

## SATURDAY 31 JANUARY 2026

**SAT 00:00 Midnight News (m002qh36)**

National and international news from BBC Radio 4

**SAT 00:30 Craftland (m002qh1m)**

Episode 5

Britain has always been a craft land. For generations what we made with our hands defined our identities, built our communities and shaped our regions. Craftland chronicles the vanishing skills and traditions that once governed every aspect of life on these shores.

For as long as there are humans, there will be craft. It's all around us, hiding in plain sight, enriching even the most modern things. And in this increasingly digital age, it is perhaps more valuable than ever.

Craftland is a celebration of that deeply necessary connection between our creative instincts and the material world we inhabit, revealing a richer and more connected way of living.

James Fox is an academic and multi-award-winning nominated broadcaster. He is Director of Studies in History of Art at Emmanuel College, Cambridge, and Creative Director of the Hugo Burge Foundation, a charity dedicated to supporting the arts and crafts across Britain.

Written and Read by James Fox  
Abridged and produced by Jill Waters  
The Waters Company for BBC Radio 4

**SAT 00:48 Shipping Forecast (m002qh38)**

The latest weather reports and forecasts for UK shipping

**SAT 01:00 Selection of BBC World Service Programmes (m002qh3b)**

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 (m002qh3d)**

National and international news from BBC Radio 4

**SAT 05:34 Shipping Forecast (m002qh3g)**

The latest weather reports and forecasts for UK shipping

**SAT 05:43 Prayer for the Day (m002qh3j)**

Winter this one out

Good morning!

And if you've been observing 'dry January' – the increasingly popular habit among drinkers of abstaining from alcohol for the first month of the year to atone for Christmas excess – congratulations, you've reached the last day of your month-long fast.

Despite the habit of new year resolutions, January has always seemed to me a cruel time of year in the northern hemisphere to take on austere practices.

Sure, the turn of the year chimes well with the idea of new beginnings. But who actually relishes the prospect of embarking on a new exercise or diet regime when the weather is so cold and often miserable?

Wintering Out is one of my favourite poetry collections by the late Co. Derry poet and Nobel laureate Seamus Heaney.

Heaney saw 'wintering out' as perseverance in difficult times.

"If we winter this one out, we can summer anywhere," he famously said of his inspiration - offering comfort and hope that overcoming difficult times would lead to better days.

It is hope like this that has sustained people in some of the most difficult moments in human history.

It's true in our own lives too. Dark and cold times are lived in the knowledge that one day there will again be light and warmth.

Farmers and people close to the land know that you have to have faith that what you plant in the ground will one day blossom, even if it often lies hidden from view while it slowly grows.

Today, I pray to have the patience to winter this one out, knowing that as sure as the daylight follows the darkness of night – the spring will soon follow the winter.

Amen.

**SAT 05:45 Materials of State (m002mp9t)**

Black Rod

David Cannadine continues examining the origins, symbolism and contemporary significance of the objects and emblems that underpin the British constitution.

In episode 4, he's looking at Black Rod, which is unusual among our 'materials of state' for being both a person and an object.

Black Rod refers to both a senior parliamentary officer and the physical ebony staff carried by that officer. The role dates back nearly 600 years to King Edward III and the founding of the Order of the Garter. By the 16th century, the role became a fixture at the Palace of Westminster, responsible for access, order and discipline, functions that continue today. David meets the newly appointed Gentleman Usher of the Black Rod, Ed Davis, and a former Black Rod, David Leakey, to discuss what the role entails.

The most public and iconic part of Black Rod's duties is during the State Opening of Parliament. Dressed in ceremonial costume, Black Rod is sent to summon MPs from the House of Commons to listen to the Monarch's speech in the House of Lords, but the door is traditionally slammed in their face to symbolise the Commons' independence from the Crown. The officer then knocks three times with the base of the rod before being admitted. Despite objections to this pomp and ceremony from people like Dennis Skinner MP, David concludes the role and tradition of both the person, and the object, remains secure for now.

Contributors in order of appearance:

Ed Davis, Gentleman Usher of the Black Rod  
David Leakey, former Gentleman Usher of the Black Rod  
Eloise Donnelly, Curator of Historic Furniture and Decorative Art at the Houses of Parliament

Presented by Professor Sir David Cannadine

Series Producer: Melissa FitzGerald  
Series Researcher: Martin Spychal  
Sound Mixing: Tony Churnside

The series has been made in association with the History of Parliament Trust

A Zinc Audio production for BBC Radio 4

**SAT 06:00 News and Papers (m002qr9w)**

The news headlines, including a look at the newspapers.

**SAT 06:07 Ramblings (m002qj8w)**

Ghosts of the Farm with Nicola Chester

Clare joins writer Nicola Chester for a circular walk from her home in the village of Inkpen in West Berkshire. Despite recently breaking her leg in an unfortunate tangle of dog zoomies, Nicola is back on her feet and eager to share the landscapes that have shaped both her life and her books. Their route takes them through Manor Farm, the setting for her latest work, and up towards Inkpen Beacon, a hill familiar to Clare from childhood climbs.

As they walk, Nicola reflects on her lifelong desire to farm, the barriers faced by women in agriculture, and the remarkable story of Miss Julia White, a pioneering farmer whose life she explores in her new book Ghosts of the Farm: Two Women's Journeys Through Time, Land and Community.

Presenter: Clare Balding  
Producer: Karen Gregor

**SAT 06:30 Farming Today (m002qr9y)**

31/01/26 Farming Today This Week: Sustainable Foods 2026, extreme weather and rural resilience, octopus bloom

Sustainable Foods 2026: a conference in London which brings together big food companies, supermarkets, producers and scientists in a drive to transform our food systems - but what does it mean for agriculture?

Flooded farmers say government needs to spend more on infrastructure to make rural communities are more resilient in the face of climate change.

The secret lives of octopus, revealed in new report. Their numbers have increased dramatically - what is the impact on the fishing industry?

Presented by Charlotte Smith and produced by Beatrice Fenton.

**SAT 06:57 Weather (m002qrb0)**

The latest weather reports and forecast

**SAT 07:00 Today (m002qrb2)**

Today (Saturday)

**SAT 09:00 Saturday Live (m002qrb4)**

Amanda Owen, Curious Incidents, Brain Rest, and the Inheritance Tracks of Mika.

We have a writer, a shepherdess, and a man in favour of doing more of nothing.

Our writer wrote one of the biggest books of the last 25 years. The Curious Incident of a Dog in the Night-time has brought joy to millions of children, and adults. And now Mark Haddon's written a memoir just as memorable.

Our Shepherdess is almost certainly the only Shepherdess you can name. The Yorkshire Shepherdess herself, Amanda Owen, whose new tv series suggests her love of her farming life burns as brightly as ever.

And the man who wants us to give our brains a break is a neuroscientist who's applied his considerable brain to the importance of giving all our tormented minds a bit more downtime. Dr Joseph Jebelli has a fascinating story to tell.

Also, we'll be asking how many clowns can you fit into a church as we speak to the clown organising the 80th anniversary Joseph Grimaldi Service - and we'll be enjoying the Inheritance Tracks of Mika.

Presenter: Adrian Chiles  
Producer: Ben Mitchell  
Assistant Producer: Ribika Muktan  
Researcher: Jesse Edwards  
Editor: Colin Patterson

**SAT 10:00 You're Dead to Me (m002qrb6)**

Geoffrey Chaucer: the medieval father of English literature

Greg Jenner is joined in medieval England by Professor Marion Turner and comedian Mike Wozniak to learn all about Geoffrey Chaucer, author of the Canterbury Tales. Since the fifteenth century, Chaucer has been referred to as the father of English literature. He was one of the first authors to champion the use of Middle English for poetry instead of Latin, and after the invention of the printing press, his works became the foundation of the English literary canon – long before Shakespeare ever put quill to parchment. But Chaucer's life was as extraordinary as his legacy, living as he did through the Black Death, the Hundred Years' War between England and France, and the Peasants' Revolt. In this episode, Greg and his guests explore Chaucer's dramatic biography: growing up the son of a wine merchant in fourteenth-century London, his work for the royal court and long career as a medieval civil servant, his relationship with John of Gaunt through his mistress Katherine Swynford, and his travels throughout Europe. They also examine the poets that influenced him – including Petrarch, Boccaccio and Dante – and take a deep dive into the famous Canterbury Tales.

If you're a fan of medieval literature, historical courtroom dramas, and the tumult of fourteenth-century England, you'll love our episode on Geoffrey Chaucer.

If you want more literary history with Mike Wozniak, listen to our episodes on Charles Dickens at Christmas and the Legends of King Arthur. And for more fourteenth-century lives, check out our episode on medieval Muslim traveller Ibn Battuta.

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

Hosted by: Greg Jenner  
Research by: Rosalyn Sklar  
Written by: Dr Emmie Rose Price-Goodfellow, Dr Emma Nagouse, and Greg Jenner  
Produced by: Dr Emmie Rose Price-Goodfellow and Greg Jenner  
Audio Producer: Steve Hankey  
Production Coordinator: Gill Huggett  
Senior Producer: Dr Emma Nagouse  
Executive Editor: Philip Sellars

**SAT 10:30 Rewinder (m002qrb8)**

Ping Pong Pussy

Greg James is back for another trip into the BBC Archives, and into the past, using the big stories of the week and your suggestions to guide him to audio gold.

This week, as Alex Honnold scales a skyscraper live on Netflix, Greg finds out that the BBC was there first. In 1967 they undertook a colossal logistical operation to bring viewers a live programme over two days following six climbers as they ascended the Old Man of Hoy, a 450-foot rock stack off the

coast of Orkney. With no electricity or accommodation available the BBC drafted in the army, and 15 million viewers were gripped by the pictures of climbers hanging off the edge of the crumbling rock.

A listener request takes Greg to the children's TV programme Why Don't You, which ran from 1973 to 1995, was presented by children, and showed a range of crafts, tricks and hobbies that kids could do rather than watching TV. Stamp collecting...brass rubbing...and hovercraft building.

With social media full of people posting their pictures and videos from 2016, Greg goes one step further and searches the archive for 1916 instead. He finds an extraordinary and moving firsthand account of the Battle of the Somme.

And as Timothee Chalameat earns multiple award nominations for playing a ping pong supremo in Marty Supreme, what happens if you put the words 'ping' and 'pong' into the archive? You find a ping pong playing cat, of course.

Producer: Tim Bano

An EcoAudio Certified production

#### SAT 11:00 The Week in Westminster (m002qrbb)

Sonia Sodha assesses the latest developments at Westminster.

This week Sir Keir Starmer became the first Prime Minister in eight years to visit China. To discuss the visit Sonia is joined by Labour MP and Chair of the Business and Trade Select Committee Liam Byrne, and the Conservative MP Sir Andrew Mitchell, who served as Deputy Foreign Secretary in Rishi Sunak's government.

Following the Home Secretary's announcement of reforms to the police services in England and Wales Sonia spoke to two MPs, both former police officers, to discuss the proposals. Labour's Jonathan Hinder served in London for nine years, reaching the rank of inspector. He was also the head of the Police Now training academy and the Liberal Democrat Wendy Chamberlain, worked for the Scottish Police College as well as the Association of Chief Police Officers in Scotland.

To discuss the issue of loneliness in young men, Sonia is joined by MP Mims Davies, who is a former Conservative Minister for Loneliness and now co-chairs the parliamentary group on Men and Boys' Issues and Chris Hemmings, the Founder of Men's Therapy Hub, who is also a psychotherapist who specialises in working with men and boys.

And, this week saw the launch of a new Conservative group for, what it calls, the 'politically homeless' on the centre right. So what role do political movements play in political parties? To discuss this Sonia speaks to Amber Rudd, a former Conservative Cabinet Minister and vice chair of Prosper UK, and Labour peer Stewart Wood, who is a former adviser to Gordon Brown and Ed Miliband. He is also a signatory to Mainstream, which says it is the home for 'Labour's radical realists'.

#### SAT 11:30 From Our Own Correspondent (m002qrbd)

Iran: Stories of a massacre

Kate Adie introduces stories from Iran, Myanmar, China, South Africa and Lithuania.

The number of Iranian people killed by government forces in the crackdown on recent protests is now estimated to be at least 6000, with thousands more deaths being investigated by human rights groups. BBC Persian's Parham Ghobadi has been speaking to people in Tehran about their experience of the protests.

The final round of elections took place in Myanmar last weekend, five years after a coup returned the military junta to power - though many observers regard the whole affair as a sham. Jonathan Head was given rare permission to report from within Myanmar - though found fear and surveillance at every turn.

Sir Keir Starmer's trip to Beijing was the first by a UK Prime Minister since 2018 and has been seen as a critical moment in the British government's attempt to reboot its relationship with China. Laura Bicker reflects on what's in it for President Xi - and how he is looking to take advantage of Donald Trump's rocky relationship with the world.

Over the last decade South Africa has made steady progress on bringing down the infection and mortality rates of Tuberculosis. However, that progress is now under threat as foreign aid cuts begin to bite. Sandra Kanthal reports from Cape Town.

Lithuania's Jewish community numbers just a few thousand, though prior to World War Two the population was around 200,000 - the majority of whom were murdered in the Holocaust. Today Lithuania is home to several memorial sites

remembering those who died and Max Eastermann recently visited to trace the homes - and graves - of his recently discovered ancestors.

Producer: Serena Tarling  
Production coordinators: Katie Morrison and Sophie Hill  
Editor: Richard Fenton-Smith

#### SAT 12:00 News Summary (m002qrbg)

The latest national and international news from BBC Radio 4.

#### SAT 12:04 Money Box (m002qrbj)

Report Fraud and Student Loans

Billions of pounds is lost each year to fraud, be that by criminals simply stealing someone's money or by thieves tricking victims into giving them their details before draining their bank accounts. It's a crime that is massively under-reported, with very low conviction rates too. To tackle this, a new agency's been created called 'Report Fraud'. It replaces the problematic "Action Fraud" which had been the place for victims to report fraud for over a decade. Paul Lewis interviews Chief Superintendent Amanda Wolf who's the Head of Report Fraud.

There are calls for a cut in the interest rate on some student loans. In recent weeks some graduates have been saying they feel they were misold their loans, because they're only paying off interest on what they owe, despite high levels of payments. The Department for Education says that its making what it called "tough but fair" decisions to protect taxpayers and students. We'll discuss that with the Higher Education Policy Institute.

There is growing pressure from charities and MPs for the government to introduce statutory regulation of the bailiff sector in England and Wales as a matter of urgency. Campaigners say it's about making sure people who are in debt aren't on the receiving end of bad practice from bailiffs breaking the rules.

And half a million households on heat networks now have new protections when it comes to their heating bills.

Presenter: Paul Lewis

Reporters: Bisi Adebayo and Dan Whitworth  
Researcher: Niamh McDermott  
Editor: Jess Quayle

(First broadcast on Radio 4 12pm Saturday 31st January 2026)

#### SAT 12:30 The News Quiz (m002qh2l)

Series 119

#### 4. By-elections, hello defections

On the agenda this week is Starmer vs Burnham in Labour's latest civil war, Suella Braverman's defection to Reform, and working out how to save The Great British pub. To get to the bottom of all this, Andy is joined by Daliso Chaponda, Kiri Pritchard-McLean, Hugo Rifkind and Holly Walsh.

Written by Andy Zaltzman.

With additional material by: Christina Riggs, Cameron Loxdale and Sarah Mills

Producer: Georgia Keating  
Executive Producer: Pete Strauss  
Production Coordinator: Jodie Charman  
Sound Editor: Marc Willcox

A BBC Studios Production for Radio 4.

#### SAT 12:57 Weather (m002qrbh)

The latest weather forecast

#### SAT 13:00 News (m002qrbn)

National and international news from BBC Radio 4

#### SAT 13:10 Any Questions? (m002qh2s)

Stuart Andrew MP, Annabel Denham, Lillian Greenwood MP, Ash Sarkar

Alex Forsyth presents political debate from St Paul's Church in Fazeley, near Tamworth in Staffordshire with the shadow health secretary Stuart Andrew MP; senior political commentator at The Telegraph, Annabel Denham; transport minister Lillian Greenwood MP; and the contributing editor of Novara Media, Ash Sarkar.

Producer: Paul Martin  
Assistant producer: Jo Dwyer  
Production co-ordinator: Ishmael Soriano

Lead broadcast engineer: Phil Zentner  
Editor: Robin Markwell

#### SAT 14:05 Any Answers? (m002qrbq)

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

#### SAT 14:45 The Archers (m002qh2n)

After working a night shift Ben's late getting up for his graduation ceremony and has to be chivvied along by David and Ruth. Before the ceremony starts David spots that Ben has fallen asleep. For alphabetical reasons Ben will be first up to collect his degree, so Ruth calls his phone, assuming the vibration will wake Ben. It rings loudly instead, immediately waking Ben, who apologises before going on stage to be greeted by the amused Chancellor. Afterwards Ben and David tease Ruth about the phone call and having a cry, but they are all very proud of what Ben's achieved.

Amber encourages George to stay positive about getting a job, before Esme calls, asking him over to Meadow Farm at lunchtime. George assumes it's a "maybe", which Amber tells him he needs to turn into a "yes". He'd be perfect for the job and Esme would be lucky to have him. When George gets there, he advises Esme on replacing some rotting fence posts. Esme knows about his criminal past, spelling out that she's looking for someone trustworthy and reliable. George assures her he won't let her down, emphasising how much he cares for livestock and how he needs to step up for Amber, now she's pregnant. Esme reveals she has worked previously with ex-offenders, before offering George a two months' trial of part-time work milking, looking after cows and doing general farm work, starting on Monday. George is dead chuffed, going to meet Amber after work. She's thrilled and they both vow to work hard for their future as a family.

#### SAT 15:00 Spotlight (m001v1mt)

Bacon in Moscow

How Francis Bacon became the first major Western artist to have a solo exhibition in the Soviet Union. Written by Stephen Wakelam, based on the memoir by James Birch.

In 1986, Soviet General Secretary Mikhail Gorbachev and his advisers had adopted glasnost (openness) as a political slogan, together with the terms perestroika (restructuring or regrouping) and demokratizatsiya (democratisation). Glasnost reflected a commitment of the Gorbachev administration to allowing Soviet citizens to discuss publicly the problems of their system and to explore potential solutions.

On the 22nd September 1988 a retrospective of paintings from all periods of Francis Bacon's work opened at the Central House of Artists in Moscow. The exhibition was the result of a complex and convoluted negotiation by London gallerist James Birch. In his early 30s, Birch had known Bacon since childhood. The highs and lows of his struggles; with Soviet officialdom and the 79 year old artist, form the basis of this play.

Francis Bacon ... Timothy Spall  
James Birch ... Luke Norris  
Sergei Klovov ... Simonas Mozura  
Elena Khudiakova/ Valerie Beston/ TV Interviewer ... Amrita Acharia  
Johnny Stuart/ John Edwards ... John Hopkins  
Bob Chenciner/ British Council/ Taxi Driver ... Al Barclay  
Russian Official/ Guard/ Vasili ... Michael Tchereshpashents

Sound design by Markus Andreas and Alisdair McGregor  
Directed and produced by Jeremy Mortimer  
Production coordinator Annie Keates Thorpe  
Executive Producer Joby Waldman  
A Reduced Listening production for BBC Radio 3

#### SAT 16:30 Woman's Hour (m002qrht)

Weekend Woman's Hour: Pensions gender gap, Winter Olympics, Paris Paloma

There's been a stark warning to MPs about the number of women pensioners living in poverty. The House of Commons Work and Pensions committee has been hearing the pension system is dysfunctional, and contributing to more gender disparity, that's according to the feminist economic think tank the Women's Budget Group, which gave evidence this week. Anita Rani is joined by their incoming director Dr Daniella Jenkins and Sarah Pennells, consumer specialist at Royal London finance company.

It's less than a week to go until the Winter Olympics gets underway in Italy. With a record 47% of female athletes competing, the games will be the most gender-balanced in Winter Olympic history. Two women who are gearing up to cover every twist and turn of these Games are former two-time Winter Olympic snowboarder and broadcaster Aimee Fuller and Jeanette Kwayke, who'll be fronting the BBC's coverage as

part of an all-female line up alongside Clare Balding and Hazel Irvine.

The writer and performer Paris Paloma has a new single out today about women's bodies called Good Girl. Paloma joins Anita to sing and talk about her music, including her 2023 track Labour about women's unpaid work which started a social media trend as women around the world related the song to their own experiences with sexism.

Presenter: Anita Rani  
Producer: Dianne McGregor

#### SAT 17:00 PM (m002qrbw)

Epstein files reveal new photograph of Andrew Mountbatten-Windsor

We speak to a former Royal Press Secretary following the release of a new photo of Andrew Mountbatten-Windsor in the files related to deceased sex offender Jeffrey Epstein and as Prime Minister Sir Kier Starmer calls for closer alignment with the EU. General Sir Richard Shirreff gives his vision for future defence co-operation.

#### SAT 17:30 Political Thinking with Nick Robinson (m002qrby)

Vitali Klitschko, Mayor of Kyiv: From boxing to politics

How did the world heavyweight champion end up running a city of 3 million people in wartime?

Vitali Klitschko joins Nick from the Ukrainian capital in the midst of a Russian campaign to decimate the city's energy infrastructure.

He talks about what peace could look like, the lessons he learned from living under Soviet rule as a child, and why he decided to abandon a lucrative life in the US to enter Ukrainian politics.

Senior producer: Daniel Kraemer  
Producer: Flora Murray  
Sound: Ged Sudlow  
Editor: Giles Edwards

#### SAT 17:54 Shipping Forecast (m002qrc0)

The latest weather reports and forecasts for UK shipping

#### SAT 17:57 Weather (m002qrc2)

The latest weather reports and forecast

#### SAT 18:00 Six O'Clock News (m002qrc4)

Latest Epstein Photos Appear to Feature Andrew Mountbatten-Windsor

Photos in the Epstein files appear to show a barefoot Andrew Mountbatten-Windsor crouching on all fours over a female. Elon Musk and Sir Richard Branson also feature in the latest release of documents. Elsewhere: The Hamas-run civil defence agency in Gaza says at least 30 Palestinians, including several children, have been killed by a wave of Israeli strikes; and Sir Keir Starmer has said the relationship between the UK and Japan is the "strongest" it has been "in decades".

#### SAT 18:15 Loose Ends (m002qrc6)

Marcus Brigstocke, Ashley Storrie, Louise Welsh, Stuart Maconie, Rum Ragged, Hen Hoose Collective

Stuart Maconie is in Glasgow for the city's annual folk, roots and world music festival - Celtic Connections.

He's joined by comedian Marcus Brigstocke, whose tour Vitruvian Mango sees him trying to figure out what it is to be a man, and why he feels like more of one when his wife asks him to reach something from a high shelf.

Ashley Storrie will be chatting all about the new series of her award-winning BBC show Dinosaur. Autistic palaeontologist Nina is knee-deep in mud on an Isle of Wight dig site, living the dream. Well, either that or she's desperately missing reality tv marathons on her own sofa with some sausage rolls.

In writer Louise Welsh's latest novel The Cut Up, Glasgow auctioneer Rilke is once again drawn in to drama, murder and detective work, as he curses his very loyal but very troublesome friends.

With performances from Newfoundland folk band Rum Ragged who are keeping the music of their Canadian island home alive. Plus Glasgow-based female and non-binary music collective Hen Hoose share a track from new album The Twelve.

Producer: Caitlin Sneddon  
Production Coordinator: Lauren Stewart  
Engineers: Andrew Hay, Fiona Johnstone, Sean Mullervy

#### SAT 19:00 Profile (m002qrc8)

Stephen Miller

The fatal shooting of two Minnesota residents by federal agents has contributed to the fiercest public backlash yet against the Trump administration's hard-line immigration policy. The man widely seen as the driving force behind this controversial approach, is White House Deputy Chief of Staff, Stephen Miller.

Born in 1985 and raised in liberal Santa Monica, California, Miller is the grandson of Jewish refugees. Outspoken from an early age, he made his name as a teenager through conservative talk radio appearances and student newspaper columns, before gaining national attention at Duke University defending members of the lacrosse team falsely accused of rape.

From fringe political outsider to trusted adviser, Miller has gone on to shape some of the most consequential policies of the Trump era, including the so-called Muslim travel ban and family separations at the border. So, as immigration once again dominates the US news agenda, Becky Milligan examines how he got here.

Production Team:

Presenter: Becky Milligan  
Producers: Laurie Kalus, Katie Solleveld, Sophie Van Brugen and Keiligh Baker  
Production Coordinators: Maria Ogundele and Gemma Ashman  
Sound: James Beard  
Editor: Justine Lang

Archive:

Fox News  
Paramount  
Miller Brewing Co.  
ABC

#### SAT 19:15 This Cultural Life (m002qj8c)

Jonathan Pryce

Award-winning actor Sir Jonathan Pryce talks to John Wilson about his cultural influences and career. He made his name with the 1975 Trevor Griffiths play Comedians, his role as a stand-up comic winning him a Tony Award after it moved to Broadway. He won an Olivier Award for a landmark production of Hamlet in 1980, and another Tony for his role as The Engineer in Miss Saigon. His huge and diverse list of film credits include Terry Gilliam's 1985 dystopian drama Brazil, the musical Evita alongside Madonna and, an Oscar nominated performance as Pope Francis in The Two Popes. And he's been increasingly prolific in the age of television streaming with acclaim for his roles in Game Of Thrones, The Crown, Taboo, Slow Horses and Wolf Hall. He was knighted for services to drama in 2021.

Producer: Edwina Pitman

Archive used:

Listen With Mother, BBC Home Service, 7 February, 1950  
Is Your Honeymoon Really Necessary?, Whitehall Theatre, BBC1, 1940s  
Protests on Broadway, 6 April 1991  
Comedians by Trevor Griffiths, 2nd House, BBC2, 15 March 1975  
Jonathan Pryce in Hamlet, The Southbank Show, ITV, 1988  
Brazil, Terry Gilliam, 1985

#### SAT 20:00 Archive on 4 (m002qrcb)

Taxi Driver at 50: New York, Then and Now

It's 50 years since the film Taxi Driver was released in 1976. The story of Travis Bickle, a loner and cab driver, who tries to save a 14-year-old sex worker from the mean streets of 1970s New York was controversial at the time for its violence and sexual theme but is considered a classic today.

Michael Goldfarb tells the story of the film's creation and how New York decayed into the condition which forms the backdrop for the story - and what the city is like today, half a century later.

Producer: Julia Hayball  
A Certain Height production for BBC Radio 4

#### SAT 21:00 Artworks (m002f8lq)

Three Transformations of Virginia Woolf

1. Inner Lives

'Mrs. Dalloway said she would buy the flowers herself.'

A century on from the publication of Mrs Dalloway, Fiona Shaw explores what Virginia Woolf has to say to us today. With Clarissa Dalloway as our guide, we discover how Woolf captured and critiqued a modern world that was transforming around her, treated mental health as a human experience rather than a medical condition, and challenged gender norms in ways that seem light years ahead of even our present day discourse.

In this episode, Fiona Shaw speaks with authors, academics and artists inspired by Virginia Woolf, about how Woolf foregrounded interior lives.

Fiona hears from authors Michael Cunningham, Mark Haddon and Naomi Alderman; Woolf biographer Alexandra Harris; filmmaker Sally Potter; Professor of Modernist Literature, Bryony Randall; Professor of English, Mark Hussey; and Professor of Twentieth Century Literature, Anna Snaith.

Extracts read by Gwendoline Christie.

Produced by Ellie Richold for BBC Audio Wales

#### SAT 22:00 News (m002qrcd)

National and international news from BBC Radio 4

#### SAT 22:15 The Food Programme (m002qk1k)

The Honey Trap

After concerns that honey from overseas is being watered down with cheap rice and corn syrups, Sheila Dillon investigates the scale of global honey fraud. It's a story of complex international supply chains with the world's food security at its heart.

In 2023, the European Commission found that 46 per cent of the honey it sampled was suspected to be fraudulent. Just last year at the World Beekeeping Awards the prize for Best Honey had to be cancelled after fears that adulterated honey might be entered. The fake version can be very difficult to detect and beekeepers warn that it is forcing down the price of honey, potentially driving them out of business.

So how serious an issue has international honey fraud become and how concerned should consumers in the UK be? Sheila visits Bermondsey Street bees in Essex in search of answers and speaks to the UK's two biggest honey producers - Rowse and Hilltop Honey. Food fraud expert Professor Chris Elliott from Queen's University Belfast analyses the situation and Robin Markwell reports from Copenhagen where the world's largest convention of beekeepers was recently held.

Produced for BBC Audio in Bristol by Robin Markwell

#### SAT 23:00 Dan Does Dating (m002qrcg)

Series 1

3. Chloe

Think of the worst date you've been on, or heard about. Now imagine having to go through that every week. That's what happens to Dan Dickerson in Dan Does Dating, a new non-audience sitcom by Michael Beck. And his dates feel the same way.

This week, Dan tries dating up the social ladder, and goes to an art gallery with a much posher woman. Can he convince her that he could live a posh life with her?

Dan ... Christopher Macarthur-Boyd  
Chloe ... Eleanor Morton

Chris ... Ray Bradshaw  
Jack ... Stephen Buchanan  
Jamila ... Nalini Chetty  
Diane ... Zara Gladman

Waiter / Boy ... Kougar Baatarkhuu  
Barman ... Jonny Donahoe  
Quizmaster ... Sanjeev Kohli  
Random Woman ... Lisa Livingstone  
Babysitter / Girl ... Amy Matthews  
Paramedic ... Sophie Wilkinson

Written by Michael Beck

Recorded and edited by Diane Jardine at Sonido Studios, Clydebank

Produced and directed by Ed Morrish

A Lead Mojo production for BBC Radio 4

#### SAT 23:30 Counterpoint (m002qgml)

Series 39

Heat 4, 2026

Paul Gambaccini hosts radio's most challenging music quiz. Now in its 39th series, contestants from around the country have assembled to be tested on their knowledge of music from across the centuries, and across every genre.

This week, our three contestants pick from topics including 'Teenage Stars', 'XTC's English Vision' and 'All That Acid Jazz'.

Producer: Tom Du Croz  
Production coordinator: Jodie Charman

A BBC Studios Production for Radio 4

## SUNDAY 01 FEBRUARY 2026

**SUN 00:00 Midnight News (m002qrcj)**  
National and international news from BBC Radio 4

**SUN 00:15 Take Four Books (m002qgmj)**  
Ali Smith

Acclaimed author Ali Smith speaks to Take Four Books about her latest book, *Glyph*. Together with presenter James Crawford, they explore its connections to three other literary works. *Glyph* tells a story hidden within Smith's 2024 novel *Gliff*. Once again, the plot centres on two siblings and a horse, and delves into the power of storytelling.

Ali's three chosen influences for this episode are: *The Wild Ass' Skin* by Honoré de Balzac (1831); *A Book of Nonsense* by Edward Lear (1846); and *Strider: The Story of a Horse* by Leo Tolstoy (circa 1886).

Producer: Hayley Jarvis  
Editor: Gillian Wheelan  
This was a BBC Audio Scotland production.

**SUN 00:48 Shipping Forecast (m002qrcf)**  
The latest weather reports and forecasts for UK shipping

**SUN 01:00 Selection of BBC World Service Programmes (m002qrqn)**  
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 (m002qrcg)**  
National and international news from BBC Radio 4

**SUN 05:34 Shipping Forecast (m002qrce)**  
The latest weather reports and forecasts for UK shipping

**SUN 05:43 Bells on Sunday (m002qrqv)**  
The Cathedral Church of St Peter in Bradford, West Yorkshire

Bells on Sunday comes from the Cathedral Church of St Peter in Bradford, West Yorkshire. Built on the site of an Anglo-Saxon church the current building is largely 15th century. In 1921 a new peal of ten bells was installed and dedicated as a War Memorial. These were augmented to a peal of twelve in 1975 with the donation of two bells from the nearby Parish Church of St. John, in Little Horton. The Tenor bell weighs twenty five and a half hundredweight and is tuned to the note of D. We hear them now ringing Grandsire Cinques.

**SUN 05:45 In Touch (m002qjcb)**  
Disability Confident Scheme, Blind Sailing

The Disability Confident Scheme is a government programme that aims to help employers recruit and retain disabled people. Organisations can volunteer to sign up and move through three tiers that have varying levels of commitments. As part of a series of measures to try to help with the recruitment of disabled people, the government are planning to overhaul the scheme and make certain criteria more robust. Minister for Social Security and Disability, Sir Stephen Timms tells In Touch about their plans.

GBR Blind Sailing recently achieved great success at the World Sailing Inclusion Visually Impaired Championships in Oman. Lucy Hodges MBE is commodore of GBR Blind Sailing and nine-time World Champion and she, along with long-term sailor Vicki Sheen, tell In Touch about their success in Oman and about their aims to get more visually impaired people involved in the sport and to get blind sailing into the Paralympics in its own class.

Presenter: Peter White  
Producer: Beth Hemmings  
Production Coordinator: Helen Surtees

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 (m002qrdd)**  
The latest national and international news from BBC Radio 4

**SUN 06:05 Thinking Allowed (m002qjwb)**  
Colour in Film

How did the arrival of colour and film technology transform cinema and its cultural politics? Laurie Taylor explores the intertwined histories of technology, aesthetics, and identity.

Swarnavel Eswaran, filmmaker and scholar at Michigan State University, introduces us to the remarkable story of Kodak Krishnan – Eastman Kodak's "man from the East." Krishnan played a pivotal role in bringing American film technology to India during the mid-20th century, a period when cinema was becoming a powerful medium for shaping ideas of modernity and national pride.

Kirsty Sinclair Dootson, Associate Professor in the History of Art department at University College London, is one of the organisers of the Bombay Colour Research Network. Her book *The Rainbow's Gravity* asked how new colour media transformed the way Britain saw itself and its empire between 1856 and 1968. Her research also examines how colour technologies – from early tinting processes to the vibrant palettes of Bollywood musicals became part of debates over race, class, and cultural representation. Kirsty Sinclair Dootson is one of the academics who has been a New Generation Thinker, on the scheme run by the BBC and the Arts and Humanities Research Council to share research on radio.

Producer: Natalia Fernandez

**SUN 06:35 On Your Farm (m002qrds)**  
The Farmer's Boy – The legend and legacy of Eric Freeman

Clifford Freeman farms at Redmarley beside the River Leadon in the ancient border landscape where Gloucestershire meets Worcestershire. His 16th century farmhouse was once an inn on the old Welsh Drovers' route and sits in sight of Pauntley Court, the ancestral home of Dick Whittington (the real Richard Whittington who was Lord Mayor of London four times). But as Vernon Harwood discovers that's not the whole story because Clifford has found himself as the custodian of his father's remarkable legacy.

His dad was the rare breeds pioneer, conservationist and broadcaster Eric Freeman, famous for his role in saving Gloucester cattle from extinction in the early 1970s. Eric also championed the other county breeds of Gloucestershire; Cotswold sheep and Old Spots pigs. He grew endangered fruit varieties, collected vintage farm waggons and revived centuries-old rural traditions such as Wassailing and Harvest Home.

Now Clifford has questions to ponder and difficult decisions to make. What's the future for his dad's beloved breeds and the old country customs he rekindled? Is there a place for Eric's impressive collection of farming bygones and heirlooms? And importantly, how does he untangle his own legacy from his father's? The programme centres around the Harvest Home celebration on Clifford's farm – the first to be held since Eric's death and a day full of poignancy and meaning.

Produced and presented by Vernon Harwood.

**SUN 06:57 Weather (m002qrdrv)**  
The latest weather reports and forecast

**SUN 07:00 News and Papers (m002qrdsx)**  
National and international news from BBC Radio 4

**SUN 07:10 Sunday (m002qrdrz)**  
Church funding, pilates in a mosque, the latest in the 'quiet revival' debate

Churches across the country are bracing themselves for a significant new financial challenge. Until now, they've been able to reclaim VAT on essential repairs for everything from leaky roofs to dilapidated towers. But from April, that protection goes, and they'll have to pay a 20-per-cent tax to the government. William Crawley speaks to Sir Philip Rutnam, Chair of the National Churches Trust.

At the start of the year, the Jamia Usmania mosque in Bradford posted a video on social media of its pilates class for older men, and it went viral. William hears from the mosque's general secretary Mohammed Ilyas and pilates instructor Zafar Kayani and tries a few pilates moves in the studio.

Over the past few weeks, we've devoted a series to faith and Gen Z: rising Bible sales, social media influencers, and the online "orthobro" phenomenon. We've also previously reported on the battle between statisticians about whether or not the data points to a "quiet revival". But this week, Humanists UK offered a new analysis of the British Social Attitudes Survey which, they say, ends the debate once and for all. To explore what's really going on, we hear from Andrew Copson, Chief Executive of Humanists UK and Linda Woodhead, professor of Theology and Religious Studies at King's College London.

PRESENTER: William Crawley  
PRODUCERS: Katy Davis & James Leesley  
STUDIO MANAGERS: Mike Smith & Lyndsey Akehurst  
EDITOR: Dan Tierney

**SUN 07:54 Radio 4 Appeal (m002qr1f)**  
Radio 4 Appeal Fund

Charlotte Smith makes the Radio 4 Appeal on behalf of the Radio 4 Appeal Fund. The fund gives listeners the opportunity to donate to all of the weekly Radio 4 appeals by sharing donations equally between all the broadcast appeal charities from that year.

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 'Radio 4 Appeal Fund'.  
- Cheques should be made payable to 'Radio 4 Appeal Fund'.  
- You can donate online at [bbc.co.uk/appeal/radio4](http://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: 327489. If you'd like to find out more, visit <https://www.bbc.com/charityappeals/donate/radio4-fund>

Producer: Katy Takatsuki

**SUN 07:57 Weather (m002qr1f3)**  
The latest weather reports and forecast

**SUN 08:00 News and Papers (m002qr1f5)**  
The news headlines, including a look at the newspapers.

**SUN 08:10 Sunday Worship (m002qr1f7)**  
Candlemas in Wrexham

Sunday Worship comes from St Giles' in Wrexham, and is led by Rev James Tout. The music in this Candlemas service is provided by the congregation and Fron Choir.

Readings:  
Malachi 3:1-5  
Luke 2:22-40

Music:  
Love Divine  
Faithful Vigil Ended  
Tell out my Soul  
The Lord's Prayer  
Tydi a Rhoddaist  
Sanctus from the German Mass by Shubert

**SUN 08:48 Tweet of the Day (m002qr1f9)**  
George McGavin on the Gannet

As a child, the entomologist George McGavin found a dead gannet on the beach, and set about extracting the skull for his collection. He was fascinated to discover the hundreds of pointed barbs in its mouth. Now years later he marvels at this clever bit of evolution which prevents fish falling out of gannets' beaks as they dive into the water then become airborne again.

Produced by Sophie Anton for BBC Audio in Bristol.

**SUN 08:50 In Other News (m002qr1fc)**  
Welcome to the programme which sidesteps the main news headlines and delves more deeply into what's going right in the world.

**SUN 09:00 Broadcasting House (m002qrf)**

More trouble for Andrew Mountbatten-Windsor

A second woman claims that Jeffrey Epstein sent her to the UK for sex with Andrew Mountbatten-Windsor. What next? Also on BH trouble at the opera as the tenor loses his voice.

**SUN 10:00 Desert Island Discs (m002qrff)**

Professor Michele Dougherty, scientist

Professor Michele Dougherty is President of the Institute of Physics and Professor of Space Physics at Imperial College London. She was appointed Astronomer Royal last year – the first woman to hold the post in its 350-year history.

She was brought up in Durban in South Africa and studied for a Bachelor of Science degree in applied maths at Natal University. After completing a Master's and PhD she took up a fellowship at the Max Planck Institute for Astronomy in Germany where she investigated solar wind and galactic wind outflows.

In 1991 she joined Imperial College London where she helped devise a magnetic field model for the Ulysses mission. In 1997 she became principal investigator for the magnetometer instrument on board the Cassini probe which was sent to study Saturn and its system.

She is currently lead investigator for the J-MAG magnetometer instrument on the European Space Agency's JUICE mission (Jupiter Icy Moons Explorer) which launched in 2023. It will reach Jupiter in 2031 and spend at least three years observing the planet and three of its largest moons, Ganymede, Callisto and Europa.

Michele was appointed CBE in the 2018 New Years Honours List for services to UK Physical Science Research.

DISC ONE: Puccini: Turandot, Act III: Nessun dorma! Performed by Luciano Pavarotti (tenor), John Alldis Choir, Wandsworth School Boys Choir and London Philharmonic Orchestra, conducted by Zubin Mehta

DISC TWO: Cello Concerto in E Minor, Op. 85: III. Adagio. Composed by Elgar. Performed by Jacqueline du Pré (cello) and London Symphony Orchestra, conducted by Sir John Barbirolli

DISC THREE: Violin Concerto No. 1 in D Major, Op. 19: III. Moderato. Composed by Tchaikovsky. Performed by Frank Peters Zimmerman (violin), and Berliner Philharmoniker, conducted by Lorin Maazel

DISC FOUR: We Three Kings of Orient Are - Robert Shaw Chamber Singers

DISC FIVE: Dancing Queen - ABBA

DISC SIX: Dance With My Father - Luther Vandross

DISC SEVEN: Franck: Panis Angelicus. Performed by Dame Kiri Te Kanawa (soprano), English Chamber Orchestra, conducted by Barry Rose

DISC EIGHT: Pie Jesu (From Requiem) Composed by Andrew Lloyd Webber. Performed by Malakai Bayoh, Schola Cantorum of the Cardinal Vaughan Memorial School and London Mozart Players, directed by Scott Price

BOOK CHOICE: The Lord of The Rings by J. R. R. Tolkien  
LUXURY ITEM: An assortment of wine  
CASTAWAY'S FAVOURITE: Cello Concerto in E Minor, Op. 85: III. Adagio. Composed by Elgar. Performed by Jacqueline du Pré (cello) and London Symphony Orchestra, conducted by Sir John Barbirolli

Presenter: Lauren Laverne

Producer: Paula McGinley

Desert Island Discs has cast many space experts away to the island over the years including NASA's Dr Nicola Fox, the astronomer Carl Sagan and the astronauts Tim Peake and Chris Hadfield. You can hear their programmes if you search through BBC Sounds or our own Desert Island Discs website.

**SUN 11:00 The Archers Omnibus (m002qrff)**

Writer: Liz John

Director: Peter Leslie Wild

Editor: Jeremy Howe

25th - 30th January

Ben Archer.... Ben Norris  
David Archer.... Timothy Bentinck  
Ruth Archer.... Felicity Finch  
Lilian Bellamy.... Sunny Ormonde  
Neil Carter.... Brian Hewlett  
Susan Carter.... Charlotte Martin  
Justin Elliott.... Simon Williams  
Mick Fadmoor.... Martin Barrass  
Rex Fairbrother.... Nick Barber  
Amber Gordon.... Olivia Bernstone  
George Grundy ... Angus Stobie  
Joy Horville.... Jackie Lye

Akram Malik.... Asif Khan  
Azra Malik.... Yasmin Wilde  
Jazzer McCreary.... Ryan Kelly  
Kirsty Miller.... Annabelle Dowler  
Esme Mulligan.... Ellie Pawsey

**SUN 12:15 Profile (m002qr8)**

[Repeat of broadcast at 19:00 on Saturday]

**SUN 12:30 The Unbelievable Truth (m002qj0s)**

Series 32

6. Men, Statues, Theft and Martial Arts

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

Miles Jupp, Celya AB, Michelle Wolf and Frankie Boyle are the panellists obliged to talk with deliberate inaccuracy on subjects as varied as men, statues, theft and martial arts.

The show is devised by Graeme Garden and Jon Naismith

Producer: Jon Naismith

A Random Entertainment production for BBC Radio 4

**SUN 12:57 Weather (m002qrff)**

The latest weather forecast

**SUN 13:00 The World This Weekend (m002qrff)**

Iran's supreme leader warns of regional war if US attacks

As American pressure on Iran grows, we hear what life is like in Tehran and assess the strength of the government. One of the founders of Iran's Revolutionary Guards - now a pro-democracy activist exiled in the USA - joins us live.

**SUN 13:30 Currently (m002qrff)**

RAAC and Ruin

Between the 1950s and 1990s the material known as RAAC, Reinforced Autoclaved Aerated Concrete, was used mostly in flat roofing, but also in floors and walls. It offered a cheaper alternative to standard concrete, but the discovery of its short lifespan has meant serious problems. It made the headlines when it was found in schools and hospitals, but it has been used in housing as well.

A political storm is brewing in Scotland after thousands of homeowners have been told their properties are no longer safe because of RAAC. Some are living on ghost estates under threat of demolition. Others have even been forcibly removed. Local authorities are offering a percentage of the market value before the faults were identified, but homeowners say this will leave them homeless and in debt, paying mortgages on rubble.

Karin Goodwin investigates the human cost of a flawed building material.

Presenter: Karin Goodwin

Producers: Liza Greig and Halina Rifai

Executive Producer: Mark Rickards

A Whistledown Scotland production for BBC Radio 4

**SUN 14:00 Gardeners' Question Time (m002qh26)**

Postbag Edition: Seaton Delaval Hall

Kathy Clugston and the GQT team visit the Seaton Delaval Hall in Newcastle, to answer questions from the GQT postbag.

Today, the panel helps choose roses for a shaded memorial bed, investigates the sudden collapse of a once-glorious wisteria, and unpicks the mystery of a white flag iris that decided to flower again in autumn, but this time in blue.

Kathy is joined by Matthew Wilson, Bethan Collerton and Dr Chris Thorogood.

Alongside these questions, Sarah Peilow, Head Gardener at Seaton Delaval Hall takes us on a tour of the Parterre and the South East Garden.

Producer: Dan Cocker

Assistant Producer: Suhaar Ali

A Somethin' Else production for BBC Radio 4.

**SUN 14:45 Opening Lines (m002qrft)**

Walden

During the mid-19th century America was undergoing unprecedented change. New railroads and canals allowed people and goods to criss-cross the country, as the old agrarian economy was replaced by a fast-paced industrialised one. This rapid market expansion was driven by profit and underpinned by slavery.

As the lives of Americans began to speed up, Henry David Thoreau took time out to ask himself a question - is this the best way to live? In 1845, when he was 27 years old, he built a one-roomed cabin next to Walden Pond in Concord, Massachusetts, and began an experiment in what he called 'living deliberately'.

During the two years he spent at Walden Pond, Thoreau lived simply. He studied, read widely, went for long walks, and often just sat and contemplated the natural world around him. The journal he kept during the two years he lived in his microhouse would become Walden, a genre-defying mix of memoir, essay, nature diary, philosophical treatise and self-help guide. The book was not an immediate success but steadily grew in popularity after Thoreau's early death at the age of 44. Walden is now regarded as a foundational work of both American literature and Transcendentalist philosophy. It has been continuously in print since 1862.

John Yorke has worked in television and radio for over 30 years and shares his experience as he unpacks the themes and impact of the books, plays and stories 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. He created the BBC Writers Academy and trained a generation of screenwriters - now with thousands of hours of television to their names. His acclaimed books Into the Woods and Trip to the Moon explore the structure and power of narrative, and he writes, teaches and consults on all forms of storytelling, including many podcasts for R4.

Contributors:

Laura Dassow Walls, author of Henry David Thoreau: A Life. Professor Emerita of English at the University of Notre Dame, Indiana.

Kristen Case, poet and Thoreau scholar. Editor of the Oxford Handbook of Henry David Thoreau. Editor of essays on Thoreau and author of Thoreau's Kalendar - Charts and Observation of Natural Phenomena.

Tracy Fullerton, game designer, educator and writer, best known for Walden, a game. Professor in the USC Interactive Media & Games Division of the USC School of Cinematic Arts and Director of the Game Innovation Lab at USC.

Reader: Eric Stroud

Production Hub Coordinator: Dawn Williams

Researcher: Henry Tydeman

Sound: Iain Hunter

Producer: Kate McAll

Executive Producer: Caroline Raphael

A Pier production for BBC Radio 4

**SUN 15:00 Drama on 4 (m002qrff)**

Walden

"I went to the woods, because I wished to live deliberately..."

Henry David Thoreau's account of his year living in a cabin in the woods next to Walden Pond in Massachusetts. Matthew Needham (House of the Dragon, Stutterer, Summer and Smoke) stars as Henry in Paul Farley's evocative dramatisation of an attempt to live lightly on the earth, in tune with the rhythms of the natural world and to pay attention to the local and immediate.

Henry....Matthew Needham  
The Hostess....Antonia Bernath  
Sceptical Diners....Nathan Osgood and Adam Silver  
Railway Workers....Jonathan Forbes and Jos Vantylor  
Mrs Field....Aisha Lawal  
Sam Staples....Clive Hayward  
The Poet....Django Bevan  
Fenda Freeman....Lorna Lowe  
William Taylor....Kel Matsena

Walden was dramatised by Paul Farley

Sound design was by Rhys Morris

A BBC Audio Wales production, directed by Emma Harding

**SUN 16:00 Bookclub (m002qrff)**

Sarah Bernstein

The Canadian writer Sarah Bernstein speaks to a Bookclub audience about her Booker-shortlisted 2023 novel, Study For Obedience. Published by Granta, the story follows an unnamed

protagonist who is moved to a remote northern country to be a housekeeper for her brother, but as soon as she arrives a series of unfortunate events occur. The novel won the Giller prize in 2023.

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

**SUN 16:30 Counterpoint (m002qzbk)**  
Series 39

Heat 5, 2026

Paul Gambaccini hosts radio's most challenging music quiz. Now in its 39th series, contestants from around the country have assembled to be tested on their knowledge of music from across the centuries, and across every genre.

This week, our three contestants pick from topics including 'Pop into 1976', 'Seventies isco at the movies' and 'The Wayne Shorter Report'.

Producer: Tom Du Croz  
Production coordinator: Jodie Charman

A BBC Studios Production for Radio 4

**SUN 17:00 Witness History (w3ct74js)**  
The secretary who made millions from her typos

In the 1950s, secretary Bette Graham from Texas was struggling to cope with her new electric typewriter.

"My fingers would hang heavy on the sensitive keyboard and the first thing I'd know, I'd have a mistake with a deposit of carbon which I simply couldn't erase," she said.

A budding artist, she wondered if there was a way she could paint over her typos.

At home, in her kitchen, the single mum cooked up the first correcting fluid. It was a hit with other secretaries and, by 1973, Bette had turned her creation into a multi-million dollar business.

Bette died in 1980 so Vicky Farncombe tells her story using archive from University of North Texas Special Collections.

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: Correction fluid. Credit: Getty Images)

**SUN 17:10 The Verb (m002qrg1)**  
Rilke's life-changing poems and Paul Farley, Kate Fox, Griot Gabriel

Ian McMillan explores Rainer Maria Rilke's life advice, and is joined by Paul Farley, Griot Gabriel, Kate Fox and Ulrich Baer

Paul Farley brings us the sound of planes, and the world of the usher - as well as a life-long connection to Robert Louis Stevenson's 'A Child's Garden of Verses'. Paul's latest collection 'When it Rained for a Million Years' was shortlisted for this year's T.S.Eliot Prize.

'Can poetry change your life?' - poet and Verb regular Kate Fox - and writer and scholar Ulrich Baer explore a 'neon line' (an outstanding line of poetry) by the German language poet Rainer Maria Rilke; an enigmatic line that has left the page and entered popular culture. So why is Rilke's poetry so popular in 2026 - a hundred years after his death?  
Kate's latest book is 'On Sycamore Gap' - Ulrich's writing on

Rilke includes 'Dark Interval: Rilke's Letters on Grief, Loss and Transformation'.

Griot Gabriel is from Manchester, and founded The Poetry Place. In 2025 he won the Forward Prize for 'Best Single Poem - Performed' for 'Where I'm From'. Here he shares extracts of new work and explores the resonance of the word 'hand-me-down'.

**SUN 17:54 Shipping Forecast (m002qrg3)**  
The latest weather reports and forecasts for UK shipping

**SUN 17:57 Weather (m002qrg5)**  
The latest weather reports and forecast

**SUN 18:00 Six O'Clock News (m002qrg7)**  
Lord Mandelson Faces Questions As Files Suggest Eptein Payments

Documents released in the US suggest that Jeffrey Epstein made three payments totalling \$75,000 to accounts associated with Peter Mandelson. Lord Mandelson said he had no recollection of receiving the money and has questioned the authenticity of the documents. Elsewhere: Officials in Ukraine say at least twelve people were killed when a Russian drone hit a bus carrying mine workers; and Israel has partially reopened the Rafah crossing between Gaza and Egypt.

**SUN 18:15 Pick of the Week (m002qrg9)**  
Myra Anubi

This week, we follow the journey of those men "forged in steel" through archive, and the story of how Britain is built on the foundations of crafting. Meanwhile, the First Nation musician Dyagula is crafting new heritage for a critically endangered language on Soul Music. Plus, we find ourselves forest bathing, and building a house in the middle of the Massachusetts woods in 1845. And if you aren't hugely interested in trees being your next door neighbours, maybe the story of a secret apartment in a Rhode Island mall appeals more.

Presenter: Myra Anubi  
Producer: Anthony McKee  
Production coordinators: Caroline Peddle and Caoilfhinn McFadden

**SUN 19:00 The Archers (m002qrgc)**

David and Ruth realise they've committed to an event in the barn on Valentine's Day. Ruth was hoping to offer to babysit for Pip and Stella. David's affronted – maybe they might want to go out themselves. Ruth comments it looks like they'll be behind the bar in the barn now anyhow. They can always go out another night. Later David's disappointed when Kenton tells him the Bull's Valentine's event is all booked up. Kenton eventually finds a small space to squeeze them in, if David doesn't mind sitting at the bar. David's happy with this. Ruth arrives and suggests Pip and Stella could come to the Bull for Valentine's if she and David babysit. David hurriedly covers, saying they should probably stick with doing the bar in the barn, to save money.

Pip and Hannah admire the art installation at the rewilding site: stained glass set in wood from a fallen oak. Pip admits ruefully that she and Stella don't get much time together at the moment, though it's good she's enjoying her job. Pip wonders whether Stella's mentioned a cruise for her birthday – she's being secretive and Pip can't work it out. She doesn't fancy being cooped up at sea so she hopes not. Hannah confirms she's heard nothing, but suggests Pip just asks Stella. Pip duly tackles the topic later but realises Stella had fallen asleep and hadn't heard a word she'd said. Recounting this to Hannah, Pip asserts there's definitely something on Stella's mind. One way or another she intends to find out what it is.

**SUN 19:15 Illuminated (m002qrgf)**  
Bolton: The Happiest Town on Earth?

In the 1930s a group of researchers descended on the northern mill town of Bolton to observe the natives. They christened their chosen case-study 'Worktown'. It was a ground breaking study of working class culture - and one thing they wanted to know was what makes people happy.

The people of Bolton were asked a simple questions "What is happiness to you and yours?" The letters written in response reveal a snapshot of the innermost thoughts and feelings of ordinary people, living ordinary lives almost a century ago.

Katharine Longworth returns to Bolton to discover whether this town still holds the secret to happiness. Exploring the town centre, markets, pasty shops and pubs; she asks the same question, bringing the original letters to life as modern day Boltonians reflect on the insights of their predecessors.

We knock on the doors of those who live in the same spot as the original correspondents, linking them to the past through the words of the letters, and hearing their own reflections on happiness. Have things changed? Is it more difficult to be happier today? And is Bolton the happiest town on earth?

Original letter written by:

J.E. Nelson  
G. Taylor  
J. Warburton  
Joseph Roberts  
A. Thornley  
F. Fielding  
L. Bollington  
E. Horrocks

Producer: Katharine Longworth  
Sound Design: Michael Smith  
Actors: Paul Brennan, Jasmine Hyde and Mike Rogers

With thanks to Professor Jerome Carson and Dr Sandie McHugh at The University of Greater Manchester.

**SUN 19:45 Just One Thing - with Michael Mosley (m000vy11)**  
Green Spaces

Michael explores the science behind the soothing power of nature, revealing how nature not only makes us feel good in the moment, but how it also has a more lasting effect on our stress levels and our mental health. Michael speaks to Professor Ming Kuo at the University of Illinois at Urbana-Champaign, who has been looking into the surprising ways nature could be having an effect on your immune system and mind. They discuss everything from mood boosting microbes in the soil, to the aromatic chemicals released by plants that could be enhancing your immune system.

**SUN 20:00 Word of Mouth (m002qj8y)**  
Aphorisms: Sayings to Live By

Michael Rosen talks to James Geary about his lifetime obsession, aphorisms. These short, witty philosophical sayings have been coined by everyone from Emily Dickinson and James Baldwin to Hallmark, and even Michael's mum.

Produced for BBC Audio Bristol by Sally Heaven, 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 (m002qh2b)**

Sir Mark Tully, Dame Gillian Wagner, Dr Gladys West, Richard Larn OBE

Matthew Bannister on

Sir Mark Tully who reported on India for the BBC for decades, covering some of the most significant events in the country's recent history.

Dame Gillian Wagner who campaigned to raise the standards of residential care in the UK.

Dr. Gladys West, the mathematician whose work paved the way for the development of GPS.

Richard Larn OBE, the diver who was one of the UK's leading experts on shipwrecks.

Interviewee: Sarah Tully  
Interviewee: Qurban Ali  
Interviewee: Lucy McCarragher  
Interviewee: Carolyn West Oglesby  
Interviewee: Steve Roue

Producer: Gareth Nelson-Davies  
Assistant Producer: Catherine Powell  
Researcher: Jesse Edwards  
Editor: Colin Paterson

Archive used:  
Mark Tully interview with Prime Minister Indira Gandhi, Outlook, BBC World Service, 1975; Mark Tully interview, Desert Islands Discs, BBC Radio 4, 15/06/2003; Mark Tully news analysis, BBC World Report, 12/07/1971; Mark Tully report from Bhopal, BBC News, 04/12/1984; Mark Tully report from Ayodhya, BBC News, 06/12/1992; Mark Tully presenting, Something Understood, BBC Radio 4, 30/07/2000; Gillian Wagner, The Barnardo Family, BBC Radio 4, 23/04/1979; Gillian Wagner interview, Scene on Six, BBC News NI, 15/10/1981; Gillian Wagner, The Flower of the Flock, BBC Radio 4, 31/07/1981; Dr Gladys West interview, Today, BBC Radio 4, 31/12/2022; Gladys West interview, PBS News Hour, PBS, 20/01/2026; Hannah Fry: The Secret Genius of Everyday Life, BBC Two, 17/11/2022; Richard Larn interview, BBC

News at One, 19/08/2010; Richard Lam , Richard Lam, Shipwrecks, Countryfile, BBC One, 25/02/2007; Richard Lam interview, The Mullion Pin Wreck, BBC, 07/08/1975; The Raising of the Mary Rose, BBC Radio 4, 10/10/1982; Richard Lam, Divers Midweek, 29/08/1974;

**SUN 21:00 Money Box (m002qrbj)**  
[Repeat of broadcast at 12:04 on Saturday]

**SUN 21:25 Radio 4 Appeal (m002qrf1)**  
[Repeat of broadcast at 07:54 today]

**SUN 21:30 From Our Own Correspondent (m002qrbd)**  
[Repeat of broadcast at 11:30 on Saturday]

**SUN 22:00 Westminster Hour (m002qrgk)**  
Reaction to Lord Mandelson's resignation from Labour

Ben Wright is joined by the Labour backbencher Gordon McKee; Conservative peer and former health minister, James Bethell; and former government special adviser, Salma Shah. They respond to the breaking news of Lord Mandelson's resignation from the Labour Party, following the release of more documents from the Epstein files. Jessica Elgot - deputy political editor of The Guardian - brings additional insight and analysis. The panel also discuss claims members of the House of Lords are trying to talk out the Bill to allow assisted dying. And Ben reports from Suella Braverman's constituency of Fareham on whether local people think there should be a by-election, following her defection from the Conservatives to Reform UK.

**SUN 23:00 In Our Time (m002qj85)**  
The Roman Arena

Misha Glennly and guests discuss the countless venues across the Roman Empire which for over five hundred years drew the biggest crowds both in the Republic and under the Emperors. The shows there delighted the masses who knew, no matter how low their place in society, they were much better off than the gladiators about to fight or the beasts to be slaughtered. Some of the Roman elites were disgusted, seeing this popular entertainment as morally corrupting and un-Roman. Moral degradation was a less immediate concern though than the overspill of violence. There was a constant threat of gladiators being used as a private army and while those of the elite wealthy enough to stage the shows hoped to win great prestige, they risked disappointing a crowd which could quickly become a mob and turn on them.

With

Kathleen Coleman  
James Loeb Professor of the Classics at Harvard University

John Pearce  
Reader in Archaeology at King's College London

And

Matthew Nicholls  
Fellow and Senior Tutor at St John's College, Oxford

Producer: Simon Tillotson

Reading list:

C. A. Barton, *The Sorrows of the Ancient Romans: The Gladiator and the Monster* (Princeton University Press, 1993)

Roger Dunkle, *Gladiators: Violence and Spectacle in Ancient Rome* (Pearson, 2008)

Garrett G. Fagan, *The Lure of the Arena: Social Psychology and the Crowd at the Roman Games* (Cambridge University Press, 2011)

A. Futrell, *Blood in the Arena: The Spectacle of Roman Power* (University of Texas Press, 1997)

A. Futrell, *The Roman Games: A Sourcebook* (Blackwell Publishing, 2006)

Keith Hopkins and Mary Beard, *The Colosseum* (Profile, 2005)

Luciana Jacobelli, *Gladiators at Pompeii* (The J. Paul Getty Museum, 2003)

Eckart Köhne and Cornelia Ewigleben (eds.), *Gladiators and Caesars: The Power of Spectacle in Ancient Rome* (University of California Press, 2000)

Donald Kyle, *Spectacles of Death in Ancient Rome* (Routledge, 1998)

F. Meijer, *The Gladiators: History's Most Deadly Sport* (Souvenir, 2004)

Jerry Toner, *The Day Commodus killed a Rhino: Understanding the Roman Games* (Johns Hopkins University Press, 2014)

K. Welch, *The Roman Amphitheatre from its Origins to the Colosseum* (Cambridge University Press, 2007)

T. Wiedemann, *Emperors and Gladiators* (Routledge, 1992)

*In Our Time* is a BBC Studios Production

**SUN 23:45 Short Works (m002qh28)**  
Lahinch by Rachel Gough

An original short story specially commissioned by BBC Radio 4 from the writer Rachel Gough. Read by Jessica Regan.

**The Author**  
Rachel Gough is a writer from County Cork. Her work includes short fiction published in *The Waxed Lemon*, *Outpost*, *Bealtaine*, *The National Flash Fiction Anthology*, and *Best Small Fictions* and poetry published in *Quarryman*. In 2021 her short story 'December 25th 2022' was shortlisted for Best Short Story at the Wild Atlantic Words Festival. In 2022 she received the Editor's Choice Award from the National Flash Fiction Day Anthology. In the same year she was nominated for a Pushcart Prize. In 2025, she was awarded first place in the flash fiction category at the Write by the Sea Literary Festival.

Writer: Rachel Gough  
Reader: Jessica Regan  
Producer: Michael Shannon

A BBC Audio Northern Ireland Production for BBC Radio 4.

## MONDAY 02 FEBRUARY 2026

**MON 00:00 Midnight News (m002qrgp)**  
National and international news from BBC Radio 4

**MON 00:15 Crossing Continents (m002qjed)**  
Nigeria: Killings, Land and Cattle

On Christmas Day 2025, the US carried out missile strikes on suspected Islamist militants in Nigeria. They came after President Trump said he would intervene to protect Christians amid controversial claims of a "Christian genocide" in the country. The Nigerian government rejects such claims, saying both Muslim and Christian communities have been affected by insecurity in the country. Alex Last visits Plateau state in central Nigeria one area where ethnic and sectarian violence that has been the focus of US concern, to hear from both sides and meet those trying to bring peace.

Produced and presented by Alex Last

**MON 00:45 Bells on Sunday (m002qrvc)**  
[Repeat of broadcast at 05:43 on Sunday]

**MON 00:48 Shipping Forecast (m002qrqt)**  
The latest weather reports and forecasts for UK shipping

**MON 01:00 Selection of BBC World Service Programmes (m002qrqy)**  
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 (m002qrh2)**  
National and international news from BBC Radio 4

**MON 05:04 Yesterday in Parliament (m002qrh7)**  
News, views and features on yesterday's stories in Parliament

**MON 05:34 Shipping Forecast (m002qrhc)**  
The latest weather reports and forecasts for UK shipping

**MON 05:43 Prayer for the Day (m002qrhh)**  
Journey has long been a metaphor for life

Good morning!

As long as I can remember, I've gone on pilgrimage.

One of my earliest memories is my parents piling my four brothers and I into our bright red Fiat Strada for the long

journey to the Marian Shrine of Knock in the west of Ireland.

This was long before the European Union generously provided for the beautiful network of motorways we now enjoy.

No, back in the 1980s we went through every town and village, and felt every bump on that long road – my poor parents.

Pilgrimage as a practice is found in nearly every major world religion, including Christianity, Islam, Hinduism, Buddhism, Judaism, and Sikhism, as well as indigenous and ancient faiths.

Pilgrimages serve as journeys to sacred sites to reinforce faith, seek blessings, or fulfil religious duties.

Journey has long been a metaphor for life.

Sacred texts are full of journeys, while in literature from ancient epics to modern fiction, the journey represents a quest for self-discovery, growth, and transformation.

T.S. Eliot wrote:  
We shall not cease from exploration  
And the end of all our exploring  
Will be to arrive where we started  
And know the place for the first time.

Perhaps he was making the point that true understanding comes not from endless searching, but from returning to your origins with newfound wisdom. Realising your starting point was more profound than you knew, and seeing it with fresh, enlightened eyes.

It's a paradox: exploration is essential to gain the perspective needed to truly comprehend the familiar, making the familiar new again.

I pray for wisdom to see the journey often brings us back to where we began, but transformed by experience, we recognise it with deeper insight. Amen.

**MON 05:45 Farming Today (m002qrhm)**  
02/02/26 Scottish Environment Bill, Ramblers report, new entrants.

Scotland has introduced legislation to set legal targets on nature restoration and halt the loss of biodiversity. The Scottish Government says this will ensure that the country is 'on a bold ambitious journey to be nature positive by 2030'. The Natural Environment bill, which was passed by the Scottish parliament last week, also gives ministers new powers over land use and deer management.

The right to roam in Scotland, which gives people access rights, is being 'hollowed out' by a lack of money according to a new report from the walkers' group Ramblers Scotland. It says that some of the essential infrastructure needed to ensure the rights of both walkers and land managers has disappeared, with too few local staff to handle issues when people don't stick to the rules, and not enough money spent on maintaining paths.

All week we're talking about new entrants: the people who come into farming with no family farm to work on, or inherit. The vast majority of farmers who own land pass it on to other members of the family, so it can be hard for people from outside the industry to get hold of land. Land is expensive too, which forms another barrier. Tenant farms where all or some of the land is rented make up about a third of farmland in England, but getting a tenancy is hard work and again requires some capital. One rural charity, The Addington Fund, has set up a new entrant scheme to help people get a foot on the farming ladder.

Presenter = Charlotte Smith  
Producer = Rebecca Rooney

**MON 05:57 Weather (m002qrhq)**  
The latest weather reports and forecasts for farmers

**MON 06:00 Today (m002qrw6)**  
News and current affairs, including Sports Desk, Weather and Thought for the Day.

**MON 09:00 Start the Week (m002qrw8)**  
Censorship

A lawyer, artist and curator discuss different examples of censorship and self censorship in Radio 4's weekly discussion of ideas to kick off the week. Tom Sutcliffe's guests are:

Ai Weiwei: a major name in contemporary art and for decades a leading voice for freedom of expression in his native China – and the wider world. In 2011 he was detained for eighty-one days in a secret location, unable to communicate with the outside world. His new book, *On Censorship* moves from

authoritarian regimes to the pervasive influence of corporate power, social media and dominant interest groups in democracies.

Baroness Helena Kennedy has written the introduction to collected writings of Anna Politkovskaya, the Russian journalist who was murdered outside her home in Moscow twenty years ago. With continued attacks in Russia on press freedom, the way she spoke truth to power remains inspirational for Baroness Kennedy.

The figure of the Samurai is often associated with ideas about discipline, sacrifice and war but a new exhibition at the British Museum (on until May 4th) looks at the way this warrior class became consumers and patrons of culture. Rosina Buckland has co-curated the show.

Producer: Ruth Watts

**MON 09:45 Café Hope (m002qrwb)**

Patient friends

Jamie McDonald, founder of Ward Buddies, tells Rachel Burden how the team spend time with young children in hospital when the parents or carers can't be there. The charity's trained volunteers might read stories, play games or just provide comfort through touch and presence.

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 easier. And the key here is in the trying. Not everything works, and there are struggles along the way. But it's always worth a go.

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

Presenter: Rachel Burden  
Series Producer: Jill Collins  
Sound Design: Cameron Ward  
Editor: Clare Fordham

**MON 10:00 Woman's Hour (m002qrwd)**

Undercover Police Inquiry, Anne Boleyn, The Puppini Sisters, Cyber voyeurism

The ongoing Undercover Policing Inquiry starts again today, having already uncovered "appalling practices in undercover policing" over the past 50 years in England and Wales, since the inquiry was first established in 2015. It is believed at least 50 women were duped into intimate relationships with undercover officers over decades. Alison, not her real name, spent five years living with a man she knew as Mark Cassidy, who was in fact a married undercover Police Officer whose real name was Mark Jenner. She joins presenter Nuala McGovern along with BBC London journalist Ayshea Buksh, who has been following this inquiry.

A hidden detail has been found in one of the most famous portraits of Anne Boleyn, which historians argue proves it was painted as a rebuttal against accusations of witchcraft. In Anne Boleyn's Hever "Rose" portrait she wears her "B" pendant and holds a red rose in her right hand and it's the hand that's holding the rose which people are saying is significant. Scientific analysis of the painting at Hever Castle, her childhood home in Kent, has uncovered evidence that an Elizabethan artist sought to create a visual rebuttal to claims she was a witch with a sixth finger on her right hand. Nuala is joined by historian and author Tracy Borman to find out more.

A BBC investigation has found that some social media accounts which are claiming to document the nightlife of cities are instead focussing on women in dresses and skirts, filmed from angles that at times show intimate body parts. The BBC has identified 65 YouTube accounts posting these videos, with a combined total of more than three and a half billion views. BBC Reporter Shona Elliott shares what she has found, along with Rebecca Hitchens from the End Violence Against Women Coalition.

The Puppini Sisters are celebrating 20 years of their antique pop, neo-burlesque swing music. Their new album *The Birthday Party* marks two decades since their debut, *Betcha Bottom Dollar*, spent almost a year on the Billboard chart in the US. It became the fastest-selling jazz album in UK chart history, with their fans including Robbie Williams and King Charles. The Puppini Sisters are Marcella Puppini, Kate Mullins and Rosanna Schura and join us in the studio.

Presenter: Nuala McGovern  
Producer: Andrea Kidd

**MON 11:00 Understand (m002qrwg)**

An American Journey

3. Establishing Justice

James Naughtie continues his look at the ideas tying America's founding to the modern United States, asking how 'justice' has been understood by different generations of Americans.

In this third episode, James travels to Alabama in the American South, to understand how the Civil Rights movement sought to connect American reality with the promises in its founding documents. He hears from people in Texas on both sides of the debate about abortion, revealing how a movement built to oppose abortion rights brought millions of Christians into politics and dramatically shifted the politics of America's highest court. And in Midwestern Wisconsin, he hears how political division has come to the administration of justice itself.

Producer: Giles Edwards

**MON 11:45 Constable's Year by Susan Owens (m002qrwj)**

Episode 1: Suffolk

Celebrating the 250th anniversary of John Constable's birth, Susan Owens offers a fresh look at how his life and work were shaped by his abiding love for his native Suffolk and the annual cycle of the natural world.

Today Constable is often considered to be a traditional artist, but he was a radical in his own time. Susan Owens describes how he rejected lazy, second-hand versions of nature; instead, he subjected the land, its people and its industry to intense scrutiny, and developed a new kind of painting to reflect the landscape and weather he saw with his farmer's eye. He knew intimately the lanes, fields and millponds around his childhood home in East Bergholt in Suffolk, and he painted and understood the countryside as a place of labour as well as natural beauty.

Enriched with quotations from Constable's funny, tender and acerbic letters, we follow him from his youth in the late 1700s, through the great love story of his marriage, to the final months of his life in 1837.

In this first episode we explore Constable's early life in Suffolk as the son of a prosperous miller and farmer in the Stour Valley, and how his intimate connection with the landscape stayed with him as he began to navigate life in London as a young artist.

Dr Susan Owens is an expert on British landscape art, and while Curator of Paintings at the V&A she was involved in the major exhibition *Constable: The Making of a Master*. Her latest book, *The Story of Drawing: An Alternative History*, was *Apollo* magazine's Book of the Year in 2024.

Reader: Susannah Harker

Abridger and producer: Jane Greenwood  
Executive Producer: Sara Davies  
Studio Production: Jon Calver  
A Loftus Media production for BBC Radio 4 and BBC Sounds

**MON 12:00 News Summary (m002qrwl)**

The latest national and international news from BBC Radio 4.

**MON 12:04 You and Yours (m002qrwn)**

Cabin Bags, Petrol Prices and Phone-Free Gigs

When is a cabin bag a 'large' cabin bag? Last week the budget airline EasyJet was told it could no longer say you could bring a cabin bag on a plane "from £5.99" after failing to provide evidence you could. We hear from a listener who was confused by in-flight bag pricing - and find out how to navigate the increasingly complicated cabin baggage rules across all airlines.

Would you lock your phone away for a couple of hours to enjoy a concert or a drink in peace? Wherever you go these days - to see a match, a gig, an exhibition - it's striking how many people there are seeing it through their mobile phone screens. Sir Paul McCartney recently insisted that four and a half thousand fans who came to see him in California, watched him phone-free. They had to put their phones into locked pouches for the duration of the concert. Is this a trend that's going to catch on?

Motorists will now be able to use an app to compare the cost of fuel offered by petrol stations across the UK. The government has made it compulsory for garages and fuel stations to report their prices. But will it save you money at the pump?

And is the quality - and price - of chocolate you buy leaving you in a twirl? We hear from chocolate lovers who think manufacturers are being very flaky with their ingredients!

PRESENTER - WINIFRED ROBINSON  
PRODUCER - JAMES WICKHAM

**MON 12:57 Weather (m002qrwg)**

The latest weather forecast

**MON 13:00 World at One (m002qrws)**

Files suggest Lord Mandelson shared government emails with Epstein

We get reaction from a former special advisor in the Treasury as it is revealed that Lord Mandelson may have leaked private government emails to convicted sex offender Jeffrey Epstein. We hear from a mother who has been separated from her children for over 800 days as the Rafah crossing into Gaza is set to be partially re-opened, and we discuss if the current student loan system is fair.

**MON 13:45 In Detail... (p0m50kcd)**

Sanctuary: An Act of Defiance

Episode 1

A Sri Lankan man begs for sanctuary in a church in 1986.

Viraj Mendis says he faces death if sent back to his home country. Father John Methuen protects him from arrest, risking his reputation and the safety of Ascension church and allows a devoted group to protect him in the church.

Presenter Father Azariah France-Williams is the current rector of Ascension Church. He goes on a journey of discovery, finding out how the Sanctuary gamble leads to a two year culture war that defies Prime Minister Margaret Thatcher's authority before crashing down.

Presenter: Father Azariah France-Williams.

Producer: Jen Dale.

Sound design: Kasel Kundola.

Online producer: Rachael Smith.

Executive producer: Ciaran Tracey.

Additional sound recording by Seb Rabas, Graham Kirk and Jan Seebeck.

Original material recorded and licensed by Big City Nights.

Executive editor: Andrew Bowman.

Commissioning editor: Alistair Miskin.

Artwork photograph of Viraj Mendis: Paul Mattsson.

**MON 14:00 The Archers (m002qrqc)**

[Repeat of broadcast at 19:00 on Sunday]

**MON 14:15 Relativity (m001bs51)**

Series 4

Episode 2

Drawing on his own family, the fourth series of Richard Herring's popular comedy drama has warm, lively characters and sharply observed family dynamics of inter generational misunderstanding, sibling sparring and the ties that bind.

Amid the comedy, Richard broaches some more serious highs and lows of family life. In this series, set during the first year of lockdown, he draws on his own experience of testicular cancer at that time, as well as the comedic escapades of the four generations of the Snell family. Love, laughter and malapropisms abound.

Richard Herring is a comedian, writer, blogger and podcaster and the world's premier semi-professional self-playing snooker player.

Episode 2

Ian's visit to the doctor leads to telling uncertainty about his health. Ken tries ineptly to bring Jane and Ian back together in an ill-advised surprise meeting. The grandchildren are delighted and horrified in equal measure when they find out that Margaret and Ken have been watching *Naked Attraction*.

Cast:

Margaret ..... Alison Steadman

Ken ..... Phil Davis

Jane ..... Fenella Woolgar

Ian ..... Richard Herring

Chloe ..... Emily Berrington

Pete ..... Gordon Kennedy

Holly ..... Tia Bannan

Mark ..... Fred Haig

Nick ..... Harrison Knights

Dr Kulkarni ..... Ahir Shah

Donny ..... Rafael Solomon

Writer Richard Herring

Director Polly Thomas

Sound Design Eloise Whitmore

Producer Daisy Knight

Executive Producers Jon Thoday and Richard Allen Turner

An Avalon Television production for BBC Radio 4

**MON 14:45 Opening Lines (m002qrft)**  
[Repeat of broadcast at 14:45 on Sunday]

**MON 15:00 Great Lives (m002qrww)**  
Daisy Dunn on Marcus Agrippa, ancient Rome's king of cement

Marcus Vipsanius Agrippa was a Roman general best known for his military victories, but he also helped rebuild Rome, providing aqueducts, statues and the original Pantheon. Nominating him is Dr Daisy Dunn, author of *The Missing Thread*, who dubs him ancient Rome's king of cement. Joining her is Dr Shushma Malik from Cambridge University who throws light on the man who won the battle of Actium and was for many years second in command to the emperor Augustus.

The programme is presented by historian Helen Carr and was produced in Bristol by Miles Warde.

**MON 15:30 You're Dead to Me (m002qrb6)**  
[Repeat of broadcast at 10:00 on Saturday]

**MON 16:00 Currently (m002qrfr)**  
[Repeat of broadcast at 13:30 on Sunday]

**MON 16:30 Rewinder (m002qrb8)**  
[Repeat of broadcast at 10:30 on Saturday]

**MON 17:00 PM (m002qrwy)**  
Mandelson allegedly shared government emails with Epstein

The Prime Minister has ordered an 'urgent' investigation into contact between the two men. Also on PM, we look ahead to the Winter Olympics and explore the rise of men's hair replacement systems.

**MON 18:00 Six O'Clock News (m002qrx0)**  
US documents suggest Lord Mandelson shared government information with Jeffrey Epstein

Documents released by the US authorities from their investigation into Jeffrey Epstein have shed new light on the extent of Lord Mandelson's dealings with the convicted sex offender. Also: The serial killer, Steve Wright, has pleaded guilty to the murder of a 17-year-old girl, Victoria Hall, in Suffolk in 1999. And British artists saw a wave of success at last night's Grammy Awards in Los Angeles.

**MON 18:30 Just a Minute (m002qrx2)**  
Series 96

1. The best curry in Bradford

This week Just A Minute returns to the glorious city of Bradford, 24 years after we last recorded there way back in 2002. Comedian Chris Cantrill was born and bred in Bradford and is making his debut on the show. How will he get on when he plays with regulars Paul Merton, Lucy Porter and Zoe Lyons on subjects like singing in the shower, heartbreak hotel and Alan Bennett?

Host: Sue Perkins  
Players: Paul Merton, Lucy Porter, Zoe Lyons, Chris Cantrill  
Producer: Georgia Keating  
Executive Producer: James Robinson  
Production Coordinator: Sarah Nicholls  
Sound Editor: Mare Willcox  
Additional material by Ruth Husko

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

**MON 19:00 The Archers (m002qrkl)**  
Will prepares George an early hot breakfast for his first shift at Meadow Farm. Amber wakes up too and both of them wish George luck as he sets off, before admitting to one another they're both anxious for him to do well. Esme's grateful as enthusiastic George offers to fix a blocked gutter once he's done the milking. Josh arrives and is thrown to find George up a ladder – he was intending to do the repair himself. Esme declares that George has been great, adding that she can manage at the farm now if Josh wants to take a step back and focus on his own business. Josh warns her to be careful that George doesn't take advantage and expect to be paid extra. Esme counters there's been no hint of this so far, but Josh isn't convinced. He's happy to carry on helping, so why pay George to do the jobs? Later George realises Josh has told Esme his suspicions. George insists he's just doing his job, before telling Josh he's off his head.

Amber's shocked when her mum Anne Marie turns up unexpectedly. Anne Marie's found out about Amber's pregnancy, and expresses her concern for her welfare. Amber assures her she's fine and all's well, but Anne Marie wants to talk further and invites Amber to dinner on Thursday. She misses Amber and just wants to be there for her. Later as Amber, George and Will celebrate George's successful first day, Amber doesn't want to break the mood and says nothing about her encounter, insisting all is good.

**MON 19:15 Front Row (m002qrx5)**  
The Unlikely Pilgrimage of Harold Fry - on stage

Author Rachel Joyce and musician Passenger discuss the new musical based on Rachel's hit book *The Unlikely Pilgrimage of Harold Fry*.

Eric Schlosser's book *Fast Food Nation* has been republished after 25 years as a Penguin Classic. Samira Ahmed talks to the author about the impact of the book.

Emily Itami and comedian Iszi Lawrence review the British Museum's new exhibition "Samurai".

Critic Tim Robey on the work of Catherine O'Hara, following news of her death.

**MON 20:00 Rethink (m002q39b)**  
Rethink... the promise of AI

In 2023, ChatGPT took Artificial Intelligence into the mainstream. Now there's a bewildering choice of human-like chatbots to choose from. Generative AIs can produce pictures and video from a text prompt, and many websites and apps are now labelled "Powered by AI".

This new technology can do lots of things and tech companies have raised vast amounts of money from investors based on its potential.

But what is AI actually for?

Certain specialised AIs have a clear purpose. AlphaFold2 can predict how proteins fold-up and won its creators the Nobel Prize for Chemistry, and Google Translate is an AI with a purpose that's clear from its name.

But so far there is no must-have or "killer" application for the Large Language Models and Generative AIs.

The future of AI is equally hazy. Will AI somehow lead to all-purpose "Artificial General Intelligence", autonomous robots or even machine consciousness? Or is this all just the stuff of fantasy and nightmares?

Presenter: Ben Ansell  
Producer: Ravi Naik  
Editor: Lisa Baxter

Contributors:  
Mike Wooldridge, the Ashall Professor of the Foundations of Artificial Intelligence at the University of Oxford.  
Rosaling Picard, Grover M. Hermann Professor of Health Sciences and Technology and director of the Affective Computing Research Group at the Massachusetts Institute of Technology Media Lab.  
Ethan Mollick, Professor at the Wharton School of the University of Pennsylvania and AI researcher.  
Pip Finkemeyer, author of "One Story" and software designer and researcher.  
Tracy Dennis Tiwary, Professor of Behavioural Neuroscience, Clinical Psychology and Developmental Psychology at the City University of New York.

Rethink is a BBC co-production with the Open University.

**MON 20:30 BBC Inside Science (w3ct8ttx)**  
Should we rethink navigating by GPS?

This week 14 European countries warned that "maritime safety and security" was being put in jeopardy by Russian interference. The Royal Institute of Navigation says GPS is so vulnerable to so called 'spoofing' and 'jamming' that we need to rethink the navigation systems on which shipping relies. Tom Whipple speaks to Ramsey Faragher, CEO of the Institute.

Something else with the potential to affect navigation systems are solar storms. Tom visits Professor Tim Horbury and Helen O'Brien at Imperial College London whose instrument strapped to the Solar Orbiter probe, and speeding through space, is giving us more warning about solar activity which could affect us here on earth.

And science journalist Caroline Steel brings you the latest scientific research.

To discover more fascinating science content, head to [bbc.co.uk](http://bbc.co.uk), search for BBC Inside Science and follow the links to The Open University.

**MON 21:00 Start the Week (m002qrw8)**  
[Repeat of broadcast at 09:00 today]

**MON 21:45 Café Hope (m002qrwb)**  
[Repeat of broadcast at 09:45 today]

**MON 22:00 The World Tonight (m002qrx7)**  
Met Police assess reports of alleged misconduct after Mandelson emails published

Police are reviewing reports of alleged misconduct in a public office after Lord Mandelson was accused of passing on sensitive government information to convicted sex offender Jeffrey Epstein. The Scottish National Party and Reform UK have reported the peer to police. We hear from a journalist who spoke to Lord Mandelson on Sunday evening.

Also on the programme: it's not just Britain's monarchy that's been left reeling from the release of the Epstein files, Norway's royal family is also facing difficult questions. BBC Africa Eye investigates human rights abuses after a disputed election in Tanzania, and Oscar-nominated director Darren Aronofsky faces criticism for series of AI films about the American Revolutionary War.

**MON 22:45 The White Lady of Morecambe by Jenn Ashworth (m002qrx9)**  
1. The Drowned Shore

Julie Hesmondhalgh kicks off an original five-part ghost story for Radio 4, from the award-winning writer Jenn Ashworth.

Set in the near future, on the shifting sands of Morecambe Bay, old stories face new realities. Britain's coastline is now at risk, and while the sea takes bites out of the land, and the once prosperous town slowly shuts down, some hang on here in the Bay, clinging to hope, or perhaps to superstitions from the past. Others move inland, to the resettlement areas, fearful of the brutal new tides. Among those stubborn few remaining are cafe-owner Helen, her daughter Ruby and old friend Margery.

Today: as the next big King Tide approaches, Helen fears she's losing control of her teenage daughter...

Reader: Julie Hesmondhalgh is an acclaimed actor, known best for her award-winning roles in Coronation Street, Broadchurch and Happy Valley. She is a founding member of political theatre collective, Take Back  
Writer: Jenn Ashworth is an award-winning writer of short fiction, memoir and novels. Her novel *A Kind of Intimacy* won the Betty Trask Award, and her work has been shortlisted for the Gordon Burn Prize, The Portico Prize and the BBC National Short Story Award. She teaches writing at Lancaster University.  
Producer: Justine Willett

**MON 23:00 Limelight (m001g389)**  
Tom Clancy's Splinter Cell: Firewall

Episode 3

Based on the novel by James Swallow  
Dramatised by Paul Cornell

Episode 3

A thrilling landmark adaptation set in Tom Clancy's Splinter Cell universe. Veteran Fourth Echelon agent Sam Fisher, and his daughter Sarah, are tasked with a simple extraction mission. But they picked the wrong night for an easy capture. Will they secure the asset in one piece? Meanwhile, Charlie Cole meets with an old colleague.

Recorded in 3D binaural audio; please listen on headphones for a more immersive experience.

Sam Fisher ..... Andonios Anthony  
Sarah Fisher ..... Daisy Head  
Anna Grimsdóttir ..... Rosalie Craig  
Charlie Cole ..... Sacha Dhawan  
Andriy Kobin ..... Riad Richie  
Nabil ..... Ali Gadema  
Delim ..... Lloyd Thomas

Sound design by Steve Brooke  
Directed by Jessica Mitic  
Series Co-Produced by Jessica Mitic, Nadia Molinari, Lorna Newman

A BBC Audio Drama North Production

**MON 23:30 Today in Parliament (m002qrcx)**

Susan Hulme reports from Westminster as MPs call for action against Lord Mandelson after files released in the US revealed more details about his contacts with Jeffrey Epstein.

**TUESDAY 03 FEBRUARY 2026****TUE 00:00 Midnight News (m002qrxj)**

National and international news from BBC Radio 4

**TUE 00:30 Constable's Year by Susan Owens (m002qrwj)**

[Repeat of broadcast at 11:45 on Monday]

**TUE 00:48 Shipping Forecast (m002qrxk)**

The latest weather reports and forecasts for UK shipping

**TUE 01:00 Selection of BBC World Service Programmes (m002qrxp)**

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 (m002qrxl)**

National and international news from BBC Radio 4

**TUE 05:04 Yesterday in Parliament (m002qrxq)**

Alicia McCarthy reports as MPs question the government about Lord Mandelson's involvement with the convicted paedophile Jeffrey Epstein.

**TUE 05:34 Shipping Forecast (m002qry2)**

The latest weather reports and forecasts for UK shipping

**TUE 05:43 Prayer for the Day (m002qry7)**

The voice is blessed - Feastday of St Blaise

Good morning!

In the Christian tradition, today is known as the Feastday of St Blaise, bishop and martyr.

Blaise was a Fourth Century bishop and physician in what is now modern-day Turkey.

His martyrdom may have earned him his place on the calendar, but it is his patronage that makes Blaise a very popular saint indeed.

According to the tradition, a distraught mother, whose only child was choking on a fish bone, threw herself at his feet and implored his intercession. Touched by her distress, he offered up his prayers, and the child was cured.

Ever since, Blaise is invoked for protection against injuries and illnesses of the throat.

On his feastday, opera singers, news readers, radio presenters and other people who use their voices for work on a daily basis.

The priest imparts the blessing with two crossed candles touching the throat, saying simply: "Through the intercession of St Blaise, bishop and martyr, may God deliver you from every disease of the throat and from every other illness".

A friend of mine who is a singer, and a noted sceptic of religion, never misses the blessing on the Feastday of St Blaise. "Can't do any harm," is his claimed logic!

I think one of the reasons why rituals often endure is the fact that we are material people. Things matter, objects matter.

That's why an object associated with a long-dead loved one will often bring comfort in moments of grief or loneliness.

Things help us connect, and help us to feel something tangible.

Thinking of St Blaise on his feastday today, I pray in thanksgiving for all those who raise their gentle voices as voices of peace and justice for a better world. May they rise higher than voices of discord. Amen.

**TUE 05:45 Farming Today (m002qryc)**

03/02/26 Ban of electric shock collars for cows, grey squirrels, new egg business

The RSPCA is updating its welfare standards for dairy cattle under its RSPCA Assured scheme. The changes come into operation this April and include: more access to pasture - a minimum of 120 days a year; changes to rules around transport of pregnant cows; and use of RSPCA Assured slaughterhouses.

The changes also mean that electronic collars, which are used instead of fencing, will be banned under the scheme.

Grey squirrels are a big problem for foresters. They strip off bark and leave trees dead or deformed. They also spread squirrel pox disease which kills native red squirrel populations. The government's issued a new policy statement on managing grey squirrels in England. It includes financial incentives and advice to help landowners take action, and it encourages a more collaborative approach to control numbers.

All week we're looking at people who are starting out in farming. Rodrigo Navarro is a former chef and last May he set up a free-range egg business in Hampshire. He started as part of the Pitch Up scheme, which matches newcomers with large landowners or estates.

Presenter = Anna Hill  
Producer = Rebecca Rooney

**TUE 06:00 Today (m002qrk0)**

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

**TUE 09:00 Intrigue (m002q874)**

Ransom Man

3. For the LOLz

ransom\_man's final post contained clues to his identity. In those clues, former cybercrime detective Antti Kurittu recognises similarities to of the biggest hacker he ever investigated, a Finnish teenager called Julius Kivimäki.

So who is Julius Kivimäki, and could he be the person who held a nation's darkest secrets to ransom?

Jenny's search for answers leads her away from Finland, to meet a man in Illinois named Blair. Blair grew up in the hacking scene, and his time in the same circles as Kivimäki would shape his life forever.

Blair found himself at the centre of a vicious online feud that spilled into the real world. It began with an unexpected takeaway delivery and ultimately put his and his family's life in danger.

Jenny explores how Julius Kivimäki became a globally notorious hacker - his name has been linked to grounding of a plane with a hoax bomb threat, the targeting of elite universities and multinational corporations, and perpetrating tens of thousands of hacks. But was Vastaamo among them?

Written and presented by Jenny Kleeman.  
Producer: Sam Peach.  
Executive Producer: Georgia Catt.  
Sound Design: Sam Peach  
Original music composed, performed and produced by Echo Collective.  
A BBC Studios Production  
Commissioning Executive is Tracy Williams  
Commissioner: Dan Clarke

**TUE 09:30 Inside Health (m002qrk2)**

Unlocking the mystery of Epstein-Barr Virus

Most of us have Epstein-Barr Virus (EBV) hiding in our bodies.

You may know it as the cause of glandular fever or "kissing disease".

But more research is suggesting that it can turn our immune systems against us to cause autoimmune disease, such as multiple sclerosis or lupus.

So, what is the virus doing in our bodies - and can we do anything about it?

James is joined by Dr Claire Shannon-Lowe, a virologist at the University of Birmingham, and Dr Patrick Kearns from the University of Edinburgh, a neurologist and epidemiologist.

And we delve into the world of echolocation.

Bats hunt at night by making pulses of sounds and listening to the echoes so they can build a picture of the world around them in total darkness - and it's a technique some people with visual impairment use to explore the world.

A team at the University of East Anglia has been testing how well humans can pick up these skills, so James pays a visit to have a go...

Presenter: James Gallagher  
Producers: Gerry Holt, Tom Bonnett & Thomas Hunt  
Production coordinator: Stuart Laws

Content editor: Ilan Goodman

**TUE 10:00 Woman's Hour (m002qrk4)**

Sarah Ferguson, Child free guilt, Actor Susan Wokoma, Understanding the courts

Sarah Ferguson's charity, Sarah's Trust, has announced it will close "for the foreseeable future" after new details emerged from documents released by the US Department of Justice about the former Duchess of York's friendship with the late sex offender Jeffrey Epstein. A spokesman for the foundation said the decision comes after "some months" of discussion. BBC News Correspondent Ellie Price and Dr Andrew Lownie, author of Entitled: The Rise and Fall of the House of York, join Nuala McGovern.

We hear from BAFTA Breakthrough British actress & comedian Susan Wokoma. Best known for playing Edith in the Enola Holmes films and her tv roles in Cheating Heart, and Cheaters, she's just written a brand new 'baroque and roll' musical for the National Youth Theatre as part of their 70th anniversary celebrations.

There are renewed calls for better public education on the UK's complex legal system to help ensure potential victims, particularly women, have a clearer understanding of how it works. Family law barrister Samantha Singer joins Nuala to discuss her online platform designed to empower those facing legal challenges, alongside Jo Silver from the charity Safe Lives.

We hear a lot about 'mum guilt', but what about the guilt that can come along with not becoming a mother? Writer Ellen C Scott is child-free by choice but has recently experienced guilt towards her parents because she won't be providing them with grandchildren. She recently explored the topic for Stylist magazine and was surprised by how much it resonated with other women. Ellen and psychotherapist Professor Hannah Sherbersky discuss how to navigate these feelings.

Presenter: Nuala McGovern  
Producer: Kirsty Starkey

**TUE 11:00 Screenshot (m002qh2q)**

New Iranian Cinema

For more than six decades, in the face of censorship and even imprisonment, Iranian filmmakers have produced some of the world's best-loved cinema. And now, with the legendary Iranian director Jafar Panahi's latest film It Was Just An Accident up for Oscar and BAFTA Awards, Ellen E Jones and Mark Kermodie review this extraordinarily rich and unique cinema history.

Mark speaks to the British-Iranian director Babak Anvari about his supernatural-thriller film Under the Shadow, inspired by his experiences growing up during the Iran-Iraq War, and how and why Iranian cinema has had such a huge impact on film culture.

Ellen talks to Sepideh Farsi, who was forced to leave Iran for Paris as a teenager, about her 2009 documentary, Tehran Without Permission, which she made entirely independently on a Nokia cameraphone.

And Ellen also meets Hassan Nazer, an Aberdeen-based Iranian director who came to the UK as a refugee and whose 2022 film Winners is a love-letter to his country's film-making tradition.

Producer: Artemis Irvine  
A Prospect Street production for BBC Radio 4

**TUE 11:45 Constable's Year by Susan Owens (m002qrk6)**

Episode 2: Spring

Celebrating the 250th anniversary of John Constable's birth, Susan Owens offers a fresh look at how his life and work were shaped by his abiding love for his native Suffolk and the annual cycle of the natural world.

Today Constable is often considered to be a traditional artist, but he was a radical in his own time. Susan Owens describes how he rejected lazy, second-hand versions of nature; instead, he subjected the land, its people and its industry to intense scrutiny, and developed a new kind of painting to reflect the landscape and weather he saw with his farmer's eye. He knew intimately the lanes, fields and millponds around his childhood home in East Bergholt in Suffolk, and he painted and understood the countryside as a place of labour as well as natural beauty.

Enriched with quotations from Constable's funny, tender and acerbic letters, we follow him from his youth in the late 1700s, through the great love story of his marriage, to the final months of his life in 1837.

In this second episode we explore Constable's favourite season

of spring, as he balances his longing to be in his beloved Suffolk with the need to be in London preparing for the annual Royal Academy exhibition.

Dr Susan Owens is an expert on British landscape art, and while Curator of Paintings at the V&A she was involved in the major exhibition Constable: The Making of a Master. Her latest book, *The Story of Drawing: An Alternative History*, was Apollo magazine's Book of the Year in 2024.

Reader: Susannah Harker  
Abridger and producer: Jane Greenwood  
Executive Producer: Sara Davies  
Studio Production: Jon Calver  
A Loftus Media production for BBC Radio 4 and BBC Sounds

**TUE 12:00 News Summary (m002qrk9)**  
The latest national and international news from BBC Radio 4.

**TUE 12:04 You and Yours (m002qrkc)**  
Call You and Yours

The You and Yours phone-in is all about home improvements to make it warmer and more efficient.

It's been a long winter - and we want to know if what you've done to your property has worked? Are you warmer? And is it cheaper to run?

What's been your experience? Have you thought outside the box and come up with your own cost-cutting energy hacks? Have you shelled out on improvement work, or gone for a government scheme? What have you done to make your home warmer - and cheaper to run - and has it worked?

Get in touch on youandyours@bbc.co.uk, and please include a number so we can give you a call back. And after 11am on Tuesday 13 January, you can call our phone lines on 03700 100 444.

PRESENTER: WINIFRED ROBINSON

PRODUCER: KATE HOLDSWORTH

**TUE 12:57 Weather (m002qrkf)**  
The latest weather forecast

**TUE 13:00 World at One (m002qrkh)**  
Conservatives pile on more pressure over Lord Mandelson and Jeffrey Epstein

Opponents of the government question the Prime Minister's judgement in appointing Lord Mandelson as the UK's ambassador to the US. Also, we hear about the fears for the future from one of the negotiators of the last nuclear non-proliferation treaties between the US and Russia, which expires this week. And the comedian John Bishop and his wife tell us about how close they came to divorce, in their first joint-interview, with the Hollywood adaptation of their story in cinemas.

**TUE 13:45 In Detail... (p0m50vix)**  
Sanctuary: An Act of Defiance

Episode 2

A Sri Lankan man begs for sanctuary in a church in 1986.

Viraj Mendis says he faces death if sent back to his home country. Father John Methuen protects him from arrest, risking his reputation and the safety of Ascension church and allows a devoted group to protect him in the church.

Presenter Father Azariah France-Williams is the current rector of Ascension Church. He goes on a journey of discovery, finding out how the Sanctuary gamble leads to a two year culture war that defies Prime Minister Margaret Thatcher's authority before crashing down.

Presenter: Father Azariah France-Williams.  
Producer: Jen Dale.  
Sound design: Kasel Kundola.  
Online producer: Rachael Smith.  
Executive producer: Ciaran Tracey.  
Additional sound recording by Seb Rabas, Graham Kirk and Jan Seebeck.  
Original material recorded and licensed by Big City Nights.  
Executive editor: Andrew Bowman.  
Commissioning editor: Alistair Miskin.  
Artwork photograph of Viraj Mendis: Paul Mattsson.

**TUE 14:00 The Archers (m002qrkl)**  
[Repeat of broadcast at 19:00 on Monday]

**TUE 14:15 This Thing of Darkness (m002qrkn)**  
Series 4

1. Admission

by Frances Poet with monologues by Eileen Horne.

Part One – Admission

Dr Alex Bridges is an expert forensic psychiatrist and psychotherapist, assessing and treating perpetrators of serious crime.

In this new 5 part series, she takes us into the world of secure units, explores the relationship between mothers and daughters and the impact of fatal violence on the lives it shatters.

DR ALEX BRIDGES ..... Lolita Chakrabarti  
KATHLEEN ..... Maureen Beattie  
LINDSAY ..... Helen Mackay  
ABI ..... Anna Russell-Martin  
DANIEL ..... Nicholas Karimi  
SANDRA ..... Lucianne McEvoy  
LEWIS/SOLICITOR/AMBULANCE OPERATOR ..... Lee Hughes  
DC INGLES/SECURITY GUARD/NURSE ..... Kenny Blyth

Production Coordinators: Rosalind Gibson and Ellie Marsh  
Sound recording : Andy Hay and Fraser Jackson  
Sound Design: Fraser Jackson

Series Consultant: Dr Gwen Adshead

Series format created by Lucia Haynes, Audrey Gillan, Eileen Horne, Gaynor Macfarlane, Anita Vettesse and Kirsty Williams.

A BBC Audio Scotland Production produced and directed by Kirsty Williams

**TUE 15:00 Lady Killers with Lucy Worsley (m002pqrk)**  
Series 4

58. Mary Pearcey - Murderous Lover

Join Lucy Worsley and her all-female team as she delves into the Hampstead Tragedy, one of the most notorious murder cases of the Victorian era.

When the horrifically mutilated body of a young mother called Phoebe Hogg is found dumped by the side of a street in north London in October 1890, the press erupts into a frenzy of speculation that Jack the Ripper has struck again.

But it soon becomes clear to the police that the suspected killer is not a man, but a young woman called Mary Pearcey, a friend of Phoebe's. This is when forensic science is in its infancy, but it is already featuring in the first Sherlock Holmes stories, and the public is gripped by this case.

Lucy is joined by one of the UK's leading forensic scientists, Dr Angela Gallop CBE, to find out what light modern forensic techniques can shine on this case. They discuss how forensic science and true crime have captured the public imagination, and the pressure on forensic scientists working on high profile cases today from the press and the public.

Lucy is also joined by historian Professor Rosalind Crone as they visit the street in north London where Phoebe Hogg's body was discovered. They discuss the media frenzy around the case, including the 'Hampstead Tragedy' exhibit at Madam Tussauds which broke all visitor records.

Lucy wants to know what this story tells us about the public's passion for forensic science and true crime in 1890s Britain - and our passion for them today. And has the notoriety of this particular case distorted our view of women who kill?

Producer: Jane Greenwood  
Readers: Clare Corbett, William Hope, Jonathan Keeble and Ruth Sillers  
Sound design: Chris Maclean  
Executive producer: Kirsty Hunter

A StoryHunter production for BBC Radio 4

**TUE 15:30 Thinking Allowed (m002qrks)**  
The go-along research method

How does the environment we move through shape the way we see and experience the world?

Laurie Taylor talks to Alex Prior (London South Bank University) about his research inside Westminster, where he walked alongside MPs and staff to uncover how the corridors of power feel different depending on who you are and what your job is.

James Fletcher from the University of Bath worked on a project exploring what it's like to navigate the bus and tram routes of central Manchester while living with dementia. He looked at how familiar streets and transport systems change when memory and mobility are shifting and the implications of this.

What is the value of research conducted in this way and what are the downsides?

Producer: Natalia Fernandez

**TUE 16:00 Artworks (m002qrkv)**  
A People's History of Punk

I Fought the Law

Fifty years ago the first punk single, New Rose by The Damned, was released. For Chris Packham this was the start of a cultural revolution that continues to define his life and ethos.

Five decades after the anarchy and attitude of punk exploded onto the UK's music scene, Chris meets the people who, like him, were touched by its energy and ideas. What happened to the ultimate teenage upstarts now they've grown old, got a mortgage and maybe even a bus pass? Chris talks to the punks to find out why the music had such an impact.

In episode 3, I Fought The Law, Chris meets the punks who stood up to the establishment to find out how their ideas changed our world and if their ideals remain the same. He meets fellow punks like Billy Bragg, Tom Robinson, Pauline Murray and Dale Vince who are still working for change. In rural Essex, Gee Vaucher and Penny Rimbaud from Crass remain committed to creative protest and system change. Many of the ideas they had in the late 70s and early 80s to create a cultural revolution can be seen in radical art and the protest movement today. Punk ideas and sounds are still the foundation for new bands who are standing up for what they believe all around the world. Finally, we meet the Riotous Collective from Leicester, a group of female punks who are defying the last taboo - age itself.

Produced by Helen Lennard  
Story Edit by Melvin Rickarby  
Sound Design by John Crammer

A True Thought Production for BBC Radio 4

**TUE 16:30 What's Up Docs? (m002qrks)**  
How can you improve your focus?

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

In this episode, Chris and Xand dive into focus and how it can be improved. How do focus and attention work? Are there different types of attention? What impacts your ability to focus? Is social media ruining your focus? How can you improve? They explore the neurology of focus and attention, why you might find it difficult to focus, and how you can get better at it.

Joining them to discuss this is Duncan Astle, Professor of Neuroinformatics at the Department of Psychiatry at Cambridge University, and leader of the 4D Research Group, which looks at childhood development and developmental disorders.

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 Duncan Astle  
Producer: Maia Miller-Lewis  
Executive Producer: Rami Tzabar  
Editor: Jo Rowntree  
Researcher: Mili Ostojic  
Tech Lead: Reuben Huxtable  
Social Media: Leon Gower  
Digital Lead: Richard Berry  
Composer: Phoebe McFarlane  
Sound Design: Ruth Rainey

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

A Loftus Media production for BBC Radio 4

**TUE 17:00 PM (m002qrkz)**  
Mandelson to step down from House of Lords

Keir Starmer says former minister 'let his country down' over alleged leaks to Epstein. Also on the programme: is the EU shifting its stance towards the UK?

**TUE 18:00 Six O'Clock News (m002qr11)**

Lord Mandelson is to step down from the House of Lords

The BBC understands that the Metropolitan Police is to launch a criminal investigation into claims that Lord Mandelson passed market-sensitive information to the paedophile financier, Jeffrey Epstein. Also: President Zelensky says Russia has used a record number of ballistic missiles to target Ukraine's energy sector. And rescue teams in Australia have described a teenager who saved his family after they were swept out to sea as "superhuman".

**TUE 18:30 You Heard It Here First (m002qr13)**

Series 3

## 4. 'Your Smugness Emanates'

Chris McCausland asks Fin Taylor and Fatiha El-Ghorri to take on Alasdair Beckett-King and Harriet Kemsley. The teams must figure out which audience members are lying (whilst blindfolded), guess what on earth some adorable children are trying to describe, and work out what famous films are being depicted from abstract sound cues.

Producer: Sasha Bobak  
Assistant Producer: Eve Delaney  
Executive Producer: Pete Strauss  
Production Coordinator: Jodie Charman

A BBC Studios Production.

**TUE 19:00 The Archers (m002qr15)**

Susan's working over her hours in order to cope with a large new order. She and Pat agree the order's good news, they just weren't ready for it. Pat explains that instead of receiving presents for his 75th birthday, Tony wants to give everyone in the village a packet of organic seeds. Susan thinks it's a lovely idea. By the end of her shift she's looking forward to home and a hot bath. She and Pat agree there's enough work for another person to be in the dairy at least part time. Pat says Helen has someone in mind. Susan says she'll keep her eyes peeled too.

Over a delicious meal cooked by Stella, Pip tries again to raise her worries over her birthday treat, but they're interrupted by a noise from the kitchen. Cleo the dog's stolen some of the cheesecake Stella's prepared as dessert. Stella worries Cleo may have swallowed something dangerous. Slightly bewildered Pip agrees they should get her checked over. Paul shows Stella the scan he's done of Cleo – she's swallowed a small object. It won't do her any damage but Paul reckons Stella should show Pip the scan. As Pip peers at the picture she's confused to see a ring. Stella explains she'd put it on top of Pip's portion of cheesecake, as a proposal. Pip's bowled over and encourages Stella to propose properly, which she does. Delighted Paul appears and suggests an engagement party. They all agree that this ridiculous chaotic proposal suits the couple down to the ground.

**TUE 19:15 Front Row (m002qr17)**

Jared Bush, head of Walt Disney Animation Studios, on his record-breaking film Zootropolis 2

Jared Bush, head of Walt Disney Animation Studios, on his record-breaking film Zootropolis 2.

Alex Tadors, owner of Mars Tapes, the last cassette shop in the UK, and culture writer Sian Patten on the resurgence of the cassette tape.

Oliver Roys, co-founder and joint CEO of Troubadour Theatres, on his company's plans to create London's biggest theatre venue in Greenwich.

Debris Stevenson on her new play My Brother's a Genius, and how rap battles helped her to co-create the RSC's new production of Cyrano de Bergerac which will be heading to London's West End.

Presenter: Nick Ahad  
Producer: Ekene Akalawu

**TUE 20:00 Today (m002qr19)**

The Today Debate: Social Media

Amol Rajan is joined by an expert panel to discuss social media.

**TUE 20:45 In Touch (m002qr1c)**

Update on the Macular Society

Regular In Touch listeners will know that decisions to make organisational changes by management at The Macular Society have been met with strong opposition. The changes include a reduction in the number of regional managers, a move which

some in the charity say will badly damage service provision. Indeed, feelings are running so high that a group called "Save Our Society, Save our Services" or SOS has been formed. Following a recent Annual General Meeting, SOS claimed they had been denied the opportunity to properly challenge management and that controversial decisions had been forced through.

Amidst this acrimony, we were keen to give people from both sides of the argument the opportunity to explain their position. We're pleased to say that SOS members Tricia Sturgeon and Ron Barnett, and Cecilia Bufton, Chair of the Society's Board of Trustees agreed to join us to do just that.

Presenter: Peter White  
Producers: Beth Hemmings and Fern Lulham  
Production Coordinator: Helen Surtees

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

**TUE 21:00 Crossing Continents (m002qr1f)**

India's sportswomen playing to be seen

How sport is giving some young women in India a way out of child marriage and allowing them to be seen.

Officially, the practice of child marriage is illegal in the country. But UNICEF estimates that over 200 million girls and women in India have been married before they turned 18. Take Munna as an example. Her mother was fifteen when she married and Munna herself was only 14 when she was told she would be a child bride. However, she fought back, using football as her weapon. She broke social norms and took up the sport, including wearing shorts on the pitch, and fended off various attempts to marry her off early. Now her rebellion has spread to her youngest sister, who has felt emboldened by her elder sister and has made it to the state football team. Sport has also helped members of a marginalised community - the Siddis, who were originally brought to India from Africa mainly as slaves - to battle against discrimination. For Shahin her route was via judo.

Divya Arya reports on how sport is helping some young women to break free from the bonds of early marriage and to forge an identity for themselves.

Producer: John Murphy  
Programme mix: James Beard  
Programme co-ordinator: Katie Morrison  
Series Editor: Penny Murphy

**TUE 21:30 The Bottom Line (m002qj8k)**

What Happens When Brands Change Hands?

From headline deals like Vodafone-Three or home builder, Barratt buying rival, Redrow, corporate mergers and takeovers are on the rise. Evan Davis and guests take a fresh look at what happens when companies combine. They discuss why deal-making is growing, why execs turn to M&A, what can go wrong and whether mergers deliver growth or simply disguise deeper problems.

Guests:  
Vittorio Colao, CEO at Vodafone Group 2008-2018, and now Vice Chairman, EMEA, General Atlantic  
Pip Hulbert, CCO for International Markets at VML  
Farshid Azadegan, Director of BEC Distribution

Production team:  
Presenter: Evan Davis  
Producer: Sally Abrahams  
Production Co-ordinator: Katie Morrison  
Sound engineers: Russell Newlove and Andy Garratt  
Editor: Matt Willis

The Bottom Line is produced in partnership with The Open University

**TUE 22:00 The World Tonight (m002qr1h)**

Police investigate Mandelson over claims he leaked information to Epstein

The Metropolitan Police has launched a criminal investigation into Peter Mandelson over allegations of misconduct in public office. It comes after the former Labour minister and US ambassador was accused of passing market-sensitive government information to US financier and convicted sex offender Jeffrey Epstein. We hear from a Labour MP who is calling on the government to fully disclose any information it

has about Mandelson.

Also on the programme: ahead of the National Cancer Strategy for England being published tomorrow, the government promises better care for children with cancer. And does it matter which wood a cricket bat is made from?

**TUE 22:45 The White Lady of Morecambe by Jenn Ashworth (m002qr1k)**

2. The Undertow

Julie Hesmondhalgh continues Jenn Ashworth's five-part ghost story, written for Radio 4.

Set in the near future, on the shifting sands of Morecambe Bay, old stories face new realities. Britain's coastline is now at risk, and while the sea takes bites out of the land, and the once prosperous town slowly shuts down, some hang on here in the Bay, clinging to hope, or perhaps to superstitions from the past. Others move inland, to the resettlement areas, fearful of the brutal new tides. Among those stubborn few remaining are cafe-owner Helen, her daughter Ruby and old friend Margery.

Today: it's the day before the King Tide, when the water comes in hard and fast. While the older generation still cling to stories about the mysterious White Lady, the young, including Helen's daughter Ruby, are only interested in the harsh new realities...

Reader: Julie Hesmondhalgh is an acclaimed actor, known best for her award-winning roles in Coronation Street, Broadchurch and Happy Valley. She is a founding member of political theatre collective, Take Back

Writer: Jenn Ashworth is an award-winning writer of short fiction, memoir and novels. Her novel A Kind of Intimacy won the Betty Trask Award, and her work has been shortlisted for the Gordon Burn Prize, The Portico Prize and the BBC National Short Story Award. She teaches writing at Lancaster University.

Producer: Justine Willett

**TUE 23:00 Illuminated (m002qrfg)**

[Repeat of broadcast at 19:15 on Sunday]

**TUE 23:30 Today in Parliament (m002qrln)**

Alicia McCarthy reports on the day Peter Mandelson quit the House of Lords and MPs voted on plans to lift the two-child benefits cap.

**WEDNESDAY 04 FEBRUARY 2026****WED 00:00 Midnight News (m002qr1q)**

National and international news from BBC Radio 4

**WED 00:30 Constable's Year by Susan Owens (m002qrk6)**

[Repeat of broadcast at 11:45 on Tuesday]

**WED 00:48 Shipping Forecast (m002qr1s)**

The latest weather reports and forecasts for UK shipping

**WED 01:00 Selection of BBC World Service Programmes (m002qr1v)**

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 (m002qr1x)**

National and international news from BBC Radio 4

**WED 05:04 Yesterday in Parliament (m002qr1z)**

Susan Hulme reports as legislation designed to remove benefit restrictions on larger families starts its journey through Parliament.

**WED 05:34 Shipping Forecast (m002qr1m)**

The latest weather reports and forecasts for UK shipping

**WED 05:43 Prayer for the Day (m002qr1n)**

According to the Celtic calendar, it is already spring

Good morning!

According to the Celtic calendar, it is already Spring!

Depending on where you're listening, it might not yet seem like Spring, and there are surely cold days ahead.

But in the Celtic calendar, Imbolc – the start of Spring – landed about half-way between the winter solstice and the spring

equinox.

The term Imbolc is from the Irish language meaning 'in the belly', conjuring images of the land springing to new life as this is a time when fertility returns to the earth and the barren winter landscape begins to change.

I always love this time of year, when the days are getting longer and there is that famed 'stretch in the evening' that people talk about.

Spring is a season of awakening — to new energy, creativity and possibilities.

It's a time to elevate our thinking, clarify our vision and explore new plans.

It's also a time to get in touch with our connectedness to nature. We are stewards of our created world, not masters of it.

Care for our planet and attuning ourselves to the agricultural cycle of the world allows us to see and recognise that we share this fragile creation with so many other creatures – each with their own part to play.

When I was in school, I used to love it when we sang All God's Creatures:

All God's creatures got a place in the choir  
Some sing low and some sing higher  
Some sing out loud on the telephone wire  
Some just clap their hands or paws, or anything they've got...

I was more of a clapper than a singer, truth be told.

This morning, I pray for the grace to see that we are all part of the same creation and look after that our precious world together. Amen.

#### WED 05:45 Farming Today (m002qrm5)

04/02/26 The cost of decarbonising agriculture, young farmers in Northern Ireland, new entrant crofters

A new report published by the think tank The Resolution Foundation says the government's goal of 'net zero' across the UK, could force less profitable farms into debt, and lead to 3,500 farms losing money. It says progress to decarbonise farming has been slow and there is no 'silver bullet' which will do the 'heavy lifting' for the sector to reduce its impact on climate change. It advises that policymakers should intervene to ensure costs are passed to the consumer.

The Ulster Farmers Union has accused the Northern Ireland government of failing to support young farmers following the closure of one scheme last year and with another also about to come to an end. The Young Farmers Payment Scheme closed in 2025 - though the Department of Agriculture, Environment and Rural Affairs says successful applicants will continue to get top up payments for five years. The pilot Farming for the Generations scheme was designed to support farming families planning for succession. It's closing next month and DAERA says there will be an evaluation before the scheme is relaunched.

Many things make it difficult to get a toe-hold on the farming ladder, not least the availability and cost of buying land. Some people though, are determined to overcome those challenges, against the odds. We meet a young couple who realised their dream by leaving behind their city lives in York and moving hundreds of miles to Scotland, to a croft in the Western Isles.

Presenter = Anna Hill  
Producer = Rebecca Rooney

#### WED 06:00 Today (m002qtdb)

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

#### WED 09:00 Sideways (m002qtdd)

79. The Scientist and the Miracle

Joshua Brown, a respected neuroscience professor at Indiana University was diagnosed with an inoperable brain tumour in 2003. It was devastating news, Joshua was only 30, and a new father. And so, with nothing to lose, he and his wife pursued an unconventional path - especially for a scientist. Together with their newborn daughter, they travelled across America, praying for a miracle.

Matthew Syed delves into instances where inexplicable recoveries have been interpreted as evidence of divine intervention. He examines the unexpected ways in which the Vatican works with scientists to deem certain events miraculous. The whole idea touches on something deeply personal to Matthew as someone who grew up in a family that believed in miracle healings. He now struggles with the idea and

is a firm non-believer, but he reunites with a much-loved pastor from his childhood for a frank conversation and meeting of their two viewpoints. Through Joshua's remarkable journey, Matthew probes at whether miracles can ever be compatible with scientific thinking.

With Joshua Brown, Professor of psychological and brain sciences at Indiana University and Director of the Global Medical Research Institute; oncologist Dr Ranjana Srivastava; Jacqueline Duffin, haematologist, historian, and Professor Emerita at Queen's University, Canada; and Matthew's childhood pastor, Nigel Thompson.

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

Featuring archive from the Reinhard Bonnke Legacy Collection -Something to Shout About, produced and distributed by Christ for All Nations (CfAN) ministry.

#### WED 09:30 The History Bureau (m002qjrq)

Putin and the Apartment Bombs

#### 3. The TV Show

What if the truth behind the bombs could be revealed - on a television show?

Following the events at Ryazan, journalists at Russia's major television channel NTV prepare for a primetime broadcast: a confrontation between the residents of the building where the sacks of powder were found and the FSB officials who insist it was nothing more than a training exercise. With the Russian presidential election just days away, the TV show becomes a gamble that could cost NTV far more than its ratings. In this episode, Helena speaks to Yevgeny Kiselyov, one of Russia's most influential political journalists and the man who brought the show to the air.

In Season 1 of The History Bureau, presenter Helena Merriman returns to one of the most contested - and consequential - stories in modern Russia. In September 1999, just weeks after Vladimir Putin became Prime Minister, four bombs blew up four apartment buildings across Russia. The bombs exploded in the middle of the night, killing hundreds of people while they slept. In this season, Merriman returns to the story with the reporters who were there on the ground. What did they get right first time around? And, in the chaos and confusion of unfolding events, what did they miss?

Presenter: Helena Merriman  
Series Producer: Sarah Shebbeare  
Executive Editor: Annie Brown

#### WED 10:00 Woman's Hour (m002qtdg)

Foster care expansion, Romola Garai, Greenland's Gender Equality Minister

The government has announced plans to relax fostering rules and create 10,000 new places for vulnerable children in England. Roxy and her mum Judy, from the BBC's recent Traitors series, join Nuala McGovern to discuss. Roxy was fostered until the age of five before being adopted by Judy. They are also joined by Sarah Thomas, Chief Executive of The Fostering Network.

Golden Globe-winning actor and film director Romola Garai discusses her latest role in the ITV drama series Betrayal. She also talks about the importance of supporting caring responsibilities within the industry and the lack of female directors.

Naaja Nathanielsen, Greenland's Minister for Business, Mineral Resources, Energy, Justice and Gender Equality, and a member of the pro independence Inuit Ataqatigiit party, joins Nuala to discuss the challenges facing Greenlandic women.

What is the online world doing to our health? Science and health journalist Deborah Cohen explores this question in her new book Bad Influence: How the Internet Hijacked Our Health.

Presenter: Nuala McGovern  
Producer: Dianne McGregor

#### WED 11:00 Today (m002qr19)

[Repeat of broadcast at 20:00 on Tuesday]

#### WED 11:45 Constable's Year by Susan Owens (m002qtdj)

Episode 3: Summer

Celebrating the 250th anniversary of John Constable's birth, Susan Owens offers a fresh look at how his life and work were shaped by his abiding love for his native Suffolk and the annual cycle of the natural world.

Today Constable is often considered to be a traditional artist, but he was a radical in his own time. Susan Owens describes how he rejected lazy, second-hand versions of nature; instead, he subjected the land, its people and its industry to intense scrutiny, and developed a new kind of painting to reflect the landscape and weather he saw with his farmer's eye. He knew intimately the lanes, fields and millponds around his childhood home in East Bergholt in Suffolk, and he painted and understood the countryside as a place of labour as well as natural beauty.

Enriched with quotations from Constable's funny, tender and acerbic letters, we follow him from his youth in the late 1700s, through the great love story of his marriage, to the final months of his life in 1837.

In this third episode we explore Constable's summer painting trips back to East Bergholt and the intense love for his wife Maria which was intimately bound up with the landscapes of Suffolk.

Dr Susan Owens is an expert on British landscape art, and while Curator of Paintings at the V&A she was involved in the major exhibition Constable: The Making of a Master. Her latest book, The Story of Drawing: An Alternative History, was Apollo magazine's Book of the Year in 2024.

Reader: Susannah Harker  
Abridger and producer: Jane Greenwood  
Executive Producer: Sara Davies  
Studio Production: Jon Calver  
A Loftus Media production for BBC Radio 4 and BBC Sounds

#### WED 12:00 News Summary (m002qtdl)

The latest national and international news from BBC Radio 4.

#### WED 12:04 You and Yours (m002qtdn)

We R Blighty, Buying Ex-Rental Homes, Psychology of Complaining

We look at concerns from veterans charities over the practices of We R Blighty, an organisation that has been fined twice for illegally fundraising. We R Blighty said it's tried its utmost to operate lawfully, compliantly, professionally and transparently. It is a Community Interest Company (CIC) meaning it is not governed by the same rules as charities. We discuss what the difference is between CICs and charities, and what consumers should know before donating their money.

According to data from car sales experts Cox Automotive, electric vehicle sales in the UK increased by 24% last year. EV sales currently have a market share of just under a quarter of the market, which is well short of the government's target of 80% by 2030. Availability and the cost of charging points are some of the main obstacles for consumers considering the switch to an EV, so how can this be improved?

16% of landlords are considering selling all their rental properties within the next two years, according to Ministry of Housing data. As a result, more ex-rental properties have become available to buy. Formerly rented properties may not be decorated to your tastes, but they can be an opportunity to grab a bargain...if you know what to look for.

We all experience anger and frustration when we don't receive the quality of customer service – or the outcome – that we expect. In fact, what can often seem like quite a minor inconvenience can be enough to make our blood boil, but why? We ask a psychologist to explain the psychology of complaining.

#### WED 12:57 Weather (m002qtdq)

The latest weather forecast

#### WED 13:00 World at One (m002qtds)

Starmer: Mandelson "lied repeatedly" about Epstein links

As MPs vote on releasing documents relating to Lord Mandelson's appointment, the Prime Minister says he regrets making him US ambassador. Plus, six Palestine Action members, who admitted a raid on an Israeli defence firm, are acquitted of aggravated burglary, and a dispatch from the frontline of the war in Ukraine.

#### WED 13:45 In Detail... (p0m50ykj)

Sanctuary: An Act of Defiance

Episode 3

A Sri Lankan man begs for sanctuary in a church in 1986.

Viraj Mendis says he faces death if sent back to his home country. Father John Methuen protects him from arrest, risking his reputation and the safety of Ascension church and allows a devoted group to protect him in the church.

Presenter Father Azariah France-Williams is the current rector of Ascension Church. He goes on a journey of discovery, finding out how the Sanctuary gamble leads to a two year culture war that defies Prime Minister Margaret Thatcher's authority before crashing down.

Presenter: Father Azariah France-Williams.

Producer: Jen Dale.

Sound design: Kasei Kundola.

Online producer: Rachael Smith.

Executive producer: Ciaran Tracey.

Additional sound recording by Seb Rabas, Graham Kirk and Jan Seebeck.

Original material recorded and licensed by Big City Nights.

Executive editor: Andrew Bowman.

Commissioning editor: Alistair Miskin.

Artwork photograph of Viraj Mendis: Paul Mattsson.

#### WED 14:00 The Archers (m002qrl5)

[Repeat of broadcast at 19:00 on Tuesday]

#### WED 14:15 Deacon (m001k7vp)

Deacon: A Reckoning

By Edson Burton. The enigmatic drifter is back to help a troubled soul. James Persad has lost his wife Mavis, and he too seems lost. Can Deacon help? New supernatural drama starring Don Warrington and Ram John Holder.

#### CAST

Deacon - Don Warrington

James Persad - Ram John Holder

Mavis - Sutara Gayle

Michael - Lee Mengo

Ryan - Tristan Slowley

Youth - Hasan Dixon

Sound Design - Nigel Lewis

Producer - John Norton

A BBC Audio Drama Wales Production

#### WED 15:00 Money Box (m002qtdw)

Money Box Live: Student Loan Debate

Student loans and their impact on graduates' finances have dominated the news recently. The average student debt in England for 2024 graduates was approximately £53,000, with repayments being made when salaries hit a certain threshold set by the government.

But, the finer details on who gets what and how it's all repaid varies vastly depending on when and where students study. Rules also differ vastly across the UK.

Recent campaigns have highlighted 'Plan 2' loans which focused on students in England who studied between September 2012 and July 2023 and the Chancellor's decision to freeze the salary threshold for repayments on these loans for three years, which means some graduates will now have to pay even more.

In this episode we'll discuss the rules for current students, past graduates, as well as how maintenance loans are worked out and what support might be available.

Joining Felicity Hannah is Tom Allingham from student money website, Save the Student and Graham Wright from the University of the West of England Bristol and National Association of Money Advisors.

Presenter: Felicity Hannah

Producer: Sarah Rogers

Editor: Jess Quayle

Senior Editor: Sara Wadeson

(This episode was first broadcast on Wednesday the 4th of February 2026)

#### WED 15:30 The Artificial Human (m002qtdy)

AI's Bubble Trouble?

2. What are the consequences of an AI economic crash?

In part two of their exploration of the economics of AI Aleks and Kevin ask, what are the consequences of the anticipated financial bubble bursting, and would a crash stop there?

There's massive uncertainty over whether the AI industry can make enough money to warrant the astronomical sums being

invested, making 2026 a make-or-break year for the sector in the eyes of many experts. We're joined by Dame Diane Coyle economist at the University of Cambridge to look at how far the blast radius of an AI crash might reach. Nathanael Benjamin from the Bank of England will explain why they issue a warning over inflated AI business valuations and explain what the bank are doing to protect the economy from any shocks. And Jerry Kaplan Silicon valley insider and expert on the social and economic impact of AI shares his experience of booms and busts in the technology industry and his thoughts on who might be left standing should the wheels come off the AI financial band wagon.

Presenters: Aleks Krotoski and Kevin Fong

Producer: Peter McManus

Researcher: Elizabeth Ann Duffy

Sound: Steve Greenwood and Sarah Hockley

#### WED 16:00 When It Hits The Fan (m002qtf0)

Are Andrew and Mandelson Beyond the Fan?

How close is the Palace to being sucked into the Epstein reputational black hole - again?

In this episode David Yelland and Simon Lewis discuss the latest revelations from the Epstein files about Andrew Mountbatten-Windsor. Can a reputation ever be so utterly 'naked' that there is no coming back and anyone close gets sucked in? What is the Royal Family's PR calculus to avoid the gravity pull of the Epstein PR black hole?

On the extended edition on BBC Sounds, David and Simon look at another man in a PR black hole, Lord Mandelson. Is it really the end of the road for the king of spin, or can the ultimate political survivor find a way out?

Also, the Sunday Times Tax List and why being one of the UK's biggest tax payers is good PR.

Producer: Duncan Middleton

Editor: Sarah Teasdale

Executive Producer: Eve Streeter

Music by Eclectic Sounds

A Raconteur Studios production for BBC Radio 4

#### WED 16:15 The Media Show (m002qtf2)

Tina Brown on the latest Epstein files, the boundaries of behind-the-scenes access in sport, reporting on a rocket launch

On The Media Show Katie Razzall and Ros Atkins consider the new Epstein files and how journalists work through huge document releases while avoiding misinterpretation. The Financial Times' Jim Pickard explains how newsrooms decide what is reliable and what is not and the veteran editor Tina Brown gives her take from across the Atlantic.

We look at the growing demand for behind the scenes cameras in sport. Former British tennis number one Johanna Konta and Minal Modha from Ampere Analysis discuss how much access athletes should be expected to give and whether privacy is being eroded.

And finally, with the delay of the Artemis II mission the BBC's Science Editor Rebecca Morelle and Dr Chris Lintott from The Sky at Night talk about launch scrubs, shifting timelines and the practical realities of reporting on spaceflight.

Producer: Lisa Jenkinson

Assistant Producer: Emily Channon

#### WED 17:00 PM (m002qtf4)

Backbench anger over Mandelson appointment

Government bows to backbench pressure over Mandelson document release. Also on the programme: a gruesome archaeological discovery in Cambridge, and how to tackle the UK's court backlog.

#### WED 18:00 Six O'Clock News (m002qtf6)

The Prime Minister says Lord Mandelson lied about his relationship with Epstein

The Prime Minister has told the Commons that Lord Mandelson lied repeatedly about the depth of his relationship with the sex-offender Jeffrey Epstein while being vetted for the role of US ambassador. Also: Six Palestine Action protesters are cleared of aggravated burglary at a UK subsidiary of an Israeli defence firm. And a long-term plan for cancer care in England has been published by the government.

#### WED 18:30 Crossing The Floor (m002qtf8)

Satirist Rosie Holt, co-writing with acclaimed comedy writer David Quantick, brings her viral hit MP alter-ego into a sit-com which is Yes Minister for a generation who have endured some truly loopy politicians.

Conservative backbencher 'Rosie Holt MP' is known for her car crash interviews. Rosie is full of passionate conviction - but that conviction changes depending on the demands of the moment, especially if it means being closer to power. Depressed about the almost certain imminent Labour landslide election victory she "crosses the floor", just in time to be on the winning side in the 2024 election, where she finds herself in a Labour Government.

The far-left factions terrify her while the centrists can't be persuaded to believe in anything remotely radical. Meanwhile, her Tory party friends relay tales of how the Conservatives are becoming increasingly deranged in defeat.

Can Rosie compromise her values? Does she actually have any values?

Starring:

Rosie Holt as alter-ego Rosie Holt MP

Mark Bonnar as Merlin Grimsdale

Ellie White as Nellie,

Amy Gledhill as Sarah

Freya Carter as Faye

Emily Lloyd Saini as Aisha

Also, Ewan Bailey and Brendan Murphy

Written by Rosie Holt and David Quantick

(additional script editing Alison Vernon-Smith)

Directed by Sally Avens

Produced by Julian Mayers

A Yada Yada production for BBC Radio 4

#### WED 19:00 The Archers (m002qtfb)

Pip and Stella visit Ruth and David. When they're cagey Ruth wants to know what they have to say. Pip blurts out that they're getting married, and they recount the story of the engagement ring to her astounded parents. They make a toast, and Ruth offers the events barn as a venue for their party. Ruth reports later that Jill has insisted they all go to the Bull tomorrow night to celebrate. Ruth and David agree it's lovely news but it gives you a bit of a jolt when your children move on to their next life stage. David observes they'll need to consider the future of the farm at some point.

Amber picks up George from Meadow Farm after work. George reckons the work's going fine. He admits Josh is posing a problem but it's no big deal. Amber's disappointed George didn't confide in her sooner. George is touched when Amber takes them to his favourite chippy, something he'd been looking forward to since his release from prison. They enjoy a moment eating fish and chips from the paper, before Amber admits she's going to see her parents tomorrow night, and not going out for a friend's birthday as she'd originally told George. George is shocked to hear Anne Marie knows about the baby. Amber feels her mum might genuinely want to help, and could even be ready to accept them as a couple. George offers to go with Amber tomorrow. He hopes she's right about her parents, but whatever happens, he'll be there for her.

#### WED 19:15 Front Row (m002qtfd)

Musician Martin Carthy on retiring from performing live

Folk musician Martin Carthy speaks about his long career and about his recent decision to retire from live performance following a diagnosis of late-onset Alzheimer's Disease;

As a major retrospective of the work of Gwen John goes on display at National Museum Cardiff, the exhibition's curator Lucy Wood and historian of visual culture Becca Voelcker discuss this formidable and fascinating modernist.

77-year-old curator Alison Luchs of the National Gallery of Art in Washington DC has gone viral with her social media videos in which she speaks to Gen Z in their own language. She speaks to Front Row about slaying as an online phenomenon.

And ENO's new Music Director Designate, German conductor André de Ridder, speaks to us about his plans for the opera company and about the forthcoming production of Rise and Fall of the City of Mahagonny by Kurt Weill and Bertold Brecht, a piece which he has described as "frighteningly relevant".

Presenter: Kate Molleson

Producer: Mark Crossan

#### WED 20:00 AntiSocial (m002qh1s)

Child-free spaces

Should we have more child-free spaces?

The French state railway company has introduced child-free carriages on some of its high-speed trains. This has caused a row online.

Adam Fleming gets to the bottom of the story and asks if there is a growing demand for more child-free spaces. But is the

debate simply a measure of growing intolerance - particularly of children - in society.

Presenter: Adam Fleming  
Producers: Natasha Fernandes, Tom Gillett, John Murphy  
Studio manager: Andrew Mills  
Production co-ordinator: Gemma Ashman  
Series Editor: Penny Murphy

**WED 20:45 Magic Consultants (m0011271)**  
Affairs of State

What is the relationship between governments and consultants?

Adam Shaw continues his recce behind the curtain of the billion dollar management consultancy industry. In this episode he finds out when consultants and the state started working so closely together, and asks if that partnership has become a little too tight.

Be it getting man to the moon or rolling out the Covid vaccine, consultants have worked closely and successfully together. Bringing in expertise at the right time can be vital and cost effective. But how justified is the criticism that consultants are hollowing out the civil service, are they worth the billions we spend on them and are they ever conflicts of interest?

Adam sees a revolving door of consultants, business and government spin before his eyes; he traces the fine line between implementing policy and shaping it and asks if we are living in a consultancocracy, at risk of the industry undermining our democracy.

With contributions from: Tamzen Isacson, CEO of the Management Consultancies Association, Matthias Kipping, Professor of Policy at the Schulich School of Business, Andrew Sturdy, Professor in Management at The University of Bristol, Chris McKenna, Reader in Business History and Strategy at the Said Business School, historian Antonio Weiss and authors Rosie Collington and Eric Edstrom.

Producer: Sarah Bowen

**WED 21:00 Intrigue (m002q874)**  
[Repeat of broadcast at 09:00 on Tuesday]

**WED 21:30 Inside Health (m002qrk2)**  
[Repeat of broadcast at 09:30 on Tuesday]

**WED 22:00 The World Tonight (m002qtfh)**  
Pressure mounts on Starmer over what he knew when Mandelson named US ambassador

A plan to release documents about Lord Mandelson's appointment as US ambassador is approved, after anger from Labour MPs forced the government into a climbdown. We'll ask how much danger the Prime Minister is in and speak to the head of the parliamentary committee that will determine which documents - related to the appointment - will be released.

Also on the programme: As a US-Russia nuclear treaty expires, can we expect another arms race? And humour from a Briton who suffered terrible injuries after a shark attack in the Caribbean.

**WED 22:45 The White Lady of Morecambe by Jenn Ashworth (m002qtfk)**  
3. King Tide Night

Julie Hesmondhalgh continues Jenn Ashworth's original five-part eco-gothic story, written for Radio 4.

Set in the near future, on the shifting sands of Morecambe Bay, old stories face new realities. Britain's coastline is now at risk, and while the sea takes bites out of the land, and the once prosperous town slowly shuts down, some hang on here in the Bay, clinging to hope, or perhaps to superstitions from the past. Others move inland, to the resettlement areas, fearful of the brutal new tides. Among those stubborn few remaining are cafe-owner Helen, her daughter Ruby and old friend Margery.

Today: on the night of the King Tide, thoughts inevitably turn to the past, to the old stories. But the teenage Ruby wants only to show the world what's happening to the Bay now...

Reader: Julie Hesmondhalgh  
Writer: Jenn Ashworth  
Producer: Justine Willett

**WED 23:00 Doctors On Hold (m002qtfm)**  
Series 1

4. Peter Has a Bit of a Meltdown

Peter's failing marriage makes him an internet sensation for all the wrong reasons. Can AI pull his irons out of the fire?

Former doctors Tony Gardner and Phil Hammond draw on their own experiences and up-to-date research in a series of witty doctor-patient consultations set in a failing GP practice

Set in a typical GP surgery, struggling to cope with cuts, new NHS policy directives and an increasingly impatient set of patients, two disillusioned doctors battle with the stresses of their jobs and chaotic personal lives.

Doctors On Hold features a topical series of phone conversations between patients and various members of a GP team that reflects how much medicine is now dispensed over the phone in an overloaded and fragmented NHS, how frustrating it can sometimes be for patients and staff, and how funny and familiar it is for listeners.

Tony Gardner and Phil Hammond started their comedy careers on Radio 4 in the 90s, as junior doctors, with three series of *Struck Off and Die*. They won a Writers Guild Award for best radio comedy. They have since had very successful solo careers - Phil Hammond co-wrote five series of Radio 4's *Polyoaks*. He is *Private Eye*'s medical correspondent 'MD'. Tony Gardner is an actor on stage and screen, whose recent credits include the hit show *Accidental Death of an Anarchist*.

Mina Anwar is well known to Radio 4 listeners from *Fags, Mags and Bags*.

Cast:  
Tony Gardner as Dr Peter  
Phil Hammond as Dr Mike  
Mina Anwar as Malika Begum  
Anna Crilly as Nelly and Sarah

Sir Ed Davey appears as himself.

Other parts are played by members of the cast

Written by Phil Hammond and Tony Gardner

Producer: David Morley  
Sound Design and Music: Chris O'Shaughnessy

A Perfectly Normal production for BBC Radio 4

**WED 23:15 The Skewer (m002qtfp)**  
Series 15

5. This Charming Mandelson

Peter Mandelson meets The Smiths, Sleeping Beauty is inappropriately awoken by a former Prince, and a Chinese spider welcomes a British fly.

The multi-Gold Comedy winning satire at the Radio Academy Awards returns, as Jon Holmes mashes up news with pop-culture into a current affairs comedy concept album.

Producer: Jon Holmes  
An unusual production for BBC Radio 4

**WED 23:30 Today in Parliament (m002qtfrr)**  
Susan Hulme reports from Westminster as MPs vote to release documents relating to Lord Mandelson's appointment as Ambassador to the US - after a government climbdown.

**THURSDAY 05 FEBRUARY 2026**

**THU 00:00 Midnight News (m002qtftr)**  
National and international news from BBC Radio 4

**THU 00:30 Constable's Year by Susan Owens (m002qtdj)**  
[Repeat of broadcast at 11:45 on Wednesday]

**THU 00:48 Shipping Forecast (m002qtfw)**  
The latest weather reports and forecasts for UK shipping

**THU 01:00 Selection of BBC World Service Programmes (m002qtfy)**  
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 (m002qtg0)**  
National and international news from BBC Radio 4

**THU 05:04 Yesterday in Parliament (m002qtg2)**  
Alicia McCarthy reports on a tense Prime Minister's Questions

amid the allegations surrounding Peter Mandelson's links to Jeffrey Epstein.

**THU 05:34 Shipping Forecast (m002qtg4)**  
The latest weather reports and forecasts for UK shipping

**THU 05:43 Prayer for the Day (m002qtg6)**  
Pompeii speaks of humility before nature's power and the preciousness of now.

Good morning!

Ever since I visited as a penniless student, I have always loved the Italian city of Naples – with menacing Mount Vesuvius in the bay.

In the shadow of that same volcano, the bustling Roman city of Pompeii thrived — markets rang with voices, frescoed homes glowed with colour, families shared meals, and children played in sunlit streets.

Life felt eternal, predictable, secure.

The mountain loomed quietly, its slopes green with vines, mistaken for a gentle guardian rather than a sleeping force.

Then, without warning, the earth roared. Ash rained for hours, pyroclastic surges raced down, and thousands perished.

Homes, temples, dreams — all buried under meters of debris.

Yet in that sudden end, Pompeii was preserved: loaves in ovens, graffiti on walls, bodies frozen in final gestures of terror or embrace.

The casts of victims remain haunting testaments to fragility.

Today, nearly two millennia later, Pompeii whispers a timeless truth: our world is not as permanent as we assume. We wake to routines — coffee brewing, loved ones nearby, plans stretching into tomorrow — taking them as given.

But disasters, whether volcanic, pandemic, or personal, remind us how swiftly the ordinary can vanish.

Climate shifts, unforeseen crises, or quiet health turns can erase everything that we cherish in an instant.

When I look at Vesuvius, I think of gratitude for my own life: the warmth of a hand, the sound of laughter, the simple safety of home, the breath in our lungs.

Pompeii speaks of humility before nature's power and the preciousness of now.

So, today I pray in thanksgiving for the fragile beauty of this day. Guard our hearts against taking love, life, and peace for granted. Amen.

**THU 05:45 Farming Today (m002qtg8)**  
05/02/26 EFRA Committee report on EU/UK agri-food trade deal, seed science, starting out in agriculture

MPs are calling on the Government to have a 'national conversation' on the new EU/UK agri-food trade agreement, so farmers don't end up disadvantaged. The new trade agreement is expected to come into place by 2027. But there are concerns the deal will bring the need for re-alignment of rules, as since Brexit the UK has diverged on things like animal welfare, gene editing and pesticide regulation. The Environment Food and Rural Affairs Select Committee is warning the Government must seek 'carve outs' or exemptions on alignment to "avoid unnecessary burdens and undercutting of farmers".

Human health scientists have been working with plant scientists to discover, for the first time, how a plant passes down information to the seeds it's developing. Researchers at the John Innes Centre and The Earlham Institute in Norwich, say 'mother' plants use hormonal messaging to prime their seeds for the climate and nutrient environment they're likely to face when they germinate.

All week we're talking to people starting out in agriculture. Even if you grow up on a family farm, it can be a good idea to go and try working somewhere else, to broaden your skills.

Presented by Anna Hill and produced by Beatrice Fenton.

**THU 06:00 Today (m002qth1)**  
News and current affairs, including Sports Desk, Weather and Thought for the Day.

**THU 09:00 In Our Time (m002qth3)**  
Henry IV Part 1

Misha Glenn and guests discuss one of the most successful of Shakespeare's plays in his own time. Written with no Part 2 in mind as 'Henry the Fourth', the play explores ideas about who can be a legitimate ruler and why, and how anyone can rightly succeed to the throne. This was an especially pressing question for his Tudor audience as Elizabeth I had named no successor. Playwrights, banned from openly discussing the jeopardy her subjects faced, turned to these themes of power, legitimacy and succession in distant and recent history. When Shakespeare combined this relevance with the vivid characters of Falstaff, Hotspur and Hal and with the tensions between noble fathers and sons, he had a play that fascinated well into the Jacobean era and has been revived throughout the centuries.

With

Emma Smith  
Professor of Shakespeare Studies at Hertford College,  
University of Oxford

Lucy Munro  
Professor of Shakespeare and Early Modern Literature at Kings  
College London

And

Laurence Publicover  
Associate Professor in the Department of English at the  
University of Bristol

Producer: Simon Tillotson

Reading list:

Hailey Bachrach, *Staging Female Characters in Shakespeare's  
English History Plays* (Cambridge University Press, 2023)

Warren Chernaik, *The Cambridge Introduction to  
Shakespeare's History Plays* (Cambridge University Press,  
2007)

Stephen Greenblatt, *Tyrant: Shakespeare on Power* (Bodley  
Head, 2018)

Graham Holderness, *Shakespeare: The Histories* (Red Globe  
Press, 1999)

Jean Howard and Phyllis Rackin, *Engendering a Nation: A  
Feminist Account of Shakespeare's English Histories*  
(Routledge, 1997)

William Shakespeare (eds. Indira Ghose, Anna Pruit and  
Emma Smith), *Henry IV Part I: The New Oxford Shakespeare*  
(Oxford University Press, 2024)

William Shakespeare (ed. Gordon McMullan), *1 Henry IV: A  
Norton Critical Edition*, 3rd edition (Norton, 2003)

In Our Time is a BBC Studios Production

Spanning history, religion, culture, science and philosophy, In  
Our Time from BBC Radio 4 is essential listening for the  
intellectually curious. In each episode, host Misha Glenn and  
expert guests explore the characters, events and discoveries that  
have shaped our world.

**THU 09:45 Strong Message Here (m002qth5)**

You've Let Your Country Down (with Emily Maitlis)

Has a man once described as 'teflon' finally run out of spin?  
Peter Mandelson suggests he needs to run an investigation into  
himself, but to do an investigation into his language, Armando  
is joined by host of the News Agents, Emily Maitlis.

We discuss revelations in the Epstein files, and why it brings to  
mind Dickens. Are we wiser to the language of political scandal  
than we used to be? And is it impossible to spin a story in the  
modern media environment.

We also look at why it's so frustrating, if politically wise, how  
often political figures suffer bouts of selective amnesia.

Got a strong message for Armando? Email us at  
strongmessagehere@bbc.co.uk

Sound editing: Chris Maclean  
Production Coordinator: Asha Osborne-Grinter  
Executive Producer: James Robinson  
Recorded at The Sound Company

Produced by Gwyn Rhys Davies and Sasha Bobak. A BBC  
Studios production for Radio 4.

**THU 10:00 Woman's Hour (m002qth7)**

Cervical cancer testing, Imogen Poots, Syria and women, Janet  
Jackson play

New research which has just been published in the British  
Medical Journal, suggests that testing menstrual blood for signs  
of cervical cancer could be an accurate way of screening for the  
disease. The BBC's Health Correspondent, Sophie Hutchinson,  
and Fiona Ogun, Head of Health information at Cancer  
Research UK join Anita Rani to talk about this new area of  
research and discuss the options currently open to women.

English actor Imogen Poots is back on our screens taking on a  
challenging role in Kristen Stewart's first feature film, *The  
Chronology of Water*. It's a creative adaptation of an acclaimed  
memoir by American writer Lidia Yuknavitch which centres on  
her coming to terms with being abused as a child, battling pain  
and loss, and her ongoing healing journey. Imogen Poots joins  
Anita in the studio.

The Kurdish-led self-administration in the north east of Syria is  
a territory where for years women have sat at the centre of  
political life, security and decision-making. But many are  
worried that the system is now under pressure following a new  
agreement between Kurdish authorities and the Syrian  
government, which will integrate the region into the Syrian state  
being rebuilt after the toppling of Bashar al-Assad in 2024.  
Anita is joined by Lina Shaikhouni, journalist at the BBC  
World Service and Dilar Dirik, Kurdish writer and author of  
*The Kurdish Women's Movement: History, Theory, Practice*.

Paula Varjack talks to Anita about her show *Nine Sixteenths*. It  
examines the fallout from the infamous Janet Jackson and  
Justin Timberlake 'wardrobe malfunction' incident at the 2004  
Superbowl and the backlash that almost ruined Jackson's career.  
The play questions what this says about the demographics of  
who controls the media, the scrutinising of black women in the  
public eye and asks if anything has changed?

Presenter: Anita Rani  
Producer : Corinna Jones

**THU 11:00 This Cultural Life (m002qth9)**

Imogen Cooper

Dame Imogen Cooper is one of Britain's most esteemed concert  
pianists. Having played since the age of five, she was mentored  
by the great Austrian born pianist Alfred Brendel before  
making her name internationally with interpretations of works  
by Schumann, Schubert and Mozart. She is renowned as a  
reflective, poetic sensitive performer in the concert hall and  
recording studio. She was made a CBE in 2007, became the  
first pianist to be awarded the Queen's Medal for Music in 2020  
and, the following year, became Dame Imogen. She recently  
announced that, at the end of the year long international tour,  
she would be retiring from live performance in early 2027.

Producer: Edwina Pitman

Archive used:  
Face The Music, BBC2, 12 November 1975  
Schubert, Allegretto in C minor D915 played by Imogen  
Cooper at the Wigmore Hall on 18 January 2026

**THU 11:45 Constable's Year by Susan Owens (m002qthc)**

Episode 4: Autumn

Celebrating the 250th anniversary of John Constable's birth,  
Susan Owens offers a fresh look at how his life and work were  
shaped by his abiding love for his native Suffolk and the annual  
cycle of the natural world.

Today Constable is often considered to be a traditional artist,  
but he was a radical in his own time. Susan Owens describes  
how he rejected lazy, second-hand versions of nature; instead,  
he subjected the land, its people and its industry to intense  
scrutiny, and developed a new kind of painting to reflect the  
landscape and weather he saw with his farmer's eye. He knew  
intimately the lanes, fields and millponds around his childhood  
home in East Bergholt in Suffolk, and he painted and  
understood the countryside as a place of labour as well as  
natural beauty.

Enriched with quotations from Constable's funny, tender and  
acerbic letters, we follow him from his youth in the late 1700s,  
through the great love story of his marriage, to the final months  
of his life in 1837.

In this fourth episode Constable finally achieves success and  
recognition as a painter, but his professional achievements are  
overshadowed by the early death of his beloved wife Maria, a  
loss from which he never recovers.

Dr Susan Owens is an expert on British landscape art, and while  
Curator of Paintings at the V&A she was involved in the major  
exhibition *Constable: The Making of a Master*. Her latest book,  
*The Story of Drawing: An Alternative History*, was Apollo  
magazine's Book of the Year in 2024.

Reader: Susannah Harker  
Abridger and producer: Jane Greenwood

Executive Producer: Sara Davies  
Studio Production: Jon Calver  
A Loftus Media production for BBC Radio 4 and BBC Sounds

**THU 12:00 News Summary (m002qthf)**

The latest national and international news from BBC Radio 4.

**THU 12:04 The Bottom Line (m002qthh)**

Dynamic Pricing: Who Profits?

Everyone wants to get the best price they can when they buy,  
whether that's a product, a service or an experience. But the  
'best price' can look different for different people, and at  
different times.

Surge pricing, tiered prices, off-peak discounts, time-of-use  
pricing- technology has enabled more industries to employ  
dynamic pricing to get the best prices for their products by  
altering them depending on a range of sophisticated  
considerations.

But this has made pricing less predictable and left customers  
feeling like the prices are often stacked against them; most  
notably after the Oasis reunion tour ticket sales in 2024.

Is dynamic pricing really as bad as we all think? Evan and  
guests look at the psychology behind consumer perceptions of  
dynamic pricing, and ask how different industries can utilise the  
pricing model to benefit themselves and their customers.

Guests:  
Richard Howle, founder of RH Insights  
Zoisa North-Bond, CEO of Octopus Energy for Business  
Marco Bertini, Professor of Marketing at Esade Business  
School

Production team:  
Presenter: Evan Davis  
Producer: Mhairi MacKenzie  
Production Co-ordinator: Katie Morrison  
Sound engineers: Daniel Fox and Steve Greenwood  
Editor: Matt Willis

The Bottom Line is produced in partnership with The Open  
University

**THU 12:32 Sliced Bread (m002qthk)**

VPNs

Do you really need a VPN?

Listener Andrew has seen and heard lots of adverts for Virtual  
Private Networks (VPNs) and wants to know if they'll beef up  
the security on his computer. Will they provide extra protection  
from malware or hackers?

To get the answers, presenter Greg Foot is joined in the studio  
by Professor Victoria Baines, fellow of the Chartered Institute  
for IT.

All our investigations start with YOUR suggestions. If you have  
seen a wonder product promising to make you happier,  
healthier or greener, please do email us at  
sliced.bread@bbc.co.uk or send a voicenote to our Whatsapp  
number - 07543 306807.

RESEARCHER: PHIL SANSOM  
PRODUCERS: SIMON HOBAN AND GREG FOOT

**THU 12:57 Weather (m002qthm)**

The latest weather forecast

**THU 13:00 World at One (m002qthp)**

Prime minister apologises for Mandelson appointment

We hear from a concerned Labour backbench MP as the Prime  
Minister apologises for his appointment of Peter Mandelson as  
US ambassador and hear from a former MI6 chief on whether  
the vetting process had been appropriately followed. We hear  
the results of an inquiry into the deadliest migrant channel  
crossing, and this weeks figuring out talk looks at the threat of  
AI on the jobs market.

**THU 13:45 In Detail... (p0m5126f)**

Sanctuary: An Act of Defiance

Episode 4

A Sri Lankan man begs for sanctuary in a church in 1986.

Viraj Mendis says he faces death if sent back to his home  
country. Father John Methuen protects him from arrest, risking  
his reputation and the safety of Ascension church and allows a

devoted group to protect him in the church.

Presenter Father Azariah France-Williams is the current rector of Ascension Church. He goes on a journey of discovery, finding out how the Sanctuary gamble leads to a two year culture war that defies Prime Minister Margaret Thatcher's authority before crashing down.

Presenter: Father Azariah France-Williams.  
Producer: Jen Dale.  
Sound design: Kasel Kundola.  
Online producer: Rachael Smith.  
Executive producer: Ciaran Tracey.  
Additional sound recording by Seb Rabas, Graham Kirk and Jan Seebeck.  
Original material recorded and licensed by Big City Nights.  
Executive editor: Andrew Bowman.  
Commissioning editor: Alistair Miskin.  
Artwork photograph of Viraj Mendis: Paul Mattsson.

**THU 14:00 The Archers (m002qtfb)**  
[Repeat of broadcast at 19:00 on Wednesday]

**THU 14:15 Drama on 4 (m001kgqm)**  
Wild Woman of the North

Wild Woman of the North by Esther Wilson  
Inspired by a 'Wild Living' Community in Wales, a family moves to the countryside to try a new way of life that is closer to nature. They are recovering from a family tragedy. Will this new way of life heal them?

Laura.....Gillian Kearney  
Mark.....Lee Ingleby  
Arlo.....Tareq Al-Jeddal

Production Co-ordinator - Pippa Day  
Tech Team - Tony Wass & Vanessa Nuttall  
Sound Design - Sue Stonestreet  
Producer/Director - Gary Brown & Pauline Harris

A BBC Audio Drama North Production

**THU 15:00 Ramblings (m002qths)**  
Terminal Hillness in the north Lakes

Clare joins Ian Teasdale in the north Lake District for a very personal walk. Ian and his wife, Catherine, are on a mission to climb all 214 Wainwright fells as part of their 'Terminal Hillness' project which they started following Ian's diagnosis of incurable bowel cancer. He wants to raise awareness of the lack of cancer support facilities in their region and he decided the best way to do this was by completing a full round of the Wainwrights. As they hike up Longlands, Ian shares memories connected to the landscape he grew up in. The forecast was grim before they set off, but the sun shone, and the only rain that fell created the most beautiful rainbow across the valley.

They started at Longlands, Grid Ref NY266358, and completed a 6 mile circuit with views of Skiddaw and the Northern Fells.

Presenter: Clare Balding  
Producer: Karen Gregor

**THU 15:27 Radio 4 Appeal (m002qrf1)**  
[Repeat of broadcast at 07:54 on Sunday]

**THU 15:30 Word of Mouth (m002qthv)**  
Vincentian Creole

Michael Rosen talks to linguist Teddy Mack about Vincy, a language rooted in English spoken on the Caribbean island of St Vincent, alongside standard English. But the English Teddy encountered when he moved to the UK proved to be very different (and far from standardised) and he's learned to switch throughout his life.  
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 (m002qthx)**  
Rethink... authenticity

As generative AI and Deepfake technology has progressed over the last decade, you could be forgiven for thinking that it's never been more difficult to try to work out what is authentic and what is fake.

The search for authenticity is not new. It's a task that's challenged humanity for hundreds of years. Forgers have always tried to pass off copies as great artworks, but it's not always clear when an artist was responsible for an entire painting or

farmed out parts of the job to apprentices. A few well-known modern artists outsource all of the construction and manufacture of some of their works to skilled craftsmen and women.

Although the idea is theirs, does that make the final product somehow less than the genuine article?

Idiosyncrasies, perceived flaws or personal flourishes are often key indicators that show an image is authentic. We use those same tell-tale signs to judge the authenticity of another type of image: the one that politicians want to portray.

How important is it to be a politician who is seen as authentic by voters? How can we measure political authenticity? If someone is carefully crafting their image on social media, how real is it? And even if it is fake, do voters care, if they have been seduced by the illusion?

Presenter: Ben Ansell  
Producer: Ravi Naik  
Editors: Lisa Baxter and Nick Holland

Contributors:  
Estelle Lovatt, FRSA. Art Critic, Writer and Lecturer.  
Lone Sorensen, Associate Professor of Political Communication, University of Leeds  
Nick Clarke, Professor of Political Geography, University of Southampton  
Tracy Dennis Tiwary, Professor of Behavioural Neuroscience, Clinical Psychology and Developmental Psychology, at the City University of New York.

Rethink is a BBC co-production with the Open University.

**THU 16:30 BBC Inside Science (w3ct8txy)**  
Where do forever chemicals come from?

This week the UK Government decided it was worried enough about so called 'forever chemicals' to bring in it's first ever plan to tackle them. Environment Minister Emma Hardy called PFAS "one of the most pressing chemical challenges of our time". Stephanie Metzger, policy adviser at the Royal Society of Chemistry talks us through where all these chemicals have come from, and Lucy Hart, researcher at Lancaster university, brings us new science on their sources.

Technology journalist Gareth Mitchell is in the studio with his take on this week's brand new discoveries.

And as future winter Olympians ready themselves atop Italy's snow-covered peaks, Victoria Gill hears how the chemical make up of ski wax can make or break a gold medal winning run. She hears from Jostein Vinjerui, manager of the British cross-country team, and Pat Sharples, Head Coach for GB Snowsports.

To discover more fascinating science content, head to [bbc.co.uk](http://bbc.co.uk), search for BBC Inside Science and follow the links to The Open University.

Presenter: Victoria Gill  
Producer: Alex Mansfield, Katie Tomsett, Kate White and Clare Salisbury  
Editor: Martin Smith  
Production Co-ordinator: Jana Bennett-Holesworth

**THU 17:00 PM (m002qtj0)**  
Sir Keir Starmer apologises to Epstein victims

The Prime Minister apologises to Epstein victims for appointing Peter Mandelson. We'll hear from the Labour backbench and frontbench, as we assess the leadership crisis Keir Starmer faces. PM comes to you from Bristol today where we'll hear about the growing number of people living in a van or caravan. The city is also home to Isambard - the UK's most powerful supercomputer. We pay it a visit and hear about its potential.

**THU 18:00 Six O'Clock News (m002qtj2)**  
Sir Keir Starmer apologises for appointing Lord Mandelson as ambassador to the US

The Prime Minister apologises to victims of Jeffrey Epstein for appointing Lord Mandelson as ambassador to Washington, but some Labour MPs say he must go. Also: The governor of the Bank of England says interest rates should continue to fall, but not to the levels seen at the start of the pandemic. And passengers complain of long queues at passport control in some European airports as a new biometric system is rolled out further.

**THU 18:30 Stand-Up Specials (m002qtj4)**  
Finlay Christie Is Younger Than You

In this Stand-up Special Finlay Christie makes his Radio 4

debut in front of a live audience at The Brunswick in Brighton.

He provides insight into how he and his generation have grown into the adults they're now expected to be. Using new and existing material from his critically acclaimed Edinburgh shows he'll cover topics like; the expectations of different generations; "pensioners complaining they can't heat their house. That sounds like a boast - You've got a house?!" ..."

- the differences between the generations; "People say young people are more sensitive, but every generation is sensitive, we're just sensitive about different stuff. We're sensitive about pronouns, old people are sensitive about Princess Diana."

- how his generation feel about the world; "Gen Z are very nihilistic. World's gonna end in our lifetimes and we don't care. One girl in Sweden cared and that made the news."

"TikTok has made me see people who watch films as intellectuals. Ooh, you have a penchant for cinema?? Ohohoho."  
And how it now feels to be a man; "the difference between Man and Boy - "Landlord bad.... rent boy..nice...." "It's a boy" - "congratulations". "It's a man" - "allegations."

At 19, Finlay became one of the youngest ever winners of the prestigious So You Think You're Funny competition, following in the footsteps of Peter Kay, Lee Mack and Sarah Millican. 3 years later, his debut Edinburgh show "OK Zoomer" was nominated for NextUp's "Best Show" award and was released as a special in October 2023. His material, based around his experience as a Gen Z, led Chortle to describe him as "the voice of his generation."

Producer: Julian Mayers

**THU 19:00 The Archers (m002qtj6)**

At the Bull Ruth takes Kenton aside to ask if there are any tables left for Valentine's. Knowing that David's already booked one, Kenton tells her they're all fully booked. Later he relents and offers her a table for the Friday, explaining David's secretly booked for the Saturday. Ruth's table would be a proper one rather than cramped at the bar, so she instructs Kenton to cancel David's reservation and confirms hers. Later she asks casually if David would like to do something on Friday night. David responds that bearing in mind how busy they are on Saturday, it might be best just to stay in.

Amber and George agree that whatever happens at the dinner with Amber's parents, they have each other's backs. Anne Marie and Bill politely cover their mild surprise at seeing George before settling in to chat about the 'situation', and the plan. When it becomes clear this means questioning whether or not Amber's pregnancy will go ahead, Amber's firm that this is not an accident; she's having her baby and will live with George. Anne Marie persists with her view that they have options. Appalled Amber tries to close the conversation down, but her mother insists she doesn't want Amber to be trapped. Gutted not to have her parents support, Amber chooses George, and the family who'll love her just as she is. Amber worries to George she might turn out like her mum, but George reassures her. They have everything they need, together.

**THU 19:15 Front Row (m002qtj8)**

Review: Mark Haddon's memoir - Leaving Home, Twinless film, Mackenzie Crook's Small Prophets

Tom is joined by reviewers Tristram Fane Saunders and Natalie Jamieson to discuss...

Mark (The Curious Incident of The Dog in the Night-time) Haddon's autobiography Leaving Home.  
The dark comedy film Twinless about two men who lost their respective twin brothers and develop a growing friendship after meeting in a support group.  
And Mackenzie Crook's new TV series Small Prophets, which stars Michael Palin.  
Also Saturday Night Live has announced its UK line-up, and the return of The Muppets.

Presenter: Tom Sutcliffe

**THU 20:00 When It Hits the Fan (m002qtf0)**  
[Repeat of broadcast at 16:00 on Wednesday]

**THU 20:15 The Media Show (m002qtf2)**  
[Repeat of broadcast at 16:15 on Wednesday]

**THU 21:00 Loose Ends (m002qrc6)**  
[Repeat of broadcast at 18:15 on Saturday]

**THU 21:45 Strong Message Here (m002qth5)**  
[Repeat of broadcast at 09:45 today]

**THU 22:00 The World Tonight (m002qtjb)**

How safe is Sir Keir Starmer tonight?

Some Labour MPs have been calling for the Prime Minister to stand down, particularly in light of yesterday's extraordinary and lengthy debate in the Commons on the appointment of Peter Mandelson as US ambassador. And others have - publicly - put him on notice. One backbencher tells us his colleagues need to learn from recent political history.

Also on the programme: The newspaper that brought to light the Watergate scandal - The Washington Post - lays off hundreds of staff. What does it reveal about the state of the media in America? And the small scale Norwegian film with nine Oscar nominations: the director Joachim Trier tells us more about "Sentimental Value", and why European cinema is thriving.

**THU 22:45 The White Lady of Morecambe by Jenn Ashworth (m002qtjd)**

4. The Burning Tide

Julie Hesmondhalgh continues Jenn Ashworth's original five-part eco-gothic story, written for Radio 4.

Set in the near future, on the shifting sands of Morecambe Bay, old stories face new realities. Britain's coastline is now at risk, and while the sea takes bites out of the land, and the once prosperous town slowly shuts down, some hang on here in the Bay, clinging to hope, or perhaps to superstitions from the past. Others move inland, to the resettlement areas, fearful of the brutal new tides. Among those stubborn few remaining are cafe-owner Helen, her daughter Ruby and old friend Margery.

Today: the King Tide, bigger than ever, has hit, and, as floodwaters batter the coast, Helen fears her daughter is out there, alone, on the shifting sands...

Reader: Julie Hesmondhalgh  
Writer: Jenn Ashworth  
Producer: Justine Willett

**THU 23:00 Radical with Amol Rajan (m002qtjg)**

Social Media Bans: Are We at a Global Turning Point? (Jonathan Haidt)

Social psychologist Jonathan Haidt is at the forefront of the campaign to ban social media for under-16s and end what he calls "phone-based childhoods".

His book, *The Anxious Generation*, sparked a global reckoning that has led countries like Australia and Spain to introduce laws restricting access to social media platforms.

He spoke to Amol ahead of a meeting with UK health secretary Wes Streeting about why he thinks we're at a tipping point, whether technology is making us "stupider" and how parents can reduce their child's smartphone use by organising local "play-bourhoods".

A Meta spokesperson said: "We agree with Jonathan Haidt that keeping teens safe online is critical. That's why we've made meaningful changes - like Teen Accounts - to limit who can contact teens, what they see, and their time on our apps. However, two recent independent, large-scale studies in the UK and Australia, including one from Oxford, show the complexity of teen mental health and that many factors beyond social media influence it. Any serious conversation should reflect all the evidence and social media's positive role for teens: friendship, skill-building and finding community."

Snapchat and TikTok were approached for comment.

## TIMECODES

**(00:03:45)** Are we reaching a global turning point in how children interact with technology?

**(00:05:58)** Understanding why governments have been slow to respond

**(00:10:23)** How Meta has reacted to Jonathan Haidt's research

**(00:12:35)** Exploring the claim that we are becoming 'stupider'

**(00:15:58)** Phone-free schools

**(00:19:13)** The rise and impact of the loneliness epidemic

**(00:24:38)** Jonathan presents his evidence on the 'correlation vs. causation' debate

**(00:34:09)** How Jonathan addresses criticism of his work

**(00:35:17)** What the science shows about social media, smartphones and developing brains

**(00:37:44)** Why children benefit from facing adversity

**(00:40:18)** Jonathan Haidt's message to children

**(00:42:47)** Jonathan Haidt's message to parents

**(00:49:48)** Examining the argument that kids will always find ways around social media restrictions

**(00:53:08)** Meta's response

GET IN TOUCH

\* WhatsApp: 0330 123 9480  
\* Email: radical@bbc.co.uk

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

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

Radical with Amol Rajan is a Today Podcast. It was made by Lewis Vickers with Anna Budd. Digital production was by Gabriel Purcell-Davis. Technical production was by Dafydd Evans. The editor is Sam Bonham. The executive producer is Owenna Griffiths.

**THU 23:30 Today in Parliament (m002qtjj)**

Alicia McCarthy reports as pressure grows on Ministers over the Peter Mandelson scandal.

**FRIDAY 06 FEBRUARY 2026****FRI 00:00 Midnight News (m002qtjl)**

National and international news from BBC Radio 4

**FRI 00:30 Constable's Year by Susan Owens (m002qtke)**

[Repeat of broadcast at 11:45 on Thursday]

**FRI 00:48 Shipping Forecast (m002qtjn)**

The latest weather reports and forecasts for UK shipping

**FRI 01:00 Selection of BBC World Service Programmes (m002qtjq)**

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

**FRI 05:00 News Summary (m002qtjs)**

National and international news from BBC Radio 4

**FRI 05:04 Yesterday in Parliament (m002qtjv)**

Susan Hulme reports as MPs with personal experience of the disease discuss England's 10-year cancer strategy

**FRI 05:34 Shipping Forecast (m002qtjx)**

The latest weather reports and forecasts for UK shipping

**FRI 05:43 Prayer for the Day (m002qtjz)**

Technology is both a gift and a challenge

Good morning!

On this day in 1958, a little-remembered man applied for a patent for what would become known as an 'integrated circuit'.

US inventor Jack Kirby is not exactly a household name in the same way that Bill Gates, Steve Jobs, Mark Zuckerberg or Elon Musk is.

But, his invention of the 'integrated circuit' - which was soon utilised in the first personal calculator - led to the microchip, which powers so much of what we rely on now in daily life.

Among the inventions that shaped the twentieth century, few can rival the microchip.

This tiny silicon component made possible the digital world we live in today: computers, mobile phones, satellites, artificial intelligence, and cybersecurity systems.

Sometimes I wonder if life would've been simpler without the microchip.

I jest, of course, technology has made so many lives easier and

has aided so many medical advances and improved the quality of life of so many people.

But technology is both a gift and a challenge. It can be used for so much good but can also cause so much harm.

Technology has made it so much easier to communicate, but it has also broken down boundaries to the extent where often we no longer know what is real and what is fake, artificial even.

Artificial intelligence is here to stay; it will revolutionise how we live our lives. It IS revolutionising how we live our lives.

But we need to have courageous conversations about how Artificial Intelligence can serve humanity, not the other way around.

So, today I pray for discernment - the wisdom to see technology as the gift it is, while accepting it must be harnessed for good. Amen.

**FRI 05:45 Farming Today (m002qtkl1)**

The National Farmers' Union of Scotland holds its annual conference and calls for more funding to improve profitability.

All this week we've been speaking to people new to farming. Today, we hear from two new entrants about how they got their feet on the ladder.

We visit a company in Wiltshire that specialises in UK grown hemp seed.

Presented by Anna Hill and produced by Beatrice Fenton.

**FRI 06:00 Today (m002qv6y)**

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

**FRI 09:00 Desert Island Discs (m002qrfh)**

[Repeat of broadcast at 10:00 on Sunday]

**FRI 10:00 Woman's Hour (m002qv70)**

Sinners, AI boyfriends, Autistic girls, Abuse and Muslim women

The cinematographer Autumn Durald Arkapaw has been nominated for an Academy Award for "Sinners," an American horror film nominated this year for a record sixteen Oscars and thirteen BAFTAs. It's a period drama written and directed by Ryan Coogler, set in the 1930s South, with a supernatural twist. Autumn's previous credits include *The Last Showgirl* and *Black Panther: Wakanda Forever*. Anita talks to Autumn about her career so far and becoming the first woman of colour - and only the fourth woman ever - to be recognized in the Oscars cinematography category.

Following the summer riots in 2024, the Women and Equalities Committee examined the impact of increasing tensions on women in Muslim communities across the UK and reported that the online, verbal and physical abuse and discrimination faced by Muslim women was having a 'deeply damaging impact on individual lives and a corrosive effect on community cohesion'. Baroness Shaista Gohir OBE, CEO of the Muslim Women's Network and Iman Atta, CEO of Tell Mama join Anita to discuss the WEC's findings.

AI companions are becoming increasingly common, with one in three adults now using them for conversation, advice and support. Now recent research from Bangor University has shown that many teen AI companion users believe their bots can think or understand. That research prompted Nicola Bryan, a reporter for BBC Wales News to investigate and acquire an "AI boyfriend" of her own in the process. Nicola talks to Anita about what happened next.

Autism probably affects girls and boys equally, according to a long term study by the Karolinska Institutet in Sweden. The new research challenges previously held assumptions that autism is more common among males; it found that by the age of twenty, the male-to-female ratio of diagnoses was equal. But in children aged under ten, four boys are diagnosed for every one girl. To discuss the findings, Anita is joined by Doctor Judith Brown, Head of Evidence and Research at the National Autistic Society and Betsey, an autistic 18-year old university student.

Presenter: Anita Rani  
Producer: Rebecca Myatt

**FRI 11:00 The Food Programme (m002qv72)**

The Future of Our Food

In a special edition Dan Saladino talks to the UK's biggest food producers and retailers to hear their visions for the future of food, health, sustainability and resilience.

Along with the DEFRA minister Dame Angela Eagle, some of the most influential figures in food and farming are gathering at the annual Sustainable Foods event held in London. On the agenda will be health and nutrition, food security, net zero and regenerative agriculture.

Will the ideas and strategies, outlined by the major supermarkets, food manufacturers and farming organisations result in significant changes to food in the UK?

Produced and presented by Dan Saladino.

**FRI 11:45 Constable's Year by Susan Owens (m002qv74)**  
Episode 5: Winter

Celebrating the 250th anniversary of John Constable's birth, Susan Owens offers a fresh look at how his life and work were shaped by his abiding love for his native Suffolk and the annual cycle of the natural world.

Today Constable is often considered to be a traditional artist, but he was a radical in his own time. Susan Owens describes how he rejected lazy, second-hand versions of nature; instead, he subjected the land, its people and its industry to intense scrutiny, and developed a new kind of painting to reflect the landscape and weather he saw with his farmer's eye. He knew intimately the lanes, fields and millponds around his childhood home in East Bergholt in Suffolk, and he painted and understood the countryside as a place of labour as well as natural beauty.

Enriched with quotations from Constable's funny, tender and acerbic letters, we follow him from his youth in the late 1700s, through the great love story of his marriage, to the final months of his life in 1837.

In this final episode we explore Constable's growing fascination with the landscapes of winter as, towards the end of his life, he embarks on an ambitious project to publish his works as a sumptuous volume of prints.

Dr Susan Owens is an expert on British landscape art, and while Curator of Paintings at the V&A she was involved in the major exhibition *Constable: The Making of a Master*. Her latest book, *The Story of Drawing: An Alternative History*, was Apollo magazine's Book of the Year in 2024.

Reader: Susannah Harker  
Abridger and producer: Jane Greenwood  
Executive Producer: Sara Davies  
Studio Production: Jon Calver  
A Loftus Media production for BBC Radio 4 and BBC Sounds

**FRI 12:00 News Summary (m002qv76)**  
The latest national and international news from BBC Radio 4.

**FRI 12:04 AntiSocial (m002qv78)**  
The Nostalgia Divide

Peace talks for the culture wars. Nostalgia and the cringe factor. Adam Fleming explores why 2016 is big online, especially for Gen Z. Can you really be nostalgic for things you didn't really experience. With the help of others, Adam unpicks what nostalgia is and where it came from.

Presenter: Adam Fleming  
Producers: Natasha Fernandes, Tom Gillett and John Murphy  
Studio Manager: Andrew Mills  
Editor: Penny Murphy

**FRI 12:57 Weather (m002qv7b)**  
The latest weather forecast

**FRI 13:00 World at One (m002qv7d)**  
Figures cast doubt over NHS waiting list falls

New analysis suggests a fall in waiting lists at England's NHS trusts are not what they seem. We ask former trust boss Nick Hulme what's going on. Plus, the Food Standards Agency outlines the latest baby formula recall; why Al-Qaeda is thought to be fifty times larger than it was after 9/11, and actor Riz Ahmed on his very modern take on Hamlet.

**FRI 13:45 In Detail... (p0m5503s)**  
Sanctuary: An Act of Defiance

Episode 5

A Sri Lankan man begs for sanctuary in a church in 1986.

Viraj Mendis says he faces death if sent back to his home country. Father John Methuen protects him from arrest, risking his reputation and the safety of Ascension church and allows a

devoted group to protect him in the church.

Presenter Father Azariah France-Williams is the current rector of Ascension Church. He goes on a journey of discovery, finding out how the Sanctuary gamble leads to a two year culture war that defies Prime Minister Margaret Thatcher's authority before crashing down.

Presenter: Father Azariah France-Williams.  
Producer: Jen Dale.  
Sound design: Kasel Kundola.  
Online producer: Rachael Smith.  
Executive producer: Ciaran Tracey.  
Additional sound recording by Seb Rabas, Graham Kirk and Jan Seebeck.  
Original material recorded and licensed by Big City Nights.  
Executive editor: Andrew Bowman.  
Commissioning editor: Alistair Miskin.  
Artwork photograph of Viraj Mendis: Paul Mattsson.

**FRI 14:00 The Archers (m002qtj6)**  
[Repeat of broadcast at 19:00 on Thursday]

**FRI 14:15 Limelight (m002qv7h)**  
Wolf Valley

Episode 3

Rose was witness to a dark Norse ritual the night before she died. What does the main suspect know?

Lena Ekström's investigation widens as Lars' story starts to unravel, revealing rituals, runes and the unsettling culture behind Valborg Academy. Clues begin to point toward Asgaard's founders, and a call from Echo Terra deepens the corporate and political stakes around Rose's death.

Meanwhile, a return to her childhood haunts, and a resurfacing trauma, threatens Lena's composure just as the case takes a sharp turn. When she and Aksel track a lead to a secluded cabin, they make a shocking discovery that rips the investigation open. Wolf Valley's shadows are lengthening, and Lena is being pulled further in than ever before.

The third episode of a propulsive Nordic noir ecothriller in which ancient beliefs and modern conspiracies converge within an isolated Nordic valley.

LENA - Amrita Acharia  
AKSEL - David Menkin  
MAGNUS - Eirik Knutsvik  
HENRIK - Øystein Lode  
HEADMASTER - Christopher Dane  
VINNY - Alex Farrell  
PAUL - Raj Ghatak  
EVA - Ingvild Lakou  
LARS - Laurits Bjerrum  
SUSANNA - Ingrid Werner  
ANNETTE - Sarah Whitehouse  
WAITRESS - Ronja Haugholt  
OSKAR - Raife Sutherland  
LENA'S MUM - Ingvild Lakou  
YOUNG LENA - Mackenzie Sutherland

All other parts played by the cast

Written by Charlotte Melén  
Composer - Marcus Aurelius Hjelmberg  
Singer - Johanne Baadsgaard Lange  
Sound Design - Louis Blatherwick, Steve Bond  
Director - Charlotte Melén  
Producer - Eleanor Mein  
Assistant Producer - Chloe Sackur  
Script Consultant - Lauren Shippen  
Development Producer - Saskia Black  
Executive Producers - Charlotte Melén, Celia de Wolff

An Almost Tangible production for BBC Radio 4

**FRI 14:45 Materials of State (m002mn0f)**  
The Stone of Destiny

David Cannadine continues examining the origins, symbolism and contemporary significance of the objects and emblems that underpin the British constitution.

In this fifth episode, he's looking at the Stone of Destiny, also known as the Stone of Scone - an ancient symbol of Scottish monarchy with a complex and contested history intertwined with both Scottish and British identity. The stone's earliest origins are shrouded in myth, but it was certainly used in the inauguration of Scottish kings at Scone Abbey from at least 1249. In 1296, King Edward I of England seized the stone as war booty. It was taken to Westminster Abbey and incorporated into a specially constructed Coronation Chair, which has been used in the coronation ceremonies of English, and later British,

monarchs for over 700 years.

On Christmas Day 1950, four Scottish students, who supported an independent Scottish Parliament, removed the stone from Westminster Abbey to draw attention to their nationalist cause. The stone broke in two during the removal and was secretly repaired by stonemason Bertie Gray in Glasgow before being left at Arbroath Abbey and subsequently returned to Westminster. Gray was a keen Scottish nationalist and he kept fragments of the Stone during its repair to give out as relics. The historian Sally Foster has traced the whereabouts of many of these fragments which have travelled far and wide.

In 1996, the Conservative Prime Minister John Major announced the stone's return to Scotland, with the agreement stipulating that the stone must be returned to Westminster Abbey for any future coronation ceremony. The stone was brought to Westminster Abbey for the coronation of King Charles III in May 2023. It is now on permanent display at the Perth Museum in Scotland, near its place of origin in Scone. It can rest more easily as a heritage object now Scotland has its own Parliament, yet David argues it is still a highly charged 'material of state' with a complex and contested history.

Contributors in order of appearance:

Mark Hall, Collections Officer, Perth Museum, Scotland  
Dr Fiona Watson, historian  
Professor Sally Foster, Professor of Heritage in History at the University of Stirling

Presented by Professor Sir David Cannadine  
Series Producer: Melissa FitzGerald  
Series Researcher: Martin Spychal  
Sound Mixing: Tony Churnside

The series has been made in association with the History of Parliament Trust

A Zinc Audio production for BBC Radio 4

**FRI 15:00 Gardeners' Question Time (m002qv7k)**  
Kimpton

Peter Gibbs and the GQT team are in Kimpton, Hertfordshire.

He's joined by Bob Flowerdew, Bunny Guinness and Juliet Sargeant.

With questions submitted from the local audience in Kimpton Memorial Hall, the panel take on a wide range of horticultural challenges, from alternatives to Valentine's Day roses, to selecting shrubs for a north-facing chalk-clay garden and innovative ways of harvesting horseradish.

The panellists also advise our questioners on how to grow figs in containers, prune winter honeysuckle and propagate daphne, and they tell us how best to manage the surprise appearance of fairy rings in a lawn.

Alongside these questions, Marcus Chilton Jones, Curator at RHS Bridgewater shares the Do's and Don'ts of winter pruning.

Producer: Matthew Smith  
Assistant Producer: William Norton

A Somethin' Else production for BBC Radio 4

**FRI 15:45 Short Works (m002qv7m)**  
The Bench by Isy Suttie

Clare has recently moved to Lyme Regis with her young son as her marriage has fallen apart. Isolated and lonely, she finds a moment of solace every morning on a seaside bench with a coffee, where she can watch the waves. One morning after forgetting her empty cup on the bench she finds a note admonishing her for doing so. She scribbles an angry reply, and thus enters into a stream of written correspondence with its sender, Daniel, who, over the weeks, reveals himself to be just as vulnerable as she is.

His letters form the highlight of her day until a difficult visit from her ex and an anonymous Valentine's package on her bench threaten to derail her fragile routine, and she has to dig deep to find the best way forward.

A story about courage and new beginnings.

Written and read by Isy Suttie  
Produced by Alison Crawford

Isy is a writer, actress and comedian and a regular on BBC Radio 4, in programmes ranging from documentaries and sketch shows to her solo series *Isy Suttie's Love Letters*, which won a Gold Sony Award. She has been nominated for three British Comedy Awards, and her TV acting credits include *Dobby in Peep Show*, *Nat in Damned* and *Ali in Man Down*, along with many appearances as herself in shows from *Would I*

Lie To You? to Q.I. She plays Brid in CBBC's High Hoops, and has published two books, a memoir called The Actual One and a novel, Jane Is Trying.

**FRI 16:00 Last Word (m002qv7p)**

Sir Nicholas White, Lord Wallace, Professor Deborah Cameron, Sly Dunbar

Matthew Bannister on

Sir Nicholas White, whose research on tropical diseases saved millions of lives.

Lord Wallace, the Liberal Democrat who served in the Scottish and Westminster parliaments and was Deputy to three First Ministers.

Professor Deborah Cameron who studied the use of language from a feminist perspective.

Sly Dunbar, the Jamaican drummer who played on hundreds of hit records and teamed up with bass player Robbie Shakespeare to form "The Riddim Twins".

Interviewee: Professor Nicholas Day  
Interviewee: Lord McConnell  
Interviewee: Professor Miriam Meyerhoff  
Interviewee: Jazzie B  
Interviewee: Kevin Le Gendre

Producer: Gareth Nelson-Davies  
Assistant Producer: Catherine Powell  
Researcher: Jesse Edwards  
Editor: Glyn Tansley

Archive used:

Nick White: Improving the treatment of infectious diseases, Mahidol Oxford Research Unit (MORU) in Bangkok, Thailand, Tropical Medicine Oxford YouTube Channel, uploaded 08/03/2024; Professor Nick White: malaria, Mahidol Oxford Tropical Medicine Research Unit (MORU) interview, University of Oxford YouTube channel, uploaded 26 Jan 2012; Nicholas White, "Malaria Defeating The Curse", Horizon, BBC Two, 05/06/2005; Nick White, Fatal Latitudes, BBC Two, 23/02/1993; Jim Wallace, Scottish Devolution Referendum, Reporting Scotland, BBC Scotland 1997; Coalition, Reporting Scotland, BBC Scotland 14/05/1999; Jim Wallace, Acting first minister clip, FMQs, Scottish Parliament, 15/11/2001; Jim Wallace interview, Stark Talk, BBC Radio Scotland, 09/06/2000; Deborah Cameron interview, Woman's Hour, BBC Radio 4, 31/10/2025; Deborah Cameron interview, Speak Up, BBC Radio 4, 02/08/2024;

**FRI 16:30 Sideways (m002qtdd)**

[Repeat of broadcast at 09:00 on Wednesday]

**FRI 17:00 PM (m002qv7r)**

Serial killer Steven Wright jailed for another murder

The mass murderer, Steven Wright, is convicted of murder, kidnapping and attempted kidnapping offences committed more than a quarter of a century ago. Officers from the Met's Specialist Crime team search two addresses linked to Lord Mandelson. Also on PM, can a new chart for contemporary classical music increase its audience?

**FRI 18:00 Six O'Clock News (m002qv7t)**

Police search two properties linked to Lord Mandelson

Police say they are searching two properties linked to Lord Mandelson, as they investigate allegations of misconduct in a public office, related to his communication with Jeffrey Epstein. The BBC understands Lord Mandelson doesn't believe he's acted in any way criminally. Also: The serial killer, Steve Wright, has been sentenced to a minimum of 40 years for murdering 17-year-old Victoria Hall in 1999, seven years before he killed five more women. And rugby fans have criticised ITV for showing adverts while last night's Six Nations match between Ireland and France was in play.

**FRI 18:30 The News Quiz (m002qv7w)**

Series 119

5. The Prince of Darkness

Is there a way out for Keir Starmer after the Peter Mandelson scandal? Who fled 'under the cover of darkness' from their royal lodgings? What exactly is a humble address? And why are iguanas falling out of trees? Helping Andy answer some of the big questions of the week are Desiree Burch, Pierre Novellie, Daniel Finkelstein and Catherine Bohart.

Written by Andy Zaltzman.

With additional material by: Cody Dahler, Eve Delaney and Sarah Mills

Producer: Georgia Keating  
Executive Producers: Richard Morris and James Robinson  
Production Coordinator: Giulia Lopes Mazzu  
Sound Editor: Marc Willcox

A BBC Studios Production for Radio 4.

**FRI 19:00 The Archers (m002qv7y)**

Susan comes to see Clarrie with some early birthday treats and a proposition. Accompanying her on the school pick-up run, Susan asks whether she might be interested in taking back her old job at the dairy. They're rushed off their feet at Bridge Farm and they need help. Clarrie admits she misses the place and working with Susan, but she enjoys her work at Underwoods Local and in the school. The people are lovely, both jobs are easier on her body, and she gets to pick up Poppy. Susan's disappointed but glad to see Clarrie so content.

There's a crisis at Meadow Farm. The cows are out and Esme's struggling. George lends a capable hand and the animals are soon under control. Later George reassures Esme. He's located the cause of the escape – there's a broken gate on the winter housing. Esme's grateful. When Josh finds George fixing the gate, he admits he must have knocked it yesterday when he was scraping the yard. He feels awful but George tells him to stop worrying, it's all fine. Josh apologises to Esme, who thinks the work at Meadow Farm might be too much for him. He has his own business to keep running. She needs to stand on her own feet, and besides she has George helping now. When Josh declares he doesn't trust George, Esme doesn't share his scepticism. She believes George is genuine and that the job means a lot to him. She offers George the afternoon milking, and Josh has to reluctantly let go of the reins.

**FRI 19:15 Screenshot (m002qv80)**

Yorkshire

As a new adaptation of Emily Bronte's Yorkshire-set novel Wuthering Heights hits cinemas, Ellen E Jones and Mark Kermod look at how the area known as God's Own Country has been depicted in film and television.

Mark speaks to Pulp frontman Jarvis Cocker about his love for the 1969 Ken Loach film Kes, and about why the city of Sheffield was the perfect setting for the post-apocalyptic TV drama Threads.

And Mark also speaks to Clio Barnard - the writer-director behind such acclaimed films as The Arbor, The Selfish Giant and Ali & Ava - about why she is repeatedly drawn to Yorkshire in her film-making.

Meanwhile, Ellen talks to Sally Wainwright, the prolific TV writer who has made her name with a series of insightful, essential television dramas set in Yorkshire, from At Home with the Braithwaites to Riot Women.

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

**FRI 20:00 Any Questions? (m002qv82)**

Baroness Chapman, Laila Cunningham, Richard Holden MP, Caroline Lucas

Alex Forsyth presents political debate from Highlands Methodist Church in Leigh-on-Sea in Essex with the International Development Minister Baroness Jenny Chapman, Reform UK's London Mayoral candidate Laila Cunningham, the Shadow Transport Secretary Richard Holden MP and the former leader of the Green Party of England and Wales Caroline Lucas.

Producer: Robin Markwell  
Assistant producer: Jo Dwyer  
Production co-ordinator: Ishmael Soriano  
Lead broadcast engineer: Phil Zentner  
Editor: Glyn Tansley

**FRI 20:55 This Week in History (m002qv84)**

2nd to 8th February

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

This week: 2nd to 8th February

7th February 1974 - British Prime Minister Edward Heath calls a snap general election as the country grapples with a miners' strike and an energy crisis.

5th February 1919 - Charlie Chaplin, Mary Pickford, Douglas Fairbanks and D.W. Griffith challenge the Hollywood power structure by forming their own film studio - United Artists.  
2nd February 1709 - A decade before the publication of Daniel

Defoe's 'Robinson Crusoe', Scottish sailor Alexander Selkirk is rescued after spending four years marooned on an island in the South Pacific.

Presented by Viji Alles and Jane Steel.

**FRI 21:00 Free Thinking (m002qv86)**

Is Might Right?

'The strong do what they will, the weak suffer what they must'. So claimed the powerful Athenians, according to the Ancient Greek historian Thucydides. Plato tried to demonstrate that might does not make right, and thinkers ever since, from Hobbes and Rousseau to Kant and Carl Schmitt, have placed the idea that might is right at the centre of their political philosophies, for better or worse. Matthew Sweet traces the intellectual history of the idea, with Angie Hobbs, Margaret MacMillan, Lea Ypi, and Hugo Drochon.

Angie Hobbs' book Why Plato Matters Now, and Lea Ypi's book Indignity, are both out now, Hugo Drochon's book Elites And Democracy is published in March  
Producer: Luke Mulhall

**FRI 22:00 The World Tonight (m002qv88)**

Winter Olympics open in Italy

The Winter Olympics has officially begun in Italy tonight - with, for the first time, two opening ceremonies, in Milan and in the Dolomites. One of the world's top skiers, Lindsey Vonn hopes to compete this weekend, despite badly injuring her knee ligament. We hear from another Winter Olympian why that bit of tissue is so important and speak to a British-born member of the world's most famous bobsleigh team.

Also on the programme: A year after President Trump announced the suspension of US overseas aid, we hear about the effects on HIV treatment in South Africa

And we speak to the director of a BAFTA-nominated documentary, co-produced by Brad Pitt, looking at the influence of evangelical Christianity on far-right politics in Brazil.

**FRI 22:45 The White Lady of Morecambe by Jenn Ashworth (m002qv8b)**

5. What Remained

Julie Hesmondhalgh reads the final part of Jenn Ashworth's eco-gothic story, written for Radio 4.

Set in the near future, on the shifting sands of Morecambe Bay, old stories face new realities. Britain's coastline is now at risk, and while the sea takes bites out of the land, and the once prosperous town slowly shuts down, some hang on here in the Bay, clinging to hope, or perhaps to superstitions from the past. Others move inland, to the resettlement areas, fearful of the brutal new tides. Among those stubborn few remaining are cafe-owner Helen, her daughter Ruby and old friend Margery.

Today: Confused by who, or what, she saw out on the sands, Helen is finally forced to face her future...

Reader: Julie Hesmondhalgh  
Writer: Jenn Ashworth  
Producer: Justine Willett

**FRI 23:00 Americast (w3ct8bz3)**

Is Donald Trump going to cancel the midterm elections?

This week Donald Trump has doubled down on why he thinks power should be taken away from individual states when it comes to running elections. Instead, he says federal government should be running elections - contrary to the U.S. constitution - claiming there is too much corruption from "crooked" blue Democrat states.

In this episode, Justin and Anthony unpack what the president is proposing, and look at other ways Republicans could disrupt this year's midterms. Also, is there a way Trump may be able to effectively cancel or stop the midterms from happening at all?

Plus, what are the Democrats up to ahead of the midterms? The California governor Gavin Newsom achieved a win in the Supreme Court, allowing California to use a new voting map that favours Democrats. And there's been a historic win in Texas with a huge 31-point swing towards the Democrats from the '24 presidential election. What does this tell us about the popularity of Democratic policies?

And we hear another entry into the 'United States of Americast' - this time from Jenny in Utah who tells us about the issues that matter in the 'Beehive State'.

HOSTS:  
• Justin Webb, Radio 4 presenter  
• Anthony Zurcher, North America Correspondent

## GET IN TOUCH:

- Join our online community: <https://discord.gg/qSrxqNcmRB>
- Send us a message or voice note via WhatsApp to +44 330 123 9480
- Email [Americast@bbc.co.uk](mailto:Americast@bbc.co.uk)
- Or use #Americast

The race to the midterms is well and truly under

This episode was made by Purvee Pattni with Rufus Gray, Grace Reeve and Kris Jalowiecki. The technical producer was Mike Regaard. The series producer is Purvee Pattni. The senior news editor is Sam Bonham.

If you want to be notified every time we publish a new episode, please subscribe to us on BBC Sounds by hitting the subscribe button on the app.

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

US Election Unspun: Sign up for Anthony's BBC newsletter: <https://www.bbc.co.uk/news/world-us-canada-68093155>

Americast is part of the BBC News Podcasts family of podcasts. The team that makes Americast also makes lots of other podcasts, including Newscast. If you enjoy Americast (and if you're reading this then you hopefully do), then we think that you will enjoy some of our other pods too. See links below.

Newscast: <https://www.bbc.co.uk/sounds/series/p05299nl>

Radical: <https://www.bbc.co.uk/sounds/brand/p0gg4k6r>

The Global Story:

<https://www.bbc.co.uk/sounds/brand/w13xtvsd>

**FRI 23:30 Today in Parliament (m002qv8f)**

News from in and around Westminster with Sean Curran. Sean reports on the latest debate on the assisted dying bill, he's also been hearing from the author of a new book about the campaign for a second Brexit referendum and finding out about the playwright Sheridan's other career, as an MP