing now to be harvested in Autumn or Winter. We speak to a pumpkin farmer who needs his crops to be ready at Halloween.</p> <p>All this week we're looking at what happens to the parts of an animal carcass that we as consumers don't like to eat. Today we visit a rendering plant which deals with fallen stock on farms. Presented by Caz Graham and produced by Sally Challoner</p> <p>WED 06:00 Today (m002h036) News and current affairs, including Sports Desk, Weather and Thought for the Day.</p> <p>WED 09:00 Sideways (m002h038) 75. Me, Myself and Mine</p> <p>Few people you'll come across on the street look like Ryan Emans. His body is heavily modified, from head to toe - including a tongue split that gives it a forked, snake-like shape. These changes weren't accidental or something he was born with, Ryan chose each modification deliberately as a way to make his outer self reflect who he truly is inside.</p> <p>Many of us see the body as our only true property. While not everyone chooses to modify their body as radically as Ryan, we find meaning in believing it is ours and ours alone. But our relationship with our bodies raises a deeper question - one that blurs the boundaries of what we consider the self. Is my body me, or is my body mine?</p> <p>In this episode, Matthew Syed dives into the notion of body ownership and explores what it really means to live in and with our bodies.</p> <p>With mental health nurse Ryan Emans, political theorist Professor Anne Phillips, and neuroscientist Professor Heather Iriye.</p> <p>Presenter: Matthew Syed Producer: Julien Manuguerra-Patten Editor: Hannah Marshall Sound Design and Mix: Daniel Kempson Theme music by: Ioana Selaru A Novel production for BBC Radio 4</p> <p>WED 09:30 Shadow World (m002h03b) The People vs McDonald's</p> <p>1. The Leaflet</p> <p>In 1986, members of environmental group, London Greenpeace, published a leaflet called 'What's wrong with McDonald's?' It claimed McDonald's was exploiting workers, destroying rainforests, torturing animals, and promoting food that could make people sick, even cause cancer...</p> <p>McDonald's said the claims in the leaflet were untrue and defamatory and the company demanded an apology.</p> <p>Helen Steel, a gardener, and a former postman named Dave</p> |
| Supported by bbc.co.uk/programmes/ | | |

Morris, refused.

Mark Steel takes us into the murky world of McDonald's Corporation vs Steel & Morris – aka 'McLibel' - the longest-running trial in English history which would turn the spotlight on the way big business operates. As well as bringing issues like rainforest destruction and advertising to children into the mainstream, it would also be the moment our current Prime Minister first comes to prominence. If that isn't enough, this story would ultimately have connections with a dark and shameful secret at the heart of the British state - something which Mark discovers he himself had been a victim of.

Shadow World: Gripping stories from the Shadows – BBC investigations from across the UK.

Presenter: Mark Steel
Producer: Conor Garrett
Executive Producer: Georgia Catt
Commissioning Editor: Dan Clarke
Commissioning Executive: Tracy Williams
Production Coordinator: Dan Marchini
Sound Mix: Tim Heffer
Music Score: Phil Kieran

BBC Studios for BBC Radio 4

*Archive excerpts from director Franny Armstrong's 'McLibel,' reproduced with the permission of Spanner Films

WED 10:00 Woman's Hour (m002h03d)

Women and heat, Surrey Police on catcalling stunt, Pregnancy sickness

As a heatwave grips the UK, we ask whether soaring temperatures impact women differently to men and what should be done about it. Professor Mike Tipton, Professor of Human and Applied Physiology at the University of Portsmouth, joins Nuala McGovern to explain.

The author Paula Sutton has written her second novel, The Body in the Kitchen Garden. The interiors stylist and TV and social media personality talks to Nuala about creating plots to challenge her fictional detective Daphne Brewster, and her real-life passion for cottagecore and swapping city living for a cosy rural lifestyle.

Several newspapers this morning are talking about the decision by Surrey Police to send undercover female officers out jogging to catch catcallers. They went running during rush hour to expose the frequency that women are harassed while exercising in public. A 2021 survey by Runner's World revealed that 84% of women had been harassed while jogging. Inspector Jon Vale, Borough Commander of Reigate and Banstead and Surrey's violence against women and girls safer spaces lead, joins Nuala.

A woman in Wales who felt forced to terminate her pregnancy after being unable to access the anti-sickness medication she needed is calling for the drug to be made more widely available. Sarah Spooner was suffering from hyperemesis gravidarum which left her vomiting more than 20 times per day and unable to eat or drink. But she found it virtually impossible to access Xonvea, a medication which is recommended as a first-line treatment in England but not in Wales. Nuala hears Sarah's story, and speaks to Dr Caitlin Dean from Pregnancy Sickness Support about why there is a postcode lottery across the UK for women needing Xonvea.

Sydney Christmas captivated television audiences when she won Britain's Got Talent in 2024, becoming the first female singer to win the contest. With a background in musical theatre, the singer and actress impressed the judges with her powerhouse vocals. Since her win, she has released a debut album, topping the iTunes charts in the UK and US, and now she's starring as villain, Cruella De Vil in 101 Dalmatians, the musical at Eventim Apollo, London.

Presenter: Nuala McGovern
Producer: Emma Pearce

WED 11:00 File on 4 Investigates (m002h000)

[Repeat of broadcast at 20:00 on Tuesday]

WED 11:40 This Week in History (m002h03g)

August 11th - August 17th

Fascinating, surprising and eye-opening stories from the past, brought to life.

BBC Radio 4 explores the history books and archives to see what has happened on this same week throughout history. With short vignettes of the events that have shaped the world and made us who we are today.

This week: August 4th - August 10th
- 15th of August 1947. Indian Independence began and the

country woke to 'life and freedom'. But what was the impact of this new freedom?

- 12th of August 1990. One of the world's largest T-Rex skeletons is discovered in South Dakota, prompting a long custody battle over who owns it.

- 16th of August 1819. A peaceful protest for Parliamentary Reform was brutally suppressed in Manchester, an event that became known as the 'Peterloo Massacre'.

Presented by Jane Steel and Viji Alles.
Produced by Carys John and Luke Doran.

WED 11:45 Trauma Industrial Complex by Darren McGarvey (m002h03j)

Episode 3

There's been an explosion of trauma culture in the West over the last decade, ramped up by social media and its encouragement to shape, present and broadcast our own stories. But is this ownership helpful, or is it keeping people trapped? Could it even be warping public debate? In his new book the Orwell Prize-winning author of 'Poverty Safari' and 'The Social Distance Between Us' shares hard-won wisdom from a life spent recovering in the public gaze.

Darren McGarvey considers the brutal after-effects of childhood trauma - and the tricky fact that recollections of key events may vary.

Written and read by Darren McGarvey
Abridged by Rosemary Goring
Producer: Eilidh McCreadie

Darren has just finished a run of 'Trauma Industrial Complex: The Live Show' at the Edinburgh Fringe.

WED 12:00 News Summary (m002h03l)

The latest national and international news from BBC Radio 4.

WED 12:04 You and Yours (m002h03n)

Recruitment Fraud; Service Charges; Tinned Fish

Have you received an email or text like this? 'Hi, we are offering a flexible part-time position that you can complete during your spare time. Position: Video Publisher. Salary 200 to 1500 pounds a day.'

Here at You & Yours we're getting more people contact us about recruitment fraud and we'll be talking to one person that took up the offer, an offer that could have lead to money laundering for criminals.

What happens to a loved one's retirement home when they die? For some they are left with properties they can't sell because of high service charges, charges that must be paid for whilst the property is on the market. We will speak with two people that have been left in this situation.

And tinned fish is having a moment. This isn't your standard tin of tuna or sardines, this is the world of Cuttlefish in ink from Northern Spain, Wood-smoked blue mussels from Denmark, Trout Fillets in Pickled Sauce from Portugal, and Sardine Caponata with Basil Olive Oil from Dorset. We'll find out what is attracting people to turn to artisanal tinned seafood for their tea.

Presenter - Winifred Robinson
Producer - Dave James

WED 12:57 Weather (m002h03q)

The latest weather forecast

WED 13:00 World at One (m002h03s)

Zelensky lands in Berlin for calls with European leaders

European leaders discuss Ukraine ahead of President Trump's meeting with Putin in Alaska on Friday. Plus, wildfire warning for most of Scotland issued. What's causing the blazes?

WED 13:45 Understand (m002h03v)

The Trip

8. A tipping point?

During the early weeks of the pandemic, Tim Hayward spent 14 days in a coma. He remembers this time vividly – his days and nights filled with strange, incandescent visions and hallucinations. That experience is something he would never choose to revisit but, around the world, large numbers of people are deliberately seeking out powerfully altered states.

In this ten-part series, Tim sets out to better understand a group of substances that induce altered states: psychedelics.

There's been a surge of interest in their therapeutic potential for various mental health conditions - as well as a range of other clinical possibilities. As research around the world ramps up after years of taboo and prohibition he tries to get to grips with - or at least get a clearer sense of - how science, culture, politics and business might all interact in this changing psychedelic landscape, and what it all might mean.

He also explores what might be happening in the brain during a trip and whether, by studying psychedelics, we might uncover more about consciousness, imagination and even the mysteries of reality itself.

In this episode, Tim explores the many barriers to researching the potential therapeutic value and other potential applications of psychedelics. He assesses how other countries are weighing up and reacting to the current evidence, and asks if a tipping point may be looming in the UK.

Contributors:

David Luke, psychiatrist and psychedelic researcher, University of Greenwich
Lauren MacDonald, psychiatrist and psilocybin group facilitator
Jo Neill, professor of psychopharmacology, University of Manchester and Chair of Trustees, Drug Science

Presenter: Tim Hayward
Series Producer: Richard Ward
Executive Producer: Rosamund Jones
Editor: Kirsten Lass
Written by Tim Hayward and Richard Ward
Sound Design and Mixing: Richard Ward
Researcher: Grace Revill
Production Executive: Lisa Lipman
Commissioning Editor: Daniel Clarke
A Loftus Media production for BBC Radio 4

WED 14:00 The Archers (m002gzzw)

[Repeat of broadcast at 19:00 on Tuesday]

WED 14:15 Drama on 4 (m002h03x)

Collapsing Orbits: Ep 1 – Escape Velocity

Futurist billionaire Hennessy Peck is one of the world's wealthiest men. He may be one of the richest tech-bros on the planet, but he's decided this planet isn't enough, and it's time to leave it. Because the tide is starting to turn against him. Lawsuits are mounting up over EXPRT NXUS - his best-selling app.

So he's brought forward the launch-date for his life's ambition - the first manned mission to Mars. He and a crew of sycophantic cronies are going to blast off into space, leaving Earth and all its existential anxieties behind. But what exactly is Hennessy running away from? He's not a genius. He's not even much of a leader. And the cracks are beginning to show.

Starring Burn Gorman, this is one big intergalactic not-quite-romcom about second chances and fixing mistakes.

The writer, Ed Sellek is a TV drama and radio writer. In 2024, his BBC Radio 4 Limelight series, Money Gone, was nominated for two BBC Audio Drama Awards and a Prix Europa. He lives with his dog Chief Brody in South London and keeps finding new ways to laugh at the dreadful state of everything.

HENNESSY.....Burn Gorman
RONA.....Lisa Diveney
NXUS.....Graeme Hawley
EDWIN.....Youssef Kerkour
ALYSSA.....Lois Chimimba
JAMPAK.....Fejro Emasiobi

Original Music by Tony Churnside

Written by Ed Sellek
Directed by Tony Churnside
Produced by Eloise Whitmore
Executive Producer - Melanie Harris

A Naked production for BBC Radio 4

WED 15:00 Politically (m002fwpv)
Reflections: Series 3

Diane Abbott

Elected to parliament in 1987, Diane Abbott was the first black female MP and is known as the 'Mother of the House'. In a conversation with James Naughtie recorded in May 2025, the passionate left-winger reflects on rebellion, her relationship with Jeremy Corbyn, the 2023 controversy that led to her year-long suspension from the Labour party, her experience of sexism and racism and her political longevity.

Producer: Leela Padmanabhan

WED 15:30 The Hidden History of the Front Door (m00180ld)

Join Rachel Hurdley as she opens the front door to step into a story of security, sociability, style and even the supernatural. The front door may seem to be just a simple way of coming in and out of a house, but it almost always reveals more about the householder than they might expect. The style of door, its colour, the letter box, doorbell, even perhaps the house name, are all chosen to present an image to the outside world. In this programme, Rachel reveals how to interpret a front door and how developments in their design and use over the centuries reflect social changes.

Rachel starts at Chepstow Castle, where she admires what's thought to be the oldest castle door in Europe and finds out why it was built to provide a strong deterrent to intruders; at the moated manor house of Baddesley Clinton she discovers how Medieval and Tudor home owners used their doors to ward off evil spirits; in Bath she goes back to the time of Jane Austen to hear about the social etiquette of paying a visit; moving forward to the 19th century she learns why the Victorians loved to put a house name on their front door; and finally she visits the Becontree Estate in East London and sees how the building boom of the 1920s and 30s meant many families had their own front door for the first time.

Interviewees:

- * Sonia Solicari, Director of The Museum of the Home <https://www.museumofthehome.org.uk/>
- * Jonathan Glancey, Architectural Writer and Historian
- * Will Davies, Inspector of Ancient Monuments for Cadw, spoke at Chepstow Castle <https://cadw.gov.wales/visit/places-to-visit/chepstow-castle>
- * James Wright, Buildings Archaeologist, spoke at Baddesley Clinton <https://www.nationaltrust.org.uk/baddesley-clinton>
- * Elaine Chalus, Professor of British History at the University of Liverpool, spoke at No. 1 Royal Crescent <https://no1royalcrescent.org.uk/>
- * Laura Wright, Professor of English Language at the University of Cambridge and author of 'Sunnyside: A History of British House Names'
- * Bill Jennings, former resident and Housing Manager, spoke on the Becontree Estate

Presenter: Rachel Hurdley
Producer: Louise Adamson
Executive Producer: Samir Shah

WED 16:00 Human Intelligence (m0026pp4)
Disruptors: Martin Luther

Luther's vivid, wild words – powered by new printing technology – set in motion a chain reaction that split the Catholic Church, powered the Reformation and changed the world forever. Naomi Alderman meets this determined thinker.

Famously, Luther walked up to a church in a backwater town and nailed his Ninety-five Theses to the door. The son of a metal smelter, he knew how rough and dangerous life could be; and he was prepared to question, argue and openly insult powerful authorities in defence of his explosive theology.

Special thanks to Lyndal Roper, Regius Professor of History at the University of Oxford.

Produced by BBC Studios Audio in partnership with The Open University.

WED 16:15 The Media Show (m002h03z)

Journalists in Gaza, AI Avatar, Housing Journalism, True Crime

After an Israeli attack in Gaza City killed four Al Jazeera journalists, including correspondent Anas al-Sharif, we examine the situation for journalists in Gaza with Jodie Ginsberg, CEO of the Committee to Protect Journalists. Oren Persico from Israeli news website Seventh Eye discusses how Israeli media is covering the war.

A journalist's exchange with an AI avatar of Joaquin Oliver, who was killed in the 2018 Parkland school shooting, has raised questions about posthumous "interviews." We hear from Joaquin's father Manuel and Claire Leibowicz of the Partnership on AI.

A scoop by The i's housing correspondent Vicky Spratt prompted the resignation last week of homelessness minister Rushanara Ali. Vicky joins us to explain how the story came about.

Plus: Simon Ford, executive producer of Channel 4's Operation Dark Phone: Murder by Text, on gaining access to a landmark investigation into Encrochat and the long-running 24 Hours in Police Custody.

Producer: Dan Hardoon
Assistant Producer: Lucy Wai

WED 17:00 PM (m002h041)

European leaders host talks with Trump

We hear from a former Pentagon official on what he expects from the Trump Putin talks. Also, the EU's Copernicus Climate service talks about the extreme heatwave and wildfires spreading through the continent. And, how well do you know CPR? It'll now be included in driving theory tests.

WED 18:00 Six O'Clock News (m002h043)

President Trump says he's had a "good call" with President Zelensky and European allies

President Zelensky says he's made clear to Donald Trump that sanctions must be imposed on Russia, if no ceasefire is agreed at Friday's summit with Vladimir Putin. Also: Doctors and aid organisations issue a new warning about levels of starvation in the Sudanese city of El Fasher. And the fashion accessories chain, Claire's, goes into administration putting more than two thousand jobs at risk.

WED 18:30 Oliver Callan Bins the Border (m002h045)
Part 2: Belfast

Oliver Callan hosts a panel show in which comedians from both sides of the Irish border and Britain imagine what a united Ireland would look like if it ever happened. In part 2, we are in Belfast where Oliver is joined by Ed Byrne, Ria Lina, Martin Angolo and Emer Maguire to debate a new national anthem, parades and the difficulties posed in combining national sports teams.

Producer: Marc McElroy
 A BBC Northern Ireland Production for Radio 4.

WED 19:00 The Archers (m002h047)

Finding Adam doing more research in the office Brian recommends he leaves it for Stella when she's back. But Adam's discovered Stella's quit and won't be coming back – when was Brian planning to tell him this? Brian insists he can talk Stella round, but gets short shrift when he calls her. Undeterred, he arranges to meet her later. Trying a charm offensive Brian apologises for his reaction over her bringing in the BL harvest, but Stella reiterates that her patience has worn out and she won't be coming back to Home Farm. She has other plans, including getting a new dog. She's sure Brian will find a replacement for her. Later while relaxing at Grey Gables with Pip, Stella can't avoid Adam, who takes his turn to try and change her mind, emphasising how much stress Brian is under. Stella's answer is still no, backed up by Pip, and even Adam has to agree that the insults Brian threw at Stella last week were unforgivable.

Kirsty and Pip agree the church could make a great new home for the shop if potential plan goes ahead. Kirsty wonders how she ended up agreeing to have Kate lodge at Willow Farm – she's already planning to make changes. However when Kirsty gets home she's delighted to find Kate's transformed the living room into a vision of Scandinavian chic. Meanwhile Brian's disquiet over the mess at Home Farm leads Kate to delay her move. She tells Kirsty she's sorry, but she doesn't think she can leave her dad on his own right now.

WED 19:15 Front Row (m002h049)

Our critics' guide to the best theatre at the Edinburgh Festival Fringe.

Scottish Ballet's new production Mary, Queen of Scots is a punk inspired production which tells the story of the ill-fated queen through the imagination and memories of her cousin, Elizabeth I, who authorised her execution. And a Fringe production Mary Queen of Rock portrays Mary as a rock star in a world in which rock and roll is banned. We discuss why her story continues to inspire so many productions today.

Eva Victor, star of Sorry, Baby, the opening film of this year's Edinburgh International Film Festival, talks about her darkly comic treatment of the aftermath of a sexual assault.

Theatre critics Fergus Morgan and Neil Cooper talk us through some of the highlights of this year's Edinburgh Festival Fringe – from Eat the Rich (But Maybe Not Me Mates X), a one-woman show by Liverpoolian actor and director Jade Franks in which she tells the story of being a misfit at Cambridge University to Lost Lear, a retelling of Shakespeare's King Lear told through the eyes of a woman with dementia.

Show discussed:

She's Behind You by Johnny McKnight at The Traverse

Eat the Rich (But Maybe Not Me Mates X) by Jade Franks at The Pleasance

Windblown by Karine Polwart and Pippa Murphy at The Queen's Hall

Lost Lear by Dan Colley at The Traverse

Red Like Fruit by Hannah Moscovitch at The Traverse

Club NVRLND at Assembly Checkpoint

Philosophy of the World at Summerhall

Plus a live performance from musician Hamish Hawk, who is paying tribute to the late great poet and eccentric Ivor Cutler at this year's Edinburgh International Book Festival, complete with Cutler's own harmonium.

WED 20:00 AntiSocial (m002ggxl)
Sydney Sweeney, jeans and genes

A jeans advert featuring the American actress Sydney Sweeney talking about her good genes provoked fierce reaction - and then came the backlash to the backlash.

Some people say the advert promotes a eugenicist ideal of blonde hair and blue eyes. Others say it's a sign that the days of diversity in the advertising industry are over. Is 'woke' dead? And what does the controversy tell us about how brands use culture to get our attention?

Presenter: Adam Fleming
Producers: Simon Tulett, Lucy Proctor, Natasha Fernandes, Mike Wendling
Editor: Penny Murphy
Production coordinator: Janet Staples
Studio engineer: Annie Gardiner

WED 20:45 Café Hope (m002715d)
Hops and jobs

Co-founder of Tap Social Movement, Tess Taylor, tells Rachel Burden how the social enterprise trains and employs prisoners and prison leavers in their craft brewery and bakery.

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

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

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

WED 21:00 Walt Disney: A Life in Films (p0fxbs34)
7. Alice in Wonderland

Through the stories of ten of his greatest works, Mel Giedroyc examines the life of Walt Disney, a much mythologised genius. A man to whom storytelling was an escape from an oppressive father and a respite from periods of depression.

His name is truly iconic, but how much do we really know about this titan of the entertainment industry? Who was the real Walt and why did a man who moulded Western pop culture in his image end up on his deathbed, afraid that he'd be forgotten?

In this episode, Mel leaps through the looking glass into the delightfully surreal world of Walt Disney's Alice in Wonderland. Walt had long been a fan of Lewis Carroll's classic story and was hell bent on adapting it into an animation. He was confident he could create a fantastical viewing experience that would be box office dynamite. Hookah smoking caterpillars, talking flowers, Mad Hatters, troublesome twins Tweedleedum and Tweedledee - they were a gift to any animator - it would be an easy lift from page to screen.

Or would it?

As we discover, the project became an immense creative challenge. The end result might have been a critical and commercial flop upon release, but over the decades the film has emerged as a countercultural classic.

A Novel production for BBC Radio 4

WED 21:30 Inside Health (m002gzyy)
[Repeat of broadcast at 09:30 on Tuesday]**WED 22:00 The World Tonight (m002h04d)**

Trump threatens "severe consequences" if Putin doesn't end war

US President Donald Trump said he'd like to organise a second

meeting with Russian leader Vladimir Putin if the first one on Friday goes well, adding that a second meeting would include Ukrainian President Volodymyr Zelensky. Trump also threatened "severe consequences" if Russia didn't end the war after the meeting. We hear from former director of the CIA General David Petraeus.

As more police forces get access to live facial recognition technology, we consider the impact on crime-fighting and society.

And as Ellie Goldstein waltzes into the Strictly ballroom, we hear about the difference that dancing has made to another woman with Down's Syndrome.

WED 22:45 An Artist of the Floating World by Kazuo Ishiguro (m002h04g)

8: 'A brave man.'

Nobel Prize-winner Kazuo Ishiguro's classic novel set in post-WWII Japan, read by Tim McInnerny.

It is 1948. Japan is rebuilding after the horrors of the war, its people putting defeat behind them and looking to the future. The celebrated artist Masuji Ono fills his days in his garden with his two grown daughters and grandson, and his evenings drinking with old associates in the quiet lantern-lit bars of the old pleasure district. His should be a tranquil retirement. But as his memories continually return to the past, a dark shadow begins to grow over his serenity.

Today: Ono's family are becoming increasingly concerned about him after his confessions about the past....

Writer: Kazuo Ishiguro
Reader: Tim McInnerny
Abridger: Richard Hamilton
Producer: Justine Willett

WED 23:00 Stand-Up Specials (m002h04j)

Stuart Mitchell's Cost of Dying

2. Freezing Your Assets Off

Episode 2 takes a long, cold look at mortuary fridges and the importance of death certificates.

When it seems like everything is getting more expensive; comedian, former banker and serial funeral-organiser Stuart Mitchell breaks down the true Cost of Dying. Using his own experience Stuart aims to find out if can we even afford to kick the bucket? You'll learn so much about the hidden costs of dying, you may well decide not to bother doing it!

Written and Performed by Stuart Mitchell
Producer: Lauren Mackay
Sound: Andy Hay and Chris Currie

WED 23:15 Njambi McGrath: Becoming Njambi (m001021d)

Be Like The British

Kenyan-born comedian Njambi McGrath goes on a challenging journey of self-discovery, as she traces the roots of her upbringing and the British influences that shaped her life.

In this episode, Njambi recounts her innocence in childhood growing up in Thogoto. The normalisation and promotion of British values under colonisation left an indelible mark on Njambi's father's - and subsequently her own - perception of the world. Fantastic comedic insight into growing up in a country that is coming out of the honeymoon of independence.

Produced by Julia Sutherland
A Dabster production for BBC Radio 4

WED 23:30 Ken Cheng: I Can School You (m001tqtn)

3. Not an Exact Science

Comedian Ken Cheng focuses his analytical observations on school subjects. In the last of the series, Ken takes on Science, and grapples with the shortcomings of the subject, and tries to perfect the tweaks to make it truly interesting.

Producer: Rajiv Karia

An EcoAudio certified production.

It is a BBC Studios production for Radio 4.

THURSDAY 14 AUGUST 2025

THU 00:00 Midnight News (m002h04l)

National and international news from BBC Radio 4

THU 00:30 Trauma Industrial Complex by Darren McGarvey (m002h03j)

[Repeat of broadcast at 11:45 on Wednesday]

THU 00:48 Shipping Forecast (m002h04n)

The latest weather reports and forecasts for UK shipping

THU 01:00 Selection of BBC World Service Programmes (m002h04q)

BBC Radio 4 presents a selection of news and current affairs, arts and science programmes from the BBC World Service.

THU 05:00 News Summary (m002h04s)

National and international news from BBC Radio 4

THU 05:04 Sideways (m002h038)

[Repeat of broadcast at 09:00 on Wednesday]

THU 05:34 Shipping Forecast (m002h04v)

The latest weather reports and forecasts for UK shipping

THU 05:43 Prayer for the Day (m002h04x)

The power of the novel

A spiritual comment and prayer to start the day with Youssa Samir Imran.

Good morning.

One of the reasons I so badly wanted to become an author, was because of the power of the novel, to provide me with solace and respite. I wanted to be able to give that back to other readers. In a world which often feels like it's on fire, the novel has the remarkable ability to create escape routes into imaginary worlds, and provide relief from the worries of everyday life and world events.

Now, more than ever, do I believe that the novel has a vital place in our world – and we can never have enough of them.

Whether I am jumping into Tolkien's world of hobbits, wizards and elves, or taking a trip down memory lane with a Zadie Smith novel, set-in North-West London, reading a novel, whether fantasy or based on reality, allows me to switch off from my anxieties, and instead engage with other cultures, worlds and made-up characters. I am privy to other people's conversations and dilemmas, without it adding to my own real-world stress load.

I often come away from finishing an excellent novel, having discovered something entirely new about myself, other humans or the world, without the existential crisis that follows real-life crises.

I would go as far as to argue that reading fiction is as good as meditating.

I hope many more people discover the great mental health benefits that there are, with reading novels. And in a world where there are so many brilliant writers struggling to get published, I pray God paves the path to success for them.

Ameen.

THU 05:45 Farming Today (m002h04z)

14/08/25 Game bird shooting licences and avian influenza. Exporting less popular cuts of meat

Shooting clubs on Salisbury Plain say they may have to close because they can't get a licence to release game birds. Clubs near protected areas, like Sites of Special Scientific Interest, now need a special licence from Natural England to release birds like pheasants and that's now harder to get because of the threat of bird flu. The British Association for Shooting and Conservation or BASC says the licensing system is legally flawed and it's issued legal proceedings against Natural England. However the RSPB would like to see the licensing regime extended. It's called for all game bird releases to be stopped this year because of the risks. In the meantime, clubs say no shoots means no money coming in which means some, like the Bulford and Tidworth Garrison Shoot, are at risk of folding.

All week we're looking at what's known as the 5th quarter - this is the name given to the offcuts of meat which, though edible, the British palate isn't keen on. Carcass balance is about finding a use for offal and things like ears or trotters both to combat waste and to get the best price for the whole animal and that means exports. British consumers may not want to eat this sort

of thing, but in other parts of the world there is a market so in recent years greater emphasis has been put on seeking out new buyers to get the best out of animal carcasses.

Presenter = Charlotte Smith
Producer = Rebecca Rooney

THU 06:00 Today (m002h0dr)

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

THU 09:00 Artworks (m002h0dt)

What Happened to Counter-Culture?

2. Revolution in the Head

More than just a cultural trend – counter-culture became a social movement so powerful it shaped institutions, businesses, politics and the attitudes and aspirations of whole generations – including everything from haircuts to voting choices. In fact, it became so prevalent that it's sometimes hard to remember how things have changed under its influence.

Comedian Stewart Lee presents a five-part series exploring the evolution and key ideas that have driven counter-culture from its beginnings with the Beats, folk and jazz in the 1950s, to its heights in the 1960s and 70s including the hippies and the early tech-communalists, the new liberation movements and punk, to the 1980s and early 90s, where political power on both sides of the Atlantic pushed back against the values of the 'permissive society'.

Talking to artists, musicians, writers, activists and historians, Stewart continues to the present day asking where we are now, in the digital age of social media silos and the so-called 'culture wars' – what's happened to counter-culture? Was it co-opted, did it sell out? Or did its ideas of freedom and identity become so entrenched within mainstream culture it's legacy has become unassailable? Or has it migrated politically to the Right? Throughout the series, the counter-culture is explored not only in terms of its history, extraordinary cultural output and key events – but also its deeper political and philosophical impact, its continued meaning for our own age.

Part 2: Revolution in the Head. Against the growing political turmoil of the 1960s, this episode looks at the growing counter-culture as first of all a revolution in the head - the changing ideas of freedom and liberation, the power of psychedelics and rock, all culminating in 1967's Human Be-In and Summer of Love. In London, a network of underground presses, clubs and bookshops, happenings and events like the 14 Hour Technicolour Dream channel the underground in contrast to mainstream culture. But the lines between the counterculture and the mainstream are beginning to blur, as Bob Dylan's decision to 'plug in' at Newport is condemned by the folk scene as selling out, even as the new sound electrifies the underground. The Beatles in particular were a bridge between the ideas of the counter-culture and popular success. The years from 1966-7 especially are a golden age for the counter-culture, where many of its key ideas become entrenched – seemingly progressive, but later weaponised by its opponents. It championed a liberation of the individual against society, but to what ends?

Contributors include music producer Joe Boyd, songwriter and guitarist Johnny Marr, author Olivia Laing, founder of Rolling Stone magazine Jann Wenner, Woodstock photographer Lisa Law, founding member of Blondie and author Gary Lachman, stone carver Emily Young, historian Peter Osborne, journalist and writer John Harris, author Lynsey Hanley, musician and songwriter Robyn Hitchcock and David Cunningham, who writes on 20th century art movements.

Presenter: Stewart Lee

Producer: Simon Hollis

A Brook Lapping production for BBC Radio 4

THU 09:30 Across the Red Line (m002h0dw)

Series 8

Anne McElvoy hosts a debate on chemical castration: justice reform or ethical overreach for offenders

Anne McElvoy presents Across the Red Line, the programme where people with opposing views come together to listen, reflect, and explore difficult questions. This episode asks: Should the state be allowed to alter the biology of someone convicted of a serious sexual offence? In the UK, a pilot scheme is offering chemical castration to certain offenders. The treatment uses medication to suppress sexual drive, and some research suggests it can reduce the risk of reoffending. Justice Secretary Shabana Mahmood recently announced plans for a national rollout, raising questions about consent, ethics, and effectiveness.

Joining Anne are Dr Alexis Paton, medical ethicist and Chair of the Committee on Ethical Issues in Medicine at the Royal College of Physicians, and Professor Thomas Douglas, senior researcher in practical ethics at the University of Oxford. Rather than trying to win the argument, both guests are invited to listen deeply and risk being changed by what they hear.

Producer: Lisa Jenkinson

THU 10:00 Woman's Hour (m002h0dy)

Post Office scandal, RFU President Deborah Griffin, Annie & The Caldwell

Rooprit Gill ran the Post Office in Handsworth, Birmingham, a business started by her father. But that came to an end when, like hundreds of other postmasters and mistresses, she was falsely accused of stealing money due to a faulty Post Office computer system. Rooprit — known as Roopie — joins Anita Rani on her first day back in the family Post Office after more than a decade.

As rugby fans across the UK look forward to the Women's Rugby World Cup, Anita speaks with rugby trailblazer Deborah Griffin. An amateur player since university, Deborah co-organised the first ever Women's Rugby World Cup, held in Wales in 1991. Earlier this month, she became the first woman to take up the role of President of the Rugby Football Union.

Annie & The Caldwell are a powerhouse gospel-soul family band from West Point, Mississippi, led by matriarch Annie Caldwell — a former member of the trailblazing 1970s gospel group Staples Jr. Singers. Formed in the 1980s with her guitarist husband Willie Joe Caldwell, the band was created to keep their children rooted in gospel music. They recorded their album *Can't Lose My (Soul)* live in their hometown church. The Caldwell join Anita to talk about family, faith, and funky gospel soul.

Filmmaker Victoria Mapplebeck discusses her new documentary, *Motherboard*. The film captures the highs and lows of motherhood, her son Jim's adolescence, and the deep maternal bond they share — much of it filmed on her smartphone. *Motherboard* is in cinemas from tomorrow.

Presenter: Anita Rani
Producer: Dianne McGregor

THU 11:00 The Infinite Monkey Cage (m002fxn9) Series 33

Moths v Butterflies - Katy Brand, Jane Hill and Chris Jiggins

What really separates a moth from a butterfly? Is it just a matter of day and night, or is there more to this fluttering feud than meets the eye? Professor Brian Cox and Robin Ince flap into the fabulous world of Lepidoptera with Professor Jane Hill, Professor Chris Jiggins, and comedian Katy Brand. Together, they chase colourful wings through science and storytelling, uncovering epic insect migrations, the secrets behind dazzling wing patterns, and most importantly, why Katy has a butterfly tattoo on her arm!

Producer: Olivia Jani
Series Producer: Melanie Brown
Executive Producer: Alexandra Feachem

BBC Studios Audio Production

THU 11:45 Trauma Industrial Complex by Darren McGarvey (m002h0f0) Episode 4

There's been an explosion of trauma culture in the West over the last decade, ramped up by social media and its encouragement to shape, present and broadcast our own stories. But is this ownership helpful, or is it keeping people trapped? Could it even be warping public debate? In his new book the Orwell Prize-winning author of *'Poverty Safari'* and *'The Social Distance Between Us'* shares hard-won wisdom from a life spent recovering in the public gaze.

Darren McGarvey carefully explores the roles played by victimhood and accountability in those who bear trauma.

Written and read by Darren McGarvey
Abridged by Rosemary Goring
Producer: Eilidh McCreadie

Darren has just finished a run of *'Trauma Industrial Complex: The Live Show'* at the Edinburgh Fringe.

THU 12:00 News Summary (m002h0f2)

The latest national and international news from BBC Radio 4.

THU 12:04 Scam Secrets (m002h40x)

The Great Knitted Cardigan Scam

You've spotted a nice cardigan on social media - the website looks legit. So you buy one. It doesn't feel like a scam...

In this episode, Shari Vahl and the Scam Secrets regulars - Dr Lis Carter and Alex Wood - unravel a global scam that relies on people buying pieces of clothing they've seen advertised on social media. As the team find out, what arrives is very much not what they've been hoping for. Who is doing this, and why? And how do you spot the red flags that mean you'll be bitterly disappointed if you click 'purchase'? But this is a scam that goes way beyond a rubbish cardigan and the criminals aren't just after your money.

PRESENTER: SHARI VAHL
PRODUCER: TOM MOSELEY

THU 12:32 Sliced Bread (m002h0f4) Salt

Is expensive salt better for your health?

Greg Foot gathers the experts, dives into the data and crunches the numbers to get the answers for listener Sally.

Each episode Greg investigates the latest ad-hyped products and trending fads promising to make us healthier, happier and greener. Are they really 'the best thing since sliced bread' and should you spend your money on them?

All of our episodes 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 voice note to our WhatsApp number, 07543 306807.

RESEARCHER: PHIL SANSOM
PRODUCERS: SIMON HOBAN AND GREG FOOT

THU 12:57 Weather (m002h0f6) The latest weather forecast

THU 13:00 World at One (m002h0f8) President Zelensky visits Downing Street

PM meets Zelensky ahead of tomorrow's US-Russia summit. What steps could the White House take if talks break down? Plus, figures show the economy is growing faster than expected.

THU 13:45 Understand (m002h0fb) The Trip

9. Sacred plants for sale

During the early weeks of the pandemic, Tim Hayward spent 14 days in a coma. He remembers this time vividly – his days and nights filled with strange, incandescent visions and hallucinations. That experience is something he would never choose to revisit but, around the world, large numbers of people are deliberately seeking out powerfully altered states.

In this ten-part series, Tim sets out to better understand a group of substances that induce altered states: psychedelics.

There's been a surge of interest in their therapeutic potential for various mental health conditions - as well as a range of other clinical possibilities. As research around the world ramps up after years of taboo and prohibition he tries to get to grips with - or at least get a clearer sense of - how science, culture, politics and business might all interact in this changing psychedelic landscape, and what it all might mean.

He also explores what might be happening in the brain during a trip and whether, by studying psychedelics, we might uncover more about consciousness, imagination and even the mysteries of reality itself.

In this episode, we hear from members of the psychedelic community who fear the consequences of plants and fungi that are sacred to some indigenous communities being exploited for commercial gain. This would not be the first time, they say - just look at what happened with tobacco.

Contributors:
Osiris García Cerqueda, historian and sociologist, Program Coordinator, Indigenous Reciprocity Initiative (IRI)
Ariel Clark, lawyer and founding member of the Psychedelic Bar Association
Mike Jay, author and cultural historian

Presenter: Tim Hayward
Series Producer: Richard Ward
Executive Producer: Rosamund Jones
Editor: Kirsten Lass

Written by Tim Hayward and Richard Ward
Sound Design and Mixing: Richard Ward
Researcher: Grace Revill
Production Executive: Lisa Lipman
Commissioning Editor: Daniel Clarke
A Loftus Media production for BBC Radio 4

Audio footage from *Psychedelic Science* 2023 and 2025 used with permission from the Multidisciplinary Association for Psychedelic Studies (MAPS).

THU 14:00 The Archers (m002h047) [Repeat of broadcast at 19:00 on Wednesday]

THU 14:15 Drama on 4 (m002h0fd) Collapsing Orbits: Ep 2 - The Ex Who Fell to Earth

Hennessy Peck has reached space. But the Mars Mission is going sideways and the EXPRT NXUS shareholders are panicking. Meanwhile, the press are on Rona's doorstep looking for a scoop on her space billionaire ex-husband.

Hennessy Peck is not a genius. He's not even much of a leader. And she just wants to get back to the very normal, very not-outer-space life she has, making artisanal ice-creams in Swansea. And Hennessy? He just wants to come home.

Starring Burn Gorman, this is one big intergalactic not-quite-romance about second chances and fixing mistakes.

The writer, Ed Sellek is a TV drama and radio writer. In 2024, his BBC Radio 4 *Limelight* series *Money Gone* was nominated for two BBC Audio Drama Awards and a Prix Europa. He lives with his dog Chief Brody in South London and keeps finding new ways to laugh at the dreadful state of everything.

HENNESSY.....Burn Gorman
RONA.....Lisa Diveney
NXUS.....Graeme Hawley
EDWIN.....Youssef Kerkour
ALYSSA.....Lois Chimimba
CARRIE.....Erin Shanagher
JAMPAK.....Fejro Emasiobi

...with Craig Charles as himself.

Original Music by Tony Churnside

Written by Ed Sellek
Directed by Tony Churnside
Produced by Eloise Whitmore
Executive Producer - Melanie Harris

A Naked production for BBC Radio 4

THU 15:00 This Natural Life (m002h0fg) Cosmo Sheldrake

Musician Cosmo Sheldrake takes Martha Kearney on a trip down memory lane as they explore his childhood haunts on Hampstead Heath. They first head to a tucked away bird sanctuary where Cosmo used to come with his dad, and talk about the profound influence that birdsong has had on his music making over the years. They pass through beech groves in search of his favourite tree, "The Beanstalk", which he used to climb every day after school. And they get creative with field recordings, using Cosmo's recording kit to tune into underground and underwater worlds. His geophone records the sound of the soil beneath their feet: the gurgle of water through clay and the shuffle of subterranean insects. And his hydrophone records the sound of the ponds: the fizz of photosynthesising plants and the bubble of fish.

Cosmo is a UK-based multi-instrumentalist, producer, composer, live improviser, and field recordist. His music ranges widely from celebratory anthems to sparse electronic production, to haunting polyphonic songs that have grown out of field recordings of birds, whales, fish, frogs, and fungi, and more. Running through all his work is a belief that the living world is a noisy and musical place with the power to change how we think, feel, and imagine.

Producer: Becky Ripley

THU 15:27 Radio 4 Appeal (m002gzq4) [Repeat of broadcast at 07:54 on Sunday]

THU 15:30 Feedback (m002h0fj) Central Intelligence and AI in Radio

It's the final episode of this series of Feedback, and we're ending it with a look at one of BBC Radio's high-end dramas - Central Intelligence. It follows the life of Eloise Page, who was a real-life CIA operative, and stars Kim Cattrall, Ed Harris, and

Stephen Kunken. Stephen joins Andrea and director and writer John Scott Dryden to respond to listener comments and discuss what it's like to tell the story of the CIA.

Artificial Intelligence is quickly becoming more and more embedded in everything around us, and radio is no different. Cliff Fluet, a partner at the law firm Lewis Silkin, who specialises in innovation and new technology in broadcasting, discusses the guidance around AI the BBC's output.

And two friends enter our VoxBBox to discuss their experience of listening to the Shipping Forecast.

Presenter: Andrea Catherwood
Producer: Pauline Moore
Assistant Producer: Rebecca Guthrie
Executive Producer: Andrea Catherwood

A Whistledown Scotland production for BBC Radio 4

THU 16:00 The Briefing Room (m002h0fl)

UK Resilience 1: How prepared are we for climate change?

The UK is getting hotter. And wetter. Extreme weather events in the UK are happening more often. And that trend won't stop any time soon. It all means more flooding and fire risk. Enter the R word - resilience - how well are we coping with what's going on now, and how advanced is our planning for what's coming? In the first of our three part mini series looking at how the resilient the UK might be in dealing with potential future crises we ask how prepared are we to deal with the changing climate?

Guests:

Mark Maslin, professor of Climatology at University College London
Richard Dawson, professor of Engineering at Newcastle University
Jess Neumann, Associate professor of hydrology at the University of Reading

Producers: Ben Carter, Kirsteen Knight and Sally Abrahams
Productions co-ordinator: Maria Ogundele
Sound engineer: Neil Churchill
Editor: Richard Vaden

THU 16:30 BBC Inside Science (m002h0fn)

What will we be wearing in the future?

What are you wearing today? What processes, chemical and otherwise, have gone into creating the garments in your wardrobe? And how might they be improved, honed, transformed in the future?

Professor of Materials & Society at UCL, Mark Miodownik, Dr Jane Wood, Lecturer at the University of Manchester and expert in textile technology, and materials scientist, writer and presenter Dr Anna Ploszajski join Marnie Chesterton to take a closer look at possibly the most familiar materials we own, our clothes.

Presenter: Marnie Chesterton
Producers: Clare Salisbury and Lyndon Jones
Editor: Martin Smith
Production Co-ordinator: Jana Bennett-Holesworth

THU 17:00 PM (m002h0fq)

Ukraine braces for Alaska summit

We report from Ukraine as Presidents Trump and Putin prepare to discuss its future. And we're joined by a former deputy secretary-general of Nato. Plus, is AI bringing about a second 'golden age' of antibiotics?

THU 18:00 Six O'Clock News (m002h0fs)

AI helps create new antibiotics

Scientists in the US use AI – artificial intelligence - to invent new antibiotics which can tackle drug-resistant superbugs. Teenagers in England, Wales and Northern Ireland get their A-level, T-level and BTec exam results. President Putin hails what he describes as America's "energetic and sincere attempts" to end the war in Ukraine ahead of his meeting with President Trump in Alaska on Friday.

THU 18:30 Tim Key's Poetry Programme (m001xwts)

Series 6

3. Safari

Key takes the show on safari, with Tom Basden, Katy Wix and guest star Sam Campbell.

A poetry show like no other – over the course of 6 series Key has performed magic, music, cookery and witchcraft; he's delivered a baby, gone underground, up the Shard and into space.

And sometimes he finds time to read poems.

This series our regulars are joined by guest stars Stephen Merchant, Lolly Adefope, Mike Wozniak, Sam Campbell, Simon Armstrong and Morgana Robinson.

Written and presented by Tim Key

Produced by James Robinson
A BBC Studios Audio Production for Radio 4
An EcoAudio certified production

THU 19:00 The Archers (m002h09q)

Tracy and Susan are discussing how long the shop might be at St Stephen's when Alan joins them with news that the noises are positive – so long as the parochial church council agree. Tracy assumes that'll be a doddle, but when Alan mentions a fee for hiring the space Susan's horrified. Susan seeks Neil's support but he can see the church's point of view: they need to raise funds. He suggests the PCC might agree payment of a minimal fee for a specific purpose, like restoring the font. As Susan and Alan continue to thrash it out later Alan's sympathetic but anticipates opposition to the shop idea from some parishioners. Susan suggests the compromise of covering font restoration costs and Alan agrees that could work.

Over at Berrow Farm Jazzer's shocked when he and Tracy are invited on a double date tomorrow night, with Martyn and Marlene. Neil thinks it's funny, but Jazzer is determined they're not going.

Kirsty confides in Tracy that she's been lonely since Roy left, but now worries Kate might not want to move in after all. Tracy reckons Kate still will, then hopes her friend Marlene doesn't get hurt by Martyn, mentioning Marlene's idea of a double date. It transpires that Tracy has accepted the invitation despite Jazzer wriggling out of it. Tracy tells Jazzer they'll be going to a fancy steakhouse and Martyn's paying, so what's not to like? When Jazzer demurs Tracy insists it's for Marlene's sake – but the last thing Jazzer wants is to be indebted to his boss.

THU 19:15 Front Row (m002h0fv)

Review show: Brigadoon at Regent's Park Open Air Theatre

A revival of Brigadoon at Regent's Park Open Air Theatre; is it Scottish cultural cringe or a tartan triumph? The Bitter Water of the Lake by Italian novelist Giulia Caminito, tells a story about poverty and anger from the point of view of a young woman in Rome in the noughties Norwegian film Love, directed by Dag Johan Haugerud, is part of The Oslo Trilogy - Dreams Love and Sex. Taiwanese TV series Zero Day has been accused of scaremongering about a potential invasion by China. We speak with showrunner Cheng Hsin-Mei.

Tom is joined by Robbie Collin and Arifa Akbar.

Presenter: Tom Sutcliffe

THU 20:00 Human Intelligence (m0026pp4)

[Repeat of broadcast at 16:00 on Wednesday]

THU 20:15 The Media Show (m002h03z)

[Repeat of broadcast at 16:15 on Wednesday]

THU 21:00 Loose Ends (m002gzhq)

[Repeat of broadcast at 18:15 on Saturday]

THU 21:45 One to One (m001mbw6)

Crying: Keith Brymer-Jones and Susie Orbach

Presenter of The Great Pottery Throwdown Keith Brymer-Jones finds that watching people create pottery often moves him to tears. In this episode he talks to psychotherapist Susie Orbach about why we cry and how it can be a form of communication.

Produced by Caitlin Hobbs for BBC Audio

THU 22:00 The World Tonight (m002h0fx)

What do Putin and Trump each want from Alaska summit?

As Alaska awaits the arrival tomorrow of the US and Russian Presidents, we're in Anchorage for a preview of their summit - and hear what one Ukrainian woman in the north-eastern city of Kharkiv expects from it.

Also on the programme:

Why has the pharmaceutical giant Eli Lilly decided to hike the price of the weight loss drug Mounjaro in the UK?

Israel says it will push ahead with plans to build more settlements in the West Bank. We have Palestinian reaction.

And the A-level student spending results day evening at her local pub - because she runs it. We speak to the UK's youngest pub landlady.

THU 22:45 An Artist of the Floating World by Kazuo Ishiguro (m002h0fz)

9: 'You are a traitor.'

Nobel Prize-winner Kazuo Ishiguro's classic novel set in post-WWII Japan, read by Tim McInnerny.

It is 1948. Japan is rebuilding after the horrors of the war, its people putting defeat behind them and looking to the future. The celebrated artist Masuji Ono fills his days in his garden with his two grown daughters and grandson, and his evenings drinking with old associates in the quiet lantern-lit bars of the old pleasure district. His should be a tranquil retirement. But as his memories continually return to the past, a dark shadow begins to grow over his serenity.

Today: Ono looks back to the moment he risked everything with his shocking decision to take his art in a new direction...

Writer: Kazuo Ishiguro
Reader: Tim McInnerny
Abridger: Richard Hamilton
Producer: Justine Willett

THU 23:00 Radical with Amol Rajan (m002h0g1)

Fake News: How We Can Save Ourselves From Disinformation (Eliot Higgins)

Conspiracy theories have flooded the internet in recent years and a growing number of people are avoiding mainstream news.

Eliot Higgins, founder of the open source investigative organisation Bellingcat, thinks this is partly down to a lack of trust in institutions, which is leading to a crisis of democracy in Britain and elsewhere.

He discusses why we need to spend less time online, improve media literacy and how Bellingcat has built a community of open source investigators on Discord.

Eliot also explains how his team tracked down the Russian agents behind the Salisbury poisonings, took on Putin's Kremlin and uncovered what really happened to Malaysian Airlines flight MH17.

GET IN TOUCH

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Episodes of Radical with Amol Rajan are released every Thursday and you can also watch them on BBC iPlayer: <https://www.bbc.co.uk/iplayer/episodes/m002f1d0/radical-with-amol-rajan>

Amol Rajan is a presenter of the Today programme on BBC Radio 4. He is also the host of University Challenge on BBC One. Before that, Amol was media editor at the BBC and editor at The Independent.

Radical with Amol Rajan is a Today Podcast. It was made by Lewis Vickers with Izzy Rowley. Digital production was by Gabriel Purcell-Davis. Technical production was by James Piper. The editor is Sam Bonham. The executive producer is Owenna Griffiths.

THU 23:30 Artworks (m002grr6)

Angry and Young

"If you're not angry, you're not paying attention," says one character in Dawn King's play about the climate crisis, The Trials.

"I learnt at an early age what it is to be angry - angry and helpless." In Look Back in Anger, a youthful Jimmy Porter rages against church, country and the docility of those he loves.

People working in theatre now - amid war, injustice and increasing authoritarianism - reflect on anger as a motivation for the 'art of words', its creative limitations and the eroding effect of the passing years.

With playwrights Dawn King and Georgia Bruce, director Atri Banerjee and Cress Brown of Cutting the Tights.

Including extracts from the 1959 film Look Back in Anger. Original music (Homage to Jimmy Porter) written and performed by Alan Hall.

Produced by Alan Hall
A Falling Tree production for BBC Radio 4

FRIDAY 15 AUGUST 2025

FRI 00:00 Midnight News (m002h0g3)
National and international news from BBC Radio 4

FRI 00:30 Trauma Industrial Complex by Darren McGarvey (m002h0f0)
[Repeat of broadcast at 11:45 on Thursday]

FRI 00:48 Shipping Forecast (m002h0g5)
The latest weather reports and forecasts for UK shipping

FRI 01:00 Selection of BBC World Service Programmes (m002h0g7)
BBC Radio 4 presents a selection of news and current affairs, arts and science programmes from the BBC World Service.

FRI 05:00 News Summary (m002h0g9)
National and international news from BBC Radio 4

FRI 05:04 The Briefing Room (m002h0f1)
[Repeat of broadcast at 16:00 on Thursday]

FRI 05:34 Shipping Forecast (m002h0gc)
The latest weather reports and forecasts for UK shipping

FRI 05:43 Prayer for the Day (m002h0gf)
How can we remember to remember God?

A spiritual comment and prayer to start the day with Yousra Samir Imran.

Good morning.

It feels like it was Friday only a couple of days ago. Scientists try to explain this quick passing of time, by saying that as we get older, our perception of time changes due to the slowing in the processing activity of our brains. But as a person of faith, the rapid passing of time has faith-based explanations.

In Islam, it is believed that one of the signs of the end of times, is time moving faster. A week feels like a day, a month like a week, and so on. This is due to the gradual loss of barakah, or blessing, in time. In several places in the Qur'an, Allah says humans, when they die, will be asked how much time they spent on Earth, and they will say, 'a day or part of a day.'

It turns out, one of the ways to remedy that, is to remember God more. Dhikr in Arabic, means remembrance, and it is a major Islamic spiritual practice outside of prayer. It is simply remembering God, whether out loud or in your heart, and it can be done pretty much anywhere at any time.

But how does one remember to remember God, when life is moving at 1000 mph?

I think about how my toddler, is building up a daily routine, which to me is now second nature – going to the toilet when he wakes up, washing his face and hands, or brushing his teeth. Perhaps I can apply that logic in building up a routine of remembering God. My hope is that eventually, it will become second nature.

Oh God, you do not forget us, your servants, so increase our ability to live in a way, that is constantly in your remembrance.

Ameen.

FRI 05:45 Farming Today (m002h0gh)
15/08/25: Rural buses, feeding lions, Inheritance tax analysis

MPs have told the Government 'ambitious action' is needed to improve bus services in rural England. The Transport Committee suggests rural weighting to give more money to councils in the countryside where it is more expensive to run services, along with a minimum service guarantee so communities can rely on regular buses. The Campaign To Protect Rural England tells us that poor public transport is one factor holding back growth in the rural economy.

Our exploration of ways to find markets for less popular cuts of meat takes us to a wildlife park.

And an independent analysis of controversial changes to Inheritance Tax on farms worth over a million pounds says that some smaller family farms will be affected, and that the measure could be targeted better.

Presenter = Charlotte Smith
Producer = Sarah Swadling

FRI 06:00 Today (m002h092)
News and current affairs, including Sports Desk, Weather and Thought for the Day.

FRI 09:00 Desert Island Discs (m002gzqj)
[Repeat of broadcast at 10:00 on Sunday]

FRI 10:00 Woman's Hour (m002h094)
Women in Afghanistan, Alison Goldfrapp, VJ Day, High St shopping

Four years after Taliban fighters retook the capital Kabul on 15 August 2021, UN Women, the gender equality agency, is warning that the situation for women and girls in Afghanistan is increasingly untenable. They say without urgent action, this untenable reality will become normalised and women and girls will be fully excluded. To discuss further Anita Rani is joined by Fawzia Koofi, former deputy speaker of the Afghan Parliament & peace negotiator, and BBC senior Afghan reporter Mahjooba Nowrouzi, recently returned from Afghanistan.

The synth-pop visionary Alison Goldfrapp has had multi-platinum album sales, unforgettable Glastonbury performances, Brit and Grammy nominations. She received an Ivor Novello for Strict Machine as well as the Ivor's Inspiration Award in 2021. Last year she completed a sold-out UK headline tour, cementing her reputation as one of the most compelling, dynamic and hypnotising live acts. Alison talks about her solo career and the idea behind her latest album Flux.

Topshop is relaunching this weekend with Cara Delevigne walking a catwalk show in Trafalgar Square. But with River Island closing stores around the country and Claire's Accessories also under threat, how healthy is the high street as a fashion shopping destination? Retail analyst Catherine Shuttleworth looks at what high street shopping is really like these days, how brands are diversifying, and whether Topshop can make a success of a relaunch.

Eighty years ago today, Japan unconditionally surrendered, following the US atomic bombing of Hiroshima and Nagasaki. The war in Asia and Pacific ended, and World War Two was finally over. Tens of thousands of British, and hundreds of thousands of soldiers from across Britain's empire had fought Japan. Thousands were taken as prisoners of war and held in appalling conditions. British civilians were also captured and interned. We learn about Shelagh Brown who was held captive for three and a half years, after fleeing her home in Singapore, then a British colony, when the Japanese invaded.

The Women's Rugby World Cup, being held in England, starts a week today. The BBC's Rugby Correspondent Sara Orchard runs us through everything we need to know.

Presenter: Anita Rani
Producer: Kirsty Starkey
Editor: Karen Dalziel

FRI 11:00 The Food Programme (m002h096)
The Crayfish Question

It's been nearly 50 years since invasive American Signal Crayfish were introduced to the UK, and we still haven't figured out how to get rid of them. Hugh Fearnley-Whittingstall joins Sheila Dillon to meet a man who believes the way to control their spread is to get more people eating them — but not everyone's convinced. These crustaceans are so invasive that ecologists worry encouraging consumption could lead to further spread. Meanwhile, in parts of the Southern US, crayfish are a beloved delicacy. Sheila heads to a crayfish boil in London to see how that tradition is being recreated here.

Presented by Sheila Dillon
Produced by Natalie Donovan for BBC Audio in Bristol

FRI 11:45 Trauma Industrial Complex by Darren McGarvey (m002h098)
Episode 5

There's been an explosion of trauma culture in the West over the last decade, ramped up by social media and its encouragement to shape, present and broadcast our own stories. But is this ownership helpful, or is it keeping people trapped? Could it even be warping public debate? In his new book The Orwell Prize-winning author of 'Poverty Safari' and 'The Social

Distance Between Us' shares hard-won wisdom from a life spent recovering in the public gaze.

When trauma grows bigger than an individual, how do we find the balance between personal recovery and societal change?

Written and read by Darren McGarvey
Abridged by Rosemary Goring
Producer: Eilidh McCreadie

Darren has just finished a run of 'Trauma Industrial Complex: The Live Show' at the Edinburgh Fringe.

FRI 12:00 VJ Day Silence (m002h09b)
Two-minute national silence to commemorate the 80th anniversary of VJ Day.

FRI 12:02 News Summary (m002h09d)
The latest national and international news from BBC Radio 4.

FRI 12:06 AntiSocial (m002h09g)
Asylum hotels

Anger has flared outside hotels used to house asylum seekers. Protestors say they are worried about illegal migration, cost to the taxpayer and a lack of consultation, but one issue seems to spark even more concern - the safety of women and children. Opponents have accused protestors of racism and whipping up hate.

Is there any evidence that asylum seekers are more likely to commit sexual offences? We trace the clamour for more data to answer that question.

Police have been given new guidance on disclosing the ethnicity and nationality of suspects in criminal cases - especially high profile ones. What might be the effect?

And why are so many asylum seekers currently housed in hotels anyway? We hear how the system is supposed to work and how it's evolved.

Presenter: Adam Fleming
Producers: Simon Tulett, Natasha Fernandes, Emma Close and Tom Gillett
Editor: Penny Murphy
Production coordinator: Janet Staples
Studio engineer: Annie Gardiner

FRI 12:57 Weather (m002h09j)
The latest weather forecast

FRI 13:00 World at One (m002h09l)
80th anniversary of VJ Day

As commemorations take place marking the 80th anniversary of VJ Day, we hear from one of the last surviving British officers to have served in the Burma Campaign. We get an update on news that the UK's bioethanol industry faces collapse. Plus, we catch up with three A level students we spoke to last year.

FRI 13:45 Understand (m002h09n)
The Trip

10. Unknown unknowns

During the early weeks of the pandemic, Tim Hayward spent 14 days in a coma. He remembers this time vividly – his days and nights filled with strange, incandescent visions and hallucinations. That experience is something he would never choose to revisit but, around the world, large numbers of people are deliberately seeking out powerfully altered states.

In this ten-part series, Tim sets out to better understand a group of substances that induce altered states: psychedelics.

There's been a surge of interest in their therapeutic potential for various mental health conditions - as well as a range of other clinical possibilities. As research around the world ramps up after years of taboo and prohibition he tries to get to grips with - or at least get a clearer sense of - how science, culture, politics and business might all interact in this changing psychedelic landscape, and what it all might mean.

He also explores what might be happening in the brain during a trip and whether, by studying psychedelics, we might uncover more about consciousness, imagination and even the mysteries of reality itself.

In this final episode, Tim explores how much there is still to understand about the therapeutic possibilities of psychedelics and, furthermore, what other insights research might lead us towards. Will curious minds be given the space to roam free?

Contributors:

Lucie Berkovitch, psychiatrist and neuroscientist, GHU Paris
 Psychiatrie et Neurosciences
 Osiris García Cerqueda, historian and sociologist, Program
 Coordinator, Indigenous Reciprocity Initiative (IRI)
 Gül Dölen, neuroscientist, University of California, Berkeley
 David Luke, psychologist and psychedelic researcher,
 University of Greenwich
 Andrew Penn, psychiatric nurse practitioner and psychedelics
 researcher, University of California San Francisco School of
 Nursing
 Peter Sjöstedt-Hughes, philosopher of mind and metaphysics,
 University of Exeter

Presenter: Tim Hayward

Series Producer: Richard Ward
 Executive Producer: Rosamund Jones
 Editor: Kirsten Lass
 Written by Tim Hayward and Richard Ward
 Sound Design and Mixing: Richard Ward
 Researcher: Grace Revill
 Production Executive: Lisa Lipman
 Commissioning Editor: Daniel Clarke
 A Loftus Media production for BBC Radio 4

FRI 14:00 The Archers (m002h09q)

[Repeat of broadcast at 19:00 on Thursday]

FRI 14:15 Limelight (m002gw5t)

Central Intelligence: Series 2

Episode 9

The story of the CIA, told from the inside out by veteran agent
 Eloise Page. Starring Kim Cattrall, Ed Harris and Johnny Flynn.

In Episode 9... After the Bay of Pigs disaster, JFK demands
 accountability - CIA Director Allen Dulles is out. In his place,
 chaos brews. Enter Ed Lansdale, the CIA's eccentric covert
 action operative, tasked with a bold mission - kill Castro by any
 means necessary.

Exploding cigars, poisoned wetsuits, and psychological warfare
 take centre stage, as Richard Helms watches his long-game
 strategy inch closer to deadly execution.

Cast:

Eloise Page.....Kim Cattrall
 Allen Dulles.....Ed Harris
 Richard Helms.....Johnny Flynn
 Young Eloise Page.....Elena Delia
 John 'Jack' F. Kennedy.....Armand Schultz
 Bob McNamara.....Rob Benedict
 Bobby Kennedy.....Eric Sirakian
 Richard Bissell.....Ian Porter
 Clover Dulles.....Laurel Lefkow
 Roger Maheu.....Adam Sina
 John McCone.....Tim Ahern
 "Joe".....Raad Rawi

All other parts played by members of the cast.

Written by Greg Haddrick

Created by Greg Haddrick & Jeremy Fox

Directed by John Scott Dryden

Original music by Sacha Puttnam

Sound Designers & Editors: John Scott Dryden, Adam
 Woodhams, Martha Littlehailes & Andreina Gomez Casanova
 Script Consultant: Misha Kawnel
 Script Supervisor: Alex Lynch
 Trails: Jack Soper
 Sonica Studio Sound Engineers: Paul Clark & Paul Clark
 Sonica Runner: Flynn Hallman
 Marc Graue Sound Engineers, LA: Juan Martin del Campo &
 Tony Diaz

Director: John Scott Dryden

Producer & Casting Director: Emma Hearn

Executive Producers: Howard Stringer, Jeremy Fox, Greg
 Haddrick and John Scott Dryden

A Goldhawk production for BBC Radio 4

FRI 14:45 Uncharted with Hannah Fry (m0022sk3)

15. Song of the Sea

A PhD student with a passion for whales stumbles upon
 something strange. An eerie sound deep beneath the ocean
 waves is about to rock her world.

Producer Lauren Armstrong Carter

Sound Designer: Jon Nicholls

Story Editor: John Yorke

FRI 15:00 Gardeners' Question Time (m002h09s)

Hyde Hall: Latin Names, Water Butts and Plant Superpowers

What can gardening clubs do to entice new members? How do
 the panel handle their plant addiction? If you were to have a
 plant superpower, which would it be and why?

It's party time in the garden once again! Gardeners' Question
 Time returns with the much-anticipated GQT Summer Garden
 Party, recorded at the breathtaking RHS Garden Hyde Hall in
 Essex.

This week, Peter Gibbs leads the horticultural festivities as a
 vibrant panel of plant pros take on questions from a crowd of
 passionate and curious gardeners. On the panel - proud
 plantswoman Christine Walkden, pest and disease detective
 Pippa Greenwood, and botanical explorers James Wong and Dr
 Chris Thorogood.

Expect expert insights, surprising solutions, and a whole lot of
 garden inspiration in this special summer celebration of all
 things green and growing.

Producer: Matthew Smith

Assistant Producer: Suhaar Ali

Assistant Producer: Rocky Cocker

Junior Producer: Rahnee Prescod

A Somethin' Else production for BBC Radio 4.

FRI 15:45 Short Works (m002h09v)

The Listener by Louise Farr

An original short story specially commissioned by BBC Radio 4
 from the writer Louise Farr. Read by Roísín Gallagher ('The
 Dry').

The Author

Louise Farr is a teacher and writer from Northern Ireland. In
 2018, she was won the Benedict Kiely Short Story Competition
 and The Trisha Ashley Award. In 2019, she won The Ink Tears
 Short Story Competition and The Dalkey Writing Festival Short
 Story Competition. In 2020, Louise was shortlisted for the
 Benedict Kiely Short Story Competition and her story 'Tinder'
 was nominated for the An Post Short Story of the Year Award.

Writer: Louise Farr

Reader: Roísín Gallagher

Producer: Michael Shannon

A BBC Audio Northern Ireland Production for BBC Radio 4.

FRI 16:00 Last Word (m002h09x)

Jim Lovell, Biddy Baxter, Razia Jan, Iris Williams

Matthew Bannister on

Jim Lovell, the astronaut who commanded the ill-fated Apollo
 13 mission.

Biddy Baxter, the editor who left an indelible stamp on the
 children's TV show Blue Peter. Sarah Greene pays tribute.

Razia Jan, the Afghan/American who founded a school for girls
 in Afghanistan after 9/11.

Iris Williams, the Welsh born singer whose career took off after
 an appearance on Radio 2.

Producer: Ed Prendeville

Archive used:

The Festival of Politics, The Scottish Parliament, 2009; Jim
 Lovell on Apollo 13 Mission, permission granted by NASA
 Media Team; 13 Minutes Presents: The Space Shuttle – Apollo
 13: Bonus 1. Jim Lovell, 14/04/2020; Desert Island Discs, BBC
 Radio 4, 06/06/2014; Blue Peter, BBC One, 18/11/1963; The
 Things We Forgot to Remember, BBC Radio 4, 30/05/2005

FRI 16:30 Sideways (m002h038)

[Repeat of broadcast at 09:00 on Wednesday]

FRI 17:00 PM (m002h09z)

News and current affairs, reporting on breaking stories and
 summing up the day's headlines

FRI 18:00 Six O'Clock News (m002h0b1)

President Trump and President Putin prepare to meet

President Trump will welcome Vladimir Putin to Alaska for a
 summit that many believe could determine the future of
 Ukraine. Also: the UK's bioethanol industry is facing collapse
 after the government decided not to offer the sector a rescue
 package. And the King praises the courage of the veterans who

fought in the far-east on the 80th anniversary of VJ Day.

FRI 18:30 Too Long; Didn't Read (m002h0b3)

Series 2

We've got our work cut out

With unemployment on the rise, Catherine and friends want to
 know why Britain isn't working. Is it AI? Is it older workers
 taking early retirement? Or is there something bigger going on?

To find out why, Catherine is joined by Hugo Rifkind, Isabel
 Berwick, and roving correspondent Sunil Patel - and they've got
 their work cut out...

Written by Catherine Bohart, with Madeleine Brettingham,
 Georgie Flinn and Christina Riggs.

Producer: Alison Vernon Smith

Executive Producers: Lyndsay Fenner & Victoria Lloyd

Sound Design: David Thomas

Production Co-ordinator: Katie Sayer

A Mighty Bunny production for BBC Radio 4

FRI 19:00 The Archers (m002h0b5)

Lynda drops entry forms in to Lilian at the Dower House, to be
 distributed for the Flower & Produce Show, which Grey Gables
 is hosting. Lynda admits she and Dane now make rather a good
 team; the show will retain the finest Ambridge tradition. She
 then reflects on the lessons learned from forgetting to thank
 Akram, and the current coolness between her and Robert. She
 gratefully accepts Lilian's offer of a meal at The Bull.

Brian bumps into them there and queries Lynda's decision to
 leave Ambridge. Lynda tells him it was a joke – she's not going
 anywhere. Inviting Brian to join them Lilian and Lynda play a
 lighthearted game about who should leave the village first,
 cheering each other up in the process.

When Martyn tells Jazzer he can't believe Marlene likes him,
 Jazzer assures Martyn that tonight's double-date will be fine.
 They'll have a good night. He tells a different story to Tracy
 though – he's dreading every minute. Tracy tells him to shut up
 and make the best of it. But after an hour with Martyn at the
 restaurant waiting for Marlene to show up, the atmosphere is
 excruciating. Then Tracy gets a message: Marlene isn't coming.
 Jazzer's all for eating the meal anyway, but Tracy suggests going
 for kebabs instead. Later tearful Martyn confirms it's all over
 between him and Marlene. Jazzer suggests Martyn might prefer
 to be alone, but he wants to stay. He's grateful for their
 friendship. To Jazzer's horror Tracy assures Martyn their door
 will always be open.

FRI 19:15 Add to Playlist (m002g177)

Victoria Canal and Roderick Williams launch a brand new
 series

Jeffrey Boakye and Anna Phoebe return with a new series, in
 the company of two studio guests - Spanish-American singer-
 songwriter and composer Victoria Canal, and baritone and
 composer Roderick Williams. Kicking things off with that
 Rickrolling earworm, the first five tracks include a celebrated
 Bizet composition and some playful Lovecats with a very
 distinctive bassline.

Producer: Jerome Weatherald

Presented with musical direction by Jeffrey Boakye and Anna
 Phoebe

The five tracks in this week's playlist:

Never Gonna Give You Up by Rick Astley

Au fond du temple saint by Georges Bizet

Paper Planes by M.I.A.

Paper Bag by Fiona Apple

The Lovecats by The Cure

Other music in this episode:

Finale of the William Tell Overture by Gioachino Rossini, arr
 Hans Zimmer

Paradise by Coldplay

Never Gonna Give You Up by Rick Astley (from Pianoforte)

Straight to Hell by The Clash

FRI 20:00 Any Questions? (m002h0b7)

Elisabeth Braw, Stephen Doughty MP, Mark Serwotka, Lord
 Vaizey

Alex Forsyth presents political debate from the Royal Electrical
 and Mechanical Engineers (REME) military museum in
 Lyneham, Wiltshire, with Elisabeth Braw, a defence and
 security expert, and senior fellow at the Atlantic Council think
 tank; foreign office minister and Labour MP, Stephen Doughty;

the former president of the Trades Union Congress (TUC), Mark Serwotka; and Conservative peer and former culture minister, Lord Vaizey of Didcot.

Producer: Paul Martin
Lead broadcast engineer: Nick Ford

FRI 20:55 This Week in History (m002h03g)
[Repeat of broadcast at 11:40 on Wednesday]

FRI 21:00 Archive on 4 (m000zcl0)
The Greenham Effect

As a child Rebecca Mordan protested at Greenham. Forty years since it began, she explores the peace camp's profound impact on the women there and on the whole of British society.

Drawing upon a unique and rich new oral history of over a hundred women who lived, campaigned and threw their all into the Greenham protests, Rebecca explores how their experience changed them and the wider world. She meets the two women who first had the idea of a protest at Greenham, and others who went to jail for their beliefs. She also meets Michael Heseltine, the minister in Mrs Thatcher's government tasked with stopping the protests having any impact.

The Greenham Effect uncovers how the methods and experiences of the Greenham women transformed many women's lives and how they now shape protest and female empowerment in our world today.

FRI 22:00 The World Tonight (m002h0b9)
Trump and Putin meet in Alaska

Donald Trump and Vladimir Putin are holding talks in Alaska on ending the war in Ukraine. We get the latest from Anchorage and ask: does being in the room with the Russian president make the difference?

A Conservative MP accuses the prime minister of putting the British bioethanol industry at the mercy of the US.

And why the Australian film Picnic at Hanging Rock is still unsettling audiences half a century on.

FRI 22:45 An Artist of the Floating World by Kazuo Ishiguro (m002h0bc)
10: 'Things have gone much too far.'

The final episode of Nobel Prize-winner Kazuo Ishiguro's classic novel set in post-WWII Japan, read by Tim McInnerny.

Japan is rebuilding after the horrors of the war, its people putting defeat behind them and looking to the future. The celebrated artist Masuji Ono fills his days in his garden with his two grown daughters and grandson, and his evenings drinking with old associates in the quiet lantern-lit bars of the old pleasure district. His should be a tranquil retirement. But as his memories continually return to the past, a dark shadow begins to grow over his serenity.

Today: after coming to terms with some of difficult truths from his past, Ono looks to the future...

Writer: Kazuo Ishiguro
Reader: Tim McInnerny
Abridger: Richard Hamilton
Producer: Justine Willett

FRI 23:00 Americast (w3ct7t5s)

What's really behind Trump's crime crackdown?

What is really behind Donald Trump's decision to send the National Guard into Washington DC, and what could it mean for other states in America?

As troops arrive into DC, after Trump said the deployment was necessary to bring down crime and homelessness, Sarah and Justin talk about why the US president has made the announcement now.

We also discuss crime rates, particularly as his opponents say the figures are trending downward in DC, and how this deployment might expand to other Democratic cities.

Plus, we answer your questions on whether this is just a distraction technique to "flood the zone" away from the Epstein files.

HOSTS:
• Sarah Smith, North America Editor
• Justin Webb, Radio 4 Presenter

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- Email Americast@bbc.co.uk
- Or use #Americast

This episode was made by George Dabby with Grace Reeve and Rufus Gray. The technical producer was Michael Regaard. The series producer is Purvee Pattni. The senior news editor is Sam Bonham.

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Newscast: <https://www.bbc.co.uk/sounds/series/p05299nl>
Ukrainecast: <https://www.bbc.co.uk/sounds/brand/p0bqztzm>
Radical with Amol Rajan: <https://www.bbc.co.uk/sounds/brand/p0gg4k6r>

FRI 23:30 Illuminated (m000r3n8)
[Repeat of broadcast at 19:15 on Sunday]