

**SATURDAY 27 SEPTEMBER 2025****SAT 00:00 Midnight News (m002jsx1)**

National and international news from BBC Radio 4

**SAT 00:30 A History of England in 25 Poems by Catherine Clarke (m002jsvn)**

5: Green - 'The Groundsman' by Zaffar Kunial

Catherine Clarke reads her new and original history of England - told through poetry.

Through five poems across a week, Clarke takes us onto battlefields, inside royal courts, below stairs of great houses and onto cricket pitches, with vivid voices, and surprising stories. In a portal to the past, she takes us inside the words and moments these poems capture, with new perspectives on how England has dreamed itself into existence - and who gets to tell its story.

What and whose is English history now? Clarke explores the future of England's 'green and pleasant land' through Zaffar Kunial's 2022 poem, 'The Groundsman', set on an English cricket pitch.

Writer and reader: Catherine is a Professor at the Institute of Historical Research, University of London, and Director of the Victoria County History of England.

Abridger: Richard Hamilton

Producer: Justine Willett

**SAT 00:48 Shipping Forecast (m002jsx3)**

The latest weather reports and forecasts for UK shipping

**SAT 01:00 Selection of BBC World Service Programmes (m002jsx5)**

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 (m002jsx7)**

National and international news from BBC Radio 4

**SAT 05:34 Shipping Forecast (m002jsx9)**

The latest weather reports and forecasts for UK shipping

**SAT 05:43 Prayer for the Day (m002jsxc)**

Developing confidence in your own potential

A spiritual comment and prayer to start the day with Emma - Lopen Ani Pema Deki

Good morning.

Buddhism says that every living being has the potential to become Enlightened, meaning full of compassion and wisdom.

This seemingly simple idea really struck a chord with me. It seemed ridiculously positive! Here was I, floundering about, achieving some things, failing at others, trying to be kind but all too often ending up impatient - and yet Buddhism was saying that all the while, something about my inherent nature, my essence, had the potential to flower into total compassion and wisdom.

I really had to sit with this and wonder, why was it so hard for me to have confidence in this possibility? Even more than that, could seeing myself in this way free me from the harshness with which I might often perceive myself and others.

I decided to examine these ideas; I learnt that this essence is called Buddha nature and that it lives in all sentient life – ants, bees, humans. All have this same potential.

But the most helpful form is to be born as a human. This is because it is the human which has the most potential to help the largest number of beings. This human life is therefore seen as a remarkable opportunity to develop our Buddha nature from an essence into a fully-fledged form.

So everyday I try to remember that, underneath the layers of confusion within myself and others, this essence continues to shine at all times. I find actually visualising that very helpful.

I would like to close with these words;

'May all beings be at peace and may this begin with us'

**SAT 05:45 Untaxing (m0029hd7)**

1. The Napkin That Changed the World

Albert Einstein called tax 'the hardest thing in the world to understand' - but was he right? Tax expert and campaigner, Dan Neidle delves into the bizarre, brilliant and sometimes

disastrous ways tax shapes our lives, our choices and the world around us.

A quick sketch over dinner in 1974 became one of the most influential ideas in economic policy. Art Laffer's curve promised that tax cuts could pay for themselves - but was it brilliant insight or a costly illusion?

Producer: Tom Pooley

A Tempo+Talker production for BBC Radio 4

**SAT 06:00 News and Papers (m002k39v)**

The news headlines, including a look at the newspapers.

**SAT 06:07 Open Country (m002jtvf)**

The Stones of Snuff Mills

Tucked away in a wooded valley on the outskirts of Bristol is a magical woodland nature reserve, Snuff Mills. Helen Mark discovers what lies beneath the trees, a now peaceful place with a history of heavy industry, where milling and stone quarrying has left behind a stunning playground for walkers and climbers. Local residents John, Beryl and Margaret grew up next to the quarry and witnessed its transformation from their secret playground to a busy public park. Engineer Geoff Wallis helped to literally unearth a fascinating piece of industrial history, and Steve England shows Helen the natural secrets of the valley.

Following the stones of the quarry Helen crosses the river and finds the grounds of what was once Bristol's asylum and – Helen hears from volunteer Anwyl Cooper-Willis - a landscape carefully designed to be therapeutic for patients and speed their recovery. But where does the name Snuff Mills come from? Is it really one of the most haunted places in Bristol? And which Hollywood star has a connection with the Asylum's story?

Presented by Helen Mark

Produced by Beth Sagar-Fenton

Assistant production by Ellie Richold

Series Producer: Emma Campbell

**SAT 06:30 Farming Today (m002k39x)**

27/09/25 Farming Today This Week: Bumper harvest of autumn fruits, cybersecurity, eating seasonally

As the fallout continues from cyber attacks on Jaguar Land Rover and nursery chain Kido in recent days, so too does scrutiny of the food supply chain and how vulnerable it may be to hackers.

We've talked a lot about the problems the baking weather this summer has caused farmers, but for apple, pear and plum growers it has been great. The Lyth Valley in south Cumbria is known for its damson orchards, a dazzle of snowy white blossom in spring and this year creaking under the weight of a bumper harvest. It's such a bumper crop that some growers have more damsons than they know what to do with.

What will you eat today and where will it come from? For Max Cotton that's an easy question: he'll be having what's in season and grows in the UK. For the past year he has been following a UK only diet on a strict budget and he's made a series about how and why, Food Britannia on BBC Radio 4 next week.

Presented by Charlotte Smith and produced by Beatrice Fenton.

**SAT 06:57 Weather (m002k39z)**

The latest weather reports and forecast

**SAT 07:00 Today (m002k3b1)**

Today (Saturday)

**SAT 09:00 Saturday Live (m002k3b3)**

Mary Portas, Finding Happiness, Rebuilding a Life, and Joanna Page's Inheritance Tracks

Mary Portas joins Adrian Chiles for extraordinary stories from remarkable people.

**SAT 10:00 You're Dead To Me (p0f3kqpl)**

Early Medieval Papacy

Greg Jenner is joined by guests Prof Brett Whalen and comedian Alison Spittle in 9th-century Rome to explore the early medieval papacy. As the political heart of the papacy is plunged into chaos, we step into a world consumed by debauchery and a thirst for power and hear about perhaps the most unhinged courtroom trial of all time.

Research by Jessica Honey

Written by Emma Nagouse, Emmie Rose Price-Goodfellow and Greg Jenner

Produced by Emma Nagouse and Greg Jenner  
Assistant Producer: Emmie Rose Price-Goodfellow  
Project Management: Isla Matthews  
Audio Producer: Steve Hankey

You're Dead To Me is a production by The Athletic for BBC Radio 4.

**SAT 10:30 The Kitchen Cabinet (m002k38v)**

Series 49

Warwick

Jay Rayner and a panel of food experts are in Warwick discussing marinated tomatoes and mozzarella 'balloons'.

Joining Jay are chefs, cooks and food writers Jocky Petrie, Tim Anderson and Sophie Wright, and resident food historian Dr Annie Gray.

The panel suggest breakfast ideas involving mozzarella and how to use lettuce in cooking, and answer the intriguing question 'is there anything you wouldn't eat?'.

Jay stops to chat to James Hill from Napton Water Buffalo about the unique quality of buffalo milk.

Producers: Matt Smith and Dulcie Whadcock

A Somethin' Else production for BBC Radio 4

**SAT 11:00 Radical with Amol Rajan (m002jtw6)**

The Weaponisation of Science: How to Avoid a Global Catastrophe (Carlo Rovelli)

Physicist Carlo Rovelli thinks we need natural intelligence and not artificial intelligence in an age of confrontation.

Ten years ago he wrote a short book called Seven Brief Lessons on Physics, which became an international bestseller and catapulted him to scientific stardom.

A decade on he thinks the world is at a dangerous moment as the West's dominance declines and global powers prioritise competition over collaboration.

One area he's most concerned about is AI, which he thinks is overhyped but needs to be controlled nonetheless.

He also explains some mind-bending ideas about time, space and why he thinks the Big Bang was actually a Big Bounce.

GET IN TOUCH

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

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

Radical with Amol Rajan is a Today Podcast. It was made by Lewis Vickers with Grace Reeve. Digital production was by Gabriel Purcell-Davies. Technical production was by Phil Bull. The editor is Sam Bonham. The executive producer is Owenna Griffiths.

**SAT 11:30 From Our Own Correspondent (m002k3b5)**

Insight, wit and analysis from BBC correspondents, journalists and writers from around the world.

**SAT 12:00 News Summary (m002k3b7)**

The latest national and international news from BBC Radio 4.

**SAT 12:04 Money Box (m002k3b9)**

Teachers' Pensions and Car Insurance Compensation

The National Association of Head Teachers has written to the Department for Education demanding it take action to address what it describes as the failing Teachers' Pensions Scheme. The union has told Money Box it's shocked at the number of members contacting it for help describing a litany of delays, miscommunication and the failure to carry out even basic services leaving many in financial disarray. The government says it understands these problems have caused frustration and it's continuing to work closely with Teachers' Pensions to resolve these issues as soon as possible.

Radio 4 Listings for 27 September – 3 October 2025		Page 2 of 15
<p>This year's Winter Fuel Payment in England, Wales and Northern Ireland is going to all pensioners but instead of everyone keeping it, those who have an income of more than £35,000 will have it taken back by HMRC. How will that work in practice?</p> <p>Fake news stories about the state pension have been worrying many listeners. We'll have some advice on what to look out for.</p> <p>And tens of thousands of motorists could be eligible for a share of £200m in compensation after insurers paid them too little on their claims.</p> <p>Presenter: Paul Lewis Reporters: Dan Whitworth and Catherine Lund Researchers: Eimear Devlin and Jo Krasner Editor: Jess Quayle Senior News Editor: Sara Wadeson</p> <p>(First broadcast <b>12pm</b> Saturday 27th September 2025)</p> <p><b>SAT 12:30 The News Quiz (m002jswb)</b> Series 118</p> <p>4. A Lib Dem Conference and a Seagull Summit</p> <p>In the week where Trump addressed the UN, Lib Dems conferred on the beaches of Bournemouth, and a Seagull Summit came to Inverness, Andy Zaltzman is joined by Simon Evans, Neil Delamere, Tiff Stevenson and Cindy Yu to break it all down. Expect talk of the Burnham from behind, the Boriswave, and the wettest generation since the floods.</p> <p>Written by Andy Zaltzman.</p> <p>With additional material by: Jade Gebbie, Miranda Holmes, Ruth Husko and Peter Tellouche. Producer: Rajiv Karia Executive Producer: James Robinson Production Coordinator: Jodie Charman Sound Editor: Marc Willcox</p> <p>A BBC Studios Production for Radio 4.</p> <p><b>SAT 12:57 Weather (m002k3bc)</b> The latest weather forecast</p> <p><b>SAT 13:00 News (m002k3bf)</b> National and international news from BBC Radio 4</p> <p><b>SAT 13:10 Any Questions? (m002jswp)</b> Dame Andrea Jenkyns, Paul Nowak, Anna Turley MP, Sir Jeremy Wright MP</p> <p>Alex Forsyth presents political debate from Gainsborough Old Hall in Lincolnshire with the mayor of Greater Lincolnshire, Dame Andrea Jenkyns of Reform UK; the general secretary of the Trades Union Congress (TUC), Paul Nowak; Labour Party chair and cabinet office minister, Anna Turley; and the Conservative MP and former Cabinet minister, Sir Jeremy Wright.</p> <p>Producer: Paul Martin Lead broadcast engineer: Carwyn Griffiths</p> <p><b>SAT 14:05 Any Answers? (m002k3bh)</b> Listeners respond to the issues raised in the preceding edition of Any Questions?</p> <p><b>SAT 14:45 The Archers (m002jswk)</b> Writer: Tim Stimpson Director: Marina Calderone Editor: Jeremy Howe</p> <p>Brian Aldridge.... Charles Collingwood Ben Archer.... Ben Norris Jill Archer.... Patricia Greene Pip Archer.... Daisy Badger Leonard Berry.... Paul Copley Susan Carter.... Charlotte Martin Ruairi Donovan.... Arthur Hughes Justin Elliott.... Simon Williams Alan Franks.... John Telfer Amber Gordon.... Charlotte Jordan Emma Grundy.... Emerald O'Hanrahan George Grundy.... Angus Stobie Adam Macy.... Andrew Wincott Azra Malik.... Yasmin Wilde Stella Pryor.... Lucy Speed Oliver Sterling.... Michael Cochrane Dane.... Stavros Demettraki Meg Mellor.... Sue Jenkins</p>	<p><b>SAT 15:00 Spotlight (m00236fr)</b> Ivanov</p> <p>Rory Kinnear plays the title role in a new version of Russian playwright Anton Chekhov's first major stage play. Ivanov is a man whose world is falling apart despite the best efforts of his delusional and self-absorbed friends and family. Writer/composer duo Katherine Tozer and John Chambers follow up their razor-sharp adaptations of The Cherry Orchard and The Seagull.</p> <p>Nicholas Ivanov ..... Rory Kinnear Sarah ..... Dorothea Myer-Bennett Sasha ..... Holli Dempsey Paul ..... Joseph Kloska Matthew ..... Dominic Coleman Michael ..... Tyger Drew-Honey Luke ..... Clifford Samuel Zuzu ..... Joan Iyiola Martha ..... Saffron Coomber Ava ..... Melanie Kilburn Dominic ..... Nuhazet Diaz Cano</p> <p>Cellist ..... Liz Hanks. Sound designer ..... Peter Ringrose Production Co-ordinator ..... Jenny Mendez</p> <p>Directed by Toby Swift A BBC Studios production for Radio 3.</p> <p>In 1887, at the age of 27, Chekhov was commissioned to write a stage play. The result - Ivanov - was completed in just ten days and then premiered in Moscow towards the end of that year. Greatly disappointed, he rewrote the play and 14 months later it was produced in St. Petersburg where it was hailed as a triumph. Chekhov was maturing into the playwright now celebrated as the author of some of the greatest stage plays ever written.</p> <p><b>SAT 16:30 Woman's Hour (m002k3bl)</b> Weekend Woman's Hour: Annie Lennox, Motorway anxiety, New play Punch</p> <p>Journalist Mary McCarthy has been avoiding motorways for years, even planning her life around how to dodge them. She's discovered it's a far more common problem than you might think, especially among women in mid-life.</p> <p>The multi award-winning singer, songwriter and Global Feminist Activist Annie Lennox OBE has been part of the musical landscape for almost 50 years, from her days in The Tourists, to the Eurythmics and then going solo. Now at the age of 70, Annie has brought out a book of photographs called Annie Lennox: Retrospective, and tells us about her life and career.</p> <p>Punch is a play that looks at the ripple effects of a single punch, thrown by a teenager on a night out in Nottingham with fatal consequences. It is on stage in London and the mother of the young man killed, Joan Scourfield, is played by Julie Hesmondhalgh. Both Julie and Joan join Anita to discuss this remarkable story of restorative justice.</p> <p>Presenter: Anita Rani Producer: Simon Richardson</p> <p><b>SAT 17:00 PM (m002k3bn)</b> Full coverage of the day's news</p> <p><b>SAT 17:30 Political Thinking with Nick Robinson (m002k3bq)</b> Preparing Farage for Power: Danny Kruger on defecting to Reform UK</p> <p>Danny Kruger had been at the heart of the Conservative Party since it was led by David Cameron, until he decided that party was "over".</p> <p>He is now a Reform UK MP and has been tasked with preparing the party for government.</p> <p>He sits down with Nick to explain why we need a "revival" of Christian conservatism.</p> <p>Producer: Daniel Kraemer Reserach: Chloe Desave Sound: Ged Sudlow and Hal Haines Editor: Giles Edwards</p> <p><b>SAT 17:54 Shipping Forecast (m002k3bs)</b> The latest weather reports and forecasts for UK shipping</p> <p><b>SAT 17:57 Weather (m002k3bv)</b> The latest weather reports and forecast</p>	<p><b>SAT 18:00 Six O'Clock News (m002k3bx)</b> National and international news from BBC Radio 4</p> <p><b>SAT 18:15 Loose Ends (m002k3bz)</b> Nigel Planer, Rowan McCabe, Bryony Kimmings, Emma-Jean Thackray, Studio Electrophonique</p> <p>Nigel Planer, Bryony Kimmings and Rowan McCabe join Stuart Maconie with music by Emma-Jean Thackray and Studio Electrophonique</p> <p><b>SAT 19:00 Profile (m002k3c1)</b> Kristi Noem</p> <p>Kristi Noem is the controversial Secretary of Homeland Security. A staunch MAGA loyalist, she's in charge of ICE detention facilities, including one in Dallas, Texas, that was attacked this week.</p> <p>As the face of the Trump administration's intensified raids and arrests by US Immigration and Enforcement (ICE) agents, Kristi Noem has become a lightning rod in America, both loved and hated for her combative approach and her many viral media moments - some call her the 'ICE Barbie'.</p> <p>A former South Dakota Snow Queen winner, she's risen fast from her cowgirl roots. There's even talk of a run for president in 2028.</p> <p>Presenter: Mark Coles Producer: Lucy Proctor, Ben Crighton and Natasha Fernandes Researchers: Alex Loftus and Adriana Urbano Production coordinators: Sabine Schereck and Maria Ogundele Editor: Justine Lang Sound Engineer: Neil Churchill</p> <p><b>SAT 19:15 This Cultural Life (m002jtvt)</b> Jackie Kay</p> <p>Jackie Kay is one of the best known and most popular Scottish literary figures. A poet and novelist, she served as Makar - the name for Scotland's poet laureate - for five years from 2016. Since her debut poetry collection The Adoption Papers in 1991, she has published 20 works of fiction and verse for adults and children, and a memoir about meeting her biological parents called Red Dust Road. Jackie Kay was made a CBE for services to literature in 2020.</p> <p>Jackie talks to John Wilson about her childhood in Glasgow as the mixed-race, adopted daughter of a loving couple. From a young age, Jackie was entranced by the parties her parents hosted in their house to raise money for the Communist Party and where they would debate and sing songs. It was her first introduction to performance and theatre. As a teenager, hearing poets such as Tom Leonard and Liz Lochhead recite their own work also had a big impact on her literary aspirations.</p> <p>Growing up in the Glasgow of the 60s and 70s, Jackie had very few black role models and took inspiration from the work of the African American poet Audre Lorde and the American political activist Angela Davis. Jackie also recalls finding her birth parents and how a visit to her birth father's ancestral village in Nigeria finally gave her a sense of dual identity.</p> <p>Producer: Edwina Pitman</p> <p>Other poets who have appeared on This Cultural Life include Michael Rosen, Linton Kwesi Johnson and George The Poet, along with children's authors including Katherine Rundell and Michael Morpurgo. You can find them in the This Cultural Life archive, which contains over 130 previous episodes.</p> <p><b>SAT 20:00 Archive on 4 (m0010n8c)</b> Remember Oluwale</p> <p>Two police officers stood trial in 1971 accused of the manslaughter of Nigerian vagrant David Oluwale. Few questions were asked about the circumstances of his death, until a whistleblowing young police cadet implicated two senior policemen. The trial shook and shamed Leeds.</p> <p>Not far away, Tony Phillips was growing up in the only black family on his Leeds estate. The name David Oluwale reaches far back into his childhood memory of becoming black, black and Yorkshire, and black and British.</p> <p>In Remember Oluwale, Tony reflects on the impact of David's story, exposing the lasting importance and relevance of the story today.</p> <p>He uses archive and face to face interviews with people who knew Oluwale and examines a particular altercation with the police that year which appears to have catapulted David on the road to decline, and his ultimate death in the River Aire.</p>
Supported by <a href="https://bbc.co.uk/programmes/">bbc.co.uk/programmes/</a>		

We meet defence lawyer who argued that race had nothing to do with Oluwale's death, and use archive for the prosecution lawyer, who was convinced the two officers killed David – although they were only ever convicted of assault.

With cross-bench peer Victor Adebowale, Tony highlights the inequalities in mental health and policing that continue to adversely affect black people today, while Joe Williams, who runs the Black History Tours in Leeds, puts the whole story in the context of colonialism.

With contributions from Linton Kwesi Johnson and music by Ellen Smith, David Oluwale's story becomes social history and political statement - examining how a constellation of public issues impacted on one man's body, how we so easily forget our ignominious past, and how misunderstood the deep, underlying problems of racism are.

An Overtone production for BBC Radio 4  
Produced by Anna Scott-Brown

#### **SAT 21:00 Moral Maze (m002jtyz)**

Is recognising the state of Palestine a moral duty?

Prime Minister Kier Starmer has described the UK's formal recognition of a Palestinian state as a "moral duty", saying the change in policy would, "revive the hope of peace and a two-state solution". The rising number of UN members following suit this week, marks a turning point in their approach to Israel since it began its war against Hamas in Gaza, following the October 7th atrocities. In that time, tens of thousands have been killed and more than one million displaced by Israel's military offensive.

Why is Palestinian statehood recognition a 'moral duty' now, as opposed to decades ago? Does it put pressure on Israel to push for a ceasefire or does it reward terrorism? Does it represent moral leadership or gesture politics and hypocrisy?

The Israeli prime minister Benjamin Netanyahu said that he had long opposed a Palestinian state because it would constitute "an existential danger to Israel". Meanwhile, over a century of colonial legacies, wars, and failed diplomatic endeavours has led to scepticism that Palestinians' aspirations for equality and freedom can ever be achieved. To what extent is the recognition of Palestine a moral priority in such a long and intractable conflict between two peoples who have competing claims to land, and who see the other as a threat?

Chair: Michael Buerk

Panel: Matthew Taylor, Giles Fraser, Mona Siddiqui and Tim Stanley.

Producer: Dan Tierney

#### **SAT 22:00 News (m002k3c3)**

National and international news from BBC Radio 4

#### **SAT 22:15 The Food Programme (m002jsvl)**

Wales's Secret Ingredient: Lessons from Cymru on the Future of Food

Sheila Dillon is joined by four guests who each have a deep connection with Welsh food and farming for a panel discussion recorded at the 2025 Abergavenny Food Festival. Beca Lyne-Pirkis is a food writer and broadcaster; Patrick Holden is an organic farmer and founder of the Sustainable Food Trust; Carwyn Graves is a Welsh food historian and author; and Sue Pritchard leads the Food, Farming and Countryside Commission. Together, they explore what is currently making Wales's approach to food distinctive — and what lessons it might offer for the future of food across the UK.

Presented by Sheila Dillon

Produced for BBC Audio in Bristol by Natalie Donovan

#### **SAT 23:00 Icklewick FM (m002j89h)**

Series 2

5. The Libertine

Icklewick enters mourning mode when a beloved wedding DJ unexpectedly dies from eating too much at an incredibly wet buffet. Grief pushes Chris to take drastic action and Amy mourns an old flame. Meanwhile, Simon learns the truth about his past and Mr Patel honours a handshake deal.

Icklewick FM is created and written by Chris Cantrill and Amy Gledhill, with additional material from the cast.

Starring:

Amy Gledhill

Chris Cantrill

Mark Silcox

Colin Hoult

Janice Connolly

Phil Ellis

Lucy Beaumont

Henry Paker

Darren J Coles

Shivani Thussu

Joe Kent Walters

Jin Hao Li

Tom Lawrinson

Tom Burgess

Nicola Redman

Tai Campbell

Em Humble

James Carbutt

Series Artwork by Sam O'Leary

Music, sound design and additional material by Jack Lewis Evans.

Line Produced by Laura Shaw

Produced by Benjamin Sutton.

A Daddy's Superyacht production for BBC Radio 4

#### **SAT 23:30 The 3rd Degree (m002js8r)**

Series 15

2. Queen Mary, University of London

This episode coming from Queen Mary University of London, The 3rd Degree is a funny, upbeat and brainy quiz show.

The specialist subjects this week are Dentistry, Medicine and Politics, so there'll be references to Melt-Quench Processing, Biliary Sludge and Quintin Hogg - clue, only one of them was a Conservative Cabinet Minister. Plus your chance to play Vaccine Scrabble!

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

In this series, universities include Bristol, Queen Mary University of London, Kent, Worcester College Oxford, and Manchester Metropolitan University.

Producer: David Tyler

A Pozzitive production for BBC Radio 4

#### **SUNDAY 28 SEPTEMBER 2025**

##### **SUN 00:00 Midnight News (m002k3c5)**

National and international news from BBC Radio 4

##### **SUN 00:15 Take Four Books (m002js8p)**

Graham Norton

BAFTA Award-winning broadcaster and novelist Graham Norton discusses Frankie, his fifth novel, which centres on the life of an apparently unremarkable Irish woman in her eighties as she recounts her story to a young carer.

Graham Norton shares the three key literary influences that helped shape the novel: Elizabeth Bowen's *The Last September* (1929), Armistead Maupin's *Significant Others* (1987), and Gabrielle Zevin's *Tomorrow, and Tomorrow, and Tomorrow* (2022).

Joining the discussion is acclaimed Irish author, poet, and LGBT+ activist Mary Dorcey.

Producer: Rachael O'Neill

Editor: Esme Kennedy

This was a BBC Audio Scotland production.

##### **SUN 00:48 Shipping Forecast (m002k3c7)**

The latest weather reports and forecasts for UK shipping

##### **SUN 01:00 Selection of BBC World Service Programmes (m002k3c9)**

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

##### **SUN 05:30 News Summary (m002k3cc)**

National and international news from BBC Radio 4

##### **SUN 05:34 Shipping Forecast (m002k3cf)**

The latest weather reports and forecasts for UK shipping

##### **SUN 05:43 Bells on Sunday (m002k3ch)**

St Mary's Church in Lymm, Cheshire.

Bells on Sunday comes from St Mary's Church in Lymm, Cheshire. Overlooking nearby Lymm Dam and dating back to 1521, the Church was substantially rebuilt in the 19th century after falling into disrepair. There are eight bells all cast by the John Taylor bell foundry of Loughborough in 1891. The tenor weighs twenty nine and three quarter hundredweight and is tuned to the note of D. We hear them ringing Stedman Triples.

##### **SUN 05:45 In Touch (m002jsqx)**

Leaving the Macular Society, Age Verification Help

Since the spring, we have been receiving a steady stream of emails from people who are deeply concerned about developments at the Macular Society. The concerns have primarily been over the plans to make a number of the Society's regional managers redundant. In the background, there have been events evolving based around a WhatsApp group chat, which included a number of the regional managers who were told they could be made redundant. In Touch speaks to one of the regional managers, following her dismissal from the charity over the WhatsApp group chat.

A few months ago, age verification checks became a requirement on certain websites under the Online Safety Act. The aim of the Act is to protect children and young people from content that is deemed to be harmful. But, In Touch heard from listeners that they are having issues with the accessibility of these age verification measures, and subsequently are struggling to access content they should be entitled to view as adults. Since we discussed this on the programme, we have heard from the The Age Verification Providers Association who offered to provide some advice on how people with visual impairments can navigate these systems. Their Executive Director Iain Corby gives some pointers.

Presenter: Peter White

Producer: Beth Hemmings

Production Coordinator: Paul Holloway

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

##### **SUN 06:00 News Summary (m002k3f2)**

The latest national and international news from BBC Radio 4

##### **SUN 06:05 Beyond Belief (m002jsq9)**

Faith versus Fear

Giles Fraser delves into the moral and theological tensions surrounding immigration, asking whether Christian faith leads to exclusion or radical inclusion. British politician and prominent catholic Ann Widdecombe opens with a candid reflection on the limits of national capacity and the need for fair rules, citing scripture to support her belief in prioritizing care for one's family and community. The discussion broadens with insights from Journalist & Historian Tim Stanley, human rights advocate Yasmin Halima, and Theos researcher George Lapshynov, who presents data showing Christians are more hostile toward immigration than the general public. The panel explores the biblical imperative to welcome the stranger, the concept of "ordered love" from Saint Augustine, and the practical challenges of balancing compassion with security. Author and activist Onjali Rauf adds a deeply personal lens, highlighting the human cost of displacement and the rhetoric that dehumanizes refugees.

Beyond Belief is a BBC Audio North production for Radio 4.

Presenter: Giles Fraser

Producer: Bara'atu Ibrahim

Assistant Producer: Linda Walker

Editor: Tim Pemberton

##### **SUN 06:35 On Your Farm (m002k3f4)**

A Plum Job

In the Gloucestershire countryside, close to the River Severn and on the edge of the Forest of Dean, sits Hayling's Farm at Flaxley with its 200 year old fruit orchard. It's here that Ben Swinley not only tends to his 1,600 trees but also indulges his passion for unique local varieties of plum. Among the organic Victorias and Czars he grows other plums which are native to

this corner of the county; ones with evocative names such as Dymock, Blaisdon Red, Rodley Blackjack and Westbury Rivers Early Prolific.

As harvest gets underway, Vernon Harwood joins Ben to find out why he's become a champion of the 'unusual, little known and very local' and to explore the family ties to the village which go back to the 1600s. Ben is following in the footsteps of his father, Captain Bill Swinley, who made a lasting impact when he featured in a memorable edition of On Your Farm in 1995. But 30 years later, is it possible to make a living from growing seasonal English plums in the face of supermarket competition and year-round availability?

Produced and presented by Vernon Harwood

#### **SUN 06:57 Weather (m002k3f6)**

The latest weather reports and forecast

#### **SUN 07:00 News and Papers (m002k3f8)**

National and international news from BBC Radio 4

#### **SUN 07:10 Sunday (m002k3fb)**

A look at the ethical and religious issues of the week

#### **SUN 07:54 Radio 4 Appeal (m002k3fd)**

War Child UK

Claudia Hammond makes the Radio 4 Appeal on behalf of War Child UK. The charity provides psychologists and social workers in conflict zones across the world helping children recover from the experience of war.

The Radio 4 Appeal features a new charity every week. Each appeal then runs on Radio 4 from Sunday 0755 for 7 days.

To Give:

- Freephone 0800 404 8144

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

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

Mark the back of the envelope 'War Child UK'.

- Cheques should be made payable to 'War Child UK'.

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

Registered Charity Number: 1071659. If you'd like to find out more about the charity's work visit

\*<https://www.warchild.org.uk/>

\*The BBC is not responsible for content on external websites

Producer: Katy Takatsuki

#### **SUN 07:57 Weather (m002k3fg)**

The latest weather reports and forecast

#### **SUN 08:00 News and Papers (m002k3fj)**

The news headlines, including a look at the newspapers.

#### **SUN 08:10 Sunday Worship (m002k3fi)**

The God of all Creation - Live worship from Lichfield Cathedral

'Maker of all that is, seen and unseen, through Him all things were made.'

This phrase, from the 1700 year old declaration of faith that is The Nicene Creed, holds a particular pertinence today. In light of climate change, extinction and our disconnection with the natural world, what can returning to the idea of God as creator of all things, seen and unseen, tell our society.

The leader is the Revd Canon Andrew Stead and the preacher is the Revd Canon Dr Gregory Platten, with a welcome by the Dean of Lichfield, The Rt Revd Jan McFarlane.

Lichfield Cathedral Chamber Choir are directed by Martyn Rawles and the organist is Liam Condon.

MUSIC:

Thou, whose almighty Word (Moscow)

Immortal, Invisible (St Denio)

Praise to the Lord, the almighty (Lobe den Herren)

Seek him that maketh the seven stars - Antony Joule

My Eyes for beauty pine - Elizabeth and Thomas Coxhead

Sing Praise to God - Richard Lloyd

READINGS:

Hebrews 1:1-4

Ephesians 6.1-6

Romans 8.19-25

Producer: Katharine Longworth

#### **SUN 08:48 Witness History (m002k5jt)**

When Stalin silenced Shostakovich

Russian composer Dmitri Shostakovich was one of the greatest musicians of the 20th century. But in 1936, Joseph Stalin attended a performance of Shostakovich's opera, Lady Macbeth of Mtensk.

The Soviet leader was unimpressed and left early. Days later, the state newspaper Pravda published a scathing review titled 'Muddle instead of music', castigating the music as bourgeois.

Shostakovich was blacklisted from public life, and feared for his safety during Stalin's ongoing purges.

The traditional style of his comeback Symphony No 5 in 1937 was a hit with the authorities, and Shostakovich's reputation was restored. But his true intentions are hugely debated – some experts argue the Fifth Symphony was a cleverly veiled act of dissent.

Fifty years on from the composer's death, his son Maxim Shostakovich unfolds the mystery with Ben Henderson.

Eye-witness accounts brought to life by archive.

Witness History is for those fascinated by the past. We take you to the events that have shaped our world through the eyes of the people who were there.

For nine minutes every day, we take you back in time and all over the world, to examine wars, coups, scientific discoveries, cultural moments and much more.

Recent episodes explore everything from the death of Adolf Hitler, the first spacewalk and the making of the movie Jaws, to celebrity tortoise Lonesome George, the Kobe earthquake and the invention of superglue.

We look at the lives of some of the most famous leaders, artists, scientists and personalities in history, including: Eva Peron – Argentina's Evita; President Ronald Reagan and his famous 'tear down this wall' speech; Thomas Keneally on why he wrote Schindler's List; and Jacques Derrida, France's 'rock star' philosopher.

You can learn all about fascinating and surprising stories, such as the civil rights swimming protest; the disastrous D-Day rehearsal; and the death of one of the world's oldest languages.

(Photo: Dmitri Shostakovich and his son Maxim Shostakovich. Credit: Express/Getty Images)

#### **SUN 08:58 Tweet of the Day (m002k3fn)**

Hannah Stitfall on the Firecrest

As autumn ripens in Cornwall, wildlife filmmaker and TV presenter Hannah Stitfall goes out in search of the firecrest. For Hannah, the firecrest is a jewel of the forest, with its dazzling golden crest and bright white eye-stripe. The dense evergreen woodlands and mild climate in Cornwall offer the perfect shelter and feeding grounds. Most firecrests seen in Cornwall in autumn are migrants from central Europe, pausing here on their way to their wintering grounds in southern Europe and north Africa. Hannah finds them notoriously difficult to film, but if you're lucky you might spot one hunting for insects hidden in leaves and pine needles.

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

#### **SUN 09:00 Broadcasting House (m002k3fq)**

The Sunday morning news magazine programme. Presented by Paddy O'Connell

#### **SUN 10:00 Desert Island Discs (m002k3fs)**

Michael Sheen, actor

Michael Sheen is an award-winning actor.

After finding his love for the stage with the West Glamorgan Youth theatre as a teenager, he studied at the Royal Academy of Dramatic Art in London.

He spent the 1990s making a name for himself as a stage actor, shining in the classics from Romeo and Juliet to Peer Gynt as well as in 20th century masterpieces such as Look Back in Anger and Amadeus, receiving several Olivier Award nominations along the way.

A relocation to the US in the early 2000s with his then partner, the actress Kate Beckinsale, and their young daughter Lily prompted a move into films. His breakthrough came in 2003

when he portrayed Tony Blair in a Stephen Frears film called The Deal. It was the beginning of what became an unlikely specialism: morphing into real people from recent history: Kenneth Williams, David Frost, Brian Clough, Chris Tarrant, and Prince Andrew – with two more outings as Tony Blair thrown in for good measure.

Michael was born in Newport, South Wales, in February 1969, the eldest of two children to Meyrick and Irene. He grew up in Port Talbot from the age of eight and considers it his hometown.

His first love was football, and he was spotted as youngster by an Arsenal talent scout to play for their youth team. His parents decided against moving the family to London and he turned to acting instead and graduated from RADA in 1991.

Alongside the classic dramas, his range extends to appearing in fantasy and science fiction films such as The Twilight Saga and Tron: Legacy.

Michael has said that the most meaningful project to him was a modern restaging of the passion play in Port Talbot in 2011, which involved the participation of a thousand local people, because it opened his eyes to the difficulties many of them were experiencing. He has since used his own money to fund the 2019 Homeless World Cup in Cardiff and set up an organisation which supports community groups.

Michael lives in Wales with his partner, the actress Anna Lundberg, and their two young daughters.

Presenter: Lauren Laverne

Producer: Sarah Taylor

There are more than 2000 programmes in our archive available for you to listen to. We have cast away other notable actors including Sir Anthony Hopkins and some of the people Michael has played including Kenneth Williams, Chris Tarrant and Tony Blair. You can find all those episodes and more by searching BBC Sounds.

#### **SUN 11:00 The Archers Omnibus (m002k3fv)**

Writer: Tim Stimson

Director: Marina Calderone

Editor: Jeremy Howe

Brian Aldridge..... Charles Collingwood  
Ben Archer..... Ben Norris  
Jill Archer..... Patricia Greene  
Pip Archer..... Daisy Badger  
Leonard Berry..... Paul Copley  
Susan Carter..... Charlotte Martin  
Ruairi Donovan..... Arthur Hughes  
Justin Elliott..... Simon Williams  
Alan Franks..... John Telfer  
Amber Gordon..... Charlotte Jordan  
Emma Grundy..... Emerald O'Hanrahan  
George Grundy..... Angus Stobie  
Adam Macy..... Andrew Wincott  
Azra Malik..... Yasmin Wilde  
Stella Pryor..... Lucy Speed  
Oliver Sterling..... Michael Cochrane  
Dane..... Stavros Demetraki  
Meg Mellor..... Sue Jenkins

#### **SUN 12:15 Profile (m002k3cl)**

[Repeat of broadcast at 19:00 on Saturday]

#### **SUN 12:30 Just a Minute (m002jscp)**

Series 95

6. Do you believe in soul mates?

Sue Perkins challenges Julian Clary, Rachel Parris, Paterson Joseph and Paul Merton to speak for 60 seconds without repetition, deviation or hesitation. Subjects include my Spanish exchange, Paddington Bear and shoulder pads.

Production Coordinator: Sarah Nicholls  
Sound Editor: Marc Willcox  
Producer: Georgia Keating  
Executive Producer: James Robinson  
Additional material by Eve Delaney

An EcoAudio certified production.  
A BBC Studios Production for Radio 4.

#### **SUN 12:57 Weather (m002k3fx)**

The latest weather forecast

#### **SUN 13:00 The World This Weekend (m002k3fz)**

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

**SUN 13:30 Currently (m002kcy)**

Flag Town

In towns and cities across Britain, flags are appearing in ever greater numbers. On rooftops, down terraced streets, outside pubs and community centres, they flutter as both a statement of pride and a challenge to what many feel the country is becoming. In York, the group known as the Flag Force see their work as part of a wider national campaign. For them, raising the Union Flag or the Cross of St George is about honouring history, heritage and a sense of belonging they believe is slowly being stripped away by government neglect, the cost of living crisis and, above all, immigration.

The Flaggers insist their cause is not rooted in racism or exclusion, but in the preservation of British culture. Yet for others, the message is harder to separate. To some, the same symbols that inspire pride in one street can read like a warning in another. Not a call for unity, but a signal that certain people do not belong.

At the heart of this story is a clash of meanings. Supporters describe the flags as an antidote to division, a way to bring fractured communities together under a shared identity. Opponents counter with flags of their own, from Switzerland to Bermuda to the rainbow Pride flag, aiming to show that being British can mean welcoming different cultures rather than resisting them.

The result is a patchwork of banners across the country, each one loaded with history, politics and personal belief. What was once a simple piece of fabric is now a frontline in a debate about who we are and who we want to be. The very symbols meant to unite us are instead exposing how deeply divided we remain.

Presented and Produced by Jonny I'Anson  
Edited by Clare Fordham

**SUN 14:00 Gardeners' Question Time (m002jsw3)**  
St Austell: Kiwis, Proud Plants and Frozen Seeds

When do kiwis produce fruit in the UK? What plant cuttings are the panel most proud of propagating? Should we freeze our seeds in water before planting them in the ground?

Kathy Clugston and a powerhouse panel of gardening experts return to the iconic Eden Project outside St Austell in Cornwall where they field questions from a green fingered live audience. Tackling everything from persistent pests to planting dilemmas, the panel includes houseplant specialist Anne Swithinbank, award-winning garden designer Chris Beardshaw, and horticulturalist Frances Tophill.

Later in the programme, continuing our autumn feature series, Matthew Wilson provides an extensive guide to dividing your perennial plants.

Senior producer: Dominic Tyerman  
Junior producer: Rahnee Prescod

A Somethin' Else production for BBC Radio 4

**SUN 14:45 Opening Lines (m002k3g1)**  
A Short History of Tractors in Ukrainian

John Yorke looks at the background to A Short History of Tractors in Ukrainian and assesses the appeal of this worldwide best seller by Marina Lewycka. Two feuding sisters unite to thwart their newly widowed father's impending marriage to Valentina - a voluptuous gold-digger from Ukraine who loves green satin underwear and boil-in-the-bag cuisine and who'll stop at nothing in her single-minded pursuit of the luxurious Western lifestyle she dreams of.

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

Contributor:  
Professor Andrew Wilson, Professor of Ukrainian studies at University College London and author of 'The Ukrainians'

Archive:  
Radio 4 – Marina Lewycka on 'Book Club', 8th January 2015

Readings from A Short History of Tractors in Ukrainian:

Marina Lewycka (Penguin Essentials, 71), 2017

Reader: Janet Ellis  
Producer: Alison Vernon-Smith  
Sound: Sean Kerwin  
Researcher Henry Tydeman  
Production Hub Coordinator: Nina Semple  
Executive Producer: Caroline Raphael

A Pier production for BBC Radio 4

**SUN 15:00 Drama on 4 (m002k3g3)**  
A Short History of Tractors in Ukrainian

Episode 1

Episode 1 of A Short History of Tractors in Ukrainian, adapted for radio by Tanika Gupta, introduces us to Mykolai, an eccentric 84-year-old Ukrainian widower living in England. Still grieving his late wife Ludmyla, Mykolai shocks his daughter Nadiya with the news that he plans to remarry - to a glamorous 36-year-old woman from Ukraine named Valentyna.

To Mykolai, she is the embodiment of youth, art, and love - to his daughters, she is clearly an opportunist seeking British citizenship, money, and a future for her son, Stanislav.

As Nadiya struggles with disbelief and frustration, she is drawn back into a tense relationship with her estranged sister Vira. Both women wrestle with their own resentments and childhood grievances, even as they try to protect their father from Valentyna's manipulations. Mykolai, however, insists that love and morality compel him to rescue Valentyna from hardship in Ukraine, dismissing warnings from his family and community.

Interwoven with the present-day drama are haunting recollections from Ludmyla, whose voice narrates fragments of family history - tales of war, famine, revolution, and loss. These memories connect the struggles of the past with the dilemmas of the present, reminding us that survival, desire, and hope are always entwined.

The episode closes with Mykolai's dreams of love colliding with harsh reality - money, betrayal, and scandal deepen family tensions, setting the stage for battles over loyalty, inheritance, and truth.

An International Arts Partnership production for BBC Radio 4

**SUN 16:00 Take Four Books (m002k3g6)**  
William Boyd

Booker shortlisted writer William Boyd speaks to Take Four Books this week about his new spy novel, The Predicament, and together with presenter James Crawford, and the crime writer Louise Welsh, they explore its connections to three other literary works. In his new novel, which is the second in a trilogy, travel writer turned accidental spy, Gabriel Dax, finds himself caught up in events in Guatemala, and then in Berlin, where he becomes aware of a plot to assassinate the charismatic, young president John F Kennedy. The stakes are high, the pace is fast, and Gabriel is finding the allure of his handler, Faith Green, difficult to resist.

For his three influences William chose: Mountolive, published in 1958, and which is the third volume in The Alexandria Quartet series by Lawrence Durrell; Len Deighton's debut novel The Ipcress File from 1962, this was later turned into a film, of the same name, starring Michael Cane; and John Le Carre's iconic The Spy Who Came In From The Cold published in 1963.

Producer: Dominic Howell  
Editor: Gillian Wheelan

This is a BBC Audio Scotland production.

**SUN 16:30 The 3rd Degree (m002k3g8)**  
Series 15

3. University of Kent

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

The specialist subjects this week are Forensic Science, Architecture and English Literature, so we'll be charging James Bond under the Firearms Act, watching friendly bombs fall on Slough and chatting about the worst bits of Titus Andronicus. All this plus dinosaurs!

The show is recorded on location at a different University each week, and pits three Undergraduates against three of their Professors in this fresh take on an academic quiz. The General Knowledge rounds include a quickfire bell-and-buzzer finale and the Highbrow & Lowbrow round cunningly devised to test

not only the students' knowledge of history, art, literature and politics, but also their Professors' awareness of TV, music and sport. Meanwhile there are the three Specialist Subject rounds, in which students take on their Professors in their own subjects, and where we find out whether the students have actually been awake during lectures.

In this series, universities include Bristol, Queen Mary University of London, Kent, Worcester College Oxford, and Manchester Metropolitan University.

Producer: David Tyler

A Pozzitive production for BBC Radio 4

**SUN 17:00 Witness History (w3ct74jk)**  
Brazil's biggest bank heist

In August, 2005, a gang of robbers tunnelled their way into a Brazilian bank vault in a heist straight out of the movies.

Three months before, the thieves had set up a landscaping business, Grama Sintetica - or Synthetic Grass, from a house close to the Banco Central in Fortaleza. But it was a plot to disguise their real activity.

Working in shifts, they dug an 80 metre tunnel from the house, under a neighbouring street and into the vault before escaping with more than 160million reais, then the equivalent of \$70million.

Antonio Celso Dos Santos, then a federal police chief, was one of the detectives who tracked down the gang. He spoke to Jane Wilkinson about the investigation.

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 the death of Adolf Hitler, the first spacewalk and the making of the movie Jaws, to celebrity tortoise Lonesome George, the Kobe earthquake and the invention of superglue.

We look at the lives of some of the most famous leaders, artists, scientists and personalities in history, including: Eva Peron – Argentina's Evita; President Ronald Reagan and his famous 'tear down this wall' speech; Thomas Keneally on why he wrote Schindler's List; and Jacques Derrida, France's 'rock star' philosopher.

You can learn all about fascinating and surprising stories, such as the civil rights swimming protest; the disastrous D-Day rehearsal; and the death of one of the world's oldest languages.

(Photo: Police and journalists examine the Banco Central tunnel, 2005. Credit: Tuno Viera/AFP via Getty Images)

**SUN 17:10 Artworks (m002d0cq)**  
Monstrous Regiment

Playwright April de Angelis tells the dramatic story of pioneering women's theatre company Monstrous Regiment, 50 years on from its creation.

In the 1970's, the newly founded Women's Liberation Movement rocked the world. But British theatre was still a largely male preserve. Actresses found themselves in left-leaning fringe productions auditioning for minor roles as sidekicks to male protagonists. Sick and tired of being marginalised, a group of actresses led by Gillian Hanna, Chris Bowler and Mary McCusker decided to form their own company to focus on the lives of women and promote roles for women in all areas of theatre, on and off stage.

Monstrous Regiment was born, named ironically after John Knox's vituperative description of Elizabeth I and Mary Queen of Scots.

Across two decades of extraordinary social and political upheaval, this group of women changed theatre history, fuelled by ambition, passion and ideology.

Presented by April De Angelis  
Sound mix by Steve Bond  
Production Coordinator - Anna de Wolff Evans  
Executive Producer - Sara Davies  
Produced, recorded and edited by Nicolas Jackson

With special thanks to Monstrous Regiment, Mary McCusker, Russell Keat, Helen Glavin, Lily Susan Todd, Roger Allam, Bryony Lavery, Susan Croft, Gerda Stevenson, Rosa Clay

Slade, Adrian Berry, Jackson's Lane and Unfinished Histories.

Audio clips of Margaret Thatcher courtesy of BBC Radio programmes: Woman's Hour; The New Elisabethans; Call Yourself a Feminist.

Songs courtesy of Monstrous Regiment and Helen Glavin.

For more information about Monstrous Regiment visit <https://monstrousregiment.co.uk/>

An Afonica production for BBC Radio 4

**SUN 17:40 Short Works (m000h26b)**  
This Is Somewhere Else

"I don't know if it's the schnapps that hits me or Gabriella's pointed question but my head starts to spin. Why do I want to be Romanian? Is it possible that I just want it, not that I actually am?" Original short story for radio, written and read by Henry C. Krempels. Produced by Becky Ripley.

**SUN 17:54 Shipping Forecast (m002k3gb)**  
The latest weather reports and forecasts for UK shipping

**SUN 17:57 Weather (m002k3gd)**  
The latest weather reports and forecast

**SUN 18:00 Six O'Clock News (m002k3gg)**  
National and international news from BBC Radio 4

**SUN 18:15 Pick of the Week (m002k3gj)**  
Anna Phoebe

A selection of highlights from the past week on BBC radio

**SUN 19:00 The Archers (m002k38p)**  
Stella has a crisis of confidence, and Ian is less than impressed.

**SUN 19:15 Illuminated (m002k3gl)**  
Driving, Driving, Driving on the Autobahn

Alan Dein takes to the road to explore the social and cultural resonances of Kraftwerk's Autobahn.

The music begins the way journeys begin: with a clunking car door and churning ignition, before rolling onwards on a warm rhythmic throb - a 23-minute conceptual road-trip of swerves and curves, gentle gradients and blaring horns, tarmac-rumbling rhythms and doppler-shift effects that simulate the sensory whoosh of passing vehicles.

Kraftwerk's lyrical paean to the possibilities of freedom via the German motorway system is fifty years old. It was released in late 1974 and became popular worldwide in 1975. These were years in which a new West Germany was being created, one in which a more overt reckoning with history was possible, and in which a new characteristically German culture could be asserted, free from -- and implicitly in opposition to -- that history: new art, writing, cinema, and, with Kraftwerk, among others, music.

The autobahn wasn't an innocent choice of subject for Kraftwerk. It connected them back to the 1930s, when the autobahn system was begun and became an integral part of the infrastructure of the Third Reich. After the war it became a symbol of the West German 'economic miracle'. Beginning in darkness, the autobahn could be conceived as a road that drove towards progress and optimism.

'Wir fahren, fahren, fahren auf der autobahn': 'We're driving, driving, driving on the autobahn.'

Alan Dein is on the autobahn as well – driving, driving, driving – in Kraftwerk's wake, and tuned in to the cultural world of West Germany in the 1970s.

Featuring:  
Berthold Franke, cultural historian  
Daniel Miller, musician and founder of Mute records  
Emil Schult, artist and sometime member of Kraftwerk

With grateful thanks to Dietmar Post and Uwe Schutte.

Photograph shows Emil Schult and Alan Dein. Behind them is Schult's painting, used as the original cover of Kraftwerk's Autobahn album.

**SUN 19:45 Just One Thing - with Michael Mosley (m0017kc7)**  
Drink Coffee

Coffee drinkers rejoice! Did you know that a simple cup of coffee can improve your mood, boost your workout and even stimulate your brown fat, helping you burn calories? In this episode, Michael Mosley finds out all the benefits of our beloved bean - with research suggesting that it could help your brain and heart. What's more, if you time it right, a simple cup of coffee could help you get more out of your workout and could even change the way you break down fat. Michael speaks to Professor James Betts at the University of Bath to find out how much coffee is the best dose, and what to bear in mind when having a cup.

**SUN 20:00 Word of Mouth (m002jtvh)**  
It's not what you say, it's how you say it

Michael Rosen on the linguistic comfort food of clichés, pragmatics and how we use language to connect us beyond the actual words used. Derek Bousfield explains how words do more than carry meaning: context governs what we say and how it's understood.

Dr Bousfield is Reader in Pragmatics and Communication and Co-Director of The Manchester Centre for Research in Linguistics and co-author of Talking in Clichés: The Use of Stock Phrases in Discourse and Communication. Produced for BBC Audio Bristol by Beth O'Dea, in partnership with the Open University. Subscribe to the Word of Mouth podcast and never miss an episode: <https://www.bbc.co.uk/sounds/brand/b006qtnz>

**SUN 20:30 Last Word (m002jsw7)**  
Sir Nicholas Grimshaw, John Stapleton, Mary Elizabeth Dodd, Claudia Cardinale

Matthew Bannister on

Sir Nicholas Grimshaw, the architect who designed the international terminal at London's Waterloo Station and the Eden Project.

John Stapleton, the TV presenter who fronted Watchdog with his wife and ITV's breakfast and daytime shows. His friend Greg Dyke pays tribute.

Mary Elizabeth Dodd, the physiotherapist who pioneered new treatments for cystic fibrosis.

And the glamorous Italian film star Claudia Cardinale who was a muse for the directors Federico Fellini and Luchino Visconti.

Interviewee: Andrew Whalley  
Interviewee: Greg Dyke  
Interviewee: Professor Kevin Webb  
Interviewee: Rita Di Santo

Producer: Ed Prendeville

Archive used:  
The Late Show, BBC Television 01/02/1989 ; The Eden Project, BBC News 15/03/2001 ; Desert Island Discs – Nicholas Grimshaw , BBC radio 4 , 14/12/2003; John Stapleton in conversation , BBC Radio Wales 01/11/2013; John Stapleton, Argentina report; Newsnight, BBC Two, 13/04/1982 ; John Stapleton , report on Motorways, Nationwide, BBC One, 01/03/1976; The Time The Place, Central Television, ITV, 09/11/1992; John Stapleton, BBC Election 1987, 12/06/1987; Watchdog, BBC One, 11/01/1988 ; John Stapleton report, Panorama, The Class of 81, BBC One, 07/09/1981; Life File , BBC 12/02/1988; The Leopard, director: Luchino Visconti, from the novel by Giuseppe Tomasi di Lampedusa, Twentieth Century-Fox Film Corp 1963; Hardtalk - Claudia Cardinale , BBC 29/11/2011

**SUN 21:00 Money Box (m002k3b9)**  
[Repeat of broadcast at 12:04 on Saturday]

**SUN 21:25 Radio 4 Appeal (m002k3fd)**  
[Repeat of broadcast at 07:54 today]

**SUN 21:30 From Our Own Correspondent (m002k3b5)**  
[Repeat of broadcast at 11:30 on Saturday]

**SUN 22:00 Westminster Hour (m002k3gn)**  
Radio 4's Sunday night political discussion programme.

**SUN 23:00 On the Run (m0023g63)**  
At Their Feet

Writer, Poet and Runner Helen Mort tracks a history of running, from prehistoric times to present day to chart the development of humanity's relationship with running.

In this episode, Helen examines the role running played in

societies from Europe's Dark Ages to the early 20th century. She'll be finding out who the runners were, what inspired them to ran, and the impact it made on their social status.

Helen will discover the surprising religious origins of Britain's modern-day position in global athletics. She'll chart the ups and downs of the participation and perception of women runners. And she'll learn how 17th century foot messengers became a powerful tool in the struggle between indigenous North Americans and European colonisers.

Interviewees:  
Neil Baxter - Sociologist and running historian  
Sam Edwards - Historian, Loughborough University  
Bill Hillmann - Bull runner and writer  
Katie Holmes - Women's running historian  
Dustin Martin - Executive Director of Wings of America  
Peter Radford - Olympian and sports historian  
Roger Robinson - Runner and author of 'Running in Literature'

Thanks to Thor Gotaas, author of 'Running: A Global History'

Producer: Becca Bryers

**SUN 23:45 Short Works (m002jsw5)**  
Shadowing Gordon by Jan Carson

An original short story specially commissioned by BBC Radio 4 from the author Jan Carson. Read by Seamus O'Hara ('Blue Lights').

The Author  
Jan Carson is a writer and community arts facilitator based in East Belfast. Her novel 'The Fire Starters' was awarded the EU Prize for Literature 2019 and the author was acclaimed as "one of the most exciting and original Northern Irish writers of her generation" by the Sunday Times. Her most recent novel 'The Raptures' was shortlisted for the Irish Book Awards Novel of the Year and the Kerry Group Novel of the Year. She is a frequent contributor to BBC Radio 4 was shortlisted for the BBC National Short Story Award 2020, the An Post Irish Short Story of the Year and the Seán Ó Faoláin Short Story Prize. She was elected a Fellow of the Royal Society of Literature in 2023.

Writer: Jan Carson  
Reader: Seamus O'Hara  
Producer: Michael Shannon

A BBC Audio Northern Ireland Production for BBC Radio 4.

## MONDAY 29 SEPTEMBER 2025

**MON 00:00 Midnight News (m002k3gq)**  
National and international news from BBC Radio 4

**MON 00:15 Crossing Continents (m002jsqz)**  
'A new foe': Conscripting women in Denmark

Denmark is eyeing up the military threat from Russia – and dramatically increasing the numbers in its national service. Now, 18-year-old girls are facing a call up.

The BBC has been granted rare access to a military base on the outskirts of Copenhagen to see the newest recruits learn how to operate on the battlefield.

Anna Holligan attends a "Defences Day" where teenagers find out whether they're fit to serve, and draw a conscription lottery ticket that could shape their future.

Presenter: Anna Holligan  
Producer: Ellie House  
Production Coordinator: Katie Morrison  
Sound Mix: Rod Farquhar  
Editor: Penny Murphy

**MON 00:45 Bells on Sunday (m002k3ch)**  
[Repeat of broadcast at 05:43 on Sunday]

**MON 00:48 Shipping Forecast (m002k3gs)**  
The latest weather reports and forecasts for UK shipping

**MON 01:00 Selection of BBC World Service Programmes (m002k3gy)**  
BBC Radio 4 presents a selection of news and current affairs, arts and science programmes from the BBC World Service.

**MON 05:00 News Summary (m002k3gx)**  
National and international news from BBC Radio 4

**MON 05:04 Last Word (m002jsw7)**

[Repeat of broadcast at 20:30 on Sunday]

**MON 05:34 Shipping Forecast (m002k3gz)**

The latest weather reports and forecasts for UK shipping

**MON 05:43 Prayer for the Day (m002k3h1)**

Boundaries and Retreats

A spiritual comment and prayer to start the day with Emma - Lopen Ani Pema Deki

Good morning.

I have just come out of a period of solitary retreat in the mountains of Bhutan. I find such times of stepping back and concentrating on clearing my mind and assessing how things are going to be so helpful.

In Tibetan the word for retreat is tsam which actually simply means a boundary, to draw a line and someone who is in retreat is a tsam pa, someone who has deliberately drawn this line for a set period of time.

The drawing of a line can be for any length of time and actually anywhere but in Buddhism it does need to be a deliberate, chosen decision and one arising from a place of compassion for self and others.

On my path there have been so many things to learn and one of them is renunciation and the question of what is sufficient for mental contentment. This becomes very real when one enters a formal retreat where the house or hut is very simple and you think deliberately 'what do I want to take with me, to take beyond this boundary.

For me it was a good supply of food and a duvet for the body and for the mind a clear timetable of practices of prayer and meditation to do throughout the day and I came out feeling energised and ready to play my part in the great dance of life once more.

I wish you good luck with finding your own peace, with drawing your own lines and knowing what is sufficient for your own contentment.

'May all beings be at peace and may this begin with us'

**MON 05:45 Farming Today (m002k3h3)**

27/09/25: Prime Minister's farming priority, Armagh Bramleys, livestock markets

As the Labour Party Conference continues, the Prime Minister says improving profitability is his priority for farming. There's no sign of change on the decision to reimpose Inheritance Tax on farms worth over £1 million.

We begin a week focussing on the role of livestock markets in 21st century farming, and ask are they as relevant now as a generation ago?

County Armagh, in Northern Ireland, is famous for its Bramley Apples and we visit a grower who says his family has apple in their blood.

Presenter: Charlotte Smith  
Producer: Sarah Swadling

**MON 05:57 Weather (m002k3h5)**

The latest weather reports and forecasts for farmers

**MON 06:00 Today (m002k37w)**

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

**MON 09:00 Start the Week (m002k37y)**

Steven Pinker on common knowledge

The experimental cognitive psychologist and popular science writer, Steven Pinker delves into the intricacies of human interactions in his latest book, 'When Everyone Knows That Everyone Knows...: Common Knowledge and the Science of Harmony, Hypocrisy and Outrage'. From avoiding the elephant in the room to the outing of the emperor's new clothes, Pinker reveals the paradoxes of human behaviour.

Common knowledge can bind people and communities together in a shared purpose, but Aleks Krotoski, the presenter of BBC Radio 4's The Artificial Human and The Digital Human, journeys to the fringes of human endeavour in The Immortalists. There, Silicon Valley tech billionaires are using their wealth to focus on their own futures, attempting to disrupt and defy their own mortality.

How people behave to strangers and how much they're willing to spend to help them, is at the heart of David Edmonds's biography of the philosopher Peter Singer. Death in a Shallow Pond considers Singer's most famous thought experiment and his contention that we're morally obliged to come to the aid of those less fortunate if we can. It's a practical philosophy that has divided opinion, but also inspired a new movement of effective altruism.

Producer: Katy Hickman  
Assistant Producer: Natalia Fernandez

**MON 09:45 Café Hope (m002k380)**

Bringing loved ones home

Co-founder of the Kevin Bell Repatriation Trust, Colin Bell, tells Rachel Burden how his son's death abroad, was the start of his charity that repatriates loved ones.  
26-year-old Kevin, from Newry, County Down in Ireland, was killed in a suspected hit-and-run in New York in June 2013.

The community in Newry, raised around £150,000 to bring Kevin back home. Inspired by their generosity, Colin and his family started the charity, which is funded entirely through donations and fundraising, to help families in the same position bring their loved one home.

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

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

You can contact us on [cafehope@bbc.co.uk](mailto:cafehope@bbc.co.uk)

Presenter: Rachel Burden  
Series Producer: Uma Doraiswamy  
Sound Design: Nicky Edwards  
Researcher: Maeve Schaffer  
Editor: Clare Fordham

**MON 10:00 Woman's Hour (m002k382)**

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

**MON 11:00 Three Ages of Child (m002k384)**

Episode 1: The Early Years

Dr Guddi Singh is a paediatrician looking for answers. She's worried about the patients whose problems can't be fixed with a prescription – babies who are not thriving because their parents can't afford to heat their home or children who are obese because they don't have access to outdoor space. Children in the UK face some of the worst health outcomes in Europe. Dr Singh wants to find solutions.

In a three-part series, she travels across England through the three ages of childhood: the early years, the primary school years and adolescence. She meets people in the community, from health workers to teachers, on a quest to discover what's going wrong and what it will take to turn things around.

In the first episode, she visits Hartlepool in north-east England, where she grew up, to explore the early years of childhood. It's one of the most deprived parts of the country. She meets people on the frontline in the voluntary sector and public health, visits a school that is providing social support to families and finds out from parents what's needed to survive and nurture their children.

Presenter: Guddi Singh  
Producer: Jo Glanville  
Editor: Kirsten Lass  
Executive Producer: Rosamund Jones  
Production Executive: Lisa Lipman  
Sound Engineers: Dan King and Jon Calver  
Photography of Guddi Singh courtesy of Anad Singh  
Commissioning Editor: Daniel Clarke

A Loftus Media production for BBC Radio 4

**MON 11:45 Dangerous Miracle by Liam Shaw (m002k387)**

Episode 1: Tiny Beasts

Biologist Liam Shaw explores the surprising history and uncertain future of antibiotics, one of humanity's greatest medical advances.

In a remote region of Canada, scientists drill into the permafrost

in search of antibiotic resistance.

Read by James Macnaughton  
Abridged by Eileen Horne  
Produced by Eilidh McCreadie  
A BBC Audio Scotland production for BBC Radio 4

**MON 12:00 News Summary (m002k38b)**

The latest national and international news from BBC Radio 4.

**MON 12:04 You and Yours (m002k38d)**

News and discussion of consumer affairs

**MON 12:57 Weather (m002k38g)**

The latest weather forecast

**MON 13:00 World at One (m002k38j)**

News, analysis and comment from BBC Radio 4

**MON 13:45 Food Britannia (m002k38l)**

The Supermarket Dilemma

Max Cotton, a retired political journalist, is on a mission to eat only food grown in the UK for an entire year, on a £30 per week budget. Why? He wants to know if Britain can produce the diet we need, when as a nation we import nearly half our food.

The series begins by asking why processed food labels make it so difficult to know where ingredients come from, and reveals that staples like supermarket bread may not be as British as we think.

Presenter: Max Cotton  
Producer: Tessa Browne  
Executive Producer: Kate Dixon  
A Good Egg production for BBC Radio 4

**MON 14:00 The Archers (m002k38p)**

[Repeat of broadcast at 19:00 on Sunday]

**MON 14:15 Alone (m0009klr)**

Series 2

A Few Loose Ends

Ellie meets Kath, an old female friend of Mitch, and invites her to visit them.

But there's more to Kath's story than at first appears and Mitch and Will soon find themselves at loggerheads.

Meanwhile, Louisa acts the role of Morris' partner to help her career and hopefully to heighten his pulling power at a party.

Sitcom about five single, middle aged neighbours living in flats in a converted house in North London.

Mitch is a widower and part-time therapist, looking to put his life back together now that he is single and living with Will, his younger, more volatile and unhappily divorced half-brother.

Elsewhere in the building is schoolteacher Ellie who is shy, nervous and holds a secret candle for Mitch. Overly honest, frustrated actress Louisa, and socially inept IT nerd Morris complete the line-up of mis-matched neighbours.

Mitch ..... Angus Deayton  
Will ..... Pearce Quigley  
Ellie ..... Abigail Cruttenden  
Louisa ..... Kate Isitt  
Morris ..... Bennett Arron  
Kath and Alice ..... Morwenna Banks

Written and created by Moray Hunter  
Produced by Gordon Kennedy  
Based on an original idea developed in association with Dandy Productions

An Absolutely production for BBC Radio 4, first broadcast in October 2019.

**MON 14:45 Mrs Bridge by Evan S Connell (m0019rk6)**

Episode 7

Evan S. Connell's Mrs Bridge is an extraordinary tragicomic portrayal of suburban life and one of the classic American novels of the twentieth century. Mrs Bridge, a conservative housewife in Missouri, has three children and a kindly lawyer husband. Her married life begins in the early 1930s – and soon after she and her young family move to a wealthy country club

suburb of Kansas City. she spends her time shopping, going to bridge parties and bringing up her children to be pleasant, clean and have nice manners. The qualities that she values above all else. And yet she finds modern life increasingly baffling, her children aren't growing up into the people she expected, and sometimes she has the vague disquieting sensation that all is not well in her life. In a series of comic, telling vignettes, Evan S. Connell illuminates the narrow morality, confusion, futility and even terror at the heart of a life of plenty.

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

Mrs Bridge by Evan S. Connell  
Read by Fenella Woolgar  
Abridged by Isobel Creed and Jill Waters  
The Waters Company for BBC Radio 4

**MON 15:00 Great Lives (m002k38r)**  
Sylvia Plath

Lucy Jones, author of Matrescence, chooses the writer Sylvia Plath.

Sylvia Plath was a precocious, prize-winning child.. Her mother had high expectations for her. Her father had died when she was 8 (but could have been saved if only he'd gone to see a doctor).

When she was well, Plath was energetic, fun, bright, attractive, funny and incredibly smart.

Her first depressive episode at the age of 20, was 'treated' with botched electric shock therapy. She was awake throughout the ordeal, which left her terrified and traumatised.

Lucy Jones believes that Plath has an unfair reputation as a depressing writer, because of the shadow that her suicide casts backwards over her life. But Jones finds Plath's poetry incredibly alive, brave, comforting and inspiring. "I don't think I would have been able to write Matrescence without Plath's work"

Both Lucy Jones and Plath's biographer, Heather Clark, believe that at the end of her life, recently separated and struggling through a particularly bad winter with two very small children, she may have been suffering from post-natal depression.

With archive recordings of Sylvia Plath reading her poems Daddy and Mushrooms, as well as being interviewed with Ted Hughes.

Produced in Bristol by Ellie Richold and presented by Matthew Parris

**MON 15:30 You're Dead to Me (p0f3kqpl)**  
[Repeat of broadcast at 10:00 on Saturday]

**MON 16:00 Currently (m002keyy)**  
[Repeat of broadcast at 13:30 on Sunday]

**MON 16:30 The Kitchen Cabinet (m002k38v)**  
[Repeat of broadcast at 10:30 on Saturday]

**MON 17:00 PM (m002k38x)**  
News and current affairs, reporting on breaking stories and summing up the day's headlines

**MON 18:00 Six O'Clock News (m002k38z)**  
National and international news from BBC Radio 4

**MON 18:30 Paul Sinha's Perfect Pub Quiz (m002k391)**  
Series 4

Foxy Flag Facts

Paul Sinha tests his audience in Leicester on their knowledge of their home county, Trivial Pursuit-style - with all the colours of questions, from geography to entertainment, getting asked. Can they fill the wedges, and can Paul answer their favourite questions, about crisps, bells and cricket?

Written and performed by Paul Sinha  
Additional material: Oliver Levy

Additional questions: The Audience

Original music: Tim Sutton

Recording engineer: Jerry Peal  
Mixed by: Rich Evans  
Producer: Ed Morrish

A Lead Mojo production for BBC Radio 4

**MON 19:00 The Archers (m002k394)**  
There's bad news for the Grundys, and Alice attempts a brave face.

**MON 19:15 Front Row (m002k396)**  
Live magazine programme on the worlds of arts, literature, film, media and music

**MON 20:00 Rethink (m002jtvk)**  
Rethink... winners and losers

Do you agree with either of these statements?

Illegal migrants come here and are a burden on services and the taxpayer.  
OR  
The only way to reduce inequality is to tax billionaires and giant companies who avoid tax.

They may seem on opposite poles of the political spectrum, but both anti-migrant campaigners and anti-capitalists share an identical mindset. Both are demonstrating zero-sum thinking: the belief that if one group wins, another has to lose.

In itself, zero-sum thinking isn't moral or immoral, right or wrong. But Economists claim it leads to poor economic policy, and they say evidence shows it is possible to create win-win situations for everyone.

But many of the main parties at Westminster also use zero-sum thinking in their political rhetoric - from Reform and the Greens, to the Conservatives and Labour. Also, the first past the post electoral system is literally a zero-sum process. So is this kind of thinking baked-into UK politics?

So are there particular groups of people that are more prone to zero-sum beliefs? Where did this mindset come from? What economic conditions encourage zero-sum thinking, and how deeply are these beliefs held?

Presenter: Ben Ansell  
Producer: Ravi Naik  
Editor: Richard Vaden

Contributors:  
Stefanie Stantcheva, Nathaniel Ropes Professor of Political Economy at Harvard and founder and director of the Social Economics Lab.

Dr Patricia Andrews Fearon, behavioural science researcher at social impact accelerator The Agency Fund, and Stanford University. Her research on zero-sum mindsets began during her doctoral studies at Cambridge, where she was a Gates Scholar.

Dr Parth Patel, Associate director for democracy & politics at the Institute of Public Policy and Research  
Iain Mansfield, Director of Research and Head of Education and Science at Policy Exchange  
Cleo Watson, Former Downing Street strategist, adviser to Theresa May and Boris Johnson, author, and presenter of Radio 4's "How to win a campaign"

**MON 20:30 BBC Inside Science (m002jtvn)**  
The science behind autism

What do we know about the causes of autism? Laura Andrae, Professor of Developmental Neuroscience at King's College London explains the science. It's after President Trump made unproven claims the condition is linked to taking paracetamol in pregnancy.

Tim O'Brien, Professor of Astrophysics at The University of Manchester and Associate Director of Jodrell Bank Centre, explains why NASA is planning to send a crew of astronauts around the moon for the first time in 50 years.

Tim Minshall, inaugural Dr John C. Taylor Professor of Innovation at the University of Cambridge dives into the mysterious world of manufacturing. His book 'Your Life is Manufactured' is shortlisted for the Royal Society Trivedi Science Book Prize 2025. And we hear from Dave Sexton, conservationist on the Isle of Mull, and his search for one unusual bird.

If you want to test your climate change knowledge, head to [bbc.co.uk search](https://bbc.co.uk/search) for BBC Inside Science and follow the links to

The Open University to take the quiz.

**MON 21:00 Start the Week (m002k37y)**  
[Repeat of broadcast at 09:00 today]

**MON 21:45 Café Hope (m002k380)**  
[Repeat of broadcast at 09:45 today]

**MON 22:00 The World Tonight (m002k398)**  
In-depth reporting, intelligent analysis and breaking news from a global perspective.

**MON 22:45 The Plot Against America by Philip Roth (m002k39b)**  
Episode 6

Richard Schiff (The West Wing) reads Roth's chilling vision of an alternative American history, in which Charles Lindbergh defeats Roosevelt in 1940 and makes a deal with Hitler. Aunt Evelyn and her lover Rabbi Bengelsdorf are invited to a reception at the White House in honour of German foreign minister, von Ribbentrop.

Produced by Mair Bosworth and Fay Lomas for BBC Audio  
Abridged by Sara Davies  
Sound by Ilse Lademann  
Assistant producer Alice McKee

**MON 23:00 Tracking the Planet (m001xmgv)**  
Navigating the Anthropocene

Our planet is alive. A dynamic, moving, pulsating organism. Air pressure rises and falls, ocean currents meander, and the climate continues, by tiny increments, to warm.

And at the same time, billions of animals are on the move.

All over the planet, animals are fitted with sophisticated tracking devices by teams of dedicated scientists, which tell us so much about what they're up to. From rhinos in bulky satellite collars, to microscopic chips glued to the back of a bee, they record where the animals go, what they eat, and how and why they migrate across the globe.

But they record so much more than that too – modern trackers can also log local climactic conditions, windspeed, temperature, even some measures of the animal's own health; heartbeat, or skin temperature. Every tagged animal is transformed into a tiny dynamic weather station, collecting data on climactic conditions and the health of ecosystems, which would be impossible to collect otherwise.

Diving Weddell seals bring back data on the melting speed of a deep water glacier. Roving Tiger Sharks uncover previously unknown sea-grass habitats. High-flying sea-birds on annual migration tell us about changing wind patterns across the tempestuous equator, and farm animals in the mountains of Italy, moving nervously in their fields, give a silent alert: an earthquake is on the way.

In this series, Emily Knight explores some of the stories that can be told about the animals that call this world home, and the much larger over-arching story too: How the changing conditions on this planet are transforming THEIR lives, changing their migration routes, re-positioning their food-stocks, bringing new diseases or challenging weather. We can track how they're coping with it all, and how, sometimes, they're not.

**MON 23:30 Being Roman with Mary Beard (m001yxgt)**  
7. The Whistleblower

Beneath starched Shakespearean togas and the pungent fug of gladiator sweat there are real Romans waiting to be discovered. To know what it was to be Roman you need to gather the scattered clues until they form a living, breathing human, witness to the highs and horrors of Europe's greatest empire.

Mary Beard, Britain's best-selling historian of the ancient world, rebuilds the lives of six citizens of the Roman Empire, from a poet to a squaddie. Her investigations reveal death and deceit on the Nile and the art of running a Roman pub, but it's the thoughts and feelings of individual Romans she's really interested in.

It's 61CE. The rebellion of Boudicca has finally been quashed, but London and other Roman cities lie in ruins. A new finance officer for the province, Gaius Julius Classicianus arrives, to face an enormous recovery job. Standing in his way is the Governor, busy exacting terrible reprisals from the local population. Classicianus does what brave subordinates have done ever since. He whistle-blows – writing to the emperor to remove the Governor from British shores. The stage is set for



an imperial face-off. For the people of Britain, the stakes could not be higher.

Producer: Alasdair Cross

Expert Contributors: Matthew Nicholls, University of Oxford and Michael Marshall, Museum of London Archaeology

Cast: Tacitus played by Robert Wilfort

Translations by Mary Beard

Special thanks to the British Museum

## TUESDAY 30 SEPTEMBER 2025

### TUE 00:00 Midnight News (m002k39d)

National and international news from BBC Radio 4

### TUE 00:30 Dangerous Miracle by Liam Shaw (m002k387)

[Repeat of broadcast at 11:45 on Monday]

### TUE 00:48 Shipping Forecast (m002k39g)

The latest weather reports and forecasts for UK shipping

### TUE 01:00 Selection of BBC World Service Programmes (m002k39j)

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

### TUE 05:00 News Summary (m002k39l)

National and international news from BBC Radio 4

### TUE 05:04 Currently (m002k39m)

[Repeat of broadcast at 13:30 on Sunday]

### TUE 05:34 Shipping Forecast (m002k39n)

The latest weather reports and forecasts for UK shipping

### TUE 05:43 Prayer for the Day (m002k39q)

Spiritual wellbeing – how to define it?

A spiritual comment and prayer to start the day with Emma - Lopen Ani Pema Deki

Good morning.

I was recently asked to speak about 'spiritual wellbeing' – it seems an obvious idea to ask a Buddhist nun but it really made me think of what it might be and what it means to me. After all, we hear a lot about wellbeing these days – physical wellbeing, emotional, mental, even digital wellbeing to name a few. Was spiritual wellbeing merely a good mix of all of them perhaps leading to a general feeling of alright-ness?

Due to the amount of time I spend in Bhutan the country famous for its policy of Gross National Happiness its perhaps a good place to start with the data that shows people with a religious faith show higher levels of happiness and life satisfaction. Why might this be?

Perhaps it is because religious and spiritual paths often seek to make a positive difference in the life of others and the planet and take comfort in a perspective larger than what can merely be seen or spoken of.

So, I am going to define spiritual well-being as a vast mind-heart capable of knowing that there is more to existence than what can be seen or touched. An openness of mind, a state of curiosity and a capacity to trust, accept and let all the positive potential of a human shine through.

I try to feed my spiritual well-being with texts, meditations and positive interactions with others. Otherwise it is likely to become dry, like a hardened yak skin - as they say in Bhutan. Nurturing spiritual wellbeing instead is said to make the mind-heart of a person soft like a sheep's skin.

'May all beings be at peace and may this begin with us'

### TUE 05:45 Farming Today (m002k39s)

The latest news about food, farming and the countryside.

### TUE 06:00 Today (m002k3hf)

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

### TUE 09:00 The Life Scientific (m002k3hh)

George Church on reimagining woolly mammoths and virus-proofing humans

"My ideas are often labelled as impossible, or useless, or both. Usually when people say that I'm on the right track."

George Church is a geneticist, molecular engineer, and one of the pioneers of modern genomics. He's also someone who makes a habit of finding solutions to the seemingly impossible.

Over the course of his career so far, George developed the first method for direct genomic sequencing, helped initiate the Human Genome Project, and founded the Personal Genome Project: making huge quantities of DNA data publicly available for research. Today, as a professor at Harvard Medical School and MIT, he's working on some of the most headline-grabbing - and controversial - science on the planet: from the so-called "de-extinction" of woolly mammoths, to growing transplant-suitable organs in pigs, to virus-proofing humans.

When inspiration strikes, there seems to be little that will slow him down - even the fact that he has narcolepsy, the neurological disorder that causes sudden sleep attacks. In fact, as George tells Professor Jim Al-Khalili, some of his best ideas come in those moments between waking and sleep...

Presented by Jim Al-Khalili

Produced by Lucy Taylor for BBC Studios

### TUE 09:30 All in the Mind (m002k3hk)

The rise of ChatGPT therapy

Would you ever use ChatGPT for therapy?

If the answer is yes, then you are not alone. Many people are turning to human-like AI chatbots for help with their mental health.

So we're going to spend the programme exploring the fascinating and growing phenomenon of AI therapists.

We'll find out how and why people are using it by listening in to some very personal AI 'therapy' sessions. How does it work - and can it be effective?

As its real-world use far outpaces the evidence, we'll find out the potential pitfalls – and positives.

Can AI therapy really help us?

Presenter: Claudia Hammond

Presenter's friend: Professor Catherine Loveday

Producer: Gerry Holt

Researcher: Mohan Shi

Content editor: Ian Goodman

Production coordinator: Jana Holesworth

Details of organisations offering support with mental health, or feelings of despair are available at [bbc.co.uk/actionline](https://bbc.co.uk/actionline).

### TUE 10:00 Woman's Hour (m002k3hm)

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

### TUE 11:00 Screenshot (m002jswm)

Yuppies

As cult classic American Psycho turns 25 this year, Ellen and Mark investigate the world of yuppies on screen and ask, are yuppies a thing of the past or more prevalent than ever? They talk to director of American Psycho Mary Harron, co creators of BBC/HBO drama Industry and indie film director Whit Stillman.

Ellen speaks to director Whit Stillman, whose 'doomed bourgeois in love' trilogy chronicles the lives of yuppies in the late 80's. Ellen talks to him about his affectionate take on the era and whether his aunt really did invent the phrase 'yuppie'.

Mark speaks to Mary Harron, director of American Psycho. They discuss the film's surprising legacy and the casting of Christian Bale in his now iconic role as product-obsessed super-yuppie Patrick Bateman.

Ellen then speaks to Konrad Kay and Mickey Down, co creators of finance-world drama, Industry. They discuss their love of American Psycho and the way in which wealth is portrayed on screen.

Producer: Queenie Qureshi-Wales

A Prospect Street production for BBC Radio 4

### TUE 11:45 Dangerous Miracle by Liam Shaw (m002k3hp)

Episode 2: A Race Against Death

Biologist Liam Shaw explores the surprising history and uncertain future of antibiotics, one of humanity's greatest medical advances.

The development of penicillin into a useful medication is boosted by the Second World War, with unexpected implications for the fledgling pharmaceutical industry.

Read by James Macnaughton

Abridged by Eileen Horne

Produced by Eilidh McCreadie

A BBC Audio Scotland production for BBC Radio 4

### TUE 12:00 News Summary (m002k3hr)

The latest national and international news from BBC Radio 4.

### TUE 12:04 You and Yours (m002k3ht)

News and discussion of consumer affairs

### TUE 12:57 Weather (m002k3hw)

The latest weather forecast

### TUE 13:00 World at One (m002k3hy)

News, analysis and comment from BBC Radio 4

### TUE 13:45 Food Britannia (m002k3j0)

The Future of Farming

A year of eating only UK-grown food begins - what's for breakfast? Retired political journalist Max Cotton figures out what he's going to be eating for a year - a sack of dried British beans seemed a good investment, but what do you make with them?

From local vegetable growers to conventional farmers, he speaks to the nation's food producers rethinking how we grow, eat, and value food.

Presenter: Max Cotton

Producer: Tessa Browne

Executive Producer: Kate Dixon

A Good Egg production for BBC Radio 4

### TUE 14:00 The Archers (m002k394)

[Repeat of broadcast at 19:00 on Monday]

### TUE 14:15 Drama on 4 (m002k3j2)

Astronomers

Drama by Faebian Averies, winner of The Imison Award 2022, starring Gabrielle Creevy (The Guest, In My Skin)

Olive is a space-obsessed care home survivor and prison lifer. Emily is the toughest woman in the jail. Together they break out and go on the run – they're not friends but they do need each other. Olive wants to go to Anglesey to the centenary celebrations of her hero, the Welsh aerospace engineer Tecwyn Roberts; Emily has her own reasons for wanting a last chance at freedom. Will they make it as far as Anglesey before the law catches up with them?

Our first broadcast coincides with the centenary of Tecwyn Roberts' birth.

CAST

Olive - Gabrielle Creevy

Emily - Brid Brennan

Beryl - Faebian Averies

Paul - Keiron Self

Simon - Dean Rehman

Pat - Lauren Morais

Tia - Sasha McCabe

Karl - Gwydion Rhys

Tom - Django Bevan

Production Coordinator: Eleri McAuliffe

Sound Design: Catherine Robinson

Producer: John Norton

A BBC Audio Wales Production

### TUE 15:00 History's Heroes (m002fbht)

Rodgers & Hammerstein in the South Pacific

In 1949, a new musical production debuts on Broadway, holding up a mirror to the racial prejudices of American society.

Stories of bold voices, with brave ideas and the courage to stand alone. Historian Alex von Tunzelmann shines a light on remarkable people from across history.

A BBC Studios Audio production.

Producer: Lorna Reader  
Series producer: Suniti Somaiya  
Written and presented by Alex von Tunzelmann  
Executive Producer: Paul Smith  
Commissioning editor for Radio 4: Rhian Roberts

**TUE 15:30 Beyond Belief (m002k3j5)**  
Have religions forgotten the working class?

This special edition of Beyond Belief was recorded in Bradford, the 2025 City of Culture, at the Contains Strong Language festival - the BBC's annual celebration of poetry, performance and spoken word.

In this episode the panel will explore have religions forgotten the working class - with creative responses from spoken word artists Saju Ahmed and Sharena Lee Satti.

Is religion fundamentally a middle-class activity? Does the church have a class problem? And, how can religious organisations play their role in making a society for all?

To examine these questions, Giles is joined by:

Father Alex Frost, Anglican Priest and author of 'From Argos to Altar'.

Alina Khan, Vice Principal for Equality, Diversity, and Inclusion at Bradford College, and winner of the British Muslim Woman of the Year 2024 at the British Muslim Awards.

Dermot Bolton, Vice Chair of Bradford Standing Advisory Council on Religion Education and Humanist Advisor to Bradford University Chaplaincy.

Dr Sufyan Abid Dogra - Anthropologist of Religion. He is involved in campaigns against inequalities and advocates for the upward mobility of disadvantaged minority populations. He is a board member for Active Bradford and Bradford Art Centre. He is a member of Muslims in Britain Research Network.

Presenter: Giles Fraser  
Producer: Alexa Good  
Assistant Producers: Naomi Wellings and Linda Walker  
Editor: Tim Pemberton

**TUE 16:00 Artworks (m002k3j7)**  
For FUZZ Sake

Can a sound effect change the world?

Since the dawn of the electrical age, we've lived alongside the sound of distortion. It's the hiss of TV static, the harsh crackle of a speaker pushed too loud. However, what happens when this glitch, a signifier of the broken and the wrong, becomes part of popular music?

Fuzz flung open the door for rule breakers and rebels. It was a sonic weapon that could stimulate powerful emotions, whip audiences into a frenzy and spark rebellion.

Starting on a highway in 1950s America, music journalist John Robb will follow fuzz through time, calling on philosophy and science to uncover the secrets of this sound. He will stop off at the magical moments of accident and destruction that allowed the sound to evolve and spread. Including a rare demonstration from rock and roll icon Dave Davies on how he crafted the iconic guitar distortion on You Really Got Me.

Interviews with Jerry Phillips, Toby Young, Dave Davies, Mathilde Massenet, Greg Bryant, Ant Macari and Matthew Worley

Actors voices provided by Paul Colgate (So Sinatra), Phia Saban and Rob Campbell

Presenter: John Robb  
Producer and Sound Designer: Seb Masters  
Production Assistant: Tom Waterworth  
Production Coordinator: Mica Nepomuceno

**TUE 16:30 What's Up Docs? (m002k3j9)**  
Can psychedelics improve your mental health?

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

This week, Chris and Xand meet Dr James Rucker, a consultant psychiatrist at King's College London who is leading the

European arm of a global trial of a psychedelic called psilocybin in a study designed to treat people with severe depression for whom other pharmacological treatments have failed.

The use of psychedelics in both traditional medicinal and spiritual ceremonies dates back thousands of years and examples include peyote and ayahuasca from Central and South America, Iboga root from Central Africa and LSD, which is synthesised from a fungus found throughout Europe. As the number of clinical trials involving psychedelics increases, scientists are cautiously optimistic that they may be able to help with a range of conditions from eating disorders and anxiety to depression and addiction.

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

Presenters: Drs Chris and Xand van Tulleken  
Guest: Dr James Rucker  
Producer: Jo Rowntree  
Executive Producer: Rami Tzabar  
Editor: Kirsten Lass  
Assistant Producer: Maia Miller-Lewis  
Assistant Producer and Researcher: Emily Bird  
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 (m002k3jc)**  
News and current affairs, reporting on breaking stories and summing up the day's headlines

**TUE 18:00 Six O'Clock News (m002k3jf)**  
National and international news from BBC Radio 4

**TUE 18:30 Mark Steel's in Town (m0012glr)**  
Series 11

Whitby

There's one thing you definitely can't miss in Whitby and that's the ruined abbey up on a cliff looking down on the town. It's also hard to miss the jawbone of a blue whale set atop the opposite hill and the fact that Dracula was researched and written here by Bram Stoker. You'll not go wanting if you are in search of a chip either. Mark Steel manages to dodge the seagulls and presents his findings to a local audience at The Brunswick Centre.

The full box set of all episodes (with well over 50 towns visited) is available now wherever you get your podcasts.

Written by and starring...Mark Steel  
With additional material from Pete Sinclair  
Production Coordinator...Beverly Tagg  
Producer...Julia McKenzie  
A BBC Studios Production.

**TUE 19:00 The Archers (m002k3jh)**  
George faces a nightmare, and Justin dangles a carrot.

**TUE 19:15 Front Row (m002k3jk)**  
Live magazine programme on the worlds of arts, literature, film, media and music.

**TUE 20:00 File on 4 Investigates (m002jsqv)**  
News-making original journalism investigating stories at home and abroad

**TUE 20:40 In Touch (m002k3jp)**  
News, views and information for people who are blind or partially sighted

**TUE 21:00 Crossing Continents (m002k3jr)**  
Haitians Living in Fear in the Dominican Republic

How Haitians in the Dominican Republic are being targeted for expulsion.  
The Dominican Republic is the Caribbean's number one tourist destination. Last year 11 million visitors came here, many enjoying the five star resorts that skirt the island's coast.

Much of the construction work building those tourist facilities is in fact done by Haitians, and many of the staff who work in them are from Haiti, which occupies the western half of this island of Hispaniola. Over recent years the tourism industry has helped make the Dominican economy the fastest growing in Latin America.

However, the Dominican government is now implementing one of the most systematic deportation policies anywhere in the world. Last year the president, Luis Abinader, announced that his country would expel illegal migrants at the rate of ten thousand a week. The chief target is Haitians and people of Haitian descent. President Abinader says he is keeping his country secure and implementing the constitution. Meanwhile Haitians in the Dominican Republic are living in fear of raids by the immigration authorities and of being sent back across the border, to a country riven by violence as well as political and economic instability.

John Murphy is in the Dominican Republic to talk to Haitians stuck between a rock and a hard place.

Producer: Bob Howard  
Mix: Rod Farquhar  
Programme Coordinator: Katie Morrison  
Series Editor: Penny Murphy

**TUE 21:30 The Bottom Line (m002jtv1)**  
Direct to Consumer: A Better Way to Sell?

It's easier than ever to create a website for your business and talk directly with customers, but what are the pitfalls to avoid? Three business leaders discuss the pros and cons of selling 'D2C' with Evan Davis.

Sellers no longer need to convince bigger retailers to carry their products or invest in inventory just to fill the shelves. Selling direct to consumers online also means businesses know exactly what their best sellers are, and who is buying what. These businesses can make improvements quickly and market only to those people most likely to buy.

But as online selling becomes more competitive and targeted advertising gets more expensive, how can 'direct to consumer' businesses grow? Does the answer lie in bricks and mortar?

Panel:

Alexandra Thurstan, co-founder Different Dog, fresh dog food company  
Lucas London, co-founder Lick, paint company  
Neil Campbell, Chief Growth Officer SMOL, eco cleaning product company

**TUE 22:00 The World Tonight (m002k3jt)**  
In depth reporting, intelligent analysis and breaking news from a global perspective

**TUE 22:45 The Plot Against America by Philip Roth (m002k3jw)**  
Episode 7

Richard Schiff (The West Wing) reads Roth's chilling vision of an alternative American history, in which Charles Lindbergh defeats Roosevelt in 1940 and makes a deal with Hitler. The Roth family await their enforced relocation to Kentucky.

Produced by Mair Bosworth and Fay Lomas for BBC Audio  
Abridged by Sara Davies  
Sound by Ilse Lademann  
Assistant producer Alice McKee

**TUE 23:00 Natalie Haynes Stands Up for the Classics (m0021b11)**  
Series 10

Aphrodite

The Greek goddess of love, sex, desire and beauty, Aphrodite is mostly depicted naked and/or wet. And depending on your age and taste, that could be by Botticelli, Bananarama or Lady Gaga.

Born from the sea foam, you can still visit her rock in Cyprus, where there's always a crowd of tourists. No one is immune to her charms, says Hesiod. In fact we can all learn from Aphrodite's stress-busting strategy: when something annoying or stressful happens, she goes to Cyprus - for a bath.

Rock star mythologist' and reformed stand-up Natalie Haynes is obsessed with the ancient world. Here she explores key stories from ancient Rome and Greece that still have resonance today. They might be biographical, topographical, mythological or epic, but they are always hilarious, magical and tragic, mystifying and revelatory. And they tell us more about

ourselves now than seems possible of stories from a couple of thousand years ago.

Producer...Mary Ward-Lowery

**TUE 23:30 Being Roman with Mary Beard (m001z6bc)**  
8. Death on the Nile

Julia Balbilla is an accomplished poet and close friend of the wife of one of Rome's mightiest emperors. Hadrian loves to travel and takes Julia and an entourage of thousands on the ultimate elite tourist trip- a leisurely Nile cruise to the Great Pyramid of Giza and the Colossus of Memnon, a statue that will sing for anyone blessed by the gods. Julia inscribes her poems on the giant foot of the statue, praising the power of Hadrian and the beauty of his wife, Sabina.

It's a charming scene, darkened only by the fact that Hadrian's male lover, Antinous has only just drowned in the Nile. Was he murdered by jealous rivals, killed in a lover's tiff or did he drunkenly slip from the deck? Hadrian is publicly bereft, founding a new city in the name of Antinous, but seems happy to continue his luxury cruise. Mary Beard hops aboard Ancient Rome's most intriguing cruise with historian T. Corey Brennan and archaeologist Elizabeth Fentress.

Producer: Alasdair Cross

Expert Contributors: Corey Brennan, Rutgers University and Lisa Fentress

Cast: Julia Balbilla played by Juliana Lisk

Special thanks to Andrea Bruciati, Villa Adriana

### WEDNESDAY 01 OCTOBER 2025

**WED 00:00 Midnight News (m002k3jy)**  
National and international news from BBC Radio 4

**WED 00:30 Dangerous Miracle by Liam Shaw (m002k3hp)**  
[Repeat of broadcast at 11:45 on Tuesday]

**WED 00:48 Shipping Forecast (m002k3k0)**  
The latest weather reports and forecasts for UK shipping

**WED 01:00 Selection of BBC World Service Programmes (m002k3k2)**  
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 (m002k3k4)**  
National and international news from BBC Radio 4

**WED 05:04 BBC Inside Science (m002jtvn)**  
[Repeat of broadcast at 20:30 on Monday]

**WED 05:34 Shipping Forecast (m002k3k6)**  
The latest weather reports and forecasts for UK shipping

**WED 05:43 Prayer for the Day (m002k3k8)**  
Motivation

A spiritual comment and prayer to start the day with Emma - Lopen Ani Pema Deki

Good morning.

In Buddhism we think a lot about our motivation. What is the motivation for our life and for our spiritual practice?

We study this question of motivation in great depth and are encouraged to develop a vast motivation. This means one which is not just for one's own benefit, but for the benefit and eventual enlightenment of all beings.

So, at the very start of my daily prayers I always remind myself of this vast motivation. I may even add a visualisation to the words, imagining as best I can all beings to be with me, some on my right side, some on my left side, others around me reaching out into an infinite space. All living beings some I have known well in this life, others friends and acquaintances, others animals, birds and of course limitless beings I have not met in this particular life. So, from the outside it may look like I am practicing alone but mentally I am not.

Buddhists wish all beings happiness and the causes of happiness, wish all beings to be free of suffering and the causes of suffering, to always be in a state of joy and to rest in a

mental state of calm and equanimity. These are called the four vast contemplations or wishes.

From these wishes the idea is then to be more skillful in aligning them to what we do with our lives, moment by moment. If we make some kind of mistake, which we are bound to do, we regret it and then re-confirm that our wishes remain these vast contemplations and we continue onwards.

'May all beings be at peace and may this begin with us'

**WED 05:45 Farming Today (m002k3kb)**  
The latest news about food, farming and the countryside.

**WED 06:00 Today (m002k311)**  
News and current affairs, including Sports Desk, Weather and Thought for the Day.

**WED 09:00 More or Less (m002k313)**  
Tim Harford explains - and sometimes debunks - the numbers and statistics used in political debate, the news and everyday life.

**WED 09:30 The History Podcast (m002k315)**  
The Magnificent O'Connors

1. The Saturday Girl

In order to unspool a family saga that has lasted over 80 years, Ragnar heads back to where it all began. He starts with the story of his mum, Nemone Lethbridge.

Her younger years were spent watching The Battle of Britain over the skies of Kent, and visiting the bunker where Hitler took his own life. This extraordinary childhood gave way to an extraordinary career as Nemone is one of the UK's first female barristers. From defending the Kray Twins, to Winston Silcott, she's made an incredible name for herself in her legal career.

And yet it was a chance meeting in a London pub in 1958 that changed the course of her life forever.

Presenter: Ragnar O'Connor  
Producer: Emily Esson, Victoria McArthur  
Research: Elizabeth Ann Duffy, Louise Yeoman  
Script Assistant and Additional Research: Marisha Currie  
Script Writers: Emily Esson, Jack Kibble-White  
Original Music: Lomond Campbell  
Theme Music: Barry Jackson  
Addition mixing and sound effects: Charlie McPhee, Kayleigh Raphael  
Story Consultant: Jack Kibble-White  
Script Editor: Graham Russell  
Executive Editor: Gillian Wheelan  
Commissioning Executive: Tracy Williams  
Commissioning Editor: Dan Clarke

A BBC Audio Scotland production for BBC Radio 4

Archive: The Russell Harty Show, ITV, April 1976

Thanks to Cheryl Field, Richard Field and Kirsty Williams

**WED 10:00 Woman's Hour (m002k318)**  
Women's voices and women's lives - topical conversations to inform, challenge and inspire.

**WED 11:00 File on 4 Investigates (m002jsqv)**  
[Repeat of broadcast at 20:00 on Tuesday]

**WED 11:40 This Week in History (m002k31b)**  
September 29th - October 5th

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

This week: 29th September to 5th October

- 3rd October 1990. East and West Germany were officially reunified.  
- 29th September 1829. Formation of The Metropolitan police, London's first official police force.  
- 5th October 1962. The first James Bond film, Dr. No, had its world premiere.

**WED 11:45 Dangerous Miracle by Liam Shaw (m002k31d)**  
Episode 3: The Penicillin 'Mistake'

Biologist Liam Shaw explores the surprising history and uncertain future of antibiotics, one of humanity's greatest medical advances.

By 1950 wartime cooperation was founding as pharmaceutical bosses pursued the competitive advantage.

Read by James Macnaughton  
Abridged by Eileen Horne  
Produced by Eilidh McCreadie  
A BBC Audio Scotland production for BBC Radio 4

**WED 12:00 News Summary (m002k31g)**  
The latest national and international news from BBC Radio 4.

**WED 12:04 You and Yours (m002k31j)**  
News and discussion of consumer affairs

**WED 12:57 Weather (m002k31l)**  
The latest weather forecast

**WED 13:00 World at One (m002k31n)**  
News, analysis and comment from BBC Radio 4

**WED 13:45 Food Britannia (m002k31q)**  
Beans v Chicken

Max Cotton is deep into a year of eating only UK-grown food. Christmas is a surprisingly easy time to eat seasonally and locally. Could humble British pulses help tackle the climate crisis and reshape our diets?

There's a catch - and it calls for eating less chicken. Max heads to the regenerative farming festival Groundswell, where the idea of chicken as a once a month luxury is the norm. Chicken may often be seen to have a relatively low climate impact, however when over two million chickens are slaughtered a day in the UK, the negative environmental impacts can be overwhelming.

Presenter: Max Cotton  
Producer: Tessa Browne  
Executive Producer: Kate Dixon  
A Good Egg production for BBC Radio 4

**WED 14:00 The Archers (m002k31h)**  
[Repeat of broadcast at 19:00 on Tuesday]

**WED 14:15 Drama on 4 (m002k31s)**  
Murder in Aland

Episode 1

A taut new thriller exploring espionage, power, and mystery at Europe's northern edge.

Set against the stark beauty of the Åland archipelago – a demilitarised Finnish territory where Swedish is the official language and Russia still watches from across the Baltic – this new international drama follows a seemingly straightforward murder investigation that spirals into espionage, betrayal and unlikely romance.

When criminal investigator Pekka Jaakkola arrives from Helsinki, his brash city methods alienate the tight-knit islanders. To solve the case, he must join forces with Astrid Lindholm, a blind, retired Swedish police officer who specialises in audio forensics. Together, they uncover secrets hidden in recordings of storm, wind... and submarines.

Cast:  
Pekka ..... Pelle Heikkilä  
Mikael ..... Santtu Karvonen  
Astrid ..... Laura Malmivaara  
Fagerudd ..... Jaana Saarinen

Other parts played by Pääru Oja, Satu Tuuli Karhu, Thomas Dellinger, Olli Rahkonen, Joel Hirvonen, Asta Sveholm, Akseli Kouki, Anna Victoria Eriksson, Mikko Kouki, Riitta Havukainen, Kari-Pekka Toivonen, Sanna Stellan and Pihla Penttinen

Written by Satu Rasila, Akseli Kouki and Mikko Kouki

Sound Design - Samuli Welin and Steve Bond  
Producers - Alex Hollands and Jenni Kaunisto  
Director - Mikko Kouki

Recorded in Helsinki, in Finnish and English.  
A Goldhawk production for YLE Finland and BBC Radio 4

**WED 15:00 Money Box (m002k31w)**  
The latest news from the world of personal finance

**WED 15:30 The Artificial Human (m002k3ly)**

Why is AI erasing people?

For years disabled and marginalised communities have fought for representation in what we see in the media. Aleks and Kevin find out if AI risks undoing all those hard-won victories.

Presenters: Aleks Krotoski & Kevin Fong

Producer: Peter McManus

Sound: Sean Mullervy

**WED 16:00 When It Hits the Fan (m002k3m0)**

Who's in the news for all the wrong reasons? With David Yelland and Simon Lewis.

**WED 16:15 The Media Show (m002k3m2)**

Social media, anti-social media, breaking news, faking news: this is the programme about a revolution in media.

**WED 17:00 PM (m002k3m4)**

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

**WED 18:00 Six O'Clock News (m002k3m6)**

National and international news from BBC Radio 4

**WED 18:30 Do Gooders (m002k3m8)**

Series 2

5. The Retirement

Ken receives some bad news that requires him to spend more time at home and Achi is forced to cover his role with unexpected, rather peculiar consequences. Meanwhile Harriett furiously searches for a way to plug a hole in the charity's finances.

Garrett Millerick's ensemble sitcom Do Gooders returns for another series. The show takes us back behind the curtain of fictional mid-level charity, The Alzheimers Alliance, as the fundraising events team continue their struggle for survival. Cue more office feuds, more workplace romances and more catastrophic fundraising blunders – all par for the course when trying to 'do good' on an industrial scale.

Cast

Gladys – Kathryn Drysdale

Lauren – Ania Magliano

Clive – Garrett Millerick

Harriett – Fay Ripley

Achi – Ahir Shah

Ken – Frank Skinner

Writer – Garrett Millerick

Additional Material – Andrea Hubert

Sound Engineer – David Thomas

Editor – David Thomas

Production Assistant – Jenny Recaldin

Producer – Jules Lom

Executive Producers – Richard Allen-Turner, Daisy Knight,

Julien Matthews, Jon Thoday

An Avalon Television Production for BBC Radio 4

**WED 19:00 The Archers (m002k3mb)**

Adam lays down some ground rules, and Brad offers his support.

**WED 19:15 Front Row (m002k3md)**

Steve Coogan on the return of Alan Partridge

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

**WED 20:00 Moral Maze (m002k3mg)**

Is democracy a failed experiment?

Later this month, millions of demonstrators are due to take to the streets across the USA for a second time, under the banner "No Kings". Organisers say, "America has no kings, and the power belongs to the people". They are mobilizing to protest against what they see as democratic backsliding during Trump's second presidency.

Faith in democracy has been shaking all over the world. Recent Pew research suggests that, since 2017, public dissatisfaction with democracy far outweighs satisfaction across 12 high-income countries, including the UK, France and Germany. There are different interpretations of what's causing this, and how to fix it.

Some observers think that Trump's more controversial policies – from DOGE to attacks on elite institutions to the dismantling of DEI programmes – could have been inspired by the ideas of Curtis Yarvin, a computer engineer turned political theorist. He's known for founding an anti-democracy philosophical movement called 'The Dark Enlightenment', dismissing America's democratic values and instead calling for the return of an absolute monarchy, run by a 'CEO' figure.

Are democratic values a fiction, designed to prop up the elites? Or are they the only safeguard we have against tyranny?

Chair: Michael Buerk

Panel: Carmody Grey, Ash Sarkar, Anne McElvoy and Inaya Folarin-Iman

Witnesses: Curtis Yarvin, Mike Wendling and Andrés Velasco

Producers: Dan Tierney and Peter Everett

\*This is a special episode of the Moral Maze recorded at 'How The Light Gets In' philosophy and music festival: <https://howthelightgetsin.org/festivals/hay>

**WED 21:00 The Life Scientific (m002k3hh)**

[Repeat of broadcast at 09:00 on Tuesday]

**WED 21:30 All in the Mind (m002k3hk)**

[Repeat of broadcast at 09:30 on Tuesday]

**WED 22:00 The World Tonight (m002k3mj)**

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

**WED 22:45 The Plot Against America by Philip Roth (m002k3ml)**

Episode 8

Richard Schiff (The West Wing) reads Roth's chilling vision of an alternative American history, in which Charles Lindbergh defeats Roosevelt in 1940 and makes a deal with Hitler. The new presidency begins to take a toll on the Roth family, ushering in a wave of anti-Semitism.

Produced by Mair Bosworth and Fay Lomas for BBC Audio

Abridged by Sara Davies

Sound by Ilse Lademann

Assistant produced by Alice McKee

Read by Richard Schiff

**WED 23:00 Ria Lina Gets Forensic (m002k3mn)**

Series 1

4. Korean Glass Skin Facial

Lapsed-forensic-scientist-turned-stand-up-comedian Ria Lina targets her scientific know-how on the beauty industry – and specifically onto the various treatments that boast anti-ageing effects.

This episode, she's joined by comedian Lou Sanders to have a Korean Glass Skin Facial and see what the buzz around K-Beauty is all about.

Featuring Ria Lina and Lou Sanders

Written by Ria Lina and Steve N Allen

Produced by Ben Walker

A DLT Entertainment production for BBC Radio 4

**WED 23:15 The Skewer (m002k3mq)**

Series 14

Episode 4

Jon Holmes brings you the week's biggest stories like you've never heard them before.

**WED 23:30 Being Roman with Mary Beard (m001zdrj)**

9. Soldiering for Softies

The image of the battle-hardened, well regimented Roman soldier has been set in stone by movies, novels and video games. The letters of Claudius Terentianus reveal something very different. A terrible moaner, the young soldier has to beg his father to send the most basic of equipment, from sandals to swords. Stuck in the marines, the poorly paid squad tasked with guarding grain supplies, he bribes and wangles his way into a more illustrious legion, but still seems to spend more time shopping than fighting.

Mary Beard catches up with Terentianus at the British Museum's Legion exhibition and discovers more about his uncanny ability to avoid conflict and ensure a prosperous

retirement.

Producer: Alasdair Cross

Expert Contributors: Carolina Rangel de Lima, British Museum; Livia Capponi, Pavia University and Claire Holleran Exeter University

Cast: Terentianus played by Robert Wilfort

**THURSDAY 02 OCTOBER 2025****THU 00:00 Midnight News (m002k3ms)**

National and international news from BBC Radio 4

**THU 00:30 Dangerous Miracle by Liam Shaw (m002k3ld)**

[Repeat of broadcast at 11:45 on Wednesday]

**THU 00:48 Shipping Forecast (m002k3mv)**

The latest weather reports and forecasts for UK shipping

**THU 01:00 Selection of BBC World Service Programmes (m002k3mx)**

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 (m002k3mz)**

National and international news from BBC Radio 4

**THU 05:04 More or Less (m002k3l3)**

[Repeat of broadcast at 09:00 on Wednesday]

**THU 05:34 Shipping Forecast (m002k3n1)**

The latest weather reports and forecasts for UK shipping

**THU 05:43 Prayer for the Day (m002k3n3)**

Obstacles on the Path

A spiritual comment and prayer to start the day with Emma - Lopen Ani Pema Deki

Good morning.

In many ways my development as a spiritual person, Buddhist nun has been intrinsically linked to the moments of difficulty in my life and the wish to find a way to deal with them. After all obstacles and challenges seem pretty unavoidable.

After the Buddha reached a state of mental consciousness, we call Enlightenment, he did not say anything for many days. When he finally decided to speak, he shared his first teaching which is called the Four Noble Truths. The first of these four truths was the truth of suffering.

So, he started with the reality of difficulty. He had witnessed difficulties such as old age, sickness, death and how hard it was for humans to be content with what they have and how things are.

So the Buddhist path can be seen as coming from a place of recognising things are tough and asking what is the best way to firstly learn to deal with that.

Over the years I have learnt different approaches to obstacles. A key one is called Taking Obstacles onto the Path – this is a process of seeing that the obstacles we face often offer us the greatest points of growth. If we wish to develop greater kindness, greater calmness and so on the times to increase these qualities often come in circumstances where it is hard to be kind, difficult to be calm. And when we manage this then we know we are not defined by our obstacles, that we have freed ourselves from them.

'May all beings be at peace and may this begin with us'

**THU 05:45 Farming Today (m002k3n5)**

The latest news about food, farming and the countryside.

**THU 06:00 Today (m002k4k9)**

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

**THU 09:00 Writing the Universe (m0020hmm)**

The End

It might seem to be the most remote of scientific questions. How does it all end - If indeed it does end? Much has been

written about the beginning that lies behind us: the creation of the universe 13.8 billion years ago; the Big Bang and all that followed. But with all we have learned so far, how accurate can our predictions of the end be?

It was Renaissance astronomer Galileo who believed the “Book of nature is written in mathematical characters” and that without these “one is wandering in a dark labyrinth” But equations of physics can run both forward as well as back. And pictures have begun to emerge of the far-future evolution of the universe .But in conveying any scenarios as to how the universe might end, how careful do scientists and writers have to be to avoid bringing on any cosmological vertigo to the minds of inhabitants on planet earth?

Robin Ince examines how the great science communicators past and present have helped woo us towards concepts of the universe's destiny that we would have previously found quite improbable.

With contributions from Robin's fellow Infinite Monkey Cage presenter Brian Cox, Katie Mack author of *The End of Everything*; Paul Sutter author of *Your Place in the Universe*; physicist and philosopher Sean Carroll; art critic Louisa Buck; writer and producer John Lloyd; astronomer Adam Riess; astrophysicist Mike Turner

Producer: Adrian Washbourne

Executive Producer: Alexandra Feachem

Soundscape designer: Jane Watkins

BBC Studios Audio Production

#### **THU 09:45 Strong Message Here (m002k4kc)**

Armando Iannucci is up in Liverpool to decode the language of party conferences.

#### **THU 10:00 Woman's Hour (m002k4kf)**

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

#### **THU 11:00 This Cultural Life (m002k4kh)**

In-depth conversations with some of the world's leading artists and creatives across theatre, visual arts, music, dance, film and more. Hosted by John Wilson.

#### **THU 11:45 Dangerous Miracle by Liam Shaw (m002k4kk)**

Episode 4: The North Star of Profit

Biologist Liam Shaw explores the surprising history and uncertain future of antibiotics, one of humanity's greatest medical advances.

Around the turn of the twentieth century, multi-resistant bacteria is on the rise - and the medical establishment is running out of ammunition.

Read by James Macnaughton

Abridged by Eileen Horne

Produced by Eilidh McCreddie

A BBC Audio Scotland production for BBC Radio 4

#### **THU 12:00 News Summary (m002k4km)**

The latest national and international news from BBC Radio 4.

#### **THU 12:04 The Bottom Line (m002k4kp)**

Evan Davis hosts the business conversation show with people at the top giving insight into what matters.

#### **THU 12:32 Sliced Bread (m002k4kr)**

Greg Foot investigates the so-called wonder products making bold claims.

#### **THU 12:57 Weather (m002k4kt)**

The latest weather forecast

#### **THU 13:00 World at One (m002k4kw)**

News, analysis and comment from BBC Radio 4

#### **THU 13:45 Food Britannia (m002k4ky)**

The Dairy Debate

Max Cotton's year of eating only UK-grown food has taught him an important lesson - dairy is a crucial staple in his diet. However, in a climate conscious world, can milk, cheese and yoghurt be produced without compromising climate goals?

The answer could be in Britain's best grown crop - grass. Max speaks to agroecologists and organic dairy farmers, who believe they can produce dairy by working alongside nature, not against it.

Presenter: Max Cotton

Producer: Tessa Browne

Executive Producer: Kate Dixon

A Good Egg production for BBC Radio 4

#### **THU 14:00 The Archers (m002k3mb)**

[Repeat of broadcast at 19:00 on Wednesday]

#### **THU 14:15 Drama on 4 (m001c6gl)**

In Moderation

by Katie Bonna

Esther ..... Aisling Loftus  
Connor ..... Jonathan Forbes  
Issam ..... David Mumeni  
Alison ..... Dorothy Atkinson  
Nick ..... Hughie O'Donnell  
Pamela ..... Ruth Everett  
Voice of the Internet ..... Tom Kiteley  
Co-Worker ..... Chloë Sommer

Directed by Sally Avens

Esther's sister has taken her own life after watching self harm videos online so Esther is on a mission to clean up the internet. She takes a job as a content moderator but soon finds herself struggling to cope in a world far darker and more complex than she could possibly have imagined.

#### **THU 15:00 Open Country (m002k4l0)**

Black Poplars: How To Save A Tree

Have you ever heard of a black poplar? You've probably seen one, at least in a painting, even if you didn't recognise it as such. The black poplar is Britain's most endangered tree, and features in Constable's famous work, *The Hay Wain*. Martha Kearney is in Suffolk to see black poplars at Flatford Mill, the location in the painting, and to talk to botanical artist Ruth Wharrier about painting from nature. With tree wardens David Appleton and Fe Morris, Martha surveys new trees on the riverbank nearby. She finishes by visiting a new clone bank of trees at Jimmy's Farm, which are thriving between the wolves and polar bears. Without active support, this native British tree could disappear from our countryside altogether.

Suffolk Tree Warden Network:

<https://www.suffolktreewardens.org.uk>

<https://ruthwharrier.com>

<https://www.suffolkwildlifetrust.org/adult-learning/botanical-art>

Producer: Beth O'Dea

#### **THU 15:27 Radio 4 Appeal (m002k3fd)**

[Repeat of broadcast at 07:54 on Sunday]

#### **THU 15:30 Word of Mouth (m002k4l2)**

Julia Donaldson: A life in language

Julia Donaldson, author of *The Gruffalo* amongst many other beloved children's books, tells Michael Rosen about her reading, writing, speaking and listening, beginning with her own childhood experiences.

Produced for BBC Audio Bristol by Beth O'Dea, in partnership with the Open University.

Subscribe to the Word of Mouth podcast and never miss an episode: <https://www.bbc.co.uk/sounds/brand/b006qtnz>

#### **THU 16:00 Rethink (m002k4l4)**

Rethink...nightlife

The Night Times Industries Association says one in four venues have shut down since 2020, and the sector will face an irreversible decline unless the government provides urgent support.

The industry was one of the worst hit during the pandemic, and it's asking for cuts to National Insurance, a permanent cut in VAT and a reform of business rates to help it keep afloat.

The NTIA claims the night time economy contributes more than £153 billion to the UK economy and supports over 2 million jobs.

Culturally, the sector punches above its weight. The nightclub boom in the last 50 years gave us disco, acid house, drum and bass and grime, as well as many other sub-genres of music. But nightclubs are expensive and consumers are finding their thrills

elsewhere; drink is cheaper from supermarkets, and why search for someone you fancy on the dancefloor when you can use a dating app?

And as nightclubs struggle, so do small music venues, where artists like Ed Sheeran, Dua Lipa, Coldplay, Arctic Monkeys Blur and Oasis started out, as well as many others.

People are willing to pay hundreds of pounds to see those same artists in giant venues like Co-op Live in Manchester or at Wembley Stadium, so what can be done to make sure the next wave of new artists have somewhere to play? Should the government intervene? Should big venues subsidise smaller ones, or is it up to fans to throw them a lifeline?

Or has nightlife in its current form - much like variety music halls - taken its last curtain call?

Presenter: Ben Ansell

Producer: Tom Gillett

Editor: Lisa Baxter

Contributors:

#### **THU 16:30 BBC Inside Science (m002k4l6)**

A weekly programme that illuminates the mysteries and challenges the controversies behind the science that's changing our world.

#### **THU 17:00 PM (m002k4l8)**

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

#### **THU 18:00 Six O'Clock News (m002k4l9)**

National and international news from BBC Radio 4

#### **THU 18:30 Call Jonathan Pie (p0fsd9p5)**

2. Money

It's Pie's last night as guest host of the BBC's flagship radio phone-in show. Pie is worried about money as he faces a moral and financial dilemma. He hijacks the show and uses the platform to air his frank views on the privately educated elite. He causes quite a stir, much to Roger's (Pie's boss's) delight. Jules's day however is about to get a lot worse.

Jonathan Pie ..... Tom Walker

Jules ..... Lucy Pearman

Sam ..... Aqib Khan

Roger ..... Nick Revell

Agent ..... Daniel Abelson

Voiceovers ..... Bob Sinfield and Rob Curling

Callers .... Daniel Abelson, Adam Byron, Bryony Corrigan and Liz White

Writer ..... Tom Walker

Script Editor ..... Nick Revell

Producers ..... Alison Vernon-Smith and Julian Mayers

Production Coordinator ..... Ellie Dobing

Original music composed by Jason Read

Additional music Leighton James House

A Yada-Yada Audio Production, first broadcast on BBC Radio 4 in 2023.

#### **THU 19:00 The Archers (m002k4ld)**

Paul faces an emergency, and Pip struggles with canine complications.

#### **THU 19:15 Front Row (m002k4lg)**

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

#### **THU 20:00 When It Hits the Fan (m002k3m0)**

[Repeat of broadcast at 16:00 on Wednesday]

#### **THU 20:15 The Media Show (m002k3m2)**

[Repeat of broadcast at 16:15 on Wednesday]

#### **THU 21:00 Loose Ends (m002k3bz)**

[Repeat of broadcast at 18:15 on Saturday]

#### **THU 21:45 Strong Message Here (m002k4kc)**

[Repeat of broadcast at 09:45 today]

#### **THU 22:00 The World Tonight (m002k4lj)**

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

Radio 4 Listings for 27 September – 3 October 2025		Page 14 of 15
<p><b>THU 22:45 The Plot Against America by Philip Roth (m002k4ll)</b> Episode 9</p> <p>Richard Schiff (The West Wing) reads Roth's chilling vision of an alternative American history. Charles Lindberg becomes President in 1940, ushering in a new wave of anti-Semitism. And now Democratic candidate Walter Winchell has been shot dead while addressing a public meeting in Kentucky.</p> <p>Produced by Mair Bosworth and Fay Lomas for BBC Audio Abridged by Sara Davies Sound by Ilse Lademann Assistant producer Alice McKee</p> <p><b>THU 23:00 Radical with Amol Rajan (m002k4ln)</b> Conversations about tomorrow, from Today.</p> <p><b>THU 23:30 Artworks (m002k3j7)</b> [Repeat of broadcast at 16:00 on Tuesday]</p> <p><b>FRIDAY 03 OCTOBER 2025</b></p> <p><b>FRI 00:00 Midnight News (m002k4lq)</b> National and international news from BBC Radio 4</p> <p><b>FRI 00:30 Dangerous Miracle by Liam Shaw (m002k4kk)</b> [Repeat of broadcast at 11:45 on Thursday]</p> <p><b>FRI 00:48 Shipping Forecast (m002k4ls)</b> The latest weather reports and forecasts for UK shipping</p> <p><b>FRI 01:00 Selection of BBC World Service Programmes (m002k4lv)</b> BBC Radio 4 presents a selection of news and current affairs, arts and science programmes from the BBC World Service.</p> <p><b>FRI 05:00 News Summary (m002k4lx)</b> National and international news from BBC Radio 4</p> <p><b>FRI 05:04 Rethink (m002k4l4)</b> [Repeat of broadcast at 16:00 on Thursday]</p> <p><b>FRI 05:34 Shipping Forecast (m002k4lz)</b> The latest weather reports and forecasts for UK shipping</p> <p><b>FRI 05:43 Prayer for the Day (m002k4m1)</b> Meditation and peace</p> <p>A spiritual comment and prayer to start the day with Emma - Lopen Ani Pema Deki</p> <p>Good morning.</p> <p>Buddhism says that the human mind is incredible but also vulnerable. Vulnerable to being under the influence of greed, anger and confusion – these are often compared to clouds obscuring the clear sunlight of our mind. It can be quite helpful to think like this. To know for example that when you spoke harshly your mind was under the influence of anger. It can be more helpful than thinking it is inherently you who were angry.</p> <p>Buddhism says that anger is not a cause of happiness but rather is a source of suffering. Due to this if we wish to be happy freeing ourself from the influence of anger can be an important place to start.</p> <p>And as someone on a spiritual path I had rather hoped I would quickly be free of the influence of anger but its been a journey. I can recall talking to one of my teachers in Bhutan who suggested being realistic that it was likely to take some time to be truly free of this affliction and in the meanwhile if I did become irritated or frustrated to concentrate on seeing how quickly I could return to a calm place again. I remember imagining a graph and picturing being able to drop my anger like a straight line down from a high peak to a level plane once more. I found this very helpful.</p> <p>All positive qualities such as peacefulness, calmness and kindness are ones to cultivated and our capacity to make them more stable, more long lasting states of mind will be much easier as we begin to sweep away the clouds of anger, greed and confusion.</p> <p>'May all beings be at peace and may this begin with us'</p> <p><b>FRI 05:45 Farming Today (m002k4m3)</b></p>	<p>The latest news about food, farming and the countryside.</p> <p><b>FRI 06:00 Today (m002k4p3)</b> News and current affairs, including Sports Desk, Weather and Thought for the Day.</p> <p><b>FRI 09:00 Desert Island Discs (m002k3fs)</b> [Repeat of broadcast at 10:00 on Sunday]</p> <p><b>FRI 10:00 Woman's Hour (m002k4p5)</b> Women's voices and women's lives - topical conversations to inform, challenge and inspire.</p> <p><b>FRI 11:00 The Food Programme (m002k4p7)</b> In Search of Mustard in Norwich</p> <p>Five years ago, after 160 years in Norwich, the Colman's factory shut its doors for the last time.</p> <p>John Osborne is a writer, a poet and a performer - he's called Norwich home for 25 years. But last year, while writing a show about his city, he began to learn more about the depth of the history of Colman's, and he started to wonder why more people don't know about it.</p> <p>Between Jeremiah Colman, James Colman, Jeremiah James Colman and many many generations since, an entire empire was built on the back of these humble seeds. The company had a cradle-to-grave ethos, providing education, housing, healthcare and leisure for workers and their families. All of which means the factory, the school buildings, the churches, even the entire village of Trowse is still a part of the fabric of the city. Now, everywhere he looks in Norwich, from the double yellow lines, to the big yellow boxes on the pavement full of sand for de-icing the concrete in winter... John sees mustard.</p> <p>Hundreds of people worked at the factory, and as its doors shut in 2020, a crowdfunder was underway to launch a new Norwich mustard. Five years on, the mustard is nowhere to be found. Even the famous mustard shop, where everyone went for Christmas presents for their relatives, is gone. So John wants to rediscover this history, and along the way find out what's happened to Norwich's mustard. After all, the bright yellow labels on shelves all over the world still proudly read Colman's "of Norwich". As it turns out, thanks to the determination of the local mustard farmers, mustard never really left Norwich at all...</p> <p>Presented by John Osborne Produced in Bristol by Polly Weston</p> <p><b>FRI 11:45 Dangerous Miracle by Liam Shaw (m002k4p9)</b> Episode 5: Redesigning Research</p> <p>Biologist Liam Shaw explores the surprising history and uncertain future of antibiotics, one of humanity's greatest medical advances.</p> <p>The week concludes with an overview of the possible future of antibiotic treatment; from bespoke phage therapy to a complete overhaul of the pharmaceutical industry.</p> <p>Read by James Macnaughton Abridged by Eileen Horne Produced by Eilidh McCreadie A BBC Audio Scotland production for BBC Radio 4</p> <p><b>FRI 12:00 News Summary (m002k4pc)</b> The latest national and international news from BBC Radio 4.</p> <p><b>FRI 12:04 AntiSocial (m002k4pf)</b> News and discussion of consumer affairs</p> <p><b>FRI 12:57 Weather (m002k4ph)</b> The latest weather forecast</p> <p><b>FRI 13:00 World at One (m002k4pk)</b> News, analysis and comment from BBC Radio 4</p> <p><b>FRI 13:45 Food Britannia (m002k4pm)</b> Food and Community</p> <p>Max completes a year of 100% UK-grown food, and reflects back on 12 months without being able to buy much in supermarkets. How did he eat? Well, wonderfully.</p> <p>From Hackney's kitchen gardens to Brick Lane's spice markets, Max discovers how local and seasonal eating can reconnect us with our land and with each other.</p>	<p>Presenter: Max Cotton Producer: Tessa Browne Executive Producer: Kate Dixon A Good Egg production for BBC Radio 4</p> <p><b>FRI 14:00 The Archers (m002k4ld)</b> [Repeat of broadcast at 19:00 on Thursday]</p> <p><b>FRI 14:15 Drama on 4 (m000vjnr)</b> The 100-Year-Old Backstop</p> <p>Following the formation of Northern Ireland in 1921, the Boundary Commission was created to decide on the precise delineation of the border between the Irish Free State and Northern Ireland. The governments of the United Kingdom, the Irish Free State and Northern Ireland were allowed to nominate one member each to the commission. Eventually Justice Richard Feetham of South Africa was appointed by the British Government as Chairman, Eoin MacNeill, Minister for Education, was appointed by the Irish Free State Government and Joseph R. Fisher, a Unionist newspaper editor, author and barrister was appointed by the British government to represent the Northern Ireland government. These three men embarked on a tour along the border, meeting with concerned locals across the province, before facing the seemingly impossible task of redrawing the contentious border which stretched over 300 miles, cutting through communities, roads and even homes.</p> <p>The Writers</p> <p>Michael Patrick &amp; Oisín Kearney wrote the play 'My Left Nut' which they also adapted as a BBC Three series in 2020. Their recent play 'The Alternative' was the winner of Fishamble's A Play for Ireland initiative. They were also part of BBC Writersroom's 'Belfast Voices' 2019 development scheme.</p> <p>Richard Feetham ..... Paul Kennedy Joseph R Fisher ..... Martin Maguire Eoin MacNeill ..... Patrick FitzSymons Theresa ..... Abigail McGibbon Trimble ..... Dan Gordon O'Neill ..... Francis Mezza Baldwin ..... Richard Croxford Healy ..... Seamus O'Hara Reporter ..... Michael Patrick Writers ..... Michael Patrick &amp; Oisín Kearney Producer ..... Michael Shannon</p> <p>A BBC Northern Ireland production.</p> <p><b>FRI 14:45 Untaxing (m0029hm0)</b> 2. The Beatles Clause</p> <p>Harry Potter star, Rupert Grint, thought he'd found a way to cut his tax bill, until an obscure law tripped him up. That law? One created because of The Beatles.</p> <p>But why were the Fab Four so desperate to avoid tax? And how did their money-saving scheme end with them losing control of their own music? A story of rock, rebellion, and the long arm of the taxman.</p> <p>Producer: Tom Pooley A Tempo+Talker production for BBC Radio 4</p> <p><b>FRI 15:00 Gardeners' Question Time (m002k4pp)</b> Horticultural programme featuring a group of gardening experts.</p> <p><b>FRI 15:45 Short Works (m002k4pr)</b> This Is the Way I'm Going by Michael Amherst</p> <p>"As I run for the platform at Paddington, I know that even if I make the train I will still have missed it. For all the trains are evenly spaced and if you are in time for one, it means you were just too late for another."</p> <p>An original short story for radio, about one man's journey to the end of the line...</p> <p>Writer: Michael Amherst, winner of the Hubert Butler Essay Prize and Stonewall Prize for Nonfiction. His debut novel, The Boyhood of Cain, was published by Faber in February. Reader: Tayla Kovacevic-Ebong Producer-Director: Becky Ripley</p> <p><b>FRI 16:00 Last Word (m002k4pt)</b> Matthew Bannister tells the life stories of people who have recently died, from the rich and famous to unsung but significant.</p> <p><b>FRI 16:30 More or Less (m002k3l3)</b></p>
Supported by <a href="https://bbc.co.uk/programmes/">bbc.co.uk/programmes/</a>		

[Repeat of broadcast at 09:00 on Wednesday]

**FRI 17:00 PM (m002k4pw)**

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

**FRI 18:00 Six O'Clock News (m002k4py)**

National and international news from BBC Radio 4

**FRI 18:30 The News Quiz (m002k4q0)**

Series 118

Episode 5

Topical panel quiz show, taking its questions from the week's news stories.

**FRI 19:00 The Archers (m002k4q2)**

Writer: Keri Davies

Director: Marina Caldarone

Editor: Jeremy Howe

28th September - 3rd October

Brian Aldridge.... Charles Collingwood

Pip Archer.... Daisy Badger

Alice Carter.... Hollie Chapman

Ian Craig.... Stephen Kennedy

Ruairi Donovan.... Arthur Hughes

Justin Elliott.... Simon Williams

Amber Gordon.... Charlotte Jordan

Ed Grundy.... Barry Farrimond

Emma Grundy.... Emerald O'Hanrahan

George Grundy.... Angus Stobie

Brad Horrobin.... Taylor Uttley

Alistair Lloyd.... Michael Lumsden

Paul Mack.... Joshua Riley

Adam Macy.... Andrew Wincott

Kirsty Miller.... Annabelle Dowler

Stella Pryor.... Lucy Speed

Prison Officer.... Janice Connolly

**FRI 19:15 Screenshot (m002k4q4)**

Painters and Painting

2025 marks 250 years since the birth of JMW Turner - the great 19th century landscape artist, whose expressive, atmospheric paintings transformed British art. His life and genius was also unforgettably brought to the screen in Mike Leigh's 2014 film Mr Turner, starring Timothy Spall. Ellen E Jones and Mark Kermode look at the long relationship between cinema and painting.

Mark speaks to cultural historian Professor Sir Christopher Frayling on Hollywood's approach to the history of art, from Kirk Douglas as Van Gogh to Salma Hayek as Frida Kahlo. He then talks to actor Timothy Spall on how playing JMW Turner led to a parallel career as a painter.

Ellen explores the relationship between painting and cinematography with cinematographer Sir Roger Deakins. She also speaks to artist Cathy Lomax on the painterly in cinema - and the cinematic in painting.

Producer: Jane Long

A Prospect Street production for BBC Radio 4

**FRI 20:00 Any Questions? (m002k4q6)**

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

**FRI 20:55 This Week in History (m002k3lb)**

[Repeat of broadcast at 11:40 on Wednesday]

**FRI 21:00 Free Thinking (m002k4q8)**

What is a good life?

What does living a good life involve? Michael Rosen's new book is called Good Days and offers suggestions. Sophie Scott-Brown lectures on philosophy and the Rev'd Fergus Butler-Gallie has spent time working in the Czech republic and South Africa and ministering in parishes in Liverpool and London. They are some of the guests joining Matthew Sweet for a discussion about what it means to be good.

Producer: Jayne Egerton

**FRI 22:00 The World Tonight (m002k4qb)**

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

**FRI 22:45 The Plot Against America by Philip Roth (m002k4qd)**

Episode 10

Richard Schiff (The West Wing) reads Roth's chilling vision of an alternative 1940s American history. Days after President Lindbergh's plane vanishes, anti-Jewish riots break out across the USA. And Sheldon's mother is caught up in the violence.

Produced by Mair Bosworth and Fay Lomas for BBC Audio

Abridged by Sara Davies

Sound by Ilse Lademann

Assistant Producer Alice McKee

**FRI 23:00 Americast (w3ct7t60)**

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

**FRI 23:30 Illuminated (m002k3gl)**

[Repeat of broadcast at 19:15 on Sunday]