

SATURDAY 16 AUGUST 2025**SAT 00:00 Midnight News (m002h0bh)**

National and international news from BBC Radio 4

SAT 00:30 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.

SAT 00:48 Shipping Forecast (m002h0bk)

The latest weather reports and forecasts for UK shipping

SAT 01:00 Selection of BBC World Service Programmes (m002h0bm)

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

SAT 05:30 News Summary (m002h0bp)

National and international news from BBC Radio 4

SAT 05:34 Shipping Forecast (m002h0br)

The latest weather reports and forecasts for UK shipping

SAT 05:43 Prayer for the Day (m002h0bt)

Spiritual reflection to start the day with Dr Linden Bicket, a teacher of literature and religion at Edinburgh University's School of Divinity

SAT 05:45 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

SAT 06:00 News and Papers (m002h9fn)

The news headlines, including a look at the newspapers.

SAT 06:07 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

SAT 06:30 Farming Today (m002h9fq)

The latest news about food, farming and the countryside

SAT 06:57 Weather (m002h9fs)

The latest weather reports and forecast

SAT 07:00 Today (m002h9fv)

Today (Saturday)

SAT 09:00 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 Yusef 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 Yusef 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

SAT 09:30 Natalie Haynes Stands Up for the Classics (m002gzzy)

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

SAT 10:00 You're Dead To Me (m002h9fx)

India between empires: the long 18th century

Greg Jenner is joined in early modern India by historian Dr Jagjeet Lally and comedian Nish Kumar to learn all about the subcontinent's dynamic eighteenth century. From the sixteenth century, the dominant power in India was the Mughal Empire. According to the traditional narrative, when the Mughals began to decline in the eighteenth century, the subcontinent descended into political chaos, and European trading powers – most notably the British East India Company – swooped in to take advantage and (in their words) restore order. But can we trust this story? In this episode, we look at India's long eighteenth century not as a period of chaos, but one of dynamic transformation and exciting developments. Taking in the rise of new powers including the Marathas, the Rajputs and the Sikh

Empire, and looking at changes in the economy, global trade, artistic patronage and gender relations, we explore what India was really like at this time.

If you're a fan of the history of globalisation, the connections between politics, economics and social relations, and debunking historical myths, you'll love our episode on the long eighteenth century in India.

If you want to know more about the history of India, check out our episodes on the Mughals and Bollywood. And for more eighteenth-century history, there's our episode on Black Georgian England.

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

Hosted by: Greg Jenner
Research by: Clara Chamberlain
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 Sellars

SAT 10:30 Artworks (m0021b8j)

Art that Conquered the World

The Hay Wain

We have been making art for tens of thousands of years. But very few of these many millions of images have become truly famous.

Only a handful of artworks have entered popular culture, as fridge magnets, greetings cards and biscuit tins – becoming instantly recognisable all over the world.

Art historian Dr James Fox tells the story of one such painting, John Constable's The Hay Wain.

For more than a century, The Hay Wain has been all around us. It's been reproduced in magazines and on merchandise, in cartoons and advertisements and featured on propaganda posters and at protests. But why did it hit the big time?

Christine Riding of The National Gallery and the photomontage artist and activist Peter Kennard contribute as James traces The Hay Wain's progress through the artistic stratosphere to global celebrity.

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

SAT 11:00 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

* WhatsApp: 0330 123 9480
* 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-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.

SAT 11:30 From Our Own Correspondent (m002h9g0)
Afghanistan's hidden lives

Kate Adie presents stories from Afghanistan, China, Japan and Tajikistan.

In Afghanistan's Ghor Province, Mahjooba Nowrouzi reports from a small maternity hospital where two female doctors serve thousands of patients. With limited resources and financial support, the odds are stacked against them - and against the women they tend to and treat.

Last year, BBC Radio 4's Crossing Continents aired the award-winning documentary 'Our Whole Life is a Secret', which charted the daily life of a young Afghan woman. In this dispatch, she provides an update on her life today, four years after the Taliban returned to power.

In Beijing, pro-democracy campaigners regularly face surveillance and restrictions on their movement. Among them is human rights lawyer Wang Quanzhang, who was arrested in 2015 and imprisoned for 'subverting state power'. Danny Vincent heard about his life since his release.

It's 80 years since Japan's Emperor Hirohito surrendered to allied forces in World War II after the US dropped two atomic bombs on the cities of Hiroshima and Nagasaki, bringing an end to the six-year-long conflict. Ellie House encountered a group of schoolchildren in Hiroshima's peace park - and learned more about how the war is remembered there.

In the Tajikistan the endangered striped hyena is fighting for survival. Tajik conservationists have been working hard to save this elusive and much misunderstood animal. Antonia Bolingbroke-Kent met them on a trek into the mountains.

Series Producer: Serena Tarling
Production Coordinators: Katie Morrison & Sophie Hill
Editor: Richard Fenton-Smith

SAT 12:00 News Summary (m002h9g2)
The latest national and international news from BBC Radio 4.

SAT 12:04 Sliced Bread (m002dpn7)
Toast - FHM

FHM was the men's magazine that sold vastly more copies than any of its competitors but still ended up toast. So, why did its publishers stop printing it while other men's magazines survived?

The BBC Business journalist, Sean Farrington, charts its highs and lows in the company of four of FHM's former editors.

Alongside them is the entrepreneur, Sam White, who has to use her business acumen to reach her own conclusions based upon what she has heard.

Featuring in the show are:

- Eric Musgrave - the original editor of 'For Him Magazine' as it was known when it launched in 1985

- Mike Soutar - the FHM editor who took sales to over half-a-million a month in the late 1990s

- Piers Henu - FHM's editor-at-large who took to the airwaves to defend lads' mags against accusations of sexism

- Joe Barnes - who edited the magazine for four years until shortly before its print publication ceased

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 (m002h0b3)
Series 2

Episode 4

Columns. Analysis. The Guardian's Long Read. Who has time? Catherine Bohart, that's who, and she's going beyond the headlines to give you the lowdown on one of the biggest stories this week, with the help of Hugo Rifkind, and our regular roving correspondent Sunil Patel.

Written by Catherine Bohart, with Madeleine Brettingham, Tom Neenan and Pravanya Pillay.

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 (m002h9g4)
The latest weather forecast

SAT 13:00 News (m002h9g6)
National and international news from BBC Radio 4

SAT 13:10 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

SAT 14:05 Any Answers? (m002h9g8)
Listeners respond to the issues raised in the preceding edition of Any Questions?

SAT 14:45 The Archers (m002h0b5)
Writer: Sarah Hehir
Director: Helen Aitken
Editor: Jeremy Howe

10th – 15th August

Brian Aldridge.... Charles Collingwood
Pip Archer.... Daisy Badger
Lilian Bellamy.... Sunny Ormonde
Susan Carter.... Charlotte Martin
Neil Carter.... Brian Hewlett
Alan Franks.... John Telfer
Tracy Horrobin.... Susie Riddell
Adam Macy.... Andrew Wincott
Kate Madikane.... Perdita Avery
Akram Malik.... Asif Khan
Zainab Malik.... Priyasha Kumari
Jazzer McCreary.... Ryan Kelly
Kirsty Miller.... Annabelle Dowler
Stella Pryor.... Lucy Speed
Lynda Snell.... Carole Boyd
Robert Snell.... Michael Bertenshaw
Dane.... Stravros Demetraki

SAT 15:00 And Other Stories: Katherine Mansfield (m000lsty)
2. Daughters of the Late Colonel, The Garden Party, Ma Parker & Her First Ball.

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

This second instalment contains four stories of age and experience.

* DAUGHTERS OF THE LATE COLONEL: Jug and Con's fear of their father's disapproval continues even after he has died.

Katherine Mansfield Hattie Morahan
Josephine Rosie Cavaliero
Constantia Clare Corbett
The Late Colonel Michael Bertenshaw
Kate Cecilia Appiah
Mr Farolles Carl Prekopp
Nurse Andrews Charlotte East
Cyril Luke Nunn

* THE GARDEN PARTY: Laura learns, briefly, the awful gap between her class and that of a dead neighbour on the day of her mother's garden party.

Katherine Mansfield Hattie Morahan
Laura Cecilia Appiah
Mrs Sheridan Rosie Cavaliero
Mr Sheridan Michael Bertenshaw
Laurie Luke Nunn
Cook Rose Basista
Sadie Clare Corbett

Man Carl Prekopp
Josie Charlotte East

* LIFE OF MA PARKER: The cleaner for a Literary Gentleman discovers she has absolutely nowhere to grieve when her grandson dies.

Life of Ma Parker:
Katherine Mansfield Hattie Morahan
Ma Parker Rosie Cavaliero
Literary Gentleman Michael Bertenshaw
Doctor Carl Prekopp
Lennie Orla Pearce

* HER FIRST BALL: Leila learns that the joy of a ball, and of being young and free, is short-lived and destined to end.

Katherine Mansfield Hattie Morahan
Leila Rose Basista
Laura Cecilia Appiah
Man 1 & 3 Carl Prekopp
Josie Charlotte East
Man 2 Luke Nunn
Old Man Michael Bertenshaw

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 (m002h9gb)
Highlights from the Woman's Hour week

SAT 17:00 PM (m002h9gd)
Full coverage of the day's news

SAT 17:30 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

SAT 17:54 Shipping Forecast (m002h9gg)
The latest weather reports and forecasts for UK shipping

SAT 17:57 Weather (m002h9gj)
The latest weather reports and forecast

SAT 18:00 Six O'Clock News (m002h9gl)
National and international news from BBC Radio 4

SAT 18:15 Loose Ends (m002h9gn)
Ruth Jones, Jordan Gray, Jamie MacDonald, Dylan Adler, Hot Mess, James Emmanuel

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.

Ruth Jones' latest book By Your Side is partly set in Scotland, and she'll be in the capital sharing some of her pet peeves that have found their way on to its pages. Comedian and actor Jordan Gray is having a busy summer, her new sitcom Transaction hit our screens in June and her stage show promises to be her rootin'-est, tootin'-est, shootin'-est hour of musical comedy so far. Stand-up Jamie MacDonald doesn't want being blind to shut down his opportunities to be loathsome and toxic. Plus comedian Dylan Adler on growing up one half of a pair of identical gay twins.

With music from Hot Mess, a musical that rides the highs and lows of Earth and Humanity's passionate love affair, and Nigerian singer-songwriter James Emmanuel shares his love for Edinburgh, the city he now calls home.

<p>Presenter: Clive Anderson Producer: Caitlin Sneddon</p> <p>SAT 19:00 The Bottom Line (m002h9gq) The Decisions That Made Me</p> <p>Sophie O'Brien (Pollen Careers, CEO)</p> <p>After 14 years of having a successful career in media, Sophie found herself unemployed. She thought with her skills and experience finding a new role would be easy, but it was the opposite. After struggling with applications and repeated denials, Sophie decided she wanted to change the process of applying for a job. The employment specialist talks to Evan Davis about how she's trying to change the way recruitment works with her business Pollen Careers.</p> <p>Production team: Producers: Nick Holland, Georgiana Tudor Editor: Matt Willis Sound: John Scott Production co-ordinator: Katie Morrison</p> <p>SAT 19:15 The Infinite Monkey Cage (m002fxn9) Series 33</p> <p>Moths v Butterflies - Katy Brand, Jane Hill and Chris Jiggins</p> <p>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!</p> <p>Producer: Olivia Jani Series Producer: Melanie Brown Executive Producer: Alexandra Feachem</p> <p>BBC Studios Audio Production</p> <p>SAT 20:00 Archive on 4 (m002h9gs) Damage and Repair</p> <p>Restorative Justice is a fascinating but under-acknowledged part of our criminal justice system. It seeks to deliver justice that heals, engaging in dialogue people who have caused harm and those who have been the victims of crime.</p> <p>It gives victims the chance to talk about the impact of a crime and seek answers about why it happened. And it can provide people who have committed crimes with a new perspective, allowing them to move forward as constructive, positive citizens.</p> <p>Yet despite it being part of the Ministry of Justice's policy on dealing with victims of crime to make them aware of restorative justice, only a tiny fraction of people even know that it is an option.</p> <p>Presenter Hilary Ineomo-Marcus spent time in prison, and although he didn't go through a formal restorative justice process himself, he has spoken publicly about the offence he committed, addressing the harm that it caused to the people around him and allowing him to move forward.</p> <p>In this remarkable programme, Hilary explores the history of restorative justice in the UK, hearing powerful testimony from people with first-hand experience of the practice.</p> <p>With thanks to: Nick Dawson; Amanda Hamblin; Teresa Parker; Sir Charles Pollard; Khamran Uddin, interviewed by Paula Harriott and Phil Maguire from The Secret Life of Prisons podcast; Professor Kelly Richards, School of Justice at Queensland University of Technology; Debbie Waters, chair of the Restorative Justice Council UK; Caroline Willis, headteacher of Millpool Campus, City of Birmingham School, and pupils Ayaan, Kian and Jamie; The Why Me? oral history project 'Damage and Repair: 20 Years of Restorative Justice'.</p> <p>Producer: Becca Bryers Executive Producer: Andrew Wilkie A Prison Radio Association production for BBC Radio 4</p> <p>SAT 21:00 Understand (m002h9gv) The Trip</p>	<p>The Trip: Omnibus 2</p> <p>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.</p> <p>In this series, Tim sets out to better understand a group of substances that induce altered states: psychedelics.</p> <p>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.</p> <p>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.</p> <p>This is the second of two omnibus editions.</p> <p>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</p> <p>Audio footage from Psychedelic Science 2023 and 2025 used with permission from the Multidisciplinary Association for Psychedelic Studies (MAPS).</p> <p>SAT 22:00 News (m002h9gx) National and international news from BBC Radio 4</p> <p>SAT 22:15 The Food Programme (m002h096) The Crayfish Question</p> <p>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.</p> <p>Presented by Sheila Dillon Produced by Natalie Donovan for BBC Audio in Bristol</p> <p>SAT 23:00 Crybabies Present... (m002h7ng) Series 1</p> <p>Shootout</p> <p>When villains hijack the biggest event on the planet (the Football Cup Final) the only man who can save the day is catering manager Skips McCoy. Can he save the world from disaster? Will he conquer the demons of his past? Did he bring enough tiny burgers?</p> <p>Buckle up for an all action blockbuster as Crybabies bring the big screen to your normal sized radio.</p> <p>Written and performed by Michael Clarke, James Gault & Ed Jones.</p> <p>Featuring Jim Howick and Chiara Goldsmith</p> <p>Production Co-ordinator - Laura Shaw</p> <p>Sound Design by David Thomas and Victoria Freund</p> <p>Producer - Benjamin Sutton</p> <p>Executive Producer - Joe Nunnery</p> <p>A Boffola Pictures production for BBC Radio 4</p> <p>SAT 23:30 Nature Table (m001fvzx) Series 3</p> <p>Episode 2</p>	<p>Celebrating the natural world and all it's funny eccentricities.</p> <p>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.</p> <p>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.</p> <p>Recorded at ZSL London Zoo.</p> <p>In this episode, Sue welcomes:</p> <p>* Zoologist and Author Lucy Cooke * Conservationist and Zoologist Megan McCubbin * Comedian Felicity Ward</p> <p>Written by Catherine Brinkworth, Jon Hunter, Jenny Laville and Nicky Roberts.</p> <p>Additional material by Kat Sadler.</p> <p>Producer: Simon Nicholls</p> <p>A BBC Studios production for BBC Radio 4.</p> <p>SUNDAY 17 AUGUST 2025</p> <p>SUN 00:00 Midnight News (m002h9gz) National and international news from BBC Radio 4</p> <p>SUN 00:15 Take Four Books (m002gzqz) Irvine Welsh</p> <p>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.</p> <p>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.</p> <p>The supporting contributor for this episode is the writer and author of Scabby Queen - Kirstin Innes.</p> <p>Producer: Dominic Howell Editor: Gillian Wheelan This is a BBC Audio Scotland production.</p> <p>SUN 00:48 Shipping Forecast (m002h9h1) The latest weather reports and forecasts for UK shipping</p> <p>SUN 01:00 Selection of BBC World Service Programmes (m002h9h3) BBC Radio 4 presents a selection of news and current affairs, arts and science programmes from the BBC World Service.</p> <p>SUN 05:30 News Summary (m002h9h5) National and international news from BBC Radio 4</p> <p>SUN 05:34 Shipping Forecast (m002h9h7) The latest weather reports and forecasts for UK shipping</p> <p>SUN 05:43 Bells on Sunday (m002h9h9) St Mary's Church in Earl Stonham, Suffolk.</p> <p>Bells on Sunday comes from St Mary's Church in Earl Stonham, Suffolk. The Church is known for its ornate single hammerbeam roof decorated with carved angels, animals and foliage. There are six bells including two dating from the 15th century. The Tenor bell weighs nine nd a half hundredweight and is tuned to the note of G-flat. We now hear them ringing Cambridge Surprise Minor.</p> <p>SUN 05:45 In Touch (m002h002) Macular Society Update; Deafblind in Scotland</p> <p>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</p>
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<p>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.</p> <p>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.</p> <p>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.</p> <p>SUN 06:00 News Summary (m002h9m7) The latest national and international news from BBC Radio 4</p> <p>SUN 06:05 Heart and Soul (w3ct6vp3) Rāgas and Redemption: Alam Khan's spiritual legacy</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>[Photo Description: (Left to Right) Rajeev Gupta and Alam Khan in front of a photo of Ali Akbar Khan, Photo Credit: Rajeev Gupta]</p> <p>Producer/presenter: Rajeev Gupta Editor: Chloe Walker Production co-ordinator: Mica Nepomuceno</p> <p>SUN 06:35 On Your Farm (m002h9m9) The Rush Harvest</p> <p>Charlotte Smith wades into the River Great Ouse to see the rush harvest. Felicity Irons cuts the wild rush in the summertime, carrying it by punt back to the shore. In her Bedfordshire workshop she makes rush matting and baskets which are shipped all over the world.</p> <p>Produced by Beatrice Fenton.</p> <p>SUN 06:57 Weather (m002h9mc) The latest weather reports and forecast</p> <p>SUN 07:00 News and Papers (m002h9mf) National and international news from BBC Radio 4</p> <p>SUN 07:10 Sunday (m002h9mh) A look at the ethical and religious issues of the week</p> <p>SUN 07:54 Radio 4 Appeal (m002h9mk) The Holocaust Educational Trust</p> <p>Jason Isaacs makes the Radio 4 Appeal on behalf of The Holocaust Educational Trust. The charity educates people about the Holocaust through its projects and uses technology to preserve and share the testimonies of survivors.</p> <p>The Radio 4 Appeal features a new charity every week. Each</p>	<p>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 'The Holocaust Educational Trust'. - Cheques should be made payable to 'The Holocaust Educational Trust'. - You can donate online at bbc.co.uk/appeal/radio4 - Please ensure you are donating to the correct charity by checking the name of the charity on the donate page.</p> <p>Registered Charity Number in England and Wales: 1092892, and in Scotland: SC042996. If you'd like to find out more about the charity's work visit *https://www.het.org.uk *The BBC is not responsible for content on external websites Producer: Katy Takatsuki</p> <p>SUN 07:57 Weather (m002h9mm) The latest weather reports and forecast</p> <p>SUN 08:00 News and Papers (m002h9mp) The news headlines, including a look at the newspapers.</p> <p>SUN 08:10 Sunday Worship (m002h9mr) In the Footsteps of Popes and Pilgrims</p> <p>A pilgrimage to Rome with young adults from the Diocese of Salford as they attend the Jubilee of Youth and enter the Holy Doors, opened by Pope Francis to mark the start of the Jubilee Year.</p> <p>As they visit Rome's holiest sites and meet other young Catholics from around the world, they reflect on their faith, the legacy of Pope Francis and their hopes for Pope Leo XIV.</p> <p>The pilgrimage is led by Fr. Christopher Gorton and the preacher is the Rt Revd John Arnold, Bishop of Salford.</p> <p>Producer: Katharine Longworth</p> <p>MUSIC</p> <p>Christ be our Light (Bernadette Farrell) Choirs of the Diocese of Leeds</p> <p>Make me a Channel of your Peace (Sebastian Temple) Geraldine Latty</p> <p>Ubi Caritas (Maurice Duruflé) The Cambridge Singers</p> <p>Brother, sister, let me serve you (Richard Gillard) The Northumbria Community</p> <p>Tu es Petrus (G P da Palestrina) Stile Antico</p> <p>Lord, I lift Your name on high (Rick Founds) AMC Gospel Choir</p> <p>Pilgrims of Hope (Francesco Meneghello & Pierangelo Sequeri) English translation by Andrew Wadsworth Choir of the Basilica of the National Shrine of the Immaculate Conception, Washington</p> <p>SUN 08:48 Witness History (w3ct743r) Sweden's shocking sugar experiment</p> <p>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.</p> <p>Researchers considered the study a success as it led to new recommendations for children to eat sweets just once a week.</p> <p>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.</p> <p>Elin tells Frida Anund about the revelations.</p> <p>A PodLit production.</p> <p>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.</p>	<p>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 Família; 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.</p> <p>(Photo: A sugar cube. Credit: Getty Images)</p> <p>SUN 08:58 Tweet of the Day (m002h9mt) George McGavin on the Snowy Owl</p> <p>Entomologist and wildlife presenter George McGavin describes a magical encounter with a snowy owl. The sighting happened while George was on a university field recording trip fifty years ago, on the island of Unst in Shetland. Snowy owls primarily live in the polar Arctic regions, and while a small number have previously bred in Shetland, they remain rare visitors, so to spot one in the British Isles is incredibly lucky.</p> <p>Presented by George McGavin and produced by Sophie Anton for BBC Audio in Bristol</p> <p>Featuring a recording from Xeno-Canto by Patrik Åberg: Snowy owl - XC277682</p> <p>SUN 09:00 Broadcasting House (m002h9mw) The Sunday morning news magazine programme. Presented by Paddy O'Connell</p> <p>SUN 10:00 Desert Island Discs (m002h9my) Maggie Alphonsi, broadcaster and former rugby player</p> <p>Maggie Alphonsi, broadcaster and former rugby player, shares the eight tracks, book and luxury item she would take with her if cast away to a desert island. With Lauren Laverne.</p> <p>SUN 11:00 The Archers Omnibus (m002h9n0) Writer: Sarah Hehir Director: Helen Aitken Editor: Jeremy Howe</p> <p>10th – 15th August</p> <p>Brian Aldridge.... Charles Collingwood Pip Archer.... Daisy Badger Lilian Bellamy.... Sunny Ormonde Susan Carter.... Charlotte Martin Neil Carter.... Brian Hewlett Alan Franks.... John Telfer Tracy Horrobin.... Susie Riddell Adam Macy.... Andrew Wincott Kate Madikane.... Perdita Avery Akram Malik.... Asif Khan Zainab Malik.... Priyasasha Kumari Jazzer McCreary.... Ryan Kelly Kirsty Miller.... Annabelle Dowler Stella Pryor.... Lucy Speed Lynda Snell.... Carole Boyd Robert Snell.... Michael Bertenshaw Dane.... Stravros Demetraki</p> <p>SUN 12:15 The Bottom Line (m002h9gq) [Repeat of broadcast at 19:00 on Saturday]</p> <p>SUN 12:30 I'm Sorry I Haven't A Clue (m002gzv9) Series 83</p> <p>6. Dinner Table or Bedroom</p> <p>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.</p> <p>Producer: Jon Naismith A Random production for BBC Radio 4</p> <p>SUN 12:57 Weather (m002h9n2) The latest weather forecast</p>
Supported by bbc.co.uk/programmes/		

SUN 13:00 The World This Weekend (m002h9n4)

Radio 4's look at the week's big stories from both home and around the world.

SUN 13:30 Assignment (w3ct6rbr)

Myanmar's Scam Centres

Hundreds of thousands of people are being recruited – usually under false pretences - to work in massive facilities in the border areas of Myanmar, Cambodia and Laos, to promote fraudulent investment schemes and romance scams to unsuspecting citizens around the world. The scams, run by criminal gangs, are thought to be making tens of billions of dollars every year. Those recruited often find themselves, trapped, beaten and tortured.

Ed Butler travels to Thailand's border with Myanmar to investigate the scale of the trade, to speak to survivors and to some of those still involved, and to explore what role the ongoing civil war in Myanmar is playing in fuelling this apparently burgeoning criminal trade, beyond the reach of international law-enforcement.

Presenter/producer: Ed Butler
Sound engineer: Rod Farquhar
Programme co-ordinator: Gemma Ashman
Editor: Penny Murphy

(Photo: Alleged scam centre workers and victims sit on the ground during a crackdown operation by the Karen Border Guard Force (BGF). Credit: AFP/Getty Images)

SUN 14:00 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.

SUN 14:45 Why Do We Do That? (p0kvb144)

Series 2

11. Why do we fall for the bad boy?

Paleoanthropologist Ella Al-Shamahi looks at the evidence for what people want in a partner and how it changes as they get older. Psychologist Julia Stern from the University of Bremen shares the results of a study which recruited people from a singles night in a Berlin club and followed them for 13 years. Novelist Adele Parks explains why writing about bad boys is so much fun, and on the Bridget Jones scale of bad boys think more Hugh Grant and less Colin Firth.

SUN 15:00 Drama on 4 (m002h9n6)

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.

In Part Two, the survivors come to terms with the medium and longer term effects of the bombing.

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 (m002h9n8)

Rachel Kushner

Presented by James Crawford, Take Four Books, speaks to the Booker-shortlisted American writer, Rachel Kushner, about her novel, Creation Lake, now out in paperback, and explores its connections to three other literary works. Creation Lake introduces us to the character of Sadie Smith, a ruthless 34-year-old American undercover agent who is sent by mysterious but powerful employers to a remote corner of France to infiltrate a group of eco-protestors.

For her three influences Rachel chose: Fatale by Jean-Patrick Manchette published in 1977; Pale Fire by Vladimir Nabokov published in 1962; and The Tribe: Interviews with Jean-Michel Mension, which was originally published and translated into English by City Lights Books in 2001.

The supporting contributor for this episode is the writer and lecturer at the University of Strathclyde, Andrew Meehan.

It was recorded at the Edinburgh International Book Festival.

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

SUN 16:30 Nature Table (m001g2y7)

Series 3

Episode 3

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 Yussef Rafik
* Entomologist & Conservation Biologist Dr Karim Vahed
* Comedian Lucy Porter

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 (w3ct5yr2)

In event of moon disaster: 'The speech that never was'

"Fate has ordained that the men who went to the moon to explore in peace will stay on the moon to rest in peace."

These are the opening lines of the 'In Event of Moon Disaster' speech, written in 1969 in case the moon landing astronauts did not make it home.

They were composed by President Richard Nixon's speechwriter, William Safire, who died in 2009, at the age of 79.

The speech continued: "These brave men, Neil Armstrong and Edwin Aldrin, know that there is no hope for their recovery.

But they also know that there is hope for mankind in their sacrifice."

Using archive from the Richard Nixon Presidential Library and NASA, Vicky Farncombe tells the story of "the speech that never was".

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: Edwin 'Buzz' Aldrin on the moon. Credit: Getty Images)

SUN 17:10 The Invention Of... (m002dz57)

Hungary

Two World Wars and One Failed Revolution

It's easy to forget how entwined Hungary has been in some of the worst events of the last 100 years – losers in the first world war, the country initially sided with the Nazis in the second, tried to change its mind, was invaded by the Germans then taken over by the Soviets, then tried to kick out the Soviets ... and failed. What, asks Misha Glenny, are the consequences of this history now, and how does the Hungarian government of Viktor Orban view the Russians today. Recorded on location at the scenes of some of the fiercest fighting in 1956.

"The Hungarian revolution and the Prague spring 12 years later - these were events that had a huge impact on me, and I have to say gave me a romantic infection for Hungarians and their struggles which has never entirely left me."

With contributions from Adam LeBor, author of The Last Days of Budapest: Spies, Nazis, Rescuers and Resistance; plus Paul Lendvai, Tibor Fischer, Simon Winder nd Victor Sebestyen formerly of the FT and writer of Budapest: Between East and West.

The producer for BBC Studios Audio in Bristol is Miles Warde

SUN 17:54 Shipping Forecast (m002h9nc)

The latest weather reports and forecasts for UK shipping

SUN 17:57 Weather (m002h9nf)

The latest weather reports and forecast

SUN 18:00 Six O'Clock News (m002h9nh)

National and international news from BBC Radio 4

SUN 18:15 Pick of the Week (m002h9nk)

Rima Ahmed

Rima Ahmed presents selection of the best bits of audio across the BBC.

SUN 19:00 The Archers (m002h9nm)

There's an awkward customer at The Orangery, and Henry gets a boost.

SUN 19:15 Illuminated (m002h9np)

Into the West

The red-billed chough is the most dashing crow in the world. These rare, flamboyant, scarlet-legged, scarlet-billed denizens of Britain's Celtic coasts are communal and comic, intelligent and daring. They're also sublime aeronauts, riding the breeze as though they're made of it.

For writer Horatio Clare, the chough is his totem. He's loved the bird since he first encountered it in the 1980s during childhood holidays to Pembrokeshire. And more than forty years on from that joyous first encounter he still seeks them out. It's his annual

pilgrimage.

In this episode of Illuminated, we join Horatio on that pilgrimage as he tells the story of a bird with a beak and legs the colour of a saint's blood... or perhaps a king's blood; whose cry says its name and whose presence symbolizes a nation's identity. It's the story of a bird which embodies myths... and creates new ones; a bird which fled into the West over two centuries ago and which is finally returning to a wider world.

Horatio begins his journey on Pen Llŷn, the westernmost spur of North Wales and one of the red-billed chough's strongholds. His guide as he walks the sea cliffs is naturalist and folklorist Twm Elias. Twm lived alongside chough as he grew up on Llŷn and remembers a childhood visit to Caernarfon Castle, where his friend Dic John made a grab for the Castle's 'tame' chough – and got a painful pecking in return.

Twm sees chough as a symbol of the wild coastal areas of north Wales. But it's also wrapped up in ideas of Cornish identity too. Dr. Loveday Jenkin grew up on stories of King Arthur becoming a chough when he died. Yet, just as she heard those stories, the very last choughs were dying out in Cornwall.

But then, in 2001, thirty years after the last chough disappeared, three birds from Ireland made landfall in the far west of Cornwall. The following year two of them built a nest and the population grew from there. Hilary Mitchell from Cornwall Birds tells the story of how the avian symbol and spirit of the county returned.

The chough is associated now with the western Celtic coasts. But once upon a time it ranged right across the British Isles. And maybe it will again. Horatio heads in the opposite direction... east... to a place which hasn't seen chough for at least two centuries, despite the bird being embedded in its iconography.

In Dover meets Paul Hadaway from Kent Wildlife Trust to discover how a bird which was a symbol of the martyr and saint Thomas a Becket is once again flying in Kentish skies. And Jenny Luddington from the Trust explains how she's drawn on an old tradition of hooden creatures – carved wooden animal heads on poles – to create a hooden chough and tell the story of the bird's return to Kent.

Horatio Clare discovers that the chough's story has come full circle as old myths rehash and new ones take wing.

Presenter: Horatio Clare
Producer: Jeremy Grange
Editor: Chris Ledgard
A BBC Audio Wales production for BBC Radio 4

SUN 19:45 Just One Thing - with Michael Mosley (m001qm8t)
Have a Cup of Tea

Michael gets cosy with a cuppa to find out how drinking tea can boost your heart health, reduce stress and may even benefit your bones! With the help of Professor Andrew Steptoe, Head of Behavioural Science at University College London, Michael learns the surprising benefits of ordinary tea. They discuss the benefits of bioactive compounds in tea, including L-theanine and polyphenols. A tasty brew can not only help you recover from stress, it can even benefit your heart health and reduce inflammation... Meanwhile, our volunteer Kit enjoys adding more tea to her life.

New episodes will be released on Wednesdays, but if you're in the UK, listen to new episodes, a week early, first on BBC Sounds: [bbc.in/3zqa6BB](https://www.bbc.com/sounds/play/bbc-in/3zqa6BB)

Producer: Nija Dalal-Small
Science Producer: Catherine Wylor
Assistant Producer: Gulnar Mimaroglu
Trainee Assistant Producer: Toni Arenyeka
Executive Producer: Zoe Heron
A BBC Studios production for BBC Sounds / BBC Radio 4.

SUN 20:00 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 VoxBox 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

SUN 20:30 Last Word (m002h09x)
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

SUN 21:00 Sliced Bread (m002dpn7)
[Repeat of broadcast at 12:04 on Saturday]

SUN 21:25 Radio 4 Appeal (m002h9mk)
[Repeat of broadcast at 07:54 today]

SUN 21:30 From Our Own Correspondent (m002h9g0)
[Repeat of broadcast at 11:30 on Saturday]

SUN 22:00 Westminster Hour (m002h9nr)
Radio 4's Sunday night political discussion programme.

SUN 23:00 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-communists, 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

SUN 23:30 The History Podcast (m0024hg8)
The Lucan Obsession

6. The Golden Hour

With Sandra Rivett lying dead in the basement, Lucan must decide whether to face the police or run.

And so begins the second mystery that has made this case so compelling.

Where did Lucan go that night?

Was he being sheltered by his friends who the police nicknamed The Eaton Square Mafia?

Alex von Tunzelmann pieces together what we know of the hours after the murder, asking whose version should we believe.

She meets an eyewitness who says she was the last person to see Lucan alive, and crawls underground into a bunker where the police were sure he was hiding.

Producer: Sarah Bowen

SUN 23:45 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 Roisín 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: Roisín Gallagher
Producer: Michael Shannon

A BBC Audio Northern Ireland Production for BBC Radio 4.

MONDAY 18 AUGUST 2025

MON 00:00 Midnight News (m002h9nt)
National and international news from BBC Radio 4

MON 00:15 Crossing Continents (m002h004)
Tajikistan's Last, Lonely Hyenas

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.

Reporter: Antonia Bolingbroke-Kent
Producer: Mike Gallagher
Production Co-ordinator: Gemma Ashman
Sound mixer: Neil Churchill
Series editor: Penny Murphy

MON 00:45 Bells on Sunday (m002h9h9)

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<p>[Repeat of broadcast at 05:43 on Sunday]</p> <p>MON 00:48 Shipping Forecast (m002h9nw) The latest weather reports and forecasts for UK shipping</p> <p>MON 01:00 Selection of BBC World Service Programmes (m002h9ny) BBC Radio 4 presents a selection of news and current affairs, arts and science programmes from the BBC World Service.</p> <p>MON 05:00 News Summary (m002h9p0) National and international news from BBC Radio 4</p> <p>MON 05:04 Last Word (m002h09x) [Repeat of broadcast at 20:30 on Sunday]</p> <p>MON 05:34 Shipping Forecast (m002h9p2) The latest weather reports and forecasts for UK shipping</p> <p>MON 05:43 Prayer for the Day (m002h9p4) Spiritual reflection to start the day with Dr Linden Bicket, a teacher of literature and religion at Edinburgh University's School of Divinity</p> <p>MON 05:45 Farming Today (m002h9p6) The latest news about food, farming and the countryside.</p> <p>MON 05:57 Weather (m002h9p8) The latest weather reports and forecasts for farmers</p> <p>MON 06:00 Today (m002h9sc) News and current affairs, including Sports Desk, Weather and Thought for the Day.</p> <p>MON 09:00 Rory Stewart: The Long History of... (m002gjfz) Heroism</p> <p>3. The Death of the Hero</p> <p>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?</p> <p>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?</p> <p>In this episode, Rory explores ideas of the hero in the early 20th century.</p> <p>Presenter: Rory Stewart Producer and sound design: Dan Tierney Editor: Tim Pemberton Commissioning Editor: Dan Clarke</p> <p>MON 09:30 Building Soul: with Thomas Heatherwick (m002h9sf) Series 2</p> <p>Rational People Making Irrational Buildings</p> <p>Designer Thomas Heatherwick returns with a bold proposition - it's time to cure the 'blandemic'.</p> <p>This series isn't just about what's gone wrong - it's about how we fix the modern scourge of soulless urban landscapes.</p> <p>Thomas explores how rethinking building design, reviving craftsmanship and reigniting public passion can transform our cities to bring us together and inject joy into our cities. It's not just an architectural challenge - Thomas argues it's a cultural movement.</p> <p>In this first episode, he asks why so much of our urban landscape feels like it was designed by a spreadsheet. Is it architects clinging to outdated dogmas, developers chasing profit, or politicians with no vision?</p> <p>Producer: Anouk Millet Series Producer: Nadia Mehdi Mix Engineer: Will Fitzpatrick A Tempo+Talker production for BBC Radio 4</p>	<p>MON 10:00 Woman's Hour (m002h9sj) Women's voices and women's lives - topical conversations to inform, challenge and inspire.</p> <p>MON 11:00 The History Podcast (m002gjdr) The Second Map</p> <p>Bonnie Laddie</p> <p>We all know the heroic story of Britain fighting the Nazis in World War Two. But what's less well-known in popular memory is the war on the Asian front, against Japan. Yet it touched many families across Britain. Their descendants are still uncovering stories today.</p> <p>On the same day as Japan's attack on the US Naval bases at Pearl Harbor there were simultaneous strikes on British territories in South East Asia.</p> <p>Episode 1 of The Second Map charts the humiliating defeats that the British suffered by Japanese forces as they rapidly took key colonies in South East Asia. We hear from eyewitnesses who were in Singapore when it fell, and were then later captured and held prisoner. We hear from a 104-year-old veteran, who desperately wanted independence for India, but decided to fight alongside the British against Japan. And we explore why this part of the war is not as well known as the one against the Nazis.</p> <p>This is the other story of the Second World War.</p> <p>Creator, Writer and Presenter: Kavita Puri Series Producer: Ellie House Script Editor: Ant Adeane Sound designer: James Beard Series Editor: Matt Willis Production Coordinators: Sabine Scherek, Maria Ogundele Commissioners for Radio 4 and The World Service: Dan Clarke, Jon Zilkha</p> <p>Original music: Felix Taylor Archive Curator: Tariq Hussain Voice actor: Dai Tabuchi Translators: Hannah Kilcoyne, Sumire Hori</p> <p>With thanks to Dr Diya Gupta, Dr Vikki Hawkins, Dr Peter Johnston, Professor Rana Mitter and Tejpal Singh Ralmill.</p> <p>Includes archive material from 'Singapore 1942: End of Empire' (2012), Electric Pictures.</p> <p>MON 11:45 Beyond Lonely (m0029zdd) A Lonely Life</p> <p>Loneliness is something all of us will experience at some point in our lives. For some it's a transitory feeling, for others a more chronic condition. As a child Jason Arday was diagnosed with autism and global development delay. He learnt to speak aged eleven, and to read and write at eighteen. His rise through the ranks of academia has been meteoric and he became Professor of the Sociology of Education at Cambridge aged thirty-seven. But for him success has come at a cost. Jason is lonely. In this five part series he explores his own reasons for being lonely as well as hearing from others the reasons they experience it. Contributors include therapist Rotimi Akinsete and Noreena Hertz, economist and author of The Lonely Century: A Call To Reconnect</p> <p>Producer: Maggie Ayre for BBC Audio Bristol Presented by Professor Jason Arday</p> <p>MON 12:00 News Summary (m002h9sl) The latest national and international news from BBC Radio 4.</p> <p>MON 12:04 You and Yours (m002h9sn) News and discussion of consumer affairs</p> <p>MON 12:57 Weather (m002h9sq) The latest weather forecast</p> <p>MON 13:00 World at One (m002h9ss) News, analysis and comment from BBC Radio 4</p> <p>MON 13:45 New Storytellers (m002h9sv) My Toy Soldier</p> <p>At birth Thomas Callaghan was 11 inches long, smaller than an action toy soldier.</p> <p>This is the story of Thomas's battle for life told through the words of his mother Tracy, father Andrew and grandmother Linsay. The feature explores, from the baby's first breath, what</p>	<p>it was like for the family faced with the unexpected and frightening premature birth of their first born child and grandchild.</p> <p>New Storytellers presents the work of new student audio producers, and this series features the winners of the Charles Parker Prize 2025 for the Best Student Radio Feature. These awards are presented every year in memory of the pioneering radio producer Charles Parker who produced the famous series of Radio Ballads with Ewan MacColl and Peggy Seeger. The series is introduced by Charles' daughter, Sara Parker, an award-winning radio producer in her own right.</p> <p>This winning feature was produced by Kieran Callaghan, a second year BA Media Production student at the University of Sunderland, the judges said of My Toy Soldier "This simple story was beautifully told, and I loved all the little sonic details which elevated the feature and took it to a different level."</p> <p>Producer: Kieran Callaghan A Soundscape production for BBC Radio 4</p> <p>MON 14:00 The Archers (m002h9nm) [Repeat of broadcast at 19:00 on Sunday]</p> <p>MON 14:15 Believe It! (m0017cqr) Series 6</p> <p>Stuff</p> <p>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.</p> <p>Written by Jon Canter</p> <p>Starring</p> <p>Richard Wilson Stephen Mangan and Arabella Weir</p> <p>Produced by Clive Brill A Brill production for BBC Radio 4</p> <p>MON 14:45 Mrs Bridge by Evan S Connell (m0019jz2) Episode 2</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>Read by Fenella Woolgar Written by Evan S Connell Abridged by Isobel Creed and Jill Waters</p> <p>A Waters Company production for BBC Radio 4</p> <p>MON 15:00 Great Lives (m002h9sx) Helen Castor on Richard II</p> <p>Today's great life is possibly more famous as a Shakespearean character - King Richard II who was deposed by his cousin Henry Bolingbroke in 1399. He's been chosen by historian Helen Castor, author of The Eagle and the Hart, who shines a light on what really happened towards the end of his reign. Also helping is Professor Emma Smith who explains why the play</p>
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<p>was a hit two hundred years later under Elizabeth I. With archive of John Hurt as Richard and David Suchet as his cousin and usurper, Henry Bolingbroke.</p> <p>The producer for BBC Studios Audio in Bristol is Miles Warde</p> <p>MON 15:30 You're Dead to Me (m002h9fx) [Repeat of broadcast at 10:00 on Saturday]</p> <p>MON 16:00 Assignment (w3ct6rbr) [Repeat of broadcast at 13:30 on Sunday]</p> <p>MON 16:30 Soul Music (m001n1h5) Ghost Town</p> <p>'Ghost Town' was recorded by British two-tone band The Specials as a comment on urban decay and social unrest. It was released in June 1981 as riots were springing up around the UK and with the help of an iconic video it topped the UK singles charts. It was also be the band's final single.</p> <p>Writer Alex Wheatle first heard 'Ghost Town' in 1981 whilst in a social services hostel in Brixton awaiting his court appearance. He'd been arrested following a day of action in Brixton to protest against racist treatment of Black people, after rumours of police brutality. He was sentenced to one year in prison and sang 'Ghost Town' in his cell, as he began to find hope and purpose in his life.</p> <p>Claire Horton grew up in Dudley and says 'Ghost Town' echoed her experiences of watching the shops and nightclubs of this once vibrant town closing down. Her Dad was made redundant and it had a huge impact on her family, and as a young police officer she would walk the streets and understand why people were getting so frustrated with their situation.</p> <p>Soul and Reggae DJ Dave Marshall Barrett traces the history of The Specials who formed in Dave's hometown of Coventry in 1977. It's the first thing people mention when he says where he comes from.</p> <p>John Collins was surprised when Jerry Dammers asked him to produce the record. John created the initial opening 'ghostly' sounds on a synth at home but he says they now sound more like sirens. The song's success opened doors for John and he loves how it keeps finding new audiences.</p> <p>Broadcaster Samira Ahmed grew up in London and said her the recession of the early 80s hit her family's catering business hard. Too young for nightclubs, she remembers the video of 'Ghost Town' playing on Top of the Pops and says the track made a huge impact on her understanding of music and politics.</p> <p>Jazz singer Beverley Beirne covered 'Ghost Town' for her 2018 album 'Jazz Just Wants to Have Fun' and was reminded of it during the first lockdown when she wasn't able to perform.</p> <p>Founder of The Specials Jerry Dammers reflects on the inspiration behind 'Ghost Town' and how trombonist Rico Rodriguez was the heart and soul of the band.</p> <p>Produced for BBC Audio Bristol by Toby Field Additional research: Melanie Pearson Technical Producer: Michael Harrison Editor: Emma Harding</p> <p>MON 17:00 PM (m002h9sz) News and current affairs, reporting on breaking stories and summing up the day's headlines</p> <p>MON 18:00 Six O'Clock News (m002h9t1) National and international news from BBC Radio 4</p> <p>MON 18:30 Just a Minute (m002h9t3) Series 95</p> <p>1. The time I went to Sue Perkins' birthday party</p> <p>Sue Perkins challenges Paul Merton, Lucy Porter, Zoe Lyons and Stephen Mangan to speak for 60 seconds without repetition, deviation or hesitation. Subjects include sharing is caring, Mr. Darcy and the worst piece of advice I've ever been given.</p> <p>Production Coordinator: Sarah Nicholls Sound Editor: Marc Willcox Producer: Georgia Keating Executive Producer: James Robinson Additional material by Eve Delaney</p> <p>An EcoAudio certified production. A BBC Studios Production for Radio 4.</p>	<p>MON 19:00 The Archers (m002h9t6) Ed remembers his misspent youth, and Martyn is feeling lonely.</p> <p>MON 19:15 Front Row (m002h9t8) Live magazine programme on the worlds of arts, literature, film, media and music</p> <p>MON 20:00 The Briefing Room (m002h0ff) UK Resilience 1: How prepared are we for climate change?</p> <p>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?</p> <p>Guests:</p> <p>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</p> <p>Producers: Ben Carter, Kirsteen Knight and Sally Abrahams Productions co-ordinator: Maria Ogundele Sound engineer: Neil Churchill Editor: Richard Vadon</p> <p>MON 20:30 BBC Inside Science (m002h0fn) What will we be wearing in the future?</p> <p>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?</p> <p>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.</p> <p>Presenter: Marnie Chesterton Producers: Clare Salisbury and Lyndon Jones Editor: Martin Smith Production Co-ordinator: Jana Bennett-Holesworth</p> <p>MON 21:00 The Patch (m002cdlb) Bulford</p> <p>One random postcode, and a story you probably haven't heard before. The series returns with a new set of destinations.</p> <p>Today, the military town of Bulford, Wiltshire. When producer Polly Weston first arrives, she's a little puzzled about where to begin, in a postcode where everyone is likely to be subject to the Official Secrets Act. But it turns out that this postcode is the home of the Bulford Military Court. It's the service equivalent of the Crown Court, and it's a public court, so she is free to go and visit.</p> <p>The British Military has its own justice system, which isn't just responsible for investigating and prosecuting crimes associated with service, like desertion, but everything up to rape and murder. On her first visit, the court is sentencing an Army Sergeant for rape. Polly starts out by trying to understand why the court exists and how it differs from the civilian system, but soon discovers that it is the tip of a military justice iceberg - and that this postcode is also home to something called the Defence Serious Crime Unit. It's the CID of the military, and it's their job to investigate the most serious crimes. The unit was formed in 2022, for reasons which are fascinating and timely... and this particular random postcode takes us into a world most of us won't even have realised existed.</p> <p>Produced and presented in Bristol by Polly Weston Editor: Chris Ledgerd Mixed by Suzy Robins</p> <p>MON 21:45 One to One (m001tbg7) Parenting advice in the age of social media: Samira Shackle and Lucy Jones</p> <p>Since becoming a parent to a now-toddler, Samira Shackle has been bombarded with advice on social media - sometimes useful, sometimes not-so. She meets Lucy Jones, mother-of-three, to discuss navigating this online world and the affect it</p>	<p>has on mothers, in particular.</p> <p>Samira Shackle is a journalist and the author of Karachi Vice: Life and Death in a Contested City; Lucy Jones is the author of Matrescence: On The Metamorphosis of Pregnancy, Childbirth and Motherhood.</p> <p>Produced by Eliza Lomas for BBC Audio, Bristol.</p> <p>MON 22:00 The World Tonight (m002h9tb) In depth reporting, intelligent analysis and breaking news from a global perspective</p> <p>MON 22:45 Crooked Cross by Sally Carson (m002h9td) Episode One</p> <p>Crooked Cross was first published in 1934 and was based on Sally Carson's first-hand experience of travelling through Bavaria where she witnessed the inexorable and devastating rise of fascism and antisemitism. Long out of print, it was discovered by Persephone Books and republished in 2025.</p> <p>We are in Bavaria in a small provincial town outside Munich. There, on Christmas Eve of 1932, we first meet the Kluger family, a happy band of Frau and Herr Kluger, and their three grown up children, Helmy, Lexa and Eric. Life is not always easy: jobs are scarce, money is tight; they are living under the shadow of defeat in the Great War. But by 1933 Hitler has won the election and become Chancellor and everything is about to change for all of them. None more so than for Moritz Weissmann, Lexa's fiancé, a young Catholic doctor but with a Jewish name, who first and foremost thought of himself as German. But now his country is starting to turn against him.</p> <p>'Too much power and too sudden power makes men lose all sense of proportion: blood turns such men into madmen.'</p> <p>Sally Carson's novel explores how relationships between family, friends, lovers and neighbours all begin to subtly shift until confidence in the new fascist regime and the hope it offers empowers, gives licence, to many to commit atrocities that would eventually lead to another World War and the Holocaust.</p> <p>The setting of a very ordinary small town allows Carson to chart how over six months this can happen against the backdrop of catastrophic political upheaval. Carson was only 38 when she died in 1941 of breast cancer, so she never lived to see the end of the war which makes Crooked Cross and her foresight even more extraordinary.</p> <p>'It doesn't seem like propaganda and it makes you feel that grim sense of uncertainty and fear which must come upon any people under a rule of terror.' The Saturday Review August 1934</p> <p>Sally Carson wrote two sequels both still out of print: The Prisoner published in 1936 and A Traveller Came By published in 1938. But despite the excellent reviews for Crooked Cross (which also enjoyed a successful theatrical adaptation) all three books, and their author disappeared. Until now.</p> <p>Reader: Scarlett Courtney Abridged by Sara Davies Produced by Caroline Raphael Production Co-ordinator: Henry Tydeman and Nina Semple Sound by Matt Bainbridge Recorded at Fitzrovia Studios</p> <p>Crooked Cross is published by Persephone Books</p> <p>A Pier production for BBC Radio 4</p> <p>MON 23:00 Limelight (m001kpzk) Who Killed Aldrich Kemp?</p> <p>3. Liberty Flights</p> <p>Clara and Sabine battle through undergrowth and language barriers as Nakesha and Sebastian follow the Liberty Flights lead in Vienna.</p> <p>Chapter Three - Liberty Flights don't file flight plans.</p> <p>Cast: Clara Page - Phoebe Fox Aldrich Kemp – Ferdinand Kingsley Mrs Boone – Nicola Walker Sebastian Harcourt – Kyle Soller Nakesha Kemp – Karla Cromer Aunt Lily – Susan Jameson Nurse – Jana Carpenter. Sabine Seah – Rebecca Boey Remington Schofield – Barnaby Kay Miss Lotte Amutenya – Cherreille Skeete Mrs Bartholomew – Kate Isitt Dr Hazlitt - Ben Crowe Camera Assistant – James Joyce.</p>
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<p>Created and written by Julian Simpson</p> <p>Recorded on location in Hove.</p> <p>Music composed by Tim Elsenburg. Sound Design: David Thomas Director: Julian Simpson Producer: Sarah Tombling Executive Producer: Karen Rose</p> <p>A Sweet Talk production for BBC Radio 4</p> <p>MON 23:30 What's Funny About... (m0027sxb) Series 4</p> <p>4. Alma's Not Normal</p> <p>Peter Fincham and Jon Plowman are joined by Sophie Willan to hear the story of how she created her BAFTA winning series Alma's Not Normal.</p> <p>Sophie talks about Alma's combination of fearlessness and fragility, and how important the cocktail of those traits are to her character. And she tells us about her sense of mission around the series - the importance of telling authentic stories that show how people's lives have been impacted by cuts to social care services.</p> <p>Producer: Owen Braben An Expectation Entertainment production for BBC Radio 4</p> <p>TUESDAY 19 AUGUST 2025</p> <p>TUE 00:00 Midnight News (m002h9th) National and international news from BBC Radio 4</p> <p>TUE 00:30 Beyond Lonely (m0029zdd) [Repeat of broadcast at 11:45 on Monday]</p> <p>TUE 00:48 Shipping Forecast (m002h9tk) The latest weather reports and forecasts for UK shipping</p> <p>TUE 01:00 Selection of BBC World Service Programmes (m002h9tm) BBC Radio 4 presents a selection of news and current affairs, arts and science programmes from the BBC World Service.</p> <p>TUE 05:00 News Summary (m002h9tp) National and international news from BBC Radio 4</p> <p>TUE 05:04 Assignment (w3ct6rbr) [Repeat of broadcast at 13:30 on Sunday]</p> <p>TUE 05:34 Shipping Forecast (m002h9tr) The latest weather reports and forecasts for UK shipping</p> <p>TUE 05:43 Prayer for the Day (m002h9tt) Spiritual reflection to start the day with Dr Linden Bicket, a teacher of literature and religion at Edinburgh University's School of Divinity</p> <p>TUE 05:45 Farming Today (m002h9tw) The latest news about food, farming and the countryside.</p> <p>TUE 06:00 Today (m002h9vl) News and current affairs, including Sports Desk, Weather and Thought for the Day.</p> <p>TUE 09:00 Natalie Haynes Stands Up for the Classics (m002h9vn) Series 11</p> <p>Catullus</p> <p>The brilliant Roman love poet is the poster boy for teen angst. He feels everything intensely, from the stealing of his favourite napkin to the death of his lover Lesbia's pet sparrow. And then he dies young. Of course the Romantics loved him, as do his biographer Dr Daisy Dunn and Professor Llewelyn Morgan.</p> <p>Born to an aristocratic family in Verona, Catullus is fearless in abusing in sophisticated verse his father's friend Julius Caesar, his ex-lover Lesbia and the poets unlucky enough to be his contemporaries. Satirical, scurrilous and obscene, his popularity endures.</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>Dr Daisy Dunn is an award-winning classicist. Her books, Catullus' Bedsread: The Life of Rome's Most Erotic Poet, and The Poems of Catullus: A New Translation, were published in 2016 and earned her a place in the Guardian's list of leading female historians.</p> <p>Producer...Beth O'Dea</p> <p>TUE 09:30 Inside Health (m002h9vq) Series that demystifies health issues, bringing clarity to conflicting advice.</p> <p>TUE 10:00 Woman's Hour (m002h9vs) Women's voices and women's lives - topical conversations to inform, challenge and inspire.</p> <p>TUE 11:00 Add to Playlist (m002gl77) Victoria Canal and Roderick Williams launch a brand new series</p> <p>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.</p> <p>Producer: Jerome Weatherald Presented with musical direction by Jeffrey Boakye and Anna Phoebe</p> <p>The five tracks in this week's playlist:</p> <p>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</p> <p>Other music in this episode:</p> <p>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</p> <p>TUE 11:45 Beyond Lonely (m0029zbb) Young and Lonely in the Connected World</p> <p>When he was a teenager Jason Arday spent hours alone practising snooker shots. His experience of autism meant he relished the focus and solitude of the snooker hall. But he now recognises that this has contributed to his sense of loneliness. This episode looks at his teenage experience of isolating himself from others and asks why the Gen Z generation of 16-24 year olds despite having technology at their fingertips feel more lonely and disconnected than any other age group. With contributions from academic and essayist on loneliness Amelia Worsley, author Noreena Hertz and Jameson and Lucy of the Luddite Club in New York.</p> <p>Producer: Maggie Ayre Presented by Professor Jason Arday of the University of Cambridge</p> <p>TUE 12:00 News Summary (m002h9vv) The latest national and international news from BBC Radio 4.</p> <p>TUE 12:04 You and Yours (m002h9vx) News and discussion of consumer affairs</p> <p>TUE 12:57 Weather (m002h9vz) The latest weather forecast</p> <p>TUE 13:00 World at One (m002h9w1) News, analysis and comment from BBC Radio 4</p> <p>TUE 13:45 New Storytellers (m002h9w3) Life in Numbers</p> <p>Living with a chronic condition feels like living with a full-time job and no days off. Musician Sarah Warren knows this well and offers a creative, unfiltered insight into living a life where</p>	<p>numbers are vital to survival. With a medical history comparable to that of someone three times her age, Sarah's story is a stark reminder that you can never tell what someone else has to cope with every day of the year.</p> <p>Diabetes affects around 5.8 million people in the UK, so Sarah's journey with Type One diabetes is not an uncommon story. This feature is a personal, witty and creative take on the lessons she has learnt, and how medical advances and digital monitoring have evolved since she was first diagnosed 14 years ago. Diabetes used to be something that Sarah tried to keep from others now it's something she wants to share proudly. Think of this as your permission to stare.</p> <p>'Life in Numbers' gives you access to a world through sounds you've never heard before. You can't see it, but you can listen.</p> <p>New Storytellers presents the work of new audio producers and this series features the winners of the Charles Parker Prize for the Best Student Audio Feature 2025.</p> <p>Sarah Warren worked on her feature while at Transmission Roundhouse, based in London, who run audio production training courses. The Judges praised Sarah Warren's feature as "a good personal, informative account of living with diabetes... a very easy listen and the personality really shines through ... with great illustrative sound design."</p> <p>Producer: Sarah Warren A Soundscape production for BBC Radio 4</p> <p>TUE 14:00 The Archers (m002h9t6) [Repeat of broadcast at 19:00 on Monday]</p> <p>TUE 14:15 Drama on 4 (m002h9w5) Curry Canyon</p> <p>In the heart of Glasgow's "Curry Canyon" during the 2009 recession, aspiring journalist Halima returns home to help at her family's struggling tandoori restaurant, just as a campaign erupts to crown chicken tikka masala a Scottish national treasure.</p> <p>While her dad sees opportunity in the publicity, Halima's exposé on the roots of the dish sparks unintended consequences that could upend everything. A warm-hearted drama exploring family, food, and the price of telling your truth.</p> <p>This drama is fictional, but is inspired by the real 2009 campaign to recognise Chicken Tikka Masala as a Glaswegian invention.</p> <p>CAST (in order of appearance) Halima Talia Marwaha Waseem Shahan Hamza Zainab Zara Janjua Usama Archie Lal Jennifer Aoife Moss News Reporter/Officer Jason Barnett</p> <p>Writer maatin Director Anne Isgar Sound Andy Garrett and Keith Graham Production Co-ordinator Ben Hollands</p> <p>A BBC Studios Audio Production</p> <p>MAATIN</p> <p>maatin is a British Indian, London-based writer, dramaturg, and producer who focuses on Muslim storytelling, working across theatre, radio, television, and film.</p> <p>His debut play, Duck, ran at the Arcola Theatre in London in 2023. His play Friday at the masjid is a winner of the RSC's 37 Plays, and longlisted for The Bruntwood Prize for Playwriting 2022 and the Soho Theatre's Verity Bargate Award 2022. This is maatin's second play for BBC Radio 4; his first was Yusuf and the Whale (2024).</p> <p>TUE 15:00 Extreme (m002h5w) Peak Danger</p> <p>5. Love Is in the Air</p> <p>When Cecilie Skog met Rolf Bae, it was love at first sight. A whirlwind romance quickly followed, as they climbed the world's tallest mountains, shoulder to shoulder.</p> <p>Now recently married, she and Rolf wanted to tick off a K2 summit before settling down and starting their family.</p> <p>But as they descend, darkness is falling - and before long they'll find themselves caught in the crosshairs of a devastating avalanche.</p>
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Featuring climbers Cecilie Skog, Lars Nessa, Eric Meyer, Fredrik Strång and Wilco van Rooijen.

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 (w3ct6vp1)
France's new Christians

The number of adults getting baptised in France has tripled in the last three years. Why are so many more adults joining the Church in France? We meet two of France's new Christians - one baptised this Easter, one last Easter - and hear why they chose the path they took and ask whether Catholicism is changing from a religion that baptises infants to one that baptises adults and whether that is a good thing.

Presenter: John Laurenson
Executive producer: Rajeev Gupta
Editor: Chloe Walker
Production co-ordinator: Mica Nepomuceno

[Photo: The Mass was at the church of Nogent-le-Roi. Credit: John Laurenson]

TUE 16:00 Artworks (m002h9w9)
No Criticism

2. The Machine as Taste-Maker

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 episode, Arifa looks at how social media, algorithms and AI are shaping, and possibly undermining, the art of criticism. She meets the voices who are thriving in the digital space, and explores how they are rethinking the role and responsibilities of the critic on social media platforms. With the new pressures on culture criticism - from influencers, to algorithms, to Chat GPT, can the form survive in the digital age?

With Bernardine Evaristo, Jack Edwards, Phil Daoust, Barry Pierce, Gus Casely-Hayford, Anita Singh, Ashanti Omkar, AO Scott, Kyle Chayka and James Marriott.

Special thanks to the Traverse Theatre, Edinburgh

Producers: Melissa FitzGerald & Sarah O'Reilly

Sound design by Tony Churnside

A Zinc Audio production for BBC Radio 4.

TUE 16:30 What's Up Docs? (m002h9wc)
How to look after your kidneys

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.

Chris and Xand have always found the kidneys somewhat mysterious and elusive, going all the way back to medical school. Now they want to understand what makes this pair of organs so complex, and why they are so much more than simple filters. How do the kidneys work? What can happen when they go wrong? And how can we keep them healthy for as long as possible?

To answer these questions and more, the Docs are joined by Dr Kate Bramham, Consultant Nephrologist at King's College Hospital and Reader at King's College London.

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 Kate Bramham
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 (m002h9wf)
News and current affairs, reporting on breaking stories and summing up the day's headlines

TUE 18:00 Six O'Clock News (m002h9wh)
National and international news from BBC Radio 4

TUE 18:30 Room 101 with Paul Merton (m002h9wk)
Series 3

Janet Street Porter

Paul finds out what Janet Street Porter would like to send to Room 101.

TUE 19:00 The Archers (m002h9wm)
There's an invitation for Jazzer, and a difficult meeting at The Bull.

TUE 19:15 Front Row (m002h9wp)
Live magazine programme on the worlds of arts, literature, film, media and music

TUE 20:00 File on 4 Investigates (m002h9wr)
Rivers of Lead

There are over 6,000 abandoned lead mines across the UK leaking hundreds of tons of metals into our rivers each year. With climate change causing an increase in flooding, contamination is likely to get worse. Is this lead ending up in our food chain, water system and blood?

Presented by Lucy Taylor and Dan Ashby
Producers: Pülama Kaufman and Kelly Windsor Burgin
Researcher: Charlie West

A Bite Your Tongue production for BBC Radio 4

TUE 20:40 In Touch (m002h9wt)
News, views and information for people who are blind or partially sighted

TUE 21:00 Crossing Continents (m002h9ww)
Europe's migrant crisis: the truck that shocked the world

In the summer of 2015, tens of thousands of people left their homes in Syria, Afghanistan and Iraq in the hope of finding a safe haven in Europe. The journeys they took were often hazardous and not everyone reached their destination. In one of the most notorious cases, 71 migrants were found dead in the back of a refrigerated truck on a motorway in Austria. They had all suffocated. Could this tragedy have been prevented? For Crossing Continents, Nick Thorpe speaks to two of the people smugglers who are now serving life sentences in a Bulgarian prison. He visits a man in northern Iraq who lost his younger brother and two children aboard the truck and asks the police in Hungary if they could have acted sooner.

Presenter: Nick Thorpe
Producer: Tim Mansel
Local Producer: Yana Pelovska
Sound mixer: Hal Haines
Series editor: Penny Murphy

TUE 21:30 Great Lives (m002h9xs)
[Repeat of broadcast at 15:00 on Monday]

TUE 22:00 The World Tonight (m002h9wy)
In depth reporting, intelligent analysis and breaking news from

a global perspective

TUE 22:45 Crooked Cross by Sally Carson (m002h9x0)
Episode Two

Crooked Cross was first published in 1934 and was based on Sally Carson's first-hand experience of travelling through Bavaria where she witnessed the inexorable and devastating rise of fascism and antisemitism. Long out of print it was discovered by Persephone Books and republished in 2025.

We are in Bavaria in a small provincial town outside Munich. There, on Christmas Eve of 1932, we first meet the Kluger family, a happy band of Frau and Herr Kluger, and their three grown up children, Helmy, Lexa and Eric. Life is not always easy: jobs are scarce, money is tight; they are living under the shadow of defeat in the Great War. But by 1933 Hitler has won the election and become chancellor and everything is about to change for all of them. None more so than for Moritz Weissmann, Lexa's fiancé, a young Catholic doctor but with a Jewish name, who first and foremost thought of himself as German. But now his country is starting to turn against him.

'Too much power and too sudden power makes men lose all sense of proportion: blood turns such men into madmen.'

Sally Carson's novel explores how relationships between family, friends, lovers and neighbours all begin to subtly shift until confidence in the new fascist regime and the hope it offers empowers, gives licence, to many to commit atrocities that would eventually lead to another world war and the Holocaust.

The setting of a very ordinary small town allows Carson to chart how over six months this can happen against the backdrop of catastrophic political upheaval. Carson was only 38 when she died in 1941 of breast cancer, so she never lived to see the end of the war which makes Crooked Cross and her foresight even more extraordinary.

'It doesn't seem like propaganda and it makes you feel that grim sense of uncertainty and fear which must come upon any people under a rule of terror.' The Saturday Review August 1934

Sally Carson wrote two sequels both still out of print: The Prisoner published in 1936 and A Traveller Came By published in 1938. But despite the excellent reviews for Crooked Cross (which also enjoyed a successful theatrical adaptation) all three books, and their author disappeared. Until now.

Reader: Scarlett Courtney
Abridged by Sara Davies
Produced by Caroline Raphael
Production Co-ordinator: Henry Tydeman and Nina Semple
Sound by Matt Bainbridge
Recorded at Fitzrovia Studios

Crooked Cross is published by Persephone Books.

A Pier production for BBC Radio 4

TUE 23:00 Havana Helmet Club (m002ddb)
8. The Cart Before the Flying Donkey

When the Cubans announce an international science conference in Havana, American spies try to nip it in the bud, suspecting a sophisticated disinformation campaign. With politics and bad blood threatening to cloud out the science story, a group of scientists get together and a very different theory for Havana Syndrome is put forward.

Credits
Havana Helmet Club is written and presented by Jennifer Forde and Sam Bungey
Editor: Guy Crossman
Story editing: Mike Ollove Producer: Larry Ryan
Sound designer: Merijn Royaards
Additional mixing: Ger McDonnell
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
Production executive: Kirstin Drybrugh
Editorial advisor: Jesse Baker
Commissioner: Dylan Haskins
Assistant commissioners: Sarah Green and Natasha Johansson
Archive sourced from NBC and El Ministerio de Salud Pública de Cuba

Havana Helmet Club is a Yarn production for Radio 4 and BBC Sounds

This episode was edited and updated on 13th August 2025 to correct two factual errors in the original version, namely that we quote Dr Stephen Hampton not Dr Randal Swanson in relation to the first uPenn paper, and that 'Adam' did not attend Walter Reed hospital in relation to his symptoms.

TUE 23:30 Illuminated (m00297vd)

A Georgian Polyphonic Feast

Welcome to the feast! We're invited to a traditional Georgian 'Supra' to immerse ourselves in the magic of Georgian polyphonic singing.

The table groans with food, the wine flows, and the singing fills the heart. Led by toastmaster Levan Bitarovi, diners are guided through a narrative, weaving together their personal and collective experiences, through song.

At home in the mountains, in Georgia's "singing village" Lakhushdi, people sing like they breathe. A lullaby, a grieving song, a song when the belly is full, a song for milking the cow. It's a part of everyday life and forms the connective tissue of the community.

For Paris-based singer Luna Silva, these songs bring her the comfort and sense of togetherness of her childhood circus home. Since first hearing the music as an ethno-musicology student in London, she has made several trips to the Georgian mountains to immerse herself in the musical tradition, and now teaches polyphonic singing to her French choir. She even took them with her to Lakhushdi. Now, the French choir has invited their Georgian hosts to attend their first Supra in Montreuil, Paris.

In the pauses during the Supra, as people talk and eat, we hear from singers and diners what makes the Supra so important in Georgia. Luna and Levan also dissect the polyphonic singing style, as voices are added and removed to demonstrate how individual pitches and harmonies are brought together. They are layered over each other, surrounding the listener in a bath of sound which touches the soul.

As the Supra draws to a close, everyone joins together to sing a song to life.

You can hear more from the musicians at <https://adilei.ge/en/about-us/>

You can also find Lakhushdi, the Singing Village on various music streaming websites. Search for 'The Singing Village Lakhushdi'.

Presented by singer and ethno-musicologist Luna Silva
Featuring singers Levan Bitarovi, Madona and Ana Chamgeliani, Avto Turkia and Lasha Bedenashvili
Produced by Amanda Hargreaves
Executive producer: Carys Wall
Sound recordist: Léonard Ibañez
Sound designer: Joel Cox
With thanks to the Choeur d'Aronde in Montreuil

A Bespoken Media production for BBC Radio 4

WEDNESDAY 20 AUGUST 2025**WED 00:00 Midnight News (m002h9x3)**

National and international news from BBC Radio 4

WED 00:30 Beyond Lonely (m0029zbb)

[Repeat of broadcast at 11:45 on Tuesday]

WED 00:48 Shipping Forecast (m002h9x5)

The latest weather reports and forecasts for UK shipping

WED 01:00 Selection of BBC World Service Programmes (m002h9x9)

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

WED 05:00 News Summary (m002h9xf)

National and international news from BBC Radio 4

WED 05:04 BBC Inside Science (m002h0fn)

[Repeat of broadcast at 20:30 on Monday]

WED 05:34 Shipping Forecast (m002h9xk)

The latest weather reports and forecasts for UK shipping

WED 05:43 Prayer for the Day (m002h9xp)

Spiritual reflection to start the day with Dr Linden Bicket, a teacher of literature and religion at Edinburgh University's School of Divinity

WED 05:45 Farming Today (m002h9xt)

The latest news about food, farming and the countryside.

WED 06:00 Today (m002hb5s)

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

WED 09:00 Sideways (m002hb5v)

76. When Time Slows Down

Movie stuntman Brian Hite often experiences a dramatic slowing down of time while performing complex stunts in a matter of seconds, like car hits - entering the fabled place often described by top sportspeople as "the zone". It's something Matthew's experienced himself during his professional table-tennis career. Brief, heightened moments in which the ball feels larger, the racquet becomes an extension of the body, and everything slows down.

These intense slow-motion experiences are generally explained as a trick of memory. But could they be something more - could it be that time is less rigid than we think? After all, modern theories of physics already challenge our everyday experience of time. Civil engineer Philip Wade experienced time in slow-motion twice while on holiday skiing too. It was so powerful, it set him on a path of meditation, and entirely changed his perspective on time.

Delving into new scientific theories and transpersonal psychology, Matthew Syed examines these experiences more deeply and asks whether such encounters suggest the way we think of time itself is an illusion.

With professional stuntman and sports performance psychologist Dr Brian Hite; Transpersonal Psychologist at Leeds Beckett University and author of the book Time Expansion Experiences, Dr Steve Taylor; Emeritus Professor of Mathematics and Astronomy at Queen Mary University of London, Bernard Carr; and spiritual guide Philip Wade, creator of The Living Soul App.

Presenter: Matthew Syed
Producer: Vishva Samani
Editor: Hannah Marshall
Sound Design and Mix: Mark Pittam
Theme music by Ioana Selaru
A Novel production for BBC Radio 4

WED 09:30 Shadow World (m002hb5x)

The People vs McDonald's

2. Burger, Nugget, Ketchup, Spy

The London Greenpeace numbers have been dwindling until new faces start turning up at meetings...but something isn't right.

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...

McDonald's said the claims in the leaflet were untrue and defamatory and the company demanded an apology.

Helen Steel, a gardener, and a former postman named Dave 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

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

WED 10:00 Woman's Hour (m002hb5z)

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

WED 11:00 File on 4 Investigates (m002h9wr)

[Repeat of broadcast at 20:00 on Tuesday]

WED 11:40 This Week in History (m002hb61)

August 18th - August 24th

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 18th - August 24th
- 20th of August 1968. Soviet-led forces invade Czechoslovakia and crush the reform movement known as the "Prague Spring".
- 22nd of August 1485. The Battle of Bosworth Field ends The Wars of the Roses.
- 23rd of August 1973. A bank siege leads to the identification of a contested psychiatric condition; Stockholm syndrome.

Presented by Caroline Nicholls and Ron Brown.
Produced by Stuart Ross.

WED 11:45 Beyond Lonely (m0029yxk)

Ever So Lonely

Jason Arday looks at loneliness in the workplace and how those of working age are experiencing increased feelings of isolation. The pandemic has changed the way we work and although it's meant greater flexibility to work alone from home it's also exacerbated loneliness in many people. For Jason lockdown meant burying himself in work writing research papers. While he freely admits this has made him very successful professionally, he also recognises that his 'unhealthy' habit of locking himself away to work has increased his feelings of loneliness. He seeks the thoughts and experiences of others who discuss navigating the world of work post pandemic. Contributors include therapist Rotimi Akinsete and Holly Cooke who set up a meetup group during the pandemic - The Lonely London Girls Club - that has burgeoned into a nationwide network of over 130,000 members.

Presented by Professor Jason Arday, University of Cambridge

Producer: Maggie Ayre for BBC Audio Bristol

WED 12:00 News Summary (m002hb63)

The latest national and international news from BBC Radio 4.

WED 12:04 You and Yours (m002hb65)

News and discussion of consumer affairs

WED 12:57 Weather (m002hb67)

The latest weather forecast

WED 13:00 World at One (m002hb69)

News, analysis and comment from BBC Radio 4

WED 13:45 New Storytellers (m002hb6c)

The T-Shirt

The T-shirt has been kept at the bottom of a drawer for 15 years. Jenny's bedroom is a mess. To make space for her partner, a clear out is definitely needed. The history and dark significance of the T-shirt is shared... and this time, the feelings it holds are handled with care.

New Storytellers presents the work of new radio and audio producers, and this series features the winners of the Charles Parker Prize 2025 for the Best Student Radio Feature. Jenny Davies made her prize-winning feature 'The T-Shirt' as part of an 'In the Dark' summer course and the judges called it "an incredibly powerful, poignant listen...a small masterpiece...beautifully written, delivered and constructed with an inevitable climax that's a remarkable section of scripted audio."

This feature contains references to sexual assault. If you have been affected by the issues raised in this programme contact the BBC Action Line - www.bbc.co.uk/actionline

Producer: Jenny Davies
A Soundscape production for BBC Radio 4

WED 14:00 The Archers (m002h9wm)

[Repeat of broadcast at 19:00 on Tuesday]

WED 14:15 Drama on 4 (m002hb6f)

Balls

Ella's got ADHD burnout, has walked out of her summer exams, and now won't leave her room. Through the door her mum Ceri can hear her listening to endless football podcasts, playing FIFA, devouring anything about the Women's Euros. As Ceri tries to support, she struggles to hold things together herself. Might football offer a way to help them through?

Writer... Siân Owen
Ceri... Sophie Melville
Ella... Mia Khan
Lou... Bethan-Mary James
Cass... Nadia Wyn Abouayen
Betsan... Melanie Walters
Mr Gittens/ Steve... Matthew Gravelle
Gail... Maggie Service

Sound Design... Nigel Lewis
Production Co-Ordinator... Lindsay Rees
Directed and produced by Fay Lomas, BBC Audio Drama Wales

WED 15:00 Politically (m002g4pb)
Reflections: Series 3

Malcolm Rifkind

Edinburgh-born former lawyer Sir Malcolm Rifkind was first elected as a Conservative MP in 1974. A former Defence and Foreign Secretary, he served continuously as a minister for 18 years under Margaret Thatcher and John Major.

In conversation with James Naughtie, he looks back on his relationship with the 'Iron Lady', meeting Mikhail Gorbachev, the poll tax controversy, Tory Brexit wars and the personal side of political life.

Producer: Leela Padmanabhan

WED 15:30 The Hidden History of the Attic (m00118yv)
Rachel Hurdley climbs up into the attic to discover the hidden meanings behind this shadowy and mysterious part of the home.

The attic can be a strange part of the house – somewhere which is rarely visited and often forgotten. But it can also be a place to preserve precious memories, a refuge, or even somewhere a bit sinister.

Rachel reveals the many uses to which attics have been put over the centuries and what this tells us about our history and changes in society.

Attics are a relatively recent development and Rachel starts at the 16th-century King's House within the walls of the Tower of London. The building has some of the earliest attics in the country and she finds out about the social changes which led to this innovation in domestic architecture.

But it wasn't long before people realised that, as well as being handy for storage, attics could be the perfect hiding place. At Harvington Hall, Rachel uncovers the role that the Hall's attics played in the religious turmoil of Elizabethan England.

As well as being used for storage or living, attics have often provided working space. Rachel travels to Newtown in mid-Wales to see the attics of an unusual early factory and hears about the arduous working lives of the weavers who toiled there.

The 19th century saw something of a heyday for the attic. The Victorians were all too aware of social class and this meant that servants (and sometimes children) could be banished to attic bedrooms and nurseries. But this was also the height of the Industrial Revolution, with factories mass producing all manner of goods. People suddenly had far more 'stuff' – and of course they needed somewhere to put it all. At Scotney Castle in Kent, Rachel explores the attics of a grand country house whose owners spent more than a hundred years cramming them with thousands of objects.

And what of the attic today? In an age of smaller houses, loft conversions and flats, how do we cope without an attic? Rachel enters the world of self-storage where you can store as much as you like for as long as you like.

As she picks through the attic's contents, Rachel also considers how writers have used attics as a sometimes sinister setting for their characters, and the psychology of what we choose to keep in our attics.

Interviewees:
Sonia Solicari, Director of The Museum of the Home
Jonathan Glancey, Architectural Writer and Historian
James Wright of Triskele Heritage, spoke at the King's House, Tower of London
Phil Downing, Hall and Programmes Manager, Harvington Hall

Lola Jaye, Author of The Attic Child
John Evans, Curator, Newtown Textile Museum
Helen Davis, Collections and House Manager, Scotney Castle
Sophie Bagnall, Marketing Director, Attic Self Storage

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

A Juniper Connect production for BBC Radio 4

WED 16:00 Human Intelligence (m0026ppb)
Disruptors: Malcolm X

While in prison, Malcolm X read furiously after lights-out and changed his entire life trajectory. Naomi Alderman looks at his extraordinary capacity for learning. Prominent as a black nationalist, skilled orator and remarkable organiser in the black freedom struggle in mid-20th century America, Malcolm X was, above all, a learner – a thinker prepared to change his mind. He left hustling behind for a Spartan, ascetic existence, dedicated to the cause.

Special thanks to Clarence Lang, Susan Welch Dean of the College of the Liberal Arts and Professor of African American studies at Penn State.

Excerpt from The Autobiography of Malcolm X by Malcolm X and Alex Haley (Penguin Modern Classics 2001).

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

Presenter: Naomi Alderman
Executive editor: James Cook
Assistant producer: Sarah Goodman
Researcher: Harry Burton
Production coordinator: Amelia Paul
Script consultant: Sara Joyner

WED 16:15 The Media Show (m002hb6h)
Social media, anti-social media, breaking news, faking news: this is the programme about a revolution in media.

WED 17:00 PM (m002hb6k)
News and current affairs, reporting on breaking stories and summing up the day's headlines

WED 18:00 Six O'Clock News (m002hb6m)
National and international news from BBC Radio 4

WED 18:30 Thanks a Lot, Milton Jones! (m0017kb1)
Series 5

The Repair Bear Bunch

Inspired by Pauline's favourite teddy bear, Milton opens a cherished items repair shop, but soon discovers he's bitten off more than he can mend.

Mention Milton Jones to most people and the first thing they think is 'Help!'. Because each week Milton and his trusty assistant Anton (played by Milton regular, Tom Goodman-Hill) set out to help people and soon find they're embroiled in a new adventure. When you're close to the edge, Milton can give you a push...

"Milton Jones is one of Britain's best gagsmiths with a flair for creating daft yet perfect one-liners" – The Guardian.

"King of the surreal one-liners" - The Times

"If you haven't caught up with Jones yet – do so!" – The Daily Mail

Written by Milton with James Cary (Bluestone 42, Miranda), and Dan Evans (who co-wrote Milton's Channel 4 show House Of Rooms), the man they call "Britain's funniest Milton" returns to the radio with a fully-working cast and a shipload of new jokes.

The cast includes regulars Tom Goodman-Hill (Spamalot, Mr. Selfridge) as the ever-faithful Anton, Josie Lawrence and Dan Tetsell (Peep Show, Upstart Crow)

With music by Guy Jackson.

Produced and Directed by David Tyler

A Pozzitive production for BBC Radio 4

WED 19:00 The Archers (m002hb6p)
Chelsea finds a new hobby, and Freddie is puzzled.

WED 19:15 Front Row (m002hb6r)

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

WED 20:00 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

WED 20:45 Café Hope (m00237gq)
Pick you up post

Rachel Burden hears from Alison Hitchcock and Brian Greenley, who started From Me to You, where people write letters to strangers with cancer to try to reduce the loneliness associated with the disease.

The idea came from when Brian was diagnosed with bowel cancer and Alison started writing to him to try to cheer him up during his treatment. They say that receiving a letter, even from someone you don't know, can form a connection and bring comfort in a worrying time.

Café Hope is our virtual Radio 4 coffee shop, where guests pop in for a brew and a chat to tell Rachel Burden what they're doing to make things better in big and small ways. You can contact us on cafehope@bbc.co.uk

WED 21:00 Walt Disney: A Life in Films (p0fxbtc1)
8. Disneyland

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 tells the tale of Walt's most outlandish project to date, a project that would see his magic leap off the screens. This is the story of Disneyland, one of Walt's most personal triumphs.

During the construction phase, Walt applied a "spare no expense" approach, determined to create a magical kingdom that was truly extraordinary. A building project like no other, Disneyland would revolutionise the idea of the American amusement park, make the Disney company financially viable at last and allow fans from all over the world to engage with and celebrate Walt's creations.

A Novel production for BBC Radio 4

WED 21:30 Inside Health (m002h9vq)
[Repeat of broadcast at 09:30 on Tuesday]

WED 22:00 The World Tonight (m002hb6v)

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

WED 22:45 Crooked Cross by Sally Carson (m002hb6x)
Episode Three

Crooked Cross was first published in 1934 and was based on Sally Carson's first-hand experience of travelling through Bavaria where she witnessed the inexorable and devastating rise

of fascism and antisemitism. Long out of print it was discovered by Persephone Books and republished in 2025.

We are in Bavaria in a small provincial town outside Munich. There, on Christmas Eve of 1932, we first meet the Kluger family, a happy band of Frau and Herr Kluger, and their three grown up children, Helmy, Lexa and Eric. Life is not always easy: jobs are scarce, money is tight; they are living under the shadow of defeat in the Great War. But by 1933 Hitler has won the election and become chancellor and everything is about to change for all of them. None more so than for Moritz Weissmann, Lexa's fiancé, a young Catholic doctor but with a Jewish name, who first and foremost thought of himself as German. But now his country is starting to turn against him.

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This episode contains antisemitic language.

Reader: Scarlett Courtney
Abridged by Sara Davies
Produced by Caroline Raphael
Production Co-ordinator: Henry Tydeman and Nina Semple
Sound by Matt Bainbridge
Recorded at Fitzrovia Studios

Crooked Cross is published by Persephone Books.

A Pier production for BBC Radio 4

WED 23:00 Stand-Up Specials (m002hb6z)
Stuart Mitchell's Cost of Dying

3. Coffin Up the Cash

Stuart has hired the same undertaker 6 times for family members - so you think by now he would have learnt how to pronounce the word funeral! This episode takes you through the different options available and might just have you reconsidering that cardboard coffin.

When it seems like everything is getting more expensive; comedian, former banker and serial funeral-organisier 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 (m00108c1)
Confrontation

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 revisits the confrontations that changed her and her families lives forever, before moving to Britain and engaging in an all too familiar culture.

Produced by Julia Sutherland
A Dabster production for BBC Radio 4

WED 23:30 Illuminated (m0024626)
Rebirth

When Clive Hammond was 31, he had a cardiac arrest. His heart stopped for eight minutes. But he can't remember any of

it.

What happens when the heart stops - and then what happens next?

Clive sets out to piece together what happened to him. He speaks to his wife Victoria about what went on while he was unconscious, and the impact it had on their lives. He compares notes with fellow cardiac arrest survivor Meg Fozzard about what it's like to have a cardiac arrest as a young person. Former head of first responders at London Ambulance Chris Hartley- Sharpe tells him what goes on in the body during a cardiac arrest, and how they can affect medical professionals afterwards. And he hears the incredible story of Steve Morris, who started carrying a defibrillator in his car after having a cardiac arrest - and then used it to help save someone else's life.

Presenter: Clive Hammond
Producer: Lucy Burns
Editor: Clare Fordham
Technical production: Richard Hannaford

THURSDAY 21 AUGUST 2025

THU 00:00 Midnight News (m002hb72)
National and international news from BBC Radio 4

THU 00:30 Beyond Lonely (m0029yxk)
[Repeat of broadcast at 11:45 on Wednesday]

THU 00:48 Shipping Forecast (m002hb76)
The latest weather reports and forecasts for UK shipping

THU 01:00 Selection of BBC World Service Programmes (m002hb79)
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 (m002hb7c)
National and international news from BBC Radio 4

THU 05:04 Sideways (m002hb5v)
[Repeat of broadcast at 09:00 on Wednesday]

THU 05:34 Shipping Forecast (m002hb7f)
The latest weather reports and forecasts for UK shipping

THU 05:43 Prayer for the Day (m002hb7h)
Spiritual reflection to start the day with Dr Linden Bicket, a teacher of literature and religion at Edinburgh University's School of Divinity

THU 05:45 Farming Today (m002hb7k)
The latest news about food, farming and the countryside.

THU 06:00 Today (m002hb8k)
News and current affairs, including Sports Desk, Weather and Thought for the Day.

THU 09:00 Artworks (m002hb8m)
What Happened to Counter-Culture?

3. Beauty in the Streets

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, it's continued meaning for our own age.

Opening with the events of May '68, this episode explores how the 'revolution in the head' fuses with the revolution in the streets as counter-culture becomes more expressly political, aggressively 'counter', and positively dangerous to the mainstream social order. It investigates the influence of the Avant Garde in the politics of '68 in Paris and the Tropicalistas in Brazil, of the rise of the Black counter-culture and the Black Arts movement in America alongside free-jazz and theatre as well as new queer and feminist liberation movements. The tech-communalists of the West Coast dream of a fully networked planet and lay the foundations for the internet in the name of a non-hierarchical counter-culture. But this is also when the counter-culture becomes co-opted, first by advertising and then by business - and, as it takes to the streets, it's met with force by the state, government and police.

Series contributors include musician Brian Eno, artist Hazel Albarn and musician Damon Albarn, author Olivia Laing, founding member of Steel Pulse Mykaell Riley, songwriter and guitarist Johnny Marr, founder of Rolling Stone magazine Jann Wenner, author Iain Sinclair, former Pink Floyd and Incredible String Band producer Joe Boyd, jazz musician Archie Shep, sculptor Emily young, journalist and author John Harris, author and critic Paul Morley, historian Simon Heffer, activist and founder of the Hard Art collective Claire Farrell, DJ Norman Cook, poet Sonia Sanchez, and folk singer Shirley Collins.

Presenter: Stewart Lee

Producer: Simon Hollis

A Brook Lapping production for BBC Radio 4

THU 09:30 Across the Red Line (m002hb8p)
Series 8

Anne McElvoy explores rising UK defence spending with military and anti-nuclear voices in sharp disagreement.

Anne McElvoy presents Across the Red Line, the programme where opposing voices meet, not just to debate, but to interrogate assumptions and listen across the divide. This episode tackles one of the biggest recent shifts in UK policy: defence spending. The Starmer government has announced an £8 billion increase in the military budget over two years, the largest in a generation. Defence is now set to become one of the fastest-growing areas of public spending, rivaling core services and outpacing inflation. Prime Minister Keir Starmer has framed the move as essential for national resilience, economic growth, and global stability.

But is this surge in spending a necessary response to global threats, or a dangerous prioritisation of militarism over social investment?

Joining Anne are Major General Jonathan Shaw former Assistant Chief of the Defence Staff, who supports the increase, and Sophie Bolt, General Secretary of the Campaign for Nuclear Disarmament, who strongly opposes it. Together, they explore the values, risks, and realities behind Britain's new defence strategy.

Producer: Lisa Jenkinson

THU 10:00 Woman's Hour (m002hb8r)
Women's voices and women's lives - topical conversations to inform, challenge and inspire.

THU 11:00 The Infinite Monkey Cage (m002fxn5)
Series 33

Illuminating Light - Jess Wade, Russell Foster and Bridget Christie

What is light? How has it shaped our understanding of the universe, our biology, and even our culture? In this illuminating episode Brian Cox and Robin Ince shine a spotlight on the fascinating science and history of light. From sun and circadian rhythms to the dazzling complexity of quantum, they explore how humans have understood and been influenced by light across time.

Joining them to shed light on the subject are physicist Dr Jess Wade, Neuroscientist Professor Russell Foster and comedian Bridget Christie. Together, they trace the story of light from early scientific theories to the cutting-edge research of today. Expect tales of light emitting eyes, the mystery of wave-particle duality and why Bridget thinks that if we had understood light better, we'd never have believed in ghosts!

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

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<p>BBC Studios Audio Production</p> <p>THU 11:45 Beyond Lonely (m0029zng) All the Lonely People</p> <p>Jason Arday credits his Mum Gifty for bringing him out of himself and encouraging him to socialise and learn from others. As his parents age he considers loneliness in later life and how he might take steps to overcome his own sense of it as he grows older.</p> <p>In hearing from other people, including Amy Perrin founder of the loneliness charity The Marmalade Trust and 63-year-old Phil, he hopes to gain tools to guard against isolation.</p> <p>Presenter Jason Arday is Professor of the Sociology of Education at the University of Cambridge</p> <p>Producer: Maggie Ayre</p> <p>THU 12:00 News Summary (m002hb8v) The latest national and international news from BBC Radio 4.</p> <p>THU 12:04 Scam Secrets (m002hb8x) Fake Company In Your House</p> <p>A letter arrives at your home - addressed to a company you've never heard of. Would you know what to do?</p> <p>Criminals are registering companies at innocent people's addresses at a shocking scale - sometimes covering an entire street at a time. In this episode, Shari Vahl, Dr Elisabeth Carter and former fraudster Alex Wood find out the alarming consequences if your home is targeted - and how to fight back.</p> <p>Fake companies expert Graham Barrow joins the programme to explain what the criminals are after, and to discuss whether Companies House's latest crackdown is working.</p> <p>PRESENTER: SHARI VAHL</p> <p>PRODUCER: TOM MOSELEY</p> <p>THU 12:32 Sliced Bread (m002hb8z) Greg Foot investigates the so-called wonder products making bold claims.</p> <p>THU 12:57 Weather (m002hb91) The latest weather forecast</p> <p>THU 13:00 World at One (m002hb93) News, analysis and comment from BBC Radio 4</p> <p>THU 13:45 New Storytellers (m002hb95) Ukraine to Scotland: A Musical Journey</p> <p>A creatively moving musical feature which tells the story of Sofiia, a 16 year old refugee from Ukraine, and her escape from her war-torn homeland to a music technology course in a Scottish university. A personal perspective of a teenager caught up in war.</p> <p>This series of New Storytellers is presenting the winners of the Charles Parker Prize for the Best Student Radio Feature 2025. This award-winning feature was created by Sofiia Fylypiv who is studying for a Higher National Certificate at the University of the Highlands and Islands in Perth. According to the judges her feature was "thought-provoking, emotionally engaging, with highly skilled radio production values for one so young and totally original use of music...this feature showed expressiveness, storytelling skill, combined with subtle mix of music and effects.... Moving, memorable and quite dazzling."</p> <p>Producer: Sofiia Fylypiv A Soundscape production for BBC Radio 4</p> <p>THU 14:00 The Archers (m002hb6p) [Repeat of broadcast at 19:00 on Wednesday]</p> <p>THU 14:15 Drama on 4 (m001d5hd) Susan and Sam</p> <p>Susan's dad died on the day she was born and all her life she's felt his absence. But then she meets an elderly man called Sam. And Sam seems to think that Susan is his daughter.</p> <p>Comedy drama about an unlikely friendship from writer-performer Faebian Averages, starring David Hargreaves, Gaby French and Keiron Self.</p> <p>CAST</p>	<p>Susan.....Faebian Averages Sam.....David Hargreaves Liz.....Gaby French Martin.....Keiron Self All other parts.....Laura Dalgleish and Richard Sumitro</p> <p>Production co-ordinator.....Lindsay Rees Sound design.....Nigel Lewis Directed by Emma Harding, BBC Audio Wales</p> <p>THU 15:00 Open Country (m002hb97) Aeolian harps on Wicken Fen</p> <p>Wicken Fen in Cambridgeshire is one of the few remaining fragments of England's original fenland. A place loved by naturalists for generations, it was Victorian botanists and entomologists who led the efforts to ensure the land was entrusted to the National Trust, which has protected it for 125 years.</p> <p>Today, Wicken Fen is a thriving mosaic of flowering meadows, sedge and reedbeds. It is one of the most species-rich areas in Britain, home to endangered species such as the crane, bittern, marsh harrier and great crested newt.</p> <p>Martha Kearney explores the unique history and ecology of this remarkable landscape alongside sound artist Kathy Hinde. Together, they craft a handheld aeolian harp – a stringed instrument played solely by the wind. Kathy Hinde has created sound sculptures across Wicken Fen to celebrate 125 years of this special place, called 'Listen to the Voices of the Fen'.</p> <p>Martha also meets local volunteer Gerard Smallwood, who demonstrates how the last surviving wooden windpump in the Fens, an iconic piece of machinery, is now used to re-wet the land. Ajay Tegala, a National Trust warden, shares recent wildlife sightings, offering a glimpse into the lives that flourish in this delicate ecosystem.</p> <p>Producer: Eliza Lomas</p> <p>THU 15:27 Radio 4 Appeal (m002hb9mk) [Repeat of broadcast at 07:54 on Sunday]</p> <p>THU 15:30 Word of Mouth (m002hb99) Speech difficulties</p> <p>Michael Rosen learns about the social importance of speech from Jonathan Cole. He's interviewed people for whom speaking is hard, with conditions such as cerebral palsy, vocal cord palsy, spasmodic dysphonia and post-stroke aphasia. They describe in their own words what the experience of difficult speech is like, the frustration and isolation as well as extraordinary moments of adaptation and resilience. Jonathan Cole is the author of Hard Talk: When Speech Is Difficult and a consultant in Clinical Neurophysiology at University Hospitals, Dorset.</p> <p>Produced for BBC Audio Bristol by Beth O'Dea, in partnership with the Open University.</p> <p>Subscribe to the Word of Mouth podcast and never miss an episode: https://www.bbc.co.uk/sounds/brand/b006qtzn</p> <p>THU 16:00 The Briefing Room (m002hb9c) David Aaronovitch presents in-depth explainers on big issues in the news.</p> <p>THU 16:30 BBC Inside Science (m002hb9f) A weekly programme that illuminates the mysteries and challenges the controversies behind the science that's changing our world.</p> <p>THU 17:00 PM (m002hb9h) News and current affairs, reporting on breaking stories and summing up the day's headlines</p> <p>THU 18:00 Six O'Clock News (m002hb9k) National and international news from BBC Radio 4</p> <p>THU 18:30 Tim Key's Poetry Programme (m001y278) Series 6</p> <p>4. Wild West</p> <p>The team hit the road in an Americana special, with guest stars Morgana Robinson and Simon Armstrong.</p> <p>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.</p>	<p>And sometimes he finds time to read poems.</p> <p>This series, regulars Tom Basden and Katy Wix are joined by guest stars Stephen Merchant, Lolly Adefope, Mike Wozniak, Sam Campbell, Simon Armstrong and Morgana Robinson.</p> <p>Written and presented by Tim Key</p> <p>Produced by James Robinson A BBC Studios Audio Production for Radio 4 An EcoAudio certified production</p> <p>THU 19:00 The Archers (m002hb9m) Fallon makes a suggestion, and Brad tries to broker peace in the tearoom.</p> <p>THU 19:15 Front Row (m002hb9p) Live magazine programme on the worlds of arts, literature, film, media and music</p> <p>THU 20:00 Human Intelligence (m0026ppb) [Repeat of broadcast at 16:00 on Wednesday]</p> <p>THU 20:15 The Media Show (m002hb6h) [Repeat of broadcast at 16:15 on Wednesday]</p> <p>THU 21:00 Loose Ends (m002hb9gn) [Repeat of broadcast at 18:15 on Saturday]</p> <p>THU 21:45 One to One (m001tgvk) Parenting advice in the age of social media: Samira Shackle and Helen Oliver</p> <p>Since becoming a parent to a now-toddler, Samira Shackle has been bombarded with advice on social media - sometimes useful, sometimes not-so. She meets Helen Oliver, mother to two teenagers and school counsellor, to discuss navigating this online world and the affect it has on mothers, in particular.</p> <p>Samira Shackle is a journalist and the author of Karachi Vice: Life and Death in a Contested City.</p> <p>Produced by Eliza Lomas for BBC Audio, Bristol.</p> <p>THU 22:00 The World Tonight (m002hb9r) In depth reporting, intelligent analysis and breaking news from a global perspective</p> <p>THU 22:45 Crooked Cross by Sally Carson (m002hb9t) Episode Four</p> <p>Crooked Cross was first published in 1934 and was based on Sally Carson's first-hand experience of travelling through Bavaria where she witnessed the inexorable and devastating rise of fascism and antisemitism. Long out of print it was discovered by Persephone Books and republished in 2025.</p> <p>We are in Bavaria in a small provincial town outside Munich. There, on Christmas Eve of 1932, we first meet the Kluger family, a happy band of Frau and Herr Kluger, and their three grown up children, Helmy, Lexa and Eric. Life is not always easy: jobs are scarce, money is tight; they are living under the shadow of defeat in the Great War. But by 1933 Hitler has won the election and become chancellor and everything is about to change for all of them. None more so than for Moritz Weissmann, Lexa's fiancé, a young Catholic doctor but with a Jewish name, who first and foremost thought of himself as German. But now his country is starting to turn against him.</p> <p>'Too much power and too sudden power makes men lose all sense of proportion: blood turns such men into madmen.'</p> <p>Sally Carson's novel explores how relationships between family, friends, lovers and neighbours all begin to subtly shift until confidence in the new fascist regime and the hope it offers empowers, gives licence, to many to commit atrocities that would eventually lead to another World War and the Holocaust.</p> <p>The setting of a very ordinary small town allows Carson to chart how over six months this can happen against the backdrop of catastrophic political upheaval. Carson was only 38 when she died in 1941 of breast cancer, so she never lived to see the end of the war which makes Crooked Cross and her foresight even more extraordinary.</p> <p>'It doesn't seem like propaganda and it makes you feel that grim sense of uncertainty and fear which must come upon any people under a rule of terror.' The Saturday Review August 1934</p> <p>Sally Carson wrote two sequels both still out of print: The Prisoner published in 1936 and A Traveller Came By published</p>
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<p>in 1938. But despite the excellent reviews for Crooked Cross (which also enjoyed a successful theatrical adaptation) all three books, and their author disappeared. Until now.</p> <p>Reader: Scarlett Courtney Abridged by Sara Davies Produced by Caroline Raphael Production Co-ordinator: Henry Tydeman and Nina Semple Sound by Matt Bainbridge Recorded at Fitzrovia Studios</p> <p>Crooked Cross is published by Persephone Books.</p> <p>A Pier production for BBC Radio 4</p> <p>THU 23:00 The Edinburgh Comedy Awards Gala 2025 (m002hb9w) Part 1</p> <p>Comedy fans can catch the nominees for The Edinburgh Comedy Awards 2025 in this showcase for BBC Radio 4.</p> <p>Guaranteed to be packed with laughs, this special will be hosted by last year's Best Comedy Show winner, Amy Gledhill.</p> <p>Recorded at The Gilded Balloon, the show will give listeners around the UK the chance to get a taste of what people can't get enough of at this year's Edinburgh Fringe.</p> <p>FRIDAY 22 AUGUST 2025</p> <p>FRI 00:00 Midnight News (m002hb9y) National and international news from BBC Radio 4</p> <p>FRI 00:30 Beyond Lonely (m0029zng) [Repeat of broadcast at 11:45 on Thursday]</p> <p>FRI 00:48 Shipping Forecast (m002hbb0) The latest weather reports and forecasts for UK shipping</p> <p>FRI 01:00 Selection of BBC World Service Programmes (m002hbb2) BBC Radio 4 presents a selection of news and current affairs, arts and science programmes from the BBC World Service.</p> <p>FRI 05:00 News Summary (m002hbb4) National and international news from BBC Radio 4</p> <p>FRI 05:04 The Briefing Room (m002hb9c) [Repeat of broadcast at 16:00 on Thursday]</p> <p>FRI 05:34 Shipping Forecast (m002hbb6) The latest weather reports and forecasts for UK shipping</p> <p>FRI 05:43 Prayer for the Day (m002hbb8) Radio 4's daily prayer and reflection</p> <p>FRI 05:45 Farming Today (m002hbbb) The latest news about food, farming and the countryside.</p> <p>FRI 06:00 Today (m002hbk3) News and current affairs, including Sports Desk, Weather and Thought for the Day.</p> <p>FRI 09:00 Desert Island Discs (m002h9my) [Repeat of broadcast at 10:00 on Sunday]</p> <p>FRI 10:00 Woman's Hour (m002hbk5) Women's voices and women's lives - topical conversations to inform, challenge and inspire.</p> <p>FRI 11:00 The Food Programme (m002hbk7) Is Butter Back?</p> <p>Butter superfan Felicity Cloake asks whether the movement against ultra-processed foods is linked to a recent rise in popularity of her favourite kitchen staple. Her investigations take her to the rich grasslands of the West Country and Ireland as she considers whether butter is back.</p> <p>Produced by Robin Markwell</p> <p>FRI 11:45 Beyond Lonely (m0029zf)</p>	<p>Loneliness Is Not The Same As Being Alone</p> <p>Jason Arday considers the concept of solitude as opposed to loneliness and wonders if we should consider embracing solitude more. In an increasingly hectic and connected world, many people are feeling more lonely than ever. But others are choosing to disconnect and enjoy the freedom of being alone. In this episode, Jason hears from Rachel Denton who is a religious hermit. After taking a vow with the Church's blessing twenty years ago, Rachel has lived simply and silently ever since. She shares her experiences of happiness, gratitude and fulfilment that could perhaps teach us all to find contentment in being alone from time to time. Meanwhile Jason is taking steps to feel less lonely by accepting invitations to social events. This is a start, he says, to changes he wants to make as a direct result of making this series.</p> <p>Beyond Lonely is presented by Professor Jason Arday</p> <p>Producer: Maggie Ayre</p> <p>FRI 12:00 News Summary (m002hbk9) The latest national and international news from BBC Radio 4.</p> <p>FRI 12:04 Rare Earth (m002hbkc) Fire and Theft- Insuring the Planet</p> <p>When huge swathes of Los Angeles were destroyed by wildfire in 2024 the spotlight shone on the insurance industry. Would insurers pay out billions of dollars to rebuild in exactly the same way, in exactly the same place, in a region in which the risk of wildfire is only going to increase?</p> <p>Tom Heap and Helen Czerski take a deep dive into the role of the insurance industry in the climate crisis. Why can new homes in floodplains be insured? Are the rest of us subsidising risky behaviour with our own premiums? If the industry took an accurate measure of climate risk could it help save the planet?</p> <p>Producer: Beth Sagar-Fenton</p> <p>Rare Earth is produced in collaboration with the Open University</p> <p>FRI 12:57 Weather (m002hbkf) The latest weather forecast</p> <p>FRI 13:00 World at One (m002hbkj) News, analysis and comment from BBC Radio 4</p> <p>FRI 13:45 New Storytellers (m002hbkl) In Living Memory</p> <p>'In Living Memory' is a deeply intimate and sensitive story that follows Shadé Joseph as she sends a voice message to her eldest brother, who died 17 years before she was born. She has the quiet belief that he is somewhere out there, listening. For what felt like a lifetime, Shadé sensed him knocking on the door of her heart, but fear held her back from answering, uncertain of the pain it might awaken in her family. Then, on one seemingly ordinary day in November 2024, she found the courage to let him in. What unfolds is a tender reflection on how his absence became a legacy that shaped the lives of every child in the family who came after him.</p> <p>New Storytellers presents the work of new student audio producers, and this series features the winners of the Charles Parker Prize 2025 for the Best Student Radio Feature. These awards are presented every year in memory of the pioneering radio producer Charles Parker who produced the famous series of Radio Ballads with Ewan MacColl and Peggy Seeger. The series is introduced by Charles' daughter, Sara Parker, an award-winning radio producer in her own right.</p> <p>Shadé Joseph is a student at UCL East studying an MA in Audio Storytelling for Radio and Podcast. The judges said of her Gold Charles Parker Prize winning feature, "I found this programme extremely moving," commented one judge. "The narrator's script was honest, vulnerable, at times playful... A small idea with a lot of heart!... overall, a wonderful piece of radio."</p> <p>Producer: Shadé Joseph A Soundscape production for BBC Radio 4.</p> <p>FRI 14:00 The Archers (m002hb9m) [Repeat of broadcast at 19:00 on Thursday]</p> <p>FRI 14:15 Limelight (m002gw5x) Central Intelligence: Series 2</p> <p>Episode 10</p>	<p>The story of the CIA, told from the inside out by veteran agent Eloise Page. Starring Kim Cattrall, Ed Harris, and Johnny Flynn.</p> <p>In Episode 10... It's 1963. Vietnam is spiralling. President Kennedy, convinced the war is un-winnable, authorises secret support for a South Vietnamese military coup. But cracks are forming within both the CIA and the White House. Then, in Dallas, the unthinkable happens. The most famous assassination in history changes everything. What if Kennedy had lived to pull back from the brink?</p> <p>Cast: Eloise Page.....Kim Cattrall Allen Dulles.....Ed Harris Richard Helms.....Johnny Flynn Young Eloise Page.....Elena Delia Bob McNamara.....Rob Benedict Ngo Diem.....Jon Jon Briones John 'Jack' F. Kennedy.....Armand Schultz Lou Conein.....Philip Desmeules Madam Nhu.....Lourdes Faberes Bobby Kennedy.....Eric Sirakian Roger Hillsman.....Rufus Wright John McCone.....Tim Ahern Ngô Đình Nhu.....Yung Quang.....Thaiger Nguyen Henry Cabot LodgeKerry Shale Jock Richardson.....Greg Lockett</p> <p>All other parts played by members of the cast.</p> <p>Written by Greg Haddrick Created by Greg Haddrick & Jeremy Fox Directed by John Scott Dryden</p> <p>Original music by Sacha Puttnam</p> <p>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</p> <p>Director: John Scott Dryden Producer & Casting Director: Emma Hearn Executive Producers: Howard Stringer, Jeremy Fox, Greg Haddrick and John Scott Dryden</p> <p>A Goldhawk production for BBC Radio 4</p> <p>FRI 14:45 Uncharted with Hannah Fry (m0022z38) 16. A Drop in the Ocean</p> <p>A fisherman is stranded in the ocean late at night. Completely alone, the clock is ticking. How do you find one man lost in the open ocean? Can he be rescued in time?</p> <p>Producer: Lauren Armstrong Carter Sound Designer: Jon Nicholls Story Editor: John Yorke</p> <p>FRI 15:00 Gardeners' Question Time (m002hbkq) Postbag Edition: Rutland Flower Show</p> <p>Join Gardeners' Question Time for a floral-filled adventure at the Rutland Flower Show. This week, Peter Gibbs and a panel of passionate horticulturalists soak up the sights, scents and seasonal inspiration while digging into the famous GQT postbag, to solve your trickiest gardening conundrums.</p> <p>Joining Peter under the big top are proud plantswoman Christine Walkden, alongside top garden designers Matthew Wilson and Adam Frost — ready with expert advice, clever solutions, and a few laughs along the way.</p> <p>Senior Producer: Dan Cocker Junior Producer: Rahnee Prescod</p> <p>A Somethin' Else production for BBC Radio 4</p> <p>FRI 15:45 Short Works (m002hbkv) The Fishing Lesson by Brian Friel</p> <p>A very special edition of Short Works is a newly unearthed story by Brian Friel, known as the Irish Chekhov for his plays Translations, Dancing at Lughnasa and Philadelphia Here I Come!</p> <p>Friel originally wrote this story for BBC radio whilst he was still working as a maths teacher in rural Ireland. It was originally broadcast 1958, but hasn't been heard or read since.</p>
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Nearly 70 years later, the story has been rediscovered in the BBC Archives and newly recorded with actor Dermot Crowley. It has been specially commissioned by Radio 4 as part of a celebration of Brian Friel's work 10 years after his death, which also includes a new production of Faith Healer.

The Fishing Lesson shows Friel at his lyrical best, brimming with his trademark pathos, dry wit and a troubled relationship with the past which would later define his work. Though it was penned early in Friel's career, it tells the story of a regret-ridden man who is older but perhaps not, yet, wiser.

Reader: Dermot Crowley
Producer: Ciaran Bermingham

FRI 16:00 Last Word (m002hbkz)

Matthew Bannister tells the life stories of people who have recently died, from the rich and famous to unsung but significant.

FRI 16:30 Sideways (m002hb5v)

[Repeat of broadcast at 09:00 on Wednesday]

FRI 17:00 PM (m002hbl2)

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

FRI 18:00 Six O'Clock News (m002hbl4)

National and international news from BBC Radio 4

FRI 18:30 Too Long; Didn't Read (m002hbl6)

Series 2

Episode 5

Columns. Analysis. The Guardian's Long Read. Who has time? Catherine Bohart, that's who, and she's going beyond the headlines to give you the lowdown on one of the biggest stories this week - with the help of Desiree Burch and our regular roving correspondent Sunil Patel.

Written by Catherine Bohart, with Madeleine Brettingham and Priya Hall.

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 (m002hbl8)

Writer: Jessica Mitic
Director: Peter Leslie Wild
Editor: Jeremy Howe

Henry Archer... Blayke Darby
Chris Carter ... Wilf Scolding
Martyn Gibson ... Jon Glover
Amber Gordon ... Charlotte Jordan
Ed Grundy ... Barry Farrimond
Lawrence Harrington ... Rupert Vansittart
Brad Horrobin ... Taylor Uttley
Chelsea Horrobin ... Madeleine Leslay
Tracy Horrobin ... Susie Riddell
Zainab Malik ... Priyasha Kumari
Jazzar McCreary ... Ryan Kelly
Freddie Pargetter ... Toby Laurence
Fallon Rogers ... Joanna van Kampen
Jenna ... Nia Gwynne

FRI 19:15 Add to Playlist (m002gl7b)

Alison Balsom and Linton Stephens celebrate the BBC Proms

With three weeks remaining of this year's BBC Proms, Jeffrey Boakye and Anna Phoebe present a Proms-themed edition. Studio guests are the celebrated trumpeter Alison Balsom, who'll be performing in this year's Last Night of the Proms, and bassoonist, Radio 3 and Proms presenter Linton Stephens. Expect music from the Proms and beyond as we head from a live, scaled-back Springsteen anthem to the Outer Hebrides, via Mendelssohn, Shostakovich and Andrew Lloyd Webber.

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

The five tracks in this week's playlist:

Born in the USA (live) by Bruce Springsteen
2nd movement of the Symphony No 10 in E Minor by Dmitry Shostakovich

Superstar from Jesus Christ Superstar by Andrew Lloyd Webber & Tim Rice
Andante: 2nd movement of the Violin Concerto in E minor by Felix Mendelssohn
Hüg air a' Bhonaid Mhòir (Celebrate the Big Bonnet) by Julie Fowlis

Other music in this episode:

A Night on the Bare Mountain by Modest Mussorgsky
Trumpet Concerto in E major by Johann Nepomuk Hummel
The Lovecats by The Cure
Born in the USA by Bruce Springsteen
I Don't Know How to Love Him by Andrew Lloyd Webber & Tim Rice, sung by Yvonne Elliman
Touch the Sky (from the film Brave) by Julie Fowlis

You can listen to every Prom and unmissable moments from across the season on BBC Sounds. Just search 'Proms'.

FRI 20:00 Any Questions? (m002hblb)

Topical discussion posing questions to a panel of political and media personalities

FRI 20:55 This Week in History (m002hb61)

[Repeat of broadcast at 11:40 on Wednesday]

FRI 21:00 Archive on 4 (m0019rb0)

Generation Games

Can video games change lives? And, if so, how? 50 years after the arrival of Pong, gamer and writer Keza MacDonald considers what gaming has done for us. Using the rich BBC Archives, she explores how video games grew from a niche pursuit to a cultural phenomenon which stokes the imagination of, and offers agency to, those who fall for its charms.

Games now influence who we are, what we think and how we act. Keza speaks to collectors, competitive gamers, psychologists, games designers and, mostly importantly, gamers young and old to find out what impact games have had on us. We hear about the deep relationships that millions cherish with Pac-Man, Space Invaders and Donkey Kong, and illustrate the entanglement of life and gaming that is increasingly impossible to sever.

Presenter: Keza MacDonald
Producer: Gary Milne

FRI 22:00 The World Tonight (m002hbld)

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

FRI 22:45 Crooked Cross by Sally Carson (m002hblg)
Episode Five

Crooked Cross was first published in 1934 and was based on Sally Carson's first-hand experience of travelling through Bavaria where she witnessed the inexorable and devastating rise of fascism and antisemitism. Long out of print it was discovered by Persephone Books and republished in 2025.

We are in Bavaria in a small provincial town outside Munich. There, on Christmas Eve of 1932, we first meet the Kluger family, a happy band of Frau and Herr Kluger, and their three grown up children, Helmy, Lexa and Eric. Life is not always easy: jobs are scarce, money is tight; they are living under the shadow of defeat in the Great War. But by 1933 Hitler has won the election and become chancellor and everything is about to change for all of them. None more so than for Moritz Weissmann, Lexa's fiancé, a young Catholic doctor but with a Jewish name, who first and foremost thought of himself as German. But now his country is starting to turn against him.

'Too much power and too sudden power makes men lose all sense of proportion: blood turns such men into madmen.'

Sally Carson's novel explores how relationships between family, friends, lovers and neighbours all begin to subtly shift until confidence in the new fascist regime and the hope it offers empowers, gives licence, to many to commit atrocities that would eventually lead to another world war and the Holocaust.

The setting of a very ordinary small town allows Carson to chart how over six months this can happen against the backdrop of catastrophic political upheaval. Carson was only 38 when she died in 1941 of breast cancer, so she never lived to see the end of the war which makes Crooked Cross and her foresight even more extraordinary.

'It doesn't seem like propaganda and it makes you feel that grim sense of uncertainty and fear which must come upon any people under a rule of terror.' The Saturday Review August 1934

Sally Carson wrote two sequels both still out of print: The Prisoner published in 1936 and A Traveller Came By published in 1938. But despite the excellent reviews for Crooked Cross (which also enjoyed a successful theatrical adaptation) all three books, and their author disappeared. Until now.

Reader: Scarlett Courtney
Abridged by Sara Davies
Produced by Caroline Raphael
Production Co-ordinator: Henry Tydeman and Nina Semple
Sound by Matt Bainbridge
Recorded at Fitzrovia Studios

Crooked Cross is published by Persephone Books.

A Pier production for BBC Radio 4

FRI 23:00 Americast (w3ct7t5t)

Join Americast for insights and analysis on what's happening inside Trump's White House.

FRI 23:30 Illuminated (m002h9np)

[Repeat of broadcast at 19:15 on Sunday]