

SATURDAY 28 FEBRUARY 2026

SAT 00:00 Midnight News (m002rt1w)

National and international news from BBC Radio 4

SAT 00:30 Unspeakable: Survival and Transformation After Trauma by Dr Gwen Adshead and Eileen Horne (m002rt0j)

The Trainee

Pioneering forensic psychiatrist and psychotherapist, Dr Gwen Adshead, has spent thirty years as a therapist in secure hospitals, prisons and in the community.

In UNSPEAKABLE we witness her work with patients in the aftermath of distressing and traumatic events and see how speech, language and silence can influence recovery after catastrophe.

Dr Adshead was the BBC Reith Lecturer in 2024.

PART FIVE - THE TRAINEE

Childhood trauma and unspoken secrets impact a trainee at Broadmoor.

Read by Gwen Adshead

Written by Gwen Adshead and Eileen Horne

Abridged by Eileen Horne

Producer: Gaynor Macfarlane

SAT 00:48 Shipping Forecast (m002rt1y)

The latest weather reports and forecasts for UK shipping

SAT 01:00 Selection of BBC World Service Programmes (m002rt20)

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 (m002rt22)

National and international news from BBC Radio 4

SAT 05:34 Shipping Forecast (m002rt24)

The latest weather reports and forecasts for UK shipping

SAT 05:43 Prayer for the Day (m002rt26)

St David and the Pilgrim Life

Good morning, bore da, from St Davids, the UK's smallest city. This is where St David – Dewi Sant in Welsh – settled with his small community of monks, in the sixth century. On Wales' most westerly peninsula, it can sometimes seem a long way from anywhere – but in those days, travel by sea was quicker, safer, cheaper and altogether more reliable than overland, and so there were excellent connections along the coast to Scotland, over to Ireland, and down to Cornwall, Brittany and beyond. Indeed, legend has it that he, with two companions, even went on pilgrimage to the Holy Land. It's not impossible, as we know from St Jerome. Writing a century earlier, he complained about the large numbers of pilgrims clogging up Jerusalem, British among them.

He argued 'Access to the courts of heaven is as easy from Britain as it is from Jerusalem for "The kingdom of God is within you".'

It's true that we can meet God anywhere, but pilgrims through the ages report particularly deep encounters in their journeying, or at their destination.

St Davids has been a pilgrimage destination since Dewi's time – and today we continue to welcome pilgrims in droves. So tomorrow, as we celebrate his feast day, we'll especially be recalling all who travel, outwardly and inwardly, in search of a deeper experience of faith.

Lord Jesus Christ, give us grace to see you, always and everywhere; give us ears to hear your call to follow; and keep us journeying onwards wherever you lead us on life's pilgrim journey. Amen.

SAT 05:45 Lent Talks (m002rqb1)

Power and Poverty

A series of personal reflections on power inspired by the story of Jesus' Passion.

Six essays tracing the hidden currents of power in everyday life: how it shapes us, how it works, how it wounds, and how it can be resisted, claimed, and reclaimed.

In this episode, Keely Dalven – CEO of 'The Brick', an organisation tackling homelessness and deprivation in Wigan – explores power and poverty.

Producer: Dan Tierney.

SAT 06:00 News and Papers (m002s36s)

The news headlines, including a look at the newspapers.

SAT 06:07 Open Country (m002rrwm)

Savernake Forest

It's an ancient hunting ground with thousands of 'veteran' trees. Henry VIII visited often as it was the seat of the Seymour Family at nearby Wolfhall. Martha visits the forest to learn about its past as well as how ecologist Andy Harris and forester Nikki Morgans manage this special site and aim to 'future proof' it protecting the ancient trees and wildlife for the next thousand years. Historian Graham Bathe helps her measure one of the thousand year old trees and Emma Heard who produces the Weird Wiltshire blog recounts tales of hauntings from the forest.

Producer: Maggie Ayre

SAT 06:30 Farming Today (m002s36v)

The latest news about food, farming and the countryside

SAT 06:57 Weather (m002s36x)

The latest weather reports and forecast

SAT 07:00 Today (m002s36z)

Today (Saturday)

SAT 09:00 Saturday Live (m002s371)

Maggie Aderin, Shipwreck Hunting, Sea Shanties, and the Inheritance Tracks of Andy Zaltzman

Dame Maggie Aderin joins Adrian for extraordinary stories from remarkable people.

SAT 10:00 You're Dead to Me (m002s35n)

History of the Telephone: 150th anniversary special

For our 150th episode, Greg Jenner is joined by historian Professor Iwan Morus and comedian Catherine Bohart to learn about the history of the telephone on its 150th anniversary. The inventor of the telephone, Alexander Graham Bell, was granted the American patent for his new communication system 150 years ago, on the 7th March 1876, beating out fellow inventor Elisha Gray who had submitted his patent on the very same day. But Bell still had to convince people that this novel form of communication would change their lives, and so he set out on a promotional tour across America and England, showcasing the wonder of his new invention, and even gifting a pair of phones to Queen Victoria. In this episode, we look at the first few decades of the telephone's existence: the dramatic race between Bell, Gray and an Italian immigrant named Meucci to be the first to patent it, how quickly it was rolled out across America, how the technology actually worked, and its problems, including the ease with which people could eavesdrop on their neighbour's conversations. We also look at the rise in jobs for women it provided, and the social anxieties it provoked, which mirror many of the worries voiced today about smartphones and social media. And we examine some early telephone etiquette: should you answer the phone with 'hello' or 'ahoy-hoy', and did a man need to be wearing trousers when speaking on the phone to a woman?

If you're a fan of the scientific innovations of the past, feuding inventors, and the competing anxieties and opportunities of new technology, you'll love our episode on the History of the Telephone.

If you want to learn more about Victorian science with Professor Iwan Morus, listen to our episode on Vital Electricity. And for more from Catherine Bohart, check out our episodes on pirate queen Grainne O'Malley, Julie d'Aubigny, or the History of General Elections.

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 and Katharine Russell

Written by: Rosalyn Sklar, 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 The Kitchen Cabinet (m002s35q)

Series 51

Episode 2

Jay Rayner hosts a culinary panel show packed full of tasty tidbits.

SAT 11:00 The Week in Westminster (m002s373)

Radio 4's assessment of developments at Westminster

SAT 11:30 From Our Own Correspondent (m002s2zn)

Mexico's deadly drug cartel feud

Kate Adie introduces stories on Mexico's cartel war, President Trump's State of the Union address, the Russian soldiers escaping the front-line, and a slow boat journey in Benin.

Mexico was rocked by a violent rampage this week, after the drug lord, El Mencho, died following a fire-fight between his bodyguards and Mexican military commandos. It's stark evidence of the challenges facing President Claudia Sheinbaum as she vows to take on the country's criminal gangs. Quentin Sommerville reports on the fallout following El Mencho's death and the disturbingly deadly rivalry between the cartels.

'Our country is winning again,' was President Donald Trump's rallying cry at his State of the Union address this week in Washington DC, citing success in the jobs market and stopping illegal crossings at the southern border. But his sinking approval ratings suggest he's not necessarily convincing the public. Anthony Zurcher watched on in the House Chamber.

The exact toll on Russian forces in Ukraine has been closely guarded by the Kremlin, but estimates suggest more than a million Russian troops have been killed or injured over the past four years. For those who refuse to fight the consequences can be severe. Ben Steele met Russian troops who have escaped the front-line, at great personal cost.

The small West African nation of Benin is made up of around fifty different ethnic groups and languages. Most of the population is concentrated in the South - home to the country's main cities, such as the port of Cotonou. While Benin has only a handful of highways, its lush inter-connected lagoons provide a vital commercial artery. Sara Wheeler took a trip down the Black River.

Producer: Serena Tarling

Production coordinators: Katie Morrison

Editor: Richard Fenton-Smith

SAT 12:00 News Summary (m002s375)

The latest national and international news from BBC Radio 4.

SAT 12:04 Money Box (m002s2zl)

Civil Service Pension Loans and Pokémon Cards

The number of emergency hardship loans issued to former civil servants who are facing long delays for pension payments is "pitiful" according to a senior MP. Clive Betts, the deputy chair of Parliament's Public Accounts Committee, has told Money Box the loan system is "not adequate" after figures published for the first time earlier this week show fewer than 600 have been issued - compared to many thousands of people who are missing money. The Cabinet Office says an urgent recovery plan is underway and its immediate priority is to stabilise the service. Capita have previously apologised for the delays.

Nearly one in five adults now use Buy Now, Pay Later - instead of paying the whole cost upfront with a debit or credit card you can spread the cost interest free over three or four monthly payments. At one time it was young people driving the rise. But some new research from the Personal Finance Research Centre at the University of Bristol (commissioned by the Aberdeen Group Charitable Trust) suggests Buy Now, Pay Later is now spreading to older people. The number using it in their forties and sixties has grown by a third, with the biggest rise in the last two years among people in their fifties with the number using it up by half.

And, as a rare Pokémon card sells for 12 million pounds at auction - what's the appeal for collectors - and what should you think about when buying them?

Presenter: Paul Lewis

Reporter: Dan Whitworth

Researcher: Jo Krasner and Niamh McDermott

Editor: Jess Quayle

Senior News Editor: Sara Wadeson

(First broadcast Saturday 28th February 2026)

SAT 12:30 The News Quiz (m002rt1b)

Series 119

8. Flight risks and fly-tips

Joining Andy for the final episode of this series are Simon Evans, Zoe Lyons, Cindy Yu and Ahir Shah and not one of them can be deemed a flight risk. Along with the latest on Peter Mandelson's arrest they discuss how UK politics is no longer a two-party system with the Greens and Reform taking centre stage in Gorton and Denton, why Trump's State of the Union address could have been mercifully shorter and why the Chagos Islands are off limits.

Written by Andy Zaltzman.

With additional material by: Mike Shephard and Pravanya Pillay

Producer: Georgia Keating
Executive Producer: Richard Morris
Production Coordinator: Giulia Lopes Mazza
Sound Editor: Marc Willcox

A BBC Studios Production for Radio 4.

SAT 12:57 Weather (m002s377)
The latest weather forecast

SAT 13:00 News (m002s379)
National and international news from BBC Radio 4

SAT 13:10 Any Questions? (m002rt1j)
Lord Blunkett, Ellie Chown's MP, Jack Elsom, Baroness Maclean

Alex Forsyth presents political debate from St Alkmund's Church in Derby with Labour peer and former home secretary, Lord Blunkett; the leader of the Green Party in parliament, Ellie Chown's MP; the political editor of The Sun, Jack Elsom; and Conservative peer and former minister, Baroness Maclean.

Producer: Paul Martin
Assistant producer: Catherine Powell
Production co-ordinators: Ishmael Soriano & Sam Grist
Lead broadcast engineer: Phil Zentner
Editor: Glyn Tansley

SAT 14:05 Any Answers? (m002s37c)
Listeners respond to the issues raised in the preceding edition of Any Questions?

SAT 14:45 The Archers (m002rt1d)
Writer: Liz John
Director: Kim Greengrass
Editor: Jeremy Howe

Brian Aldridge ... Charles Collingwood
David Archer ... Timothy Bentinck
Helen Archer ... Louiza Patikas
Lilian Bellamy ... Sunny Ormonde
Alice Carter ... Hollie Chapman
Chris Carter ... Wilf Scolding
Susan Carter ... Charlotte Martin
Rex Fairbrother ... Nick Barber
Chelsea Horrobin ... Madeleine Leslay
Tracy Horrobin ... Susie Riddell
Akram Malik ... Asif Khan
Jazzer McCreary ... Ryan Kelly
Kirsty Miller ... Annabelle Dowler
Hannah Riley ... Helen Longworth
Lynda Snell ... Carole Boyd
Finlay ... Mark Bonnar

SAT 15:00 Secrets and Lies (m002m90m)
Like a Brother

Paul lives a quiet, tightly controlled life, dividing his time between the gym and his local pub. A former boxer, he keeps his distance from the world. Then he meets Duncan. Charismatic, reckless and impossible to ignore, Duncan draws Paul into an unlikely friendship that begins to change everything.

As their bond deepens, Paul finds himself pulled towards excitement, risk and a sense of belonging he thought he'd lost. But beneath the humour and warmth of their connection lies a growing unease, as trust is tested and lines begin to blur. Told through shifting perspectives, Like A Brother is a tense psychological crime drama about friendship, loyalty and the danger of letting the wrong person too close.

Paul Felix Scott
Duncan Tayla Kovacevic-Ebong
Jennifer Ayesha Antoine
Tommy Tom Cawte
Conor Jason Barnett

Directed by Tracey Neale

Writer:

Philip Palmer, an experienced talented writer, is incredibly good at writing these types of stories and characters as seen in his previous work for Radio 4 - Keeping The Wolf Out, Hutton Garden Heist and Precious Blood.

Produced and Directed by Tracey Neale
Sound Design, Keith Graham and Andrew Garrett
Production Co-Ordinator, Kate Gray
Casting Manger, Alex Curran

A BBC Studios Production

SAT 16:00 Woman's Hour (m002s37f)
Highlights from the Woman's Hour week

SAT 17:00 PM (m002s37h)
Full coverage of the day's news

SAT 17:30 Political Thinking with Nick Robinson (m002s37k)
'This is Iran's Berlin Wall moment': Omid Djalili, comedian and actor

The British-Iranian comic on revolutions, Kensington, 9/11 jokes, King Charles and Iran's future.

Omid Djalili has become one of the loudest voices in the Iranian diaspora calling for the overthrow of the regime in Tehran, in favour of US military action.

While the world waits for Trump's next steps, Djalili talks to Nick about growing up in a hub of London's Iranian community, chasing history from Berlin to Czechoslovakia, deciding to perform in Saudi Arabia and turning down Game of Thrones

Producers: Daniel Kraemer and Flora Murray
Sound: Jack Wilfan
Editor: Giles Edwards

SAT 17:54 Shipping Forecast (m002s37m)
The latest weather reports and forecasts for UK shipping

SAT 17:57 Weather (m002s37p)
The latest weather reports and forecast

SAT 18:00 Six O'Clock News (m002s37r)
National and international news from BBC Radio 4

SAT 18:15 Loose Ends (m002s37t)
Joanna Scanlan, Adèle Anderson, Faye Tozer, Elles Bailey, ERNIE

Stuart Maconie talks to the Riot Women and In The Thick Of It actress Joanna Scanlan on her latest project, Mercy - a dark comic thriller.

Faye Tozer is perhaps best known as part of the crowd pleasing, hearts and flowers pop band Steps, but now she's joining the cast of Mean Girls the musical - what does she make of the world of queen bees and "plastics".

Fascinating Aida's Adèle Anderson on staying fierce and fabulous while on tour with Priscilla Queen of The Desert the musical without her caberet co-stars.

Plus music from smokey-voiced, Americana-inspired English singer song-writer Elles Bailey and BBC Introducing NorthEast indie pop singer ERNIE.

Presenter: Stuart Maconie
Producer: Olive Clancy

SAT 19:00 Profile (m002s2yd)
Mackenzie Crook

'Small Prophets' has quietly taken the world by storm. A whimsy, magical and gentle show providing a tonic to modern life. Its creator, Mackenzie Crook, could arguably be described in a similar way.

Born in Sutton-on-hone a village near Dartford in 1971, his creative brilliance was evident to friends early on but instead of drama school he started work at Pizza Hut. Moving to London in his early twenties he shared a flat where dry rot led to the stairs collapsing. But his luck began to change when he took his stand up comedy routine to Edinburgh. He caught the eye of comedian Bob Mortimer and shortly after was cast as Gareth in 'The Office' the oddball Territorial Army reservist with one of the worst haircuts on television.

Crook went on to star in quirky independent and blockbuster Hollywood films alike, but aged forty he decided he wanted to write his own material and move behind the camera to direct. His first offering was the critically acclaimed series 'The Detectorists'. So who is the man behind the magic?

Production team:
Presenter: Becky Milligan
Producers: Annabel Deas, Tom Gillett and Katie Solleveld
Production Coordinators: Maria Ogundele and Gemma Ashman
Sound: Neil Churchill
Editor: Justine Lang

Archive:
BBC Television
Treasure Trove Productions
Blue House Productions
Crooksite

SAT 19:15 The Body Politic (m00274s8)
Pre-natal screening

The politics of the human body is at the centre of intense debate in the UK and beyond. Thanks to science, technology and a fast-moving political landscape, humans are increasingly able to intervene in the natural processes of life – how we are conceived, how we are born and how and when we die. But what are the limits to this intervention, how should we decide and who should decide?

Broadcaster and columnist Sonia Sodha gets behind divides and polarisation to discover nuance, complexity and compelling stories around the beginning and the end of human life.

In this episode we explore the dilemmas facing women in pregnancy as advances in genetic screening and testing offer information about the foetuses they're carrying. We travel to Denmark where a national screening programme has led to a big drop in the numbers of babies born with Down Syndrome. We talk to families with children with Down Syndrome, doctors and other experts about this controversial area of bio ethics and the societal consequences of individual choice.

Producer: Leala Padmanabhan
Sound design: Hal Haines

SAT 20:00 Archive on 4 (m002s37w)
Concorde: The Future We Flew Away From

Everyone thinks they know Concorde. The champagne... the glamour... the mach numbers... the delta wing and droop-snoot... and Phil Collins doing two concerts in one day for Live Aid.

Concorde was an instantly recognisable aeroplane - a beautiful, streamlined dart which could fly a hundred passengers across the Atlantic faster than a rifle bullet.

But for behavioural science guru Rory Sutherland, Concorde isn't just an aircraft. For him it was also a hugely expensive experiment in human psychology. It was about what we think we need contrasted with what we actually want. In this Archive on 4, marking the 50th anniversary of its first commercial flight, Rory discovers that Concorde satisfied a hunger which had nothing to do with transport.

When it was first mooted in the 1950s it was meant to usher in an exciting, new, supersonic age. Yet fifty years after that first commercial flight – and nearly 25 years after its last – Rory asks why we still fly to New York more slowly than the generation before us. Rather than a sparkling new era of supersonic travel, was Concorde always doomed to be just a brief, fever dream? Were we actually more in love with the idea of supersonic travel - and what it represented - than the reality?

As he explores the broadcast archive, Rory considers just what the Concorde story says about us, as a society, as a nation, as human beings. He discovers a story of pride and propaganda, inspiration and aspiration. Our obsession with speed accelerated in the early 20th century when the 100 mph barrier was first broken by a racing driver and the Futurist Manifesto was published by the Italian poet F.T. Marinetti. The Manifesto celebrated machinery and industry, youth, progress and, above all, speed. In the succeeding decades, human beings pushed the boundaries of technology to travel faster and faster, culminating in Concorde. But often the reason for pushing those boundaries was simply "because we can".

Rory also considers Concorde as an exercise in nation-building. In the wake of the Second World War, as Britain's empire and influence waned, it needed a way to signal – both abroad and at home - that it was still a world-beater. And creating the world's first supersonic airliner seemed a perfect way to do that.

Rory turns to the archive to compare it with another project which was almost exactly concurrent with the development of Concorde - the United States' Apollo programme to put a man

on the Moon. At the height of the Cold War, President Kennedy needed a big statement to reassert his nation on the world stage and an astronaut planting an American flag in lunar soil was the very biggest.

Concorde halved the time it took to fly from London to New York. But Rory asks what we actually achieve by "saving time". Did any business ever stand or fall by being able to cross the Atlantic in three hours rather than seven? Or was it more about prestige for those who could pay - or whose companies could pay - for a ticket on the Speedbird?

Along the way we meet Concorde's pilots, passengers and crew, its supporters, its detractors and those who see it as a valuable lesson. With new supersonic ventures emerging just as climate politics tell us to slow down, we revisit Concorde to understand what we learnt from our experiment with supersonic passenger travel. The archive reveals the truth we never said out loud - Concorde proved we can go faster, but it also proved we have absolutely no idea why we want to.

Presenter: Rory Sutherland
 Producer: Jeremy Grange
 Executive Producer: Michael Surcombe
 An Overcoat Media production for BBC Radio 4

SAT 21:00 Shadow World (m002s37y)
 Impulsive: Omnibus (part 2)

Noel Titheradge uncovers the devastating side effects of a class of prescription drugs which can cause hypersexuality and compulsive gambling.

SAT 22:00 News (m002s380)
 National and international news from BBC Radio 4

SAT 22:15 The Food Programme (m002rt0g)
 Food Stories from the Philippines

Shaped by centuries of colonialism and challenged by a changing climate, what is the future of food for the Philippines?

Recent typhoons and floods were the worst seen in decades and there has been huge biodiversity loss. In the last century 93 per cent of forest cover has been lost. The archipelago's food system also carried the influence of Spanish and American control.

However, a new generation is attempting to forge a Filipino food identity connected with a deeper history and farmers are looking to lost crops for climate adaptation.

Dan Saladino and reporter Dany Mitzman meet young farmers, producers, chefs and campaigners all attempting to create a sustainable, delicious and indigenous food future.

Produced and presented by Dan Saladino.

SAT 23:00 Stand-Up Specials (m002s382)
 Eddie Kadi and Friends

Leroy Brito, Emmanuel Sonubi and Annette Fagon

The first part of a two-part stand-up special featuring highlights from 1Xtra's Comedy Gala with some of the UK's top Black comedians, including Leroy Brito, Emmanuel Sonubi and Annette Fagon. Hosted by Eddie Kadi and recorded at the Hackney Empire in London, the unofficial home of Black British Comedy.

SAT 23:30 Counterpoint (m002rq8y)
 Series 39

Heat 8, 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 'Make The Connection', 'Pop Goes The Politician' and 'Music And Musicians From Yorkshire'.

Producer: Tom Du Croz
 Production coordinator: Jodie Charman

A BBC Studios Production for Radio 4

SUNDAY 01 MARCH 2026

SUN 00:00 Midnight News (m002s385)

National and international news from BBC Radio 4

SUN 00:15 Take Four Books (m002rq8w)
 John Lanchester

Bestselling author John Lanchester speaks to Take Four Books about his latest novel Look What You Made Me Do. Together with presenter James Crawford, they explore its connections to three other literary works. In black comedy Look What You Made Me Do, the lives of young TV writer Phoebe and 50-something metropolitan Kate become intertwined as the most talked about television show of the year seems to contain eerie similarities to the intimacies of Kate's marriage.

John's three chosen influences for this episode are Jane and Prudence by Barbara Pym from 1953; Decline and Fall by Evelyn Waugh from 1928; and Cat's Cradle, by Kurt Vonnegut from 1963.

Producer: Caitlin Sneddon
 Editor: Gillian Wheelan
 This is a BBC Audio Scotland production.

SUN 00:48 Shipping Forecast (m002s387)
 The latest weather reports and forecasts for UK shipping

SUN 01:00 Selection of BBC World Service Programmes (m002s389)
 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 (m002s38c)
 National and international news from BBC Radio 4

SUN 05:34 Shipping Forecast (m002s38f)
 The latest weather reports and forecasts for UK shipping

SUN 05:43 Bells on Sunday (m002s2zv)
 The church of St Botolph without Bishopsgate, London

Bells on Sunday comes from the church of St Botolph without Bishopsgate, London. Lying just outside the city walls the first known written record of the church is from the early 13th century. Narrowly escaping the Great Fire of London of 1666, the building fell into disrepair and was rebuilt in the 18th century and a peal of 8 bells installed. However, after only fifty four years those bells were replaced by a maiden ring of eight by the Patrick and Osborn foundry, the only complete ring by that foundry to survive. The Tenor weighs seventeen and one quarter hundredweight and is tuned to the note of D. We hear them ringing Stedman Triples.

SUN 05:45 In Touch (m002rqm8)
 SEND Reforms

The government has unveiled its new SEND reform plans, with promises to ensure that every child with additional needs will benefit from better, more tailored support, and to make every school truly inclusive. But with little specific mention of visual impairment within the policy proposals, In Touch digs into what they might mean for visually impaired pupils across England, with the help of a panel of guests and the Minister for Children and Families, Josh MacAlister.

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

SUN 06:00 News Summary (m002s2wp)
 The latest national and international news from BBC Radio 4

SUN 06:05 Thinking Allowed (m002rqlt)
 The demise of Grand Theory?

What explains the apparent decline of grand theory in sociology, and what does this shift mean for the discipline today? Laurie Taylor asks whether sociologists are now less inclined to engage with large, overarching theoretical frameworks, and explores the reasons behind this change.

He is joined by Professor Les Back (University of Glasgow)

and Professor Imogen Tyler (University of Lancaster), who consider whether theory still resonates within contemporary sociology and, if so, which thinkers remain most influential. Who are the discipline's most cited theorists today, and which grand figures - such as Marx, Weber, Durkheim and Foucault - continue to shape sociological thought?

It may be argued that theory remains stronger within feminist and women's studies traditions, but what does this suggest about long-standing questions concerning the gendered character of theory itself?

Laurie Taylor and guests set out to consider which new or emerging theoretical approaches offer fresh ways of understanding familiar social phenomena, and whether they signal a transformation in the discipline or simply a reworking of older sociological concerns.

Producer: Natalia Fernandez

SUN 06:35 On Your Farm (m002s2wt)
 Smart Water Farming

Anna Hill visits Cedars Farm in Norfolk, where a group of scientists and farmers have installed technology to be able to monitor and use the scarce water more sustainably. As the climate changes and droughts become more frequent, farmers are being asked by the Environment Agency to re-evaluate the abstraction licenses they have, and to use less water where possible. The local water abstraction group has installed sensors, gauges, boreholes and other monitoring equipment, which tells the farmer exactly where and when to take the water they need.

Produced by Sally Challoner. Presented by Anna Hill.

SUN 06:57 Weather (m002s2wy)
 The latest weather reports and forecast

SUN 07:00 News and Papers (m002s2x2)
 National and international news from BBC Radio 4

SUN 07:10 Sunday (m002s2x6)
 A look at the ethical and religious issues of the week

SUN 07:54 Radio 4 Appeal (m002s2xb)
 Build It International

Supporter Liseli Sumbwanyambe makes the Radio 4 Appeal on behalf of Build It International. The charity offers training in construction for young people in Zambia so they can develop new skills and then work on projects, like building schools, in their communities.

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 'Build It International'.
 - Cheques should be made payable to 'Build It International'.
 - You can donate online at bbc.co.uk/appeal/radio4
 - Please ensure you are donating to the correct charity by checking the name of the charity on the donate page.

Registered Charity Number: 1115989. If you'd like to find out more about the charity's work visit [*https://www.builditinternational.org](https://www.builditinternational.org)
 *The BBC is not responsible for content on external websites

Producer: Katy Takatsuki

SUN 07:57 Weather (m002s2xg)
 The latest weather reports and forecast

SUN 08:00 News and Papers (m002s2x1)
 The news headlines, including a look at the newspapers.

SUN 08:10 Sunday Worship (m002s2xq)
 St David's Day from Highfields Church, Cardiff

A live service from Highfields Church in Cardiff, for a St Davids Day special. The service is led by Jon Reeves, with reflections from Rev Dave Gobbett. In the service we also hear from Dai Hankey who has planted a new church in Cardiff.

The service includes:
 Cwm Rhondda: Guide me O thou Great Jehovah.
 The God we love

Here is Love Vast as the Ocean
Christ our hope in life and death
Christus Victor

Reading:
Psalm 66

SUN 08:48 Witness History (w3ct74nl)
Birth of the G7

In November 1975, a summit took place at Rambouillet, France, where the heads of six of the world's most industrialised nations and their finance ministers came together.

The leaders of the US, France, Germany, Britain, Japan and Italy hoped to solve the ongoing economic crisis. The summit marked the birth of an institution now known as the G7. France's former Finance Minister, Jean-Pierre Fourcade, was at the conference. He speaks to Ben Henderson.

Eye-witness accounts brought to life by archive. Witness History is for those fascinated by the past. We take you to the events that have shaped our world through the eyes of the people who were there.

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

Recent episodes explore everything from 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: The closing session of the summit at Rambouillet Castle. Credit: AFP via Getty images)

SUN 08:58 Tweet of the Day (m002s2xv)
Horatio Clare on the Buzzard

The writer Horatio Clare remembers the buzzards of his childhood, which soared above his home in the Black Mountains in south Wales.

Produced by Sophie Anton for BBC Audio in Bristol.

SUN 09:00 Broadcasting House (m002s2xz)

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

SUN 10:00 Desert Island Discs (m002s2y3)
Dwayne Fields, explorer

Dwayne Fields is an explorer and broadcaster who was appointed the UK's Chief Scout in 2024. He is the first black Briton to reach the Magnetic North Pole. His television work includes fronting the series 7 Toughest Days and co-presenting Endurance: Race to the Pole, and Expedition: Search for the Nile, with fellow adventurer Ben Fogle.

Dwayne was born in Jamaica and was brought up by his great-grandmother for the first few years of his life. When he was six he moved to north London to live with his mother. He struggled to adapt to his new surroundings until he found his way to a Cub Scouts meeting where he experienced a sense of belonging for the first time since his arrival.

As a teenager, he grew up surrounded by gang violence and experienced a serious knife attack when he was 19. A few years later, during a heated confrontation, he had a gun pointed at him. The gun misfired twice and he survived. This shocking incident spurred Dwayne to change his life and challenge himself to inspire other young people to do the same.

In 2010, he walked 400 nautical miles to reach the Magnetic North Pole. In 2019, he co-founded the WeTwo Foundation with explorer and wild camper Phoebe Smith. The Foundation gives young people from challenging backgrounds the chance to experience life-changing adventures

Dwayne lives in Peterborough with his wife Angelique, and their five children.

Presenter: Lauren Laverne

Producer: Paula McGinley

SUN 11:00 The Archers Omnibus (m002s2y7)
Writer: Liz John
Director: Kim Greengrass
Editor: Jeremy Howe

Brian Aldridge ... Charles Collingwood
David Archer ... Timothy Bentinck
Helen Archer ... Louiza Patikas
Lilian Bellamy ... Sunny Ormonde
Alice Carter ... Hollie Chapman
Chris Carter ... Wilf Scolding
Susan Carter ... Charlotte Martin
Rex Fairbrother ... Nick Barber
Chelsea Horrobin ... Madeleine Leslay
Tracy Horrobin ... Susie Riddell
Akram Malik ... Asif Khan
Jazzer McCreary ... Ryan Kelly
Kirsty Miller ... Annabelle Dowler
Hannah Riley ... Helen Longworth
Lynda Snell ... Carole Boyd
Finlay ... Mark Bonnar

SUN 12:15 Profile (m002s2yd)
[Repeat of broadcast at 19:00 on Saturday]

SUN 12:30 Just a Minute (m002rd1w)
Series 96

4. Do you remember the programme Changing Rooms?

Rachel and Cariad reveal their worst ever birthday presents and hope their families aren't listening. Paterson gets competitive in the Shakespeare round and Sue asks the all important question - what's in your bumbag?

Host: Sue Perkins
Players: Paul Merton, Paterson Joseph, Rachel Parris, Cariad Lloyd
Producer: Georgia Keating
Executive Producer: James Robinson
Production Coordinator: Sarah Nicholls
Sound Editor: Marc Willcox
Additional material by Ruth Husko

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

SUN 12:57 Weather (m002s2yh)
The latest weather forecast

SUN 13:00 The World This Weekend (m002s2ym)
Radio 4's look at the week's big stories from both home and around the world.

SUN 13:30 Currently (m002s2yq)
A Place in Politics for British Muslims

As recent studies suggest British Muslims are facing rising levels of abuse and discrimination, the BBC's Religion Editor Aleem Maqbool explores the political climate, talking to prominent figures from Muslim communities and their elected representatives.

He explores whether there should be more engagement and dialogue between Muslim communities and the government to ensure their voices are heard and to solve problems in communities.

Producer: Leela Padmanabhan

SUN 14:00 Gardeners' Question Time (m002rt10)
Postbag Edition: Ninewells Community Garden

Kathy Clugston and GQT team have packed their wellies for a trip to the Ninewells Community Garden in Dundee.

Kathy is joined by Matthew Pottage, Neil Porteous and Kirsty Wilson to explore the grounds whilst delving into the GQT Postbag together.

Among today's questions, the panellists break down which leaves are better to compost than others, tackle a listener's battle against tomatoes with tough skins, and debate the long-term impact of weed-suppressing membranes on soil health.

They also explore the ins and outs of olive tree care, suggest the perfect daisies to plant in a pair of cherished old police boots, and consider which dramatic grasses can bring structure and movement to a no-mow lawn rooted in very sandy soil.

Later in the show, Garden Facilitator at Ninewells Community Garden, Mary Colvin, leads the team on a tour of the vibrant community garden, sharing how gardening and green spaces can boost wellbeing, support recovery, and promote a holistic approach to health.

Producer: Dan Cocker
Assistant Producer: Rahnee Prescod

A Somethin' Else production for BBC Radio 4

SUN 14:45 Opening Lines (m002s2ys)
The Virginian

Owen Wister's 1902 novel The Virginian did more than any other single piece of art in establishing the parameters of the Western as a genre. Telling the tale of a charismatic tight-lipped cowboy whose actions always speak louder than his words, it was wildly popular with readers and viewers of its many screen adaptations. The book is a celebration of rugged individualism and frontier spirit that spoke profoundly to its audience at the beginning of the twentieth-century - but does it offer any insights into the state of America today?

The programme features James Annesley, Professor of American literature at Newcastle University.

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

Contributors: James Annesley, Professor of American literature at Newcastle University. Sound: Sean Kerwin
Researcher: Henry Tydeman
Production Hub Coordinator: Dawn Williams
Producer: Geoff Bird
Reader: Eric Stroud
Executive Producer: Sara Davies

A Pier production for BBC Radio 4

SUN 15:00 Drama on 4 (m002s2yv)
The Virginian

Story of America, a major collection of dramatisations marking 250 years since the Declaration of Independence, featuring a new adaptation of Owen Wister's pioneering work of Cowboy fiction by Theo Toksvig-Stewart.

In this mythic portrayal of the Wild West a lone cowboy must confront the values he lives by when he falls in love.

The Virginian Parker Sawyers
Tenderfoot Alexander Arnold
Molly Jessica Rhodes
Steve Sam Swann
Trampas Fayez Bakhsh
Scipio Christopher Baggett
Shorty Andre Bullock
Mrs Taylor Clare Corbett
Judge Henry Sam Dale

Directed by Gemma Jenkins

Sound Design by Keith Graham and Andy Garratt
Production Co-ordinator: Jonathan Powell
Casting Manager: Alex Curran

A BBC Studios Production For Radio 4

As the first American Western novel, runaway bestseller The Virginian (1902) is where it all began. It's set against the backdrop of the Wyoming frontier in the late 1880s, and tells the story of 'the Virginian', a stoical cowboy working on the Sunk Creek Ranch. His values are constantly put to the test through his interactions with cattle rustlers, outlaws, and his long-standing feud with fellow cowboy, Trampas. It's also a love story, as he woos school teacher, Molly Wood, who is from the East and unfamiliar with the ways of the West. It's Molly who makes the Virginian confront himself in ways no one else has before.

SUN 16:00 Bookclub (m002s2yz)
Alan Cumming on Alasdair Gray's Lanark

Led by James Naughtie, this special episode of Bookclub

celebrates the late Alasdair Gray's 1981 masterpiece, Lanark, at the Pitlochry Winter Words Festival, with the actor Alan Cumming, who is the voice of the new audiobook recently released by Canongate. Described by the author as 'a life in four books', Lanark follows the interwoven lives of Lanark and Duncan Thaw through the disintegrating cities of Unthank and Glasgow. The book has garnered widespread praise and critical acclaim for sitting realism and surrealism side by side and for daring to be experimental. The Guardian described the novel as "one of the landmarks of twentieth century fiction" while the Times Literary Supplement said it was "profoundly perceptive about the ways in which our society is destroying itself".

This episode was recorded in front of a live audience at the Pitlochry Festival Theatre in February.

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

SUN 16:30 Counterpoint (m002s2yz)
Series 39

Heat 9, 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 'Crazy For Gershwin Musicals', 'For The Love Of Luther Vandross' and 'Tim Rice and His Amazing Technicolor Collaborations'.

Producer: Tom Du Croz
Production coordinator: Jodie Charman

A BBC Studios Production for Radio 4

If you are interested in taking part in a future series of Counterpoint, please email counterpoint@bbc.co.uk

SUN 17:00 Witness History (w3ct743m)
The origin of World Book Day

In November 1995, a proposal of having an annual day focused on celebrating books was put forward at the UNESCO conference in Paris.

The idea came from a long-established Spanish celebration 'The Day of Books and Roses'.

The first World Book Day was on 23 April 1996.

Although some countries now celebrate World Book Day on different dates, it's marked on 23 April in the majority of countries.

Pere Vicens is a book publisher from Barcelona in Spain and one of the creators of World Book Day. He tells Gill Kearsley the origins of this now annual event.

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

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

(Photo: World Book Day in Spain. Credit: John Milner/SOPA Images/LightRocket via Getty Images)

SUN 17:10 The Verb (m002s2z2)

Sibling relationships with Blake Morrison, Natalie Shapero, Tara Bergin, and the word 'literally'

Ian McMillan is joined by Blake Morrison with the poetry of sibling relationships, Natalie Shapero - who reports poetically from the world of cinema in L.A., and Tara Bergin - who looks

at how to escape from a poem, as well as sharing a 'Neon Line' with us. We also have our cartoon for the ear - an 'eartoon' exploring the origins of confusing words in the English language - from Stagedoor Johnny.

Produced by Faith Lawrence

SUN 17:54 Shipping Forecast (m002s2z4)

The latest weather reports and forecasts for UK shipping

SUN 17:57 Weather (m002s2z6)

The latest weather reports and forecast

SUN 18:00 Six O'Clock News (m002s2z8)

National and international news from BBC Radio 4

SUN 18:15 Pick of the Week (m002s2zb)

Anneka Rice

This week, Anneka's navigating the globe via audio, as we pay a visit to the school run entirely by children in Thailand, to getting some thumbs up from Koalas in Sydney. There's secret messages to be sought in the music of classical music greats Beethoven and Shostakovich. Plus, we hear the truly affecting story from the former Ukrainian tennis player four years since Russia's invasion of Ukraine, and how AI is helping to bring one Londoner her voice back.

Presenter: Anneka Rice

Producer: Anthony McKee
Production Coordinators: Caroline Peddle and Caoifhinn McFadden

A BBC Audio Northern Ireland production for BBC Radio 4.

SUN 19:00 The Archers (m002s2zd)

There's tension at Bridge Farm, and Rex and Alice finally make it on a date.

SUN 19:15 Illuminated (m002s2zg)

Cannon Fodder

Alan Hall and his siblings have a shared story from their childhoods - their mum, Jackie, describes walking through a Liverpool park with her mum, their grandma, Hettie. It must be the 1940s. Hettie is a single mum. She'd fallen pregnant, according to family mythology, while working as a domestic servant in Scotland. Jackie has had spells in foster care. "Don't stare," Hettie says. "Those men over there, they're your uncles."

Years later, after Jackie's death, Alan finds an envelope labelled, 'Mum's Pics'. Inside, there are photographs of two men in military uniforms, one with 'Fred' written on the back, the other, of a soldier in a kilt, 'Brother Bill'. These are Hettie's brothers - or rather, two of them. She was the youngest of nine and the only daughter. Of the other boys, Jackie had told her children, three had been killed in the Great War. A third photograph, of the Foster family gravestone, provides their names - Harry, Sidney and Thomas, "their duty nobly done".

Cannon Fodder traces memory, myth and meaning within one family touched by the catastrophe of World War One.

With contributions from historian Jeremy Banning, Lynelle Howson of the Commonwealth War Graves Commission, retired Salvation Army officers Lt-Cols. David and Doriel Phillips, Ruth Anders of St Anne's Church, Aigburth in Liverpool and Hettie's grandchildren - Cathy, Laureen, Alan and Robin.

With music by Robin's daughter, Leila Hall (voice), and Alan Hall (cornet).

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

SUN 19:45 Lent Talks (m002s2zj)

Power and Support

A series of personal reflections on power inspired by the story of Jesus' Passion.

Six essays tracing the hidden currents of power in everyday life: how it shapes us, how it works, how it wounds, and how it can be resisted, claimed, and reclaimed.

In this episode, Miro Griffiths - Associate Professor of Social Policy and Disability Studies, at the University of Leeds, who has spinal muscular atrophy and receives 24-hour personal health care assistance - explores power and support.

Producer: Dan Tierney.

SUN 20:00 Feedback (m002rrwp)

The End of UkraineCast, Any Questions and The Fibre Factor

The war in Ukraine is still raging on, but is BBC Radio's coverage being faded out? Regular episodes of hugely popular UkraineCast stopped before Christmas 2025, although the BBC has stated that they will produce pop-up episodes at particularly urgent moments in the conflict. But what do you think? We hear from listeners and Andrea Catherwood talks to Olga Tokariuk, journalist and Academy associate at Chatham about the impact that UkraineCast made.

There's been some buzz around a recent episode of Any Questions? which broadcast from Dumbarton. The programme in front of a live audience was interrupted several time by protesters and one question from an audience member was changed before it was broadcast. We hear from you on how presenter Alex Forsyth handled it.

It's also the first VoxBox of the series - this time, couple Becky and Alex stepped into our booth to discuss the recent Radio 4 series The Fibre Factor, presented by food writer Hugh Fearnley-Whittingstall. But did Hugh's nutrition-focused programme give them food for thought?

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

A Whistledown Scotland production for BBC Radio 4

SUN 20:30 Last Word (m002rt14)

Martyn Butler, Allan Massie, Professor Nicola Fear, Willie Colón

Matthew Bannister on

Martyn Butler who was a central figure in the UK's early response to HIV and AIDS. He was a co-founder of the Terrence Higgins Trust and gave his own home phone number as a helpline.

Allan Massie, the Scottish author and critic whose hero was Sir Walter Scott. Sir Ian Rankin pays tribute.

Professor Nicola Fear, the epidemiologist who studied the effects on military personnel of serving in the Iraq War and Afghanistan.

Willie Colón, the American trombonist who was inspired by his Puerto Rican heritage to create salsa music.

Interviewee: Tony Whitehead
Interviewee: Sir Ian Rankin
Interviewee: Professor Sir Simon Wessely
Interviewee: Garth Cartwright

Producer: Gareth Nelson-Davies
Assistant Producer: Ribika Moktan
Editor: Glyn Tansley

Archive used:

Martyn Butler seminar recording, Terrence Higgins Trust, THT YouTube channel, uploaded 26/06/2022; Terrence Higgins Trust actuality recording, Week In Week Out, BBC Wales, 29/10/1985; News report, BBC News, 08/01/1987; Advert: Iceberg, Department of Health and Social Security, Dir Nicolas Roeg, Voiceover: John Hurt, 1987; Allan Massie, The Book Programme: First Novels, BBC Two, 11/02/1978; Allan Massie interview, France Politics, Writers Revealed, BBC Radio 4, 06/07/1992; Allan Massie interview, General Election Report, BBC News, 10/04/1997; Nicola Fear, The Fear Factor: life as a military epidemiologist, King's College London, uploaded to YouTube on 23/04/2018; Iraq War news report, BBC News, 31/03/2009; Afghanistan News Report, BBC News, 27/10/2014; Willie Colón interview, Latin Music USA, BBC Four, 05/02/2010;

SUN 21:00 Money Box (m002s2zl)

[Repeat of broadcast at 12:04 on Saturday]

SUN 21:25 Radio 4 Appeal (m002s2xb)

[Repeat of broadcast at 07:54 today]

SUN 21:30 From Our Own Correspondent (m002s2zn)

[Repeat of broadcast at 11:30 on Saturday]

SUN 22:00 Westminster Hour (m002s2zq)

Radio 4's Sunday night political discussion programme.

SUN 23:00 In Our Time (m002rrvz)

The Columbian Exchange

Misha Glenn and guests discuss the exchange of cultures and biology across the Atlantic and Pacific after 1492. That was when Columbus reached the Bahamas, a time when Europe had no potatoes, tomatoes, sunflowers or, arguably, syphilis in its most virulent form; the Americas had no cattle, bananas, sugar cane or smallpox. The lists of what was then exchanged are long and as these flora, fauna and diseases moved between continents, their impact ranged from transformation to devastation. In parts of the Americas, European viruses helped kill over 90 percent of the population. In parts of Europe, Africa and Asia populations boomed on the new American foods. Sheep from Europe grazed fertile land into deserts in some parts of the Americas, while the lowered populations in others led to local reforestation which, arguably, is linked to a particularly cold period in the Little Ice Age.

With

Rebecca Earle
Professor of History at the University of Warwick

John Lindo
Associate Professor of Anthropology at Emory University

And

Mark Maslin
Professor of Earth System Science at University College London

Producer: Simon Tillotson

Reading list

Steven R. Brechin and Seungyun Lee (ed.), Routledge Handbook of Climate Change and Society (Routledge, 2024), especially the chapter 'Human Impacts on the Climate Prior to the Industrial Revolution' by Alexander Koch, Simon Lewis, Chris Brierley and Mark Maslin

Judith Carney and Richard Rosomoff, In the Shadow of Slavery: Africa's Botanical Legacy in the Atlantic World (University of California Press, 2009)

EJ Collen, AS Johar, JC Teixeira and B. Llamas, 'The Immunogenetic Impact of European Colonization in the Americas' (Front Genet, August 2022)

Alfred W. Crosby, The Columbian Exchange: Biological and Cultural Consequences of 1492 (Greenwood Press, 1972)

Rebecca Earle, "If You Eat Their Food . . .": Diets and Bodies in Early Colonial Spanish America' (American Historical Review 115:3, 2010)

Raymond Grew (ed.), Food in Global History (Routledge, 1999), especially 'The Impact of New World Food Crops on the Diet and Economy of China and India, 1600-1900' by Sucheta Mazumda

Simon L. Lewis and Mark A. Maslin, The Human Planet: How We Created the Anthropocene (Pelican, 2018)

Nathan Nunn and Nancy Qian, 'The Columbian Exchange: A History of Disease, Food, and Ideas' (Journal of Economic Perspectives 24:2, 2010)

Jeffrey Pilcher (ed.), The Oxford Handbook of Food History (Oxford University Press, 2012), especially 'The Columbian Exchange' by Rebecca Earle

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.

SUN 23:45 Short Works (m002rt12)
The Forgotten Voice by Lisa Zahra

Nia believes in what's before her eyes. Tuna nicoise salad from M&S. Lavender bath salts. Instagram cat videos. She does not believe in the supernatural. Until something makes her change her mind.

Short story from Lisa Zahra, read by Kimberley Nixon.
Produced by Fay Lomas
Studio Manager: Rhys Morris
Production Co-ordinators: Eleri McAuliffe and Lindsay Rees.

MONDAY 02 MARCH 2026

MON 00:00 Midnight News (m002s2zs)
National and international news from BBC Radio 4

MON 00:15 Soul Music (m002q244)
Cranes in the Sky by Solange

Marking 25 years of the award-winning series, Soul Music features songs from the last 25 years.

"I tried to drink it away... I tried to run it away..." Solange's hit song, written in 2008 and released eight years later, muses on themes of isolation, loneliness, and depression. She penned the lyrics to Raphael Saadiq's instrumental in a Miami hotel room, gazing out at the cranes filling the skyline during the onset of the housing crisis and financial crash.

Solange Knowles released her debut album in 2002 at the age of 16. This single appears on her third album, A Seat at the Table. She's the younger sister of Beyoncé.

Featuring: Journalist Douglas Markowitz; music writer Kiana Fitzgerald; author of Why Solange Matters and Big Joanie guitarist Stephanie Phillips; and Rebecca McNeil.

Producer: Eliza Lomas

MON 00:45 Bells on Sunday (m002s2zv)
[Repeat of broadcast at 05:43 on Sunday]

MON 00:48 Shipping Forecast (m002s2zx)
The latest weather reports and forecasts for UK shipping

MON 01:00 Selection of BBC World Service Programmes (m002s2zz)
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 (m002s301)
National and international news from BBC Radio 4

MON 05:04 Yesterday in Parliament (m002s303)
Alicia McCarthy reports on the Lords debate on assisted dying, and takes a look at how former Prince Andrew may be removed from the line of succession. And the problems for kinship carers, where the children they look after face a health emergency.

MON 05:34 Shipping Forecast (m002s305)
The latest weather reports and forecasts for UK shipping

MON 05:43 Prayer for the Day (m002s307)
Divine Discontent and Longing

Good morning. The daffodils are out in force here, in the meadow overlooking St Davids Cathedral. We had a wonderful show for St David's Day yesterday – it's one of the best seasons we've had in recent years.

Spring is definitely springing. For many of us, this coincides with the church's season of Lent. The two themes are beautifully woven together in the opening passage of The Wind in the Willows, where Mole is whitewashing his home. Kenneth Graham writes:

'Spring was moving in the air above and in the earth below and around him, penetrating even his dark and lowly little house with its spirit of divine discontent and longing ...'
'The spirit of divine discontent and longing' is a marvellous encapsulation of Lenten themes.

Being attentive to the divine discontent within in us resonates with Ash Wednesday's call to 'turn away from sin and be faithful to Christ'. Hard though it can be to admit it, acknowledging the nagging feeling that we are not as Christlike as we ought to be, can provide impetus to reorient ourselves in humility and dependence towards him. Surely too we can tap into the motivation and momentum that come from embracing the divine longing, the deep yearning that God plants within us, to grow into holiness, to grow into the abundance life that he desires for us.

Holy God, this spring, this Lent, as spring emerges, stir up in us afresh your divine discontent and longing for the gift of your newness of life. Amen

MON 05:45 Farming Today (m002s309)
The latest news about food, farming and the countryside.

MON 05:57 Weather (m002s30c)
The latest weather reports and forecasts for farmers

MON 06:00 Today (m002s34w)
News and current affairs, including Sports Desk, Weather and Thought for the Day.

MON 09:00 Start the Week (m002s34y)
Why we should read

The UK government has declared 2026, the National Year of Reading. The numbers suggest that reading needs all the public relations it can get. Under a third of school children say they read for pleasure and the number going on to read English Literature at University has shrunk by over a third in the last fifteen years. Their parents are not doing much better, with some surveys suggesting that any where up to half of adults have not read a single book in the last year. So, how can the case for the value of reading and the simple pleasure of picking up a book cut through? Tom Sutcliffe chairs Radio 4's discussion programme which starts the week. His guests are:

Margaret Busby was Britain's first Black woman publisher who has enjoyed a 50 year career at the centre of cultural life and the book trade. Among her achievements she founded a publishing house, edited the ground-breaking international anthologies Daughters of Africa and New Daughters of Africa and championed authors marginalised by the mainstream. Her new book Part of the Story: Writings from Half a Century features her own literary output from between 1966 and 2023.

Sarah Dillon, Professor at the University of Cambridge, has looked at the question 'what are you reading?' The books we encounter shape the choices we make and when it comes to scientists, it appears that ideas from imaginative literature influence their thinking. Storylistening: Narrative Evidence and Public Reasoning, co-authored with Dr Claire Craig, former Director of the UK Government Office for Science, makes the case for the value of attention to stories in decision making.

Lottie Moggach is an arts journalists and writer of literary thrillers - she's also edited, researched and taught writing. Her latest novel, Mrs Pearcey, is Victorian true crime novel. She reflects on historical fiction, her own reading and working as a writer today.

Producer: Ruth Watts

MON 09:45 Like and Subscribe: How YouTube Changed the World (m002b6ny)
How to build a video empire

Ever dreamed of building your own video empire? Here's how. Sophia Smith Galer dives into the early days of YouTube, exploring how Janet Jackson's infamous wardrobe malfunction sparked the idea for a platform that would revolutionise the world.

In part one of this five part series, Sophia sits down with Christina Brodbeck, a YouTube founding team member, to reveal how the product was designed. She also chats with product designer Ches Wajda about the platform's lasting impact, and Chris Stokel Walker, author of YouTube, shares how a viral video that nearly doomed the company became its breakthrough moment. It's the story of Youtube, told through the content creators who were there.

Presented by Sophia Smith Galer
Producer: George McDonagh
Executive Producer: Leonie Thomas
Commissioning Editor: Tracy Williams
Artwork by Uptown Style
Mix and Mastering by Hannah Varrall

An Overcoat Media production for BBC Radio 4

MON 10:00 Woman's Hour (m002s350)
Women's voices and women's lives - topical conversations to inform, challenge and inspire.

MON 11:00 Toxic! (m002s352)
Time to Pull the Plug?

The bathroom might be the room we most associate with chemicals. From moisturisers and shampoos to makeup and hair dyes, the ingredient lists on everyday products can be long, confusing and often full of substances that most of us have never even heard of. But surely these chemicals can't be harmful? Manufacturers wouldn't let us to rub pollutants into our faces and massage toxins into our scalps... would they?

In this final episode of Toxic!, materials scientist Mark Miodownik raids his bathroom cabinet – and dyes his hair purple – all in the name of science! His hunt for PFAS then takes him across the corridor to the bedroom, where he uncovers just how many of our clothes (and our kids' clothes) contain these forever chemicals.

Finally, Mark gets his own blood tested to see whether PFAS is lurking inside him and – discovering that it's very likely in almost all of us – takes to the streets to hear what the public already knows about PFAS... and whether anyone actually cares.

Series Producer: Mel Brown
 Producer: Geraldine Fitzgerald
 Researcher: Alex Rodway
 A BBC Studios Production

MON 11:45 This Is the Door: The Body, Pain, and Faith by Darcey Steinke (m002s354)
 Episode 1: Spine

Darcey Steinke's engrossing new book explores the subject of pain – what science tells us and what artists and thinkers have made of it. For Steinke, it all started when she damaged her back.

'I wake in the dark, crawling backward out of bed, left foot on the floor, then numb right foot. I can't bend over to put on my jeans. If I sit or lie down for even a few moments, the pain when I get back up is excruciating. How did I get here?'

Pain occurs in the bones, muscles, and tissue but also in the brain. Pain affects emotion, cognition, memory, and decision-making. It is a corporal experience, but also a spiritual one that points to the body's possible calamities, its mysteries, and most of all, its darkness.'

In five episodes, Darcey Steinke journeys towards healing, and searches for an understanding of other people's pain. In this first episode, she reflects wryly on the bizarre accident which damaged her spine – she just moved in bed, and her back gave way.

'I felt a muffled snap, like a wet branch breaking. Odd that I'd injure my back not by falling, but in bed, a place I associate more with pleasure than with pain...'

She explores the experience of others in pain, like the painter Frida Kahlo. A bus crash when she was 18 bounced Kahlo's body forward and a handrail pierced her abdomen. Her spinal column was cracked in three places and she shattered her collarbone and three ribs. Her right leg was fractured and her pelvis was broken. But despite her pain, Kahlo continued to paint. Rather than retreat from it, she confronted her pain directly. Although she wanted to be healed, her idea of what that might mean was unique - pain not cured, but seen, shared, known.

The reader is award-winning actor Elizabeth McGovern, who played the Countess of Grantham in *Downton Abbey*

Adapted and produced by Elizabeth Burke
 Executive producer: Sara Davies
 Sound design: Jon Calver
 A Loftus Media production for BBC Radio 4

MON 12:00 News Summary (m002s357)
 The latest national and international news from BBC Radio 4.

MON 12:04 You and Yours (m002s359)
 News and discussion of consumer affairs

MON 12:57 Weather (m002s35c)
 The latest weather forecast

MON 13:00 World at One (m002s35f)
 News, analysis and comment from BBC Radio 4

MON 13:45 Artworks (m002s35h)
 Waugh: What Is He Good For?

Decline and Fall - You're Not One of Us

Many people hold Evelyn Waugh among the best British writers of the 20th Century - Russell Kane is one of them. To mark the 60th anniversary of his death, Russell delves into seven of Waugh's most important works.

While Waugh has been unfashionable for some time, Kane believes it's high time to turn back to him. He says he was way ahead of his time and, in his books, he reveals ourselves to ourselves and uncovers clues for how we should live our lives today.

Over seven episodes, Waugh tells us everything we need to know about the cluttered corridors of English culture - its class system, media, cult of masculinity, colonial hang-ups: everything it's made of, good and bad. Not only does Waugh show our society for what it is, but he demonstrates how it can be hacked - infiltrated by savvy interlopers like himself. And Russell sees a kindred spirit.

Waugh may be a divisive figure, with the public reputation of a pantomime villain. Some say Waugh's vitriolic streak, cultural insensitivity and idolisation of the upper classes should

condemn him to the male, pale and stale literary past - but Russell believes he is prescient, not reactionary, that he was ahead of his time. Waugh holds the least flattering of mirrors up to us - and actually, it's not Waugh but what we see that we don't like.

In episode 1, we turn the pages of *Decline And Fall* (1928) – a book about social mobility. Russell knows what it's like to be dropped into a social milieu to which you don't belong. The novel is clever, depicting an array of characters from different backgrounds who all want to join a party they're not invited to - and none of them behave as they ought. How do you penetrate what it's vulgar to aspire to, and what do you do when you leave your background behind?

Contributors:
 Dr Paula Byrne, author of *Mad World: Evelyn Waugh and the Secrets of Brideshead*
 Nikesh Shukla, author and screenwriter
 Ian Hislop, editor of *Private Eye* magazine

Archive:
 Frankly Speaking (BBC Home Service, 1953) - interview with Evelyn Waugh by Charles Wilmot, Jack Davies & Stephen Black

Producer: Dom Byrne & Freya Hellier
 Executive Producer: Rosamund Jones
 Editor: Kirsten Lass
 Commissioning Editor: Dan Clarke
 Sound Mix: Jon Calver

A Loftus Media production for BBC Radio 4

MON 14:00 The Archers (m002s2zd)
 [Repeat of broadcast at 19:00 on Sunday]

MON 14:15 Relativity (m001cxrl)
 Series 4

Episode 6

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 6
 Lockdown is over and the family can finally get together in Ken and Margaret's garden. Margaret is thrilled until Ken gets out the garden hose. Jane is back from her globetrotting adventures. Pete is sober and hopeful they can get back together. And Donny steals the show with his toddler antics.

Cast:
 Ken.....Phil Davis
 Margaret.....Alison Steadman
 Ian.....Richard Herring
 Chloe.....Emily Berrington
 Jane.....Fenella Woolgar
 Pete.....Gordon Kennedy
 Holly.....Tia Bannon
 Mark.....Fred Haig
 Nick.....Harrison Knights
 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 (m002s2ys)
 [Repeat of broadcast at 14:45 on Sunday]

MON 15:00 A Good Read (m002s35l)
 Frank Cottrell-Boyce and Jung Chang

The children's author Frank Cottrell-Boyce and the author of *Wild Swans* and *Big Sister Little Sister Red Sister* Jung Chang choose their good reads.

Where Should We Run To by Alan Garner chosen by Frank Cottrell-Boyce
 Death of A Naturalist by Seamus Heaney chosen by Harriett Gilbert
 Hans Christian Andersen's *Fairytales* chosen by Jung Chang

Produced in Bristol by Maggie Ayre

MON 15:30 You're Dead to Me (m002s35n)
 [Repeat of broadcast at 10:00 on Saturday]

MON 16:00 Currently (m002s2yq)
 [Repeat of broadcast at 13:30 on Sunday]

MON 16:30 The Kitchen Cabinet (m002s35q)
 [Repeat of broadcast at 10:30 on Saturday]

MON 17:00 PM (m002s35s)
 News and current affairs, reporting on breaking stories and summing up the day's headlines

MON 18:00 Six O'Clock News (m002s35v)
 National and international news from BBC Radio 4

MON 18:30 Just a Minute (m002rd1y)
 Series 96

5. That's a real headscratcher

Gyles attempts to sing his own version of a Benjamin Britten opera, Emma explains why she can't remember the plot of *The Great Gatsby* and one of the players finally gets their first minute.

Host: Sue Perkins
 Players: Gyles Brandreth, Emma Sidi, Desiree Burch and Josie Lawrence
 Producer: Georgia Keating
 Executive Producer: James Robinson
 Production Coordinator: Sarah Nicholls
 Sound Editor: Marc Willcox
 Additional material by Ruth Husko

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

MON 19:00 The Archers (m002s35x)
 George wants to make amends, and Ruairi's in a state.

MON 19:15 Front Row (m002s35z)
 Live magazine programme on the worlds of arts, literature, film, media and music

MON 20:00 How Did We Get Here? (m002rvn5)
 Israel and the Palestinians

4: The Balfour Declaration to the Arab Revolt

In the fourth of ten programmes exploring the origins and tracing the history of the Middle East conflict, presenter Jonny Dymond is joined by Gudrun Kraemer, Professor of Islamic Studies at the Free University of Berlin, author and historian James Barr and Eugene Rogan, Professor of Modern Middle Eastern History at Oxford University.

They begin by discussing the origins, significance and consequences of the Balfour Declaration, Britain's expression of support for a Jewish "national home" in Palestine. They go on to look at the establishment of the British mandate in Palestine, the changing demography of the country as Jewish immigration increased in the inter-war years, the causes and consequences of the Arab Revolt against British rule which broke out in 1936, and the Peel Commission report of 1937 – an early proposal for a "two-state solution"

'How Did We Get Here? Israel and the Palestinians' is a BBC News Long Form Audio production.
 The presenter is Jonny Dymond and the editor is Penny Murphy.

The Radio 4 commissioners are Hugh Levinson and Dan Clarke.
 The studio engineers are Neil Churchill, James Beard, Rod Farquhar, Mike Regaard and David Crackles.

MON 20:30 BBC Inside Science (w3ct8ty1)
 Does new science get us closer to finding out how life on earth began?

Perhaps it's the biggest question science has left to answer, how

did life begin? Now, molecular biologists in Cambridge university have discovered tiny molecules of RNA which they say might provide some clues. Science journalist and author Philip Ball explains what we know and whether we'll ever find the origins of life on earth.

Professor Michael Wooldridge has given this year's Royal Society's Michael Faraday Prize lecture. He speaks to Tom Whipple about why the AI we have is not what he wanted it to be: rational. And science columnist at the Financial Times Anj Ahuja brings her favourite new science to discuss.

To discover more fascinating science content, head to bbc.co.uk, search for BBC Inside Science and follow the links to The Open University.

Presenter: Tom Whipple
 Producer: Kate White, Katie Tomsett, Clare Salisbury and Alex Mansfield
 Editor: Martin Smith
 Production Co-ordinator: Jana Bennett-Holesworth

MON 21:00 Start the Week (m002s34y)
 [Repeat of broadcast at 09:00 today]

MON 21:45 Like and Subscribe: How YouTube Changed the World (m002b6ny)
 [Repeat of broadcast at 09:45 today]

MON 22:00 The World Tonight (m002s361)
 In depth reporting, intelligent analysis and breaking news from a global perspective

MON 22:45 Fire Ready by Jane Rogers (m002s363)
 Day Trip to Glastonbury

The stories in Jane Rogers' second collection shine an unflinching light on the future health of the planet, and the prospects for its greediest tenants - us. With stories spanning hundreds of years – from the far side of the 22nd century all the way back to the darkest days of lockdown – they pose questions about personal responsibility that cannot be easily answered.

Read by Daniel Weyman
 Produced by Clive Brill
 A Brill production for BBC Radio 4

MON 23:00 Limelight (p0d13f11)
 Tom Clancy's Splinter Cell: Firewall

Episode 7

By James Swallow
 Dramatised by Paul Cornell

Episode 7

A thrilling landmark adaptation set in Tom Clancy's Splinter Cell universe. Sarah Fisher is onboard Brody Teague's train, her mission is to neutralise him and secure his digital tablet. Meanwhile her father, Veteran Agent Sam Fisher is deployed to Site 5, Oil Rig to secure Gordian Sword. It's now a race against time to stop Brody Teague and his sinister threat to global security.

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
 Brody Teague Will Poulter
 Samir Patel Nikesh Patel
 Stone Mihai Arsene
 Andriy Kobin/ Chef Jean Claude Riad Richie
 Eighteen Olga Fedori
 Guard/Killer..... Roger Ringrose

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

A BBC Audio Drama North Production

MON 23:30 Today in Parliament (m002s366)
 News, views and features on today's stories in Parliament

TUESDAY 03 MARCH 2026

TUE 00:00 Midnight News (m002s368)
 National and international news from BBC Radio 4

TUE 00:30 This Is the Door: The Body, Pain, and Faith by Darcey Steinke (m002s354)
 [Repeat of broadcast at 11:45 on Monday]

TUE 00:48 Shipping Forecast (m002s36b)
 The latest weather reports and forecasts for UK shipping

TUE 01:00 Selection of BBC World Service Programmes (m002s36d)
 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 (m002s36g)
 National and international news from BBC Radio 4

TUE 05:04 Yesterday in Parliament (m002s36j)
 News, views and features on yesterday's stories in Parliament

TUE 05:34 Shipping Forecast (m002s36l)
 The latest weather reports and forecasts for UK shipping

TUE 05:43 Prayer for the Day (m002s36n)
 Whose rules? Which order?

Good morning.
 There's been a lot of debate recently about whether we're facing the end of the rules-based order which has shaped international relations, certainly since the end of the Second World War. It's a system dominated by Euro-Atlantic nations, the United Nations, the International Monetary Fund, World Bank and international trade and economic practices that have underpinned decades of unprecedented growth, and lack of conflict [peace], at least for some.

But not everyone has benefitted. Poverty, inequality, persecution and conflict continue in unacceptable measure, especially among those not at the heart of these structures. How might we go about improving the rules, and finding a better order, that works for everyone?
 Jesus begins his ministry by applying to himself the passage from Isaiah that reads The Spirit of the Lord has anointed me to bring good news to the poor, freedom for captives and the oppressed, sight to the blind, and the year of the Lord's favour. We should ask, what best brings such good news, freedom, insight, favour, to those who need it most?
 Indeed, we can put this question to any organisation or policy, any plan or choice. We can ask it of the grand structures of politics, and equally of the decisions of our own lives.

Lord Jesus Christ, let it be your just and gentle rules, your order of justice and righteousness, your good news to those who need to hear it most, that reign in our lives and in your world. Amen

TUE 05:45 Farming Today (m002s36q)
 The latest news about food, farming and the countryside.

TUE 06:00 Today (m002s4cs)
 News and current affairs, including Sports Desk, Weather and Thought for the Day.

TUE 09:00 The Long View (m002s4cy)
 The Long View: Deep Fakes - Seeing is Believing

The number of deepfakes shared online rose from around half a million in 2023 to eight million by 2025. While much of this material is seen as humorous or satirical, deepfakes are increasingly used for scams, misinformation, and political manipulation, exploiting a long-standing human weakness: our tendency to trust what we can see. The Long View explores a striking historical parallel — the Cottingley Fairies affair of 1917–1921.

In post-First World War Yorkshire, two young cousins, Elsie Wright and Frances Griffiths, produced photographs that appeared to show real fairies. The images were crude cut-outs, but photography was then a new "truth machine", imbued with cultural authority. The photographs were believed not only by many in the public but by the famous writer and creator of Sherlock Holmes, Sir Arthur Conan Doyle, who championed them as evidence of spiritual reality. At the same time, rationalist sceptics weighed in, dismissing the photographs as fake and a polarised debate ensued. The girls did not fully admit the images were fake until the 1980s.

Cottingley shows us not only that images can be faked but that - from early photography to today's generative AI - every era over-trusts its latest representational technology before learning

its limits. Jonathan Freedland is joined by Dr Merrick Burrow from the University of Huddersfield and Marianna Spring, the BBC's disinformation specialist to explore the Cottingley Fairies story and ask what lessons can be learned from it in today's age of digital deception.

Guests: Dr Merrick Burrow, Head of English and Creative Writing at the University of Huddersfield; Marianna Spring, BBC Disinformation Specialist

Producer: Neil McCarthy
 Reader: Sam Dale

TUE 09:30 Inside Health (m002s4cx)
 Series that demystifies health issues, separating fact from fiction and bringing clarity to conflicting health advice.

TUE 10:00 Woman's Hour (m002s4cz)
 Women's voices and women's lives - topical conversations to inform, challenge and inspire.

TUE 11:00 Add to Playlist (m002rt1g)
 Debbie Wiseman and Jay Capperauld head to Colombia

Wolf Hall composer Debbie Wiseman and Scottish classical composer Jay Capperauld are Jeffrey Boakye and Anna Phoebe's studio guests as they add five more tracks. Starting with a hip-shake in Colombia, they head to South Africa, a state secondary school in London, the firebombing of Dresden, and finally to Honolulu for a Canadian lament.

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

The five tracks in this week's playlist:

Hips Don't Lie by Shakira
 Zithande by Freshlyground
 Another Brick in the Wall, Part 2, by Pink Floyd
 String Quartet No 8, 2nd mvnt: Allegro Molto by Dmitri Shostakovich
 Big Yellow Taxi by Joni Mitchell

Other music in this episode:

Rock Your Baby by George McCrae
 Our Gilded Veins by Jay Capperauld
 With Love by Thin Lizzy
 Amores Como El Nuestro by Jerry Rivera
 Dance Like This by Wyclef Jean
 The Time of Our Lives by Toni Braxton and Il Divo
 Waka Waka (This Time for Africa) by Shakira and Freshlyground
 Chicken to Change by Freshlyground
 Endings by Jay Capperauld

TUE 11:45 This Is the Door: The Body, Pain, and Faith by Darcey Steinke (m002s4d1)
 Episode 2: Brain

Darcey Steinke's engrossing new book explores the subject of pain – what science tells us and what artists and thinkers have made of it. For Steinke, it all started when she damaged her back. As the process of healing began, she began to look outwards, to explore what it is like for others to live with chronic pain. With a new understanding, she reflects on the lives of writers and artists who have found meaning in the experience of pain.

In this second episode, she investigates the pain of migraine. One in ten people suffer from migraines - they may be more common now because of the pressures of modern life, but they are in no way a new ailment. Steinke explores remedies from the ancient Egyptians onwards, some of them bizarre and hilarious, and reflects on the experience of the philosopher Nietzsche, who was plagued by migraines all his life.

'Nietzsche believed that in facing pain directly we find meaning, even transformation. He wrote, "I love those who do not know how to live except by going under; for they are those who cross over."'

The reader is award-winning actor Elizabeth McGovern, who played the Countess of Grantham in Downton Abbey

Adapted and produced by Elizabeth Burke
 Executive producer: Sara Davies
 Sound design: Jon Calver
 A Loftus Media production for BBC Radio 4

TUE 12:00 News Summary (m002s4d3)
 The latest national and international news from BBC Radio 4.

TUE 12:04 You and Yours (m002s4d5)
News and discussion of consumer affairs

TUE 12:57 Weather (m002s4d7)
The latest weather forecast

TUE 13:00 World at One (m002s4d9)
News, analysis and comment from BBC Radio 4

TUE 13:45 Artworks (m002s4dc)
Waugh: What Is He Good For?

Vile Bodies - When the Party Stopped

Many people hold Evelyn Waugh among the best British writers of the 20th Century -Russell Kane is one of them. To mark the 60th anniversary of his death, Russell delves into seven of Waugh's most important works.

While Waugh has been unfashionable for some time, Kane believes it's high time to turn back to him. He says he was way ahead of his time and, in his books, he reveals ourselves to ourselves and uncovers clues for how we should live our lives today.

Over seven episodes, Waugh tells us everything we need to know about the cluttered corridors of English culture - its class system, media, cult of masculinity, colonial hang-ups: everything it's made of, good and bad. Not only does Waugh show our society for what it is, but he demonstrates how it can be hacked - infiltrated by savvy interlopers like himself. And Russell sees a kindred spirit.

Waugh may be a divisive figure, with the public reputation of a pantomime villain. Some say Waugh's vitriolic streak, cultural insensitivity and idolisation of the upper classes should condemn him to the male, pale and stale literary past - but Russell believes he is prescient, not reactionary, that he was ahead of his time. Waugh holds the least flattering of mirrors up to us - and actually, it's not Waugh but what we see that we don't like.

In episode 2, we leaf through the pages of Vile Bodies (1930) – a book about the Bright Young Things. Waugh was not one. The core of the novel is the tension between overindulgence and abstinence - we Brits can't do moderation. Russell found his own confidence through partying in Ibiza in his 20s, but soon came to realise that, just as in Vile Bodies, the idealism of a unity overcoming racial and social division was just illusion.

Contributors:
Dr Paula Byrne, author of Mad World: Evelyn Waugh and the Secrets of Brideshead
Kit de Waal, author

Archive:
Frankly Speaking (BBC Home Service, 1953) - interview with Evelyn Waugh by Charles Wilmot, Jack Davies & Stephen Black

Producer: Dom Byrne & Freya Hellier
Executive Producer: Rosamund Jones
Editor: Kirsten Lass
Commissioning Editor: Dan Clarke
Sound Mix: Jon Calver

A Loftus Media production for BBC Radio 4

TUE 14:00 The Archers (m002s35x)
[Repeat of broadcast at 19:00 on Monday]

TUE 14:15 This Thing of Darkness (m002r78m)
Series 4

5. Assailized

by Frances Poet with monologues by Eileen Horne.

Part Five – Assailized

Season finale.

Kathleen and her daughter take the final steps towards understanding what lead Kathleen to kill her mother.

Whilst Alex and her team find themselves challenged in court.

DR ALEX BRIDGES Lolita Chakrabarti
KATHLEEN Maureen Beattie
LINDSAY Helen Mackay
SANDRA Lucianne McEvoy
ADVOCATE FOR THE PURSUER Bercue Khan
ADVOCATE FOR THE DEFENDER Adam McNamara

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

You'll find details of help and support with dementia related issues at bbc.co.uk/actionline

TUE 15:00 History's Heroes (p0lmmxt2)
Eglantyne Jebb Saves The Children

When Eglantyne Jebb is arrested for distributing leaflets in Trafalgar Square in 1919, she finds herself at the centre of a storm that will change the lives of children around the world.

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

A BBC Studios Audio production.

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

TUE 15:30 Thinking Allowed (m002s4dg)
Extreme Sports

What can the worlds of mountaineering and endurance running reveal about changing ideas of freedom, identity and the body? Laurie Taylor talks to Sarah Lonsdale, Senior Lecturer in Journalism at City, University of London, about her new book Wildly Different - her study of early 20th-century women who sought autonomy through outdoor adventure. She focuses on the mountaineer Dorothy Pillely, whose Alpine achievements and reflective writing challenged prevailing assumptions about femininity and physical capability.

In 'Dirtbag Dreams', Carl Morris (sociologist, historian and social psychologist from the University of Lancashire) explores the history of mountain, ultra and trail running in the US and Britain from its origins right up until today. He asks if the ever-increasing popularity of these sports risk making them overly commercial and corporate? A keen fell runner himself, Morris examines the distinctive values that shape these endurance communities, including ideas of authenticity, self-sufficiency and the pursuit of physical extremity.

Producer: Natalia Fernandez

TUE 16:00 Artworks (m002s4dj)
Time and the Forest

"Time is such an ever-present force, everything in time is either moving, changing... either coming or it's going..."

In 1977, the sculptor David Nash planted a ring of ash trees near his home in North Wales. Over time, he worked with them until they formed a surreal living sculpture - the Ash Dome - a kind of whirling dance of wood, coiled into a structure and reaching up to the light.

For decades, Nash has collaborated with nature - working primarily with wood as it grows or collapses, cracks and expands. His sculptures, even the ones not rooted in the earth, often feel alive - Three Dandy Scuttlers, like a line of dancing chorus girls or Running Table, as if a deer has been frozen in motion hurtling through the forest.

In the weeks approaching his 80th birthday, we hear Nash walking through the woods near his home in Blaenau Ffestiniog, exploring the ways in which his work has grown from the distinctive landscape of this slate mining town. And we hear time collapse through the BBC archives, interweaving the present day with recordings made between 1986 and 2019 - slipping from forests to sculpture parks, radio studios to David's own home - Capel Rhiw - a converted chapel now peopled with a congregation of vast wooden sculptures.

Time and the Forest features original music composed for the harmonium, cello and clarinet by Jeremy Warnsley. Field recordings of creaking oaks and the inner life of trees from freesound.org recorded by klankbeeld and naturenotesuk amongst others.

Photo credit: Robert Walker

Produced by Eleanor McDowall
A Falling Tree production for BBC Radio 4

TUE 16:30 What's Up Docs? (m002s4dl)
How can you best look after your shoulders?

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 shoulder health. How do your shoulders work? What can go wrong? What to do if you experience problems with your shoulders? They also examine how best to maintain shoulder health through exercises like weightlifting and paying attention to your posture, highlight some important lessons about shoulder health that we can all utilise in our daily lives, and get an insight into what it's like to work with both horses and humans as a physiotherapist.

Joining them to discuss this is Kate Haynes, Chartered Human Physiotherapist and Veterinary Physiotherapist, primarily working with horses and their riders, including for the GB Para Dressage Team.

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

Presenters: Drs Chris and Xand van Tulleken

Guest: Kate Haynes

Producer: Faye Lyons-White

Executive Producer: Rami Tzabar

Editor: Jo Rowntree

Assistant Producer: Maia Miller-Lewis

Researcher: Mili Ostojic

Tech Lead: Reuben Huxtable

Visual Producer: Leon Gower

Digital Lead: Richard Berry

Composer: Phoebe McFarlane

Sound Design: Melvin Rickarby

At the BBC:

Assistant Commissioner: Greg Smith

Commissioning Editor: Rhian Roberts

A Loftus Media production for BBC Radio 4

TUE 17:00 PM (m002s4dn)

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

TUE 18:00 Six O'Clock News (m002s4dq)

National and international news from BBC Radio 4

TUE 18:30 Wing It (m002s4ds)

Series 2

The Spider's Lament

We're back! Alasdair Beckett-King plays host to a panel of improv comedy all stars, playing games full of emotional butchers, a three headed movie director, and the inner monologue of a spider trapped in the bath.

"No Script. No Prep. No Clue."

Presented by Alasdair Beckett-King.

Starring Cariad Lloyd, Steen Raskopoulos, Luke Manning, and Emily Lloyd-Saini.

Devised and produced by Sam Holmes

Executive Producer: James Robinson
Production Co-ordinator: Katie Baum
Additional material: Ruth Husko
Sound Editor: Chris Maclean

A BBC Studios Production for Radio 4

TUE 19:00 The Archers (m002s4dw)

Brian is economical with the truth, and Helen gets an unexpected offer.

TUE 19:15 Front Row (m002s4dy)

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

TUE 20:00 File on 4 Investigates (m002s4fo)

Bogus self-employment - who pays the price?

As the gov't's flagship Employment Rights Act (2025) comes into force. File on 4 Investigates discovers hundreds of workers

on government contracts are allegedly part of the 'bogus self employed'. This we are told is the tip of the iceberg as increasingly more employers choose to put workers on self employed contracts rather than employing them as staff via PAYE, with all the rights that offers.

We will examine through academic research the scale of bogus self-employment, and analyse why it is bad news for the economy, with some suggesting changes to NI has meant more businesses, under pressure themselves, are keeping workers off payroll to keep running costs down. We will also look at small businesses where it's become increasingly difficult to employ staff in the traditional way and find that some workers in hospitality for example like the flexibility that job apps can give them when picking up casual freelance work.

Presenter: Tom Wall
 Producer: Rob Byrne
 Technical producer: Cameron Ward
 Production Co-ordinator: Tim Fernley
 Editor: Tara McDermott

TUE 20:40 In Touch (m002s4f2)

News, views and information for people who are blind or partially sighted

TUE 21:00 The Law Show (m002rs9w)

What is Misconduct in Public Office?

The former US ambassador Peter Mandelson is on bail after being arrested on suspicion of Misconduct in Public Office.

Police have been investigating claims that when he was Business secretary, he shared market-sensitive government information with the financier Jeffrey Epstein.

His arrest comes a few days after police arrested Andrew Mountbatten Windsor, also on suspicion of Misconduct in Public Office, when he was a trade envoy. He is suspected of sharing confidential government documents with Epstein.

The arrests come after the release of a large number of files by the US Department of Justice. These relate to the activities of Jeffrey Epstein, who was a convicted sex offender. He died in 2019 while awaiting trial on charges of the sex-trafficking of underage girls.

Andrew Mountbatten Windsor was friends with Epstein. So was Lord Mandelson.

The BBC has approached Andrew Mountbatten Windsor for a response to these claims. He has always rejected any wrongdoing in connection with Jeffrey Epstein and denied any personal gain from his role as trade envoy.

Lord Mandelson has not publicly commented in recent weeks on the Epstein files, but the BBC understands his position is he has not acted in any way criminally and that he was not motivated by financial gain.

But what exactly is Misconduct in Public Office? It's a common law offence, with a maximum sentence of life imprisonment, but the Law Commission of England and Wales describes it as "ill-defined".

So how did it evolve, who does it apply to, how does it work in practice?

Presenter: Dr Joelle Grogan
 Editor: Tom Bigwood
 Senior Producer: Ravi Naik
 Producer: Charlotte Rowles

Contributors:

Gareth Roberts, Barrister, Exchange chambers
 Kate Bex KC, Red Lion chambers
 Jeremy Horder, Professor of Criminal Law, the London School of Economics
 Dr Hayleigh Boshier, a Reader in Intellectual Property Law at Brunel, University of London.

TUE 21:30 The Bottom Line (m002rrw9)

Product Innovation: Better, Or Just New?

From smartphones to trainers, confectionary and cleaning products, we live in a culture of constant updates. Companies reformulate, redesign and refresh their products in a continuous race to stay ahead. But how are those decisions made? What counts as meaningful improvement and how much is designed to make last year's version feel old? Evan Davis and guests discuss how products evolve and why standing still is the fastest way to fall behind.

Guests:

Tom Moody, Senior Vice President and Managing Director, P&G (Procter & Gamble) Northern Europe

Dr Garry Moppett, Senior Director of Research & Development at Mars
 Dave Ward, UK and International Managing Director, Amazon Ring.

Production team:

Presenter: Evan Davis
 Producer: Sally Abrahams
 Sound engineers: Lee Wilson and Donald MacDonald
 Production co-ordinator: Katie Morrison
 Editor: Matt Willis

The Bottom Line is produced in partnership with The Open University

TUE 22:00 The World Tonight (m002s4f4)

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

TUE 22:45 Fire Ready by Jane Rogers (m002s4f6)

Clearances

The stories in Jane Rogers' second collection shine an unflinching light on the future health of the planet, and the prospects for its greediest tenants - us. With stories spanning hundreds of years - from the far side of the 22nd century all the way back to the darkest days of lockdown - they pose questions about personal responsibility that cannot be easily answered.

Read by Daniel Weyman
 Produced by Clive Brill

A Brill production for BBC Radio 4

TUE 23:00 Illuminated (m002s2zg)

[Repeat of broadcast at 19:15 on Sunday]

TUE 23:30 Today in Parliament (m002s4f8)

News, views and features on today's stories in Parliament

WEDNESDAY 04 MARCH 2026

WED 00:00 Midnight News (m002s4fb)

National and international news from BBC Radio 4

WED 00:30 This Is the Door: The Body, Pain, and Faith by Darcy Steinke (m002s4d1)

[Repeat of broadcast at 11:45 on Tuesday]

WED 00:48 Shipping Forecast (m002s4fd)

The latest weather reports and forecasts for UK shipping

WED 01:00 Selection of BBC World Service Programmes (m002s4fg)

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 (m002s4fj)

National and international news from BBC Radio 4

WED 05:04 Yesterday in Parliament (m002s4fl)

News, views and features on yesterday's stories in Parliament

WED 05:34 Shipping Forecast (m002s4fn)

The latest weather reports and forecasts for UK shipping

WED 05:43 Prayer for the Day (m002s4fq)

Beyond Procrastination

Good morning. Later today, I have to go to the dentist. It's only a check-up, though rather delayed because I kept putting it off, with excuses of busyness. I can't say I'm looking forward to it! Human beings are perverse creatures. We know what is good for us: getting our teeth regularly checked, and having any issues dealt with as soon as possible, is certainly something we know we ought to do.

But we are also so very capable of dodging and avoiding what we don't enjoy or welcome, even if we know that this could cause us a lot more trouble down the road. The short-term positive payoff looms larger within us than the long term costs of delay.

It may be common sense to do the right thing, right now, but what if we don't find it easy?! Exercising our will power can really be quite a struggle!

Those of us observing Lent are called to take up our cross and follow after Jesus. I wonder if one way we do this is by calling out our own procrastination, picking up our cross, picking up

what we need to do, and just getting on with it - going forward one step at a time, one step after another.

Lord Jesus Christ, you were not afraid to set your face towards Jerusalem. Help us to name our procrastinating, and our attempts to avoid doing what we ought to do, and in offering them to you, receive your encouragement and strength to do what we ought, when we ought. Amen

WED 05:45 Farming Today (m002s4fs)

The latest news about food, farming and the countryside.

WED 06:00 Today (m002s4hb)

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

WED 09:00 Sideways (m002s4hd)

83. Dangerous Ideas

Every week, podcaster Curt Jaimungal immerses himself in big ideas and complex theories to prepare for long, in-depth interviews with some of the world's leading thinkers on his show Theories of Everything. His guests are wide-ranging - renowned physicists, mathematicians but also philosophers - investigating questions of existence and the nature of reality. He takes it very seriously, as part of a wider quest to find a worldview. But one day, he's shocked to discover he feels disorientated by what he'd previously considered a mere intellectual exercise.

Matthew Syed asks whether certain ideas and practices are riskier, perhaps more dangerous to explore than others. He discovers ideas around selfhood in particular can send people into a spin and traces the history of when practices based on self-observation became popularised in western societies, often outside of their intended context. He assesses the dangers of 'ontological whiplash', a term podcaster Curt gives to the experience of constantly going from one set of ideas to another. And he receives sound advice from his old friend Dr Iain McGilchrist - a psychiatrist, philosopher, and bestselling author - on how best to maintain a sense of equilibrium when exploring questions of the self and consciousness.

With Curt Jaimungal, creator and podcast host of Theories of Everything; Willoughby Britton, associate professor of psychiatry and human behaviour at Brown University Medical School and director of the Clinical and Affective Neuroscience Laboratory at Brown University School of Public Health; Brahmacharini Shripriya Chaitanya, Hindu monk with Chinmaya Mission; and Dr Iain McGilchrist, psychiatrist, philosopher, and author of the bestselling book The Master and His Emissary: The Divided Brain and the Making of the Western World.

Featuring excerpts from Curt Jaimungal's Theories of Everything YouTube channel:
 Why Consciousness is Fundamental with Donald Hoffman, July 30, 2020
 Noam Chomsky: Panpsychism, LLMs, Artificial Consciousness, October 25, 2022

Rupert Spira: Non-Dualism, God, & Death, June 21, 2021
 Matter and Mind: Rethinking Consciousness with Iain McGilchrist, November 26, 2024

Presenter: Matthew Syed
 Producer: Vishva Samani
 Series Editor: Katherine Godfrey
 Sound Designer: Mark Pittam
 Production Coordinator: Joe Savage
 Theme by Ioana Selaru
 A Novel production for BBC Radio 4

WED 09:30 The History Bureau (m002qjsb)

Putin and the Apartment Bombs

7. Hindsight

Who bombed the four apartment buildings?

The reporters who covered this story look back with over 25 years of distance to answer a one question: who do they think bombed those four apartment buildings back in September 1999? Was it the Chechen militants the government blamed? Or was it an FSB plot - to create a climate of fear so that one of their own - Vladimir Putin - could step in as the hard man the country needed - and become President? Or is that nothing more than a wild conspiracy theory?

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 (m002s4hg)

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

WED 11:00 File on 4 Investigates (m002s4f0)

[Repeat of broadcast at 20:00 on Tuesday]

WED 11:40 This Week in History (m002s4hj)

March 2nd to March 8th

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

This week: 2nd to 8th March

March 7th - 1876 Alexander Graham Bell receives a patent for the telephone in the US
March 2nd - 1965 One of the most popular musical films of all time, "The Sound of Music," premieres
March 4th 1522 - Anne Boleyn makes her debut at the English court at the Green Castle pageant.

WED 11:45 This Is the Door: The Body, Pain, and Faith by Darcy Steinke (m002s4hl)

Episode 3: Heart

Darcy Steinke's engrossing new book explores the subject of pain – what science tells us and what artists and thinkers have made of it. For Steinke, it all started when she damaged her back. As the process of healing began, she began to look outwards, to explore what it is like for others to live with chronic pain. With a new understanding, she reflects on the lives of writers and artists who have found meaning in the experience of pain.

In this third episode, she explores the pain we all feel when a romantic relationship ends:

'The pain of my most intense heartbreak, nearly forty years ago, can still feel like a sliver of broken glass stuck in my heart. Each time I have experienced heartache, there was physical suffering. On those days that my own heart was sick, I felt something dead inside me. Most of the heartbroken report obsessive thoughts and loss of emotional control. Some people describe this pain as located in their chest or stomach, a dull ache or a piercing feeling, even crushing. Such pain is in no way new...'

Darcy Steinke explores some entertaining historical suggestions for how to cure heartache. She also learns what scientists have now discovered about how the body responds to emotional pain - heartbreak pain is physical, it releases the same chemicals as when we break a bone.

The reader is award-winning actor Elizabeth McGovern, who played the Countess of Grantham in Downton Abbey

Adapted and produced by Elizabeth Burke
Executive producer: Sara Davies
Sound design: Jon Calver
A Loftus Media production for BBC Radio 4

WED 12:00 News Summary (m002s4hn)

The latest national and international news from BBC Radio 4.

WED 12:04 You and Yours (m002s4hq)

News and discussion of consumer affairs

WED 12:57 Weather (m002s4hs)

The latest weather forecast

WED 13:00 World at One (m002s4hv)

News, analysis and comment from BBC Radio 4

WED 13:45 Artworks (m002s4hx)

Waugh: What Is He Good For?

Black Mischief - Not Black and White

Many people hold Evelyn Waugh among the best British writers of the 20th Century - Russell Kane is one of them. To mark the 60th anniversary of his death, Russell delves into seven of

Waugh's most important works.

While Waugh has been unfashionable for some time, Kane believes it's high time to turn back to him. He says he was way ahead of his time and, in his books, he reveals ourselves to ourselves and uncovers clues for how we should live our lives today.

Over seven episodes, Waugh tells us everything we need to know about the cluttered corridors of English culture - its class system, media, cult of masculinity, colonial hang-ups: everything it's made of, good and bad. Not only does Waugh show our society for what it is, but he demonstrates how it can be hacked - infiltrated by savvy interlopers like himself. And Russell sees a kindred spirit.

Waugh may be a divisive figure, with the public reputation of a pantomime villain. Some say Waugh's vitriolic streak, cultural insensitivity and idolisation of the upper classes should condemn him to the male, pale and stale literary past - but Russell believes he is prescient, not reactionary, that he was ahead of his time. Waugh holds the least flattering of mirrors up to us - and actually, it's not Waugh but what we see that we don't like.

In episode 3, we take Black Mischief (1932) off the shelf – a book about racism. There are two ways to view this book: was Waugh a small-minded racist or a satirical observer of the small minded-racist? This book holds the mirror up to our complex attitudes to race. Can Russell defend Waugh?

Contributors:
Dr Paula Byrne, author of Mad World: Evelyn Waugh and the Secrets of Brideshead
Ekow Eshun, curator and author of Black Gold of the Sun
Sophia Waugh, granddaughter of Evelyn Waugh

Archive:

Face to Face (BBC television, 1960) - interview with Evelyn Waugh by John Freeman

Producer: Dom Byrne & Freya Hellier
Executive Producer: Rosamund Jones
Editor: Kirsten Lass
Commissioning Editor: Dan Clarke
Sound Mix: Jon Calver

A Loftus Media production for BBC Radio 4

WED 14:00 The Archers (m002s4dw)

[Repeat of broadcast at 19:00 on Tuesday]

WED 14:15 Drama on 4 (m001ks9b)

The Lion

An English-language production of the Winner of the Best European Drama Award at the Audio Drama Awards 2022.

The Lion tells a compelling and thought-provoking story about a community's response to an escaped lion in a city. A host of characters, including the town's Chief Constable and an Economist, are forced to face the unprecedented crisis. Their differing - often conflicted - responses speak to a nation coming to grips with a new dawn.

This high-octane satire about the restoration of Estonian independence has resonance far beyond Estonia's national events of 1991, and speaks to collective responses to all manner of global and community crises.

Chief Constable Mark Benton
Valter Saarmiit James Northcote
Commissioner Ewan Bailey
Mayor Georgie Glen
Heinz Samuel James
Heli Leah Marks
Secretary Kymberley Cochrane
Makishev Hasan Dixon
Meelis Connor Curren

The drama is based on Martin Algus's short story The Lion. It was adapted for ERR, Estonian Public Radio, by Andres Noormets. Original sound design was by Külli Tüli. This English-language version was translated by Adam Cullen, edited by Peter Ringrose, and directed and produced for BBC Radio 4 by Andres Noormets and Sasha Yevtushenko.

WED 15:00 The Law Show (m002s4hz)

Conversation about the laws making headlines, and the laws that shape everyday life.

WED 15:30 The Artificial Human (m002s4j1)

Is AI the future of Learning?

As part of the BBC's AI Unpacked week Aleks Krotoski and

Kevin Fong join an audience of pupils, teachers and education experts to ask if artificial intelligence is the future of learning.

Recorded at University College London in their bicentennial year, the programme asks how we can use this revolutionary tool to equip the next generation for a future where AI will be everywhere. On the panel will be former head teacher and AI advocate Alex Massie, social psychologist Professor Sonia Livingstone and Dr Tom Chatfield author and philosopher of technology.

Presenters: Aleks Krotoski and Kevin Fong
Producer: Rachael O'Neil
Sound: Emma Harth and Steve Greenwood

WED 16:00 When It Hits the Fan (m002s3gg)

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

WED 16:15 The Media Show (m002s3gj)

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

WED 17:00 PM (m002s4j3)

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

WED 18:00 Six O'Clock News (m002s4j5)

National and international news from BBC Radio 4

WED 18:30 Stand-Up Specials (m002s4j7)

Live from the UK

S2 E2: Do You Prefer Individual or Group?

Angela Barnes is back on the road at some of the best comedy clubs in the country, bringing you the funniest stand ups around.

So if you want to know the struggles of not being a dog person, what a toddler keeps in their handbag, and why asking for Angela isn't always straightforward, then this is programme for you

In this episode, you can hear:

Danny McLoughlin at Hot Water Comedy Club in Liverpool
Kyrach Gray at Brighton Komedia
Alana Jackson at Monkey Barrel in Edinburgh
Suzi Ruffell at Brighton Komedia

Additional Material by Ruth Husko

Recorded by David Thomas and Sean Kerwin
Sound design by David Thomas
Production Coordinator: Jodie Charman
Executive Producer: Pete Strauss

Produced by Gwyn Rhys Davies. A BBC Studios Audio Production for Radio 4.

WED 19:00 The Archers (m002s3fw)

There's an upset at Bridge Farm, and Amber is anxious.

WED 19:15 Front Row (m002s4j9)

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

WED 20:00 Moral Maze (m002s4jc)

Live debate examining the moral issues behind one of the week's news stories.

WED 21:00 The Long View (m002s4cv)

[Repeat of broadcast at 09:00 on Tuesday]

WED 21:30 Inside Health (m002s4cx)

[Repeat of broadcast at 09:30 on Tuesday]

WED 22:00 The World Tonight (m002s4jf)

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

WED 22:45 Fire Ready by Jane Rogers (m002s4jh)

Windfall

The stories in Jane Rogers' second collection shine an unflinching light on the future health of the planet, and the prospects for its greediest tenants - us. With stories spanning

hundreds of years – from the far side of the 22nd century all the way back to the darkest days of lockdown – they pose questions about personal responsibility that cannot be easily answered.

Read by Phoebe-Loveday Raymond
Produced by Clive Brill
A Brill production for BBC Radio 4

WED 23:00 Stand-Up Specials (m002s4jk)
Slim's Guide to Life

3. Twenties

53 year old Slim looks back on his first proper decade of adulthood.

Driving the buses of London in this period leads Slim to reflect on why bus drivers don't get respect. He's also a father of two at this point, and recalls some of his favourite, and least favourite dad duties, and we also hear about his first time in front of an audience.

Written and performed by Slim
Script Edited by David Ajao
Production Coordinator: Caroline Barlow
Executive Producer: Pete Strauss
Recorded at Up The Creek comedy club by Chris Maclean.
Sound design by Chris Maclean
Music by Slim

Slim's Guide to Life is produced by Gwyn Rhys Davies, and is a BBC Studios production for Radio 4.

WED 23:15 Stand-Up Specials (m002s4jm)
Aurie Styla: Tech Talk

S2 E2: Sounds Good to Me

Comedian Aurie Styla returns to rampage through the history of technology, through his own experience as a self-confessed tech nerd growing up in the 90s, and various things you thought you'd forgotten.

With his interactive, wildly funny style, tonight the focus is on the way tech has taken away our CD players, and given us instant access to a world of infinite Taylor Swift.

An Impatient production for BBC Radio 4.

WED 23:30 Today in Parliament (m002s4jp)
News, views and features on today's stories in Parliament

THURSDAY 05 MARCH 2026

THU 00:00 Midnight News (m002s4jr)
National and international news from BBC Radio 4

THU 00:30 This Is the Door: The Body, Pain, and Faith by Darcy Steinke (m002s4hl)
[Repeat of broadcast at 11:45 on Wednesday]

THU 00:48 Shipping Forecast (m002s4jt)
The latest weather reports and forecasts for UK shipping

THU 01:00 Selection of BBC World Service Programmes (m002s4jw)
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 (m002s4jy)
National and international news from BBC Radio 4

THU 05:04 Yesterday in Parliament (m002s4k0)
News, views and features on yesterday's stories in Parliament

THU 05:34 Shipping Forecast (m002s4k2)
The latest weather reports and forecasts for UK shipping

THU 05:43 Prayer for the Day (m002s4k4)
Out of the Shadows

Good morning.
The film award season is in full swing. Last week, I was struck by a comment made by Jessie Buckley, winning her BAFTA for the role of Agnes Hathaway in Hamnet. She thanked Maggie O'Farrell, author of the book on which the film is based, for 'this gift of a role', adding 'You brought the

mother out of the shadows, and you stood her in absoluton beside the giant that is Shakespeare.'

In films, as in history, there are many characters in the shadows of giants, who are utterly vital to what unfolds – some are portrayed as such bit players, they aren't even properly named. One such is St Non, remembered today in the Church in Wales. She was the mother of our Patron Saint, St David, Dewi Sant, whom we celebrated on Sunday.

Stories of her life only were written centuries later, and who can say what is fact or fiction. Even her name, Non, only means 'Nun', a religious, holy, woman.

But we do know this: she was recognised as devout, with ancient churches dedicated to her in Wales, Cornwall, Devon and Brittany, where she probably lived out her later years. Vitaly, she brought up her son as a Christian, a disciple of Jesus Christ, with such faith that he was acknowledged as holy in his lifetime, and is still seen as spiritual exemplar in Wales and beyond, 15 centuries later.

Lord Jesus, however insignificant we feel, use us in ways that bear fruit that will last. Amen

THU 05:45 Farming Today (m002s4k6)
The latest news about food, farming and the countryside.

THU 06:00 Today (m002s3dl)
News and current affairs, including Sports Desk, Weather and Thought for the Day.

THU 09:00 In Our Time (m002s3dq)
Margaret Beaufort

Misha Glenny and guests discuss the woman who, as a child bride, became mother to the boy who would eventually become the first king in the Tudor dynasty. Lady Margaret Beaufort (c1443-1509) was twelve when she married Edmund Tudor, half his age, and gave birth to their son Henry when she was thirteen and Edmund was already dead from the plague. Margaret Beaufort made it her life's work to protect Henry during the Wars of the Roses, which had begun soon before his birth and, as many more obvious successors to the crown died or were killed in the wars, she pivoted to supporting Henry when he became the strongest contender against Richard III. She was to survive Richard III declaring her a traitor and went on to see Henry become Henry VII the first Tudor king and herself become the King's Mother. Outliving her son by a few months, she was then to help her grandson Henry VIII succeed and the Tudor dynasty continue.

With

Joanna Laynesmith
Visiting Research Fellow at the University of Reading

Katherine Lewis
Honorary Professor of Medieval History at the University of Lincoln and Research Associate at the University of York

And

David Grummitt
Staff Tutor in History at the Open University

Producer: Simon Tillotson

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 Glenny and expert guests explore the characters, events and discoveries that have shaped our world.

THU 09:45 Strong Message Here (m002s3dv)
Armando Iannucci is joined by Hugo Rifkind.

THU 10:00 Woman's Hour (m002s3dz)
Women's voices and women's lives - topical conversations to inform, challenge and inspire.

THU 11:00 The Body Politic (m0027bnc)
Assisted dying

The politics of the human body is at the centre of intense debate in the UK and beyond. Thanks to science, technology and a fast-moving political landscape, humans are increasingly able to intervene in the natural processes of life – how we are conceived, how we are born and how and when we die. But what are the limits to this intervention, how should we decide and who should decide?

Broadcaster and columnist Sonia Sodha gets behind divides and polarisation to discover nuance, complexity and compelling stories around the beginning and the end of human life.

In the final episode we delve deep into the complex and fascinating debate around assisted dying, which has moved to the front and centre of politics in Britain. We hear views from all sides, as well as powerful stories - a widow whose husband had an assisted death in Switzerland, a woman who recovered from anorexia who's joined the anti campaign, a retired high court judge who has a life-changing illness and a leading practitioner of assisted dying in Canada.

Sonia teases out the complexity in ideas of choice, coercion and capacity as the UK debate intensifies, showing how decisions made now will impact future views on the value of life and how society handles death.

Producer: Leala Padmanabhan
Sound design: Hal Haines
Credit: 'How to die: Simon's choice', Minnow Films, directed by Rowan Deacon, executive producer Colin Barr

THU 11:45 This Is the Door: The Body, Pain, and Faith by Darcy Steinke (m002s3f3)
Episode 4: Suffering

Darcy Steinke's engrossing new book explores the subject of pain – what science tells us and what artists and thinkers have made of it. For Steinke, it all started when she damaged her back. As the process of healing began, she began to look outwards, to explore what it is like for others to live with chronic pain. With a new understanding, she reflects on the lives of writers and artists who have found meaning in the experience of pain.

In this fourth episode, she reflects on the concept of suffering and whether anything positive can come from it: 'During the worst days of my suffering from my spinal injury, when friends came over, I was alienated from their discussions of tarot cards and risotto recipes. Pain had limited my mobility and made it hard to think, but it was the accompanying mental suffering that most isolated me. I felt as if well-meaning humans had come to visit a wounded, irritable bear. Advice to surf my suffering was incomprehensible to me, no matter how many Buddhist self-help books I read. The quotes about using my suffering for self-discovery seemed bogus to me, even cruel.'

Thinking further about suffering, Steinke explores the lives of the French philosopher Simone Weil and of Franz Kafka, and describes her meetings with the musician Kurt Cobain.

The reader is award-winning actor Elizabeth McGovern, who played the Countess of Grantham in Downton Abbey

Adapted and produced by Elizabeth Burke
Executive producer: Sara Davies
Sound design: Jon Calver
A Loftus Media production for BBC Radio 4

THU 12:00 News Summary (m002s3f7)
The latest national and international news from BBC Radio 4.

THU 12:04 The Bottom Line (m002s3fc)
Evan Davis hosts the business conversation show with people at the top giving insight into what matters.

THU 12:32 Sliced Bread (m002s3fh)
Dough - Trains

Could ticketless travel and satellite connectivity be coming to our rail network?

Greg Foot examines the rise of future wonder products.

He's joined by experts, entrepreneurs and industry innovators to discuss the trends we're seeing today and where they may lead us tomorrow, before a leading futurist offers their predictions on what life might be like within five, ten and fifty years.

In this episode Greg hears how renationalisation, digital signalling, satellite connections, ticketless technology and battery power might transform our trains in the future.

With him is the futurist Tom Cheeswright and guests including:

- Dickon Ross, Editor of Rail Magazine
- Maggie Simpson OBE, Director General at the Rail Freight Group
- Mike Butler, Director of Rail & Innovation at Clarus Networks

Produced by Jon Douglas. Dough is a BBC Audio North Production for BBC Radio 4 and BBC Sounds.

THU 12:57 Weather (m002s3fi)

The latest weather forecast

THU 13:00 World at One (m002s3fq)

News, analysis and comment from BBC Radio 4

THU 13:45 Artworks (m002s3ft)

Waugh: What Is He Good For?

A Handful of Dust - The Cheating Game

Many people hold Evelyn Waugh among the best British writers of the 20th Century - Russell Kane is one of them. To mark the 60th anniversary of his death, Russell delves into seven of Waugh's most important works.

While Waugh has been unfashionable for some time, Kane believes it's high time to turn back to him. He says he was way ahead of his time and, in his books, he reveals ourselves to ourselves and uncovers clues for how we should live our lives today.

Over seven episodes, Waugh tells us everything we need to know about the cluttered corridors of English culture - its class system, media, cult of masculinity, colonial hang-ups: everything it's made of, good and bad. Not only does Waugh show our society for what it is, but he demonstrates how it can be hacked - infiltrated by savvy interlopers like himself. And Russell sees a kindred spirit.

Waugh may be a divisive figure, with the public reputation of a pantomime villain. Some say Waugh's vitriolic streak, cultural insensitivity and idolisation of the upper classes should condemn him to the male, pale and stale literary past - but Russell believes he is prescient, not reactionary, that he was ahead of his time. Waugh holds the least flattering of mirrors up to us - and actually, it's not Waugh but what we see that we don't like.

In episode 4, we look at *A Handful of Dust* (1934) – a book about fidelity. It's about men and women, toxic masculinity and treacherous female desire. Tony Last is abandoned by his wife, leading to divorce, reflecting events in Waugh's own life: his marriage breakdown and Catholic conversion. Fidelity and faith are key themes. Back then, infidelity was accepted in certain circles, but had disastrous consequences. Today, social media complicates what cheating means. The book is also about money and materialism - how to stop wanting the wealth that can make you miserable.

Contributors:

Dr Paula Byrne, author of *Mad World: Evelyn Waugh and the Secrets of Brideshead*
Kit de Waal, author
Sophia Waugh, granddaughter of Evelyn Waugh

Archive:

Face to Face (BBC television, 1960) - interview with Evelyn Waugh by John Freeman

Producer: Dom Byrne & Freya Hellier
Executive Producer: Rosamund Jones
Editor: Kirsten Lass
Commissioning Editor: Dan Clarke
Sound Mix: Jon Calver

A Loftus Media production for BBC Radio 4

THU 14:00 The Archers (m002s3fw)

[Repeat of broadcast at 19:00 on Wednesday]

THU 14:15 Drama on 4 (m002rkap)

Good People

4. The Miracle

Sonia finally tracks down her estranged friend Indigo to face their shared history. Did she betray her Project Hope teammate all those years ago?

Sonia remembers Project Hope finally making waves in Branwich, with the help of their new poster-girl, Abbie. But momentum was never going to pay the bills. They needed funding, urgently, and that meant calling in favours from old friends in high places. And a choice that would threaten the very foundations of the group.

Series Overview

Four young idealists - Sonia, Kieran, Indigo and Ayad - fall under the spell of charismatic thinker Faith Abbott at university and channel her ideas into a bold political experiment: Project Hope. Thrown into a struggling coastal town vulnerable to the far right, they try to reinvent politics from the ground up, backed - and sometimes undermined - by the unpredictable Abbie.

Project Hope captures global attention, but when Faith denounces them from beyond the grave, the group are forced to confront their shared history, and the moral compromises they've made to remain "good people".

Good People is a fictional story set against our very real political moment, examining the rise of populism, the perceived failure of politics-as-usual, and the deep divisions that run through our country and beyond. This is the fourth episode in an ambitious six-part state of the nation drama from award-winning political writer Steve Waters.

CAST

Sonia Natalie Simpson
Indigo Alby Baldwin
Abbie Iona Champain
Faith Anastasia Hille
Ayad Ikky Kabir
Kieran Nicholas Armfield
Jackie Jasmine Hyde
Nick Clive Hayward
Lars Nigel Pilkington
Gabe Django Bevan

Writer Steve Waters

Sound Andy Garratt, Keith Graham, Sam Dickinson
Casting Manager Alex Curran
Script Development Abigail Le Fleming
Production Co-ordinator Kate Gray
Assistant Producer Luke MacGregor
Director Anne Isger

A BBC Studios Audio production

THU 15:00 Open Country (m002s3fy)

Hedgerow havens

Hedges are such a traditional part of the British landscape that most of us don't give them a second thought. They're usually associated with the enclosures of the 17th-19th centuries, when the medieval farming system gave way to enclosed fields surrounded by hedges - designed to keep sheep in and people out. But, as Martha Kearney finds out, many hedges are far older than that - going back thousands of years in some cases.

In this programme, Martha explores the history and future of the hedge. She learns that there are an estimated 400,000 miles of hedgerow in Britain, despite the fact that many hedges were grubbed up and destroyed in the years since the Second World War. She talks to a wildlife expert, who explains why hedges are so important for wildlife and outlines the vital role they have to play in the ecosystem.

Martha visits a hedge-laying course in Devon, where trainees are learning this ancient skill, and tries her hand at the craft using a billhook. She discovers that Devon has a hedge style all of its own.

Producer: Emma Campbell

THU 15:27 Radio 4 Appeal (m002s2xb)

[Repeat of broadcast at 07:54 on Sunday]

THU 15:30 Feedback (m002s3g0)

The programme that holds the BBC to account on behalf of the radio audience

THU 16:00 The Briefing Room (m002s3g2)

David Aaronovitch presents in-depth explainers on big issues in the news.

THU 16:30 BBC Inside Science (w3ct8ty2)

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

THU 17:00 PM (m002s3g5)

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

THU 18:00 Six O'Clock News (m002s3g7)

National and international news from BBC Radio 4

THU 18:30 Stand-Up Specials (m0023tht)

Randy Feltface

4. Water

Randy Feltface takes a deep dive and comes up wishing he hadn't. Extinction, pollution, rising temperatures and a very angry salmon all make an unwelcome appearance in this show -

but will Randy press on with his plan to press the destruction button, or will he have a change of heart and share his hopes for the future?

This head-on charge into possibly the most important subject facing humanity comes to you via a show where you'll laugh, you'll cry, you'll learn, you'll laugh again between the leamy bits and most of all, you'll be able to say "I was there when Radio 4 decided to have show hosted by a puppet"

Randy Feltface has been seen on Netflix, ABC, NBC, and has a huge & devoted following across the globe (1m+ social media followers, 1.6m TikTok followers, 833k subscribers, 79m YouTube views). His hour-long specials are YouTube cult classics, his world tours are sold out sensations, and he's the only Radio 4 presenter to be entirely made of felt.

With Margaret Cabourn-Smith, William Hartley & Venice Ohleyer

Produced & directed by David Tyler

A Pozzitive production for BBC Radio 4

THU 19:00 The Archers (m002s3gb)

It all comes down to head or heart for Helen, and Amber and George have the first pregnancy scan.

THU 19:15 Front Row (m002s3gd)

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

THU 20:00 When It Hits the Fan (m002s3gg)

[Repeat of broadcast at 16:00 on Wednesday]

THU 20:15 The Media Show (m002s3gj)

[Repeat of broadcast at 16:15 on Wednesday]

THU 21:00 Loose Ends (m002s3jt)

[Repeat of broadcast at 18:15 on Saturday]

THU 21:45 Strong Message Here (m002s3dv)

[Repeat of broadcast at 09:45 today]

THU 22:00 The World Tonight (m002s3gl)

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

THU 22:45 Fire Ready by Jane Rogers (m002s3gn)

Murmuration

The stories in Jane Rogers' second collection shine an unflinching light on the future health of the planet, and the prospects for its greediest tenants - us. With stories spanning hundreds of years - from the far side of the 22nd century all the way back to the darkest days of lockdown - they pose questions about personal responsibility that cannot be easily answered.

Read by Emily Raymond

Produced by Clive Brill

A Brill production for BBC Radio 4

THU 23:00 Radical with Amol Rajan (m002s3gq)

Conversations about tomorrow, from Today.

THU 23:30 Today in Parliament (m002s3gs)

News, views and features on today's stories in Parliament

FRIDAY 06 MARCH 2026

FRI 00:00 Midnight News (m002s3gv)

National and international news from BBC Radio 4

FRI 00:30 This Is the Door: The Body, Pain, and Faith by Darcey Steinke (m002s3f3)

[Repeat of broadcast at 11:45 on Thursday]

FRI 00:48 Shipping Forecast (m002s3gx)

The latest weather reports and forecasts for UK shipping

FRI 01:00 Selection of BBC World Service Programmes (m002s3gz)

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 (m002s3h1)

National and international news from BBC Radio 4

FRI 05:04 Yesterday in Parliament (m002s3h3)

News, views and features on yesterday's stories in Parliament

FRI 05:34 Shipping Forecast (m002s3h5)

The latest weather reports and forecasts for UK shipping

FRI 05:43 Prayer for the Day (m002s3h7)

World Day of Prayer

Good morning. Today is the World Day of Prayer.

Around the globe, Christians of all traditions are joining in prayer on a common theme, chosen to prompt closer fellowship and joint action, throughout the year. This wave of prayer begins in Samoa at dawn on the first Friday of March, and encircles the world to end 38 hours later, at sunset in American Samoa, just the other side of the dateline.

In the UK there will be hundreds of events today.

This year's theme was prepared by women in Nigeria, who chose words of Jesus from Matthew's Gospel: 'Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest'.

The writers remind us that his call to 'come and find rest' isn't really about taking a break from burdensome responsibilities – it's more about discovering what it means to live close to God, even as life continues demanding. It's also encouragement to keep striving for a world without injustice, insecurity, marginalisation, religious persecution, poverty and conflict, which so many in Nigeria and elsewhere face.

Rest for our souls is like finding a deep breath for our hearts, they say, a promise of God's deep abiding peace that gives us hope, encouragement and strength, in the midst of struggles. It's a call also to share all this with those who labour alongside us.

Lord Jesus Christ, when life is hard, teach us to abide in you, whose yoke is easy and burden light, so we may find rest for our souls; and help us share all this with others. Amen

FRI 05:45 Farming Today (m002s3h9)

The latest news about food, farming and the countryside.

FRI 06:00 Today (m002s4pj)

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

FRI 09:00 Desert Island Discs (m002s2y3)

[Repeat of broadcast at 10:00 on Sunday]

FRI 10:00 Woman's Hour (m002s4pl)

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

FRI 11:00 The Food Programme (m002s4pn)

Cork Country

Leyla Kazim reports from cork country in Portugal - where up to 10,000 of hectares of cork oak trees are being lost every year, despite laws protecting them from being cut down. Climate change is putting new stresses on the ancient forests, and as the cork industry worries that falling wine consumption could shrink global demand, Leyla asks why Portugal became the world's biggest producer of cork in the first place, and what it will take to keep them thriving. She meets farmers using regenerative methods of working the land to protect the montado, and plantations where thousands of new trees are being planted.

Presented by Leyla Kazim

Produced in Bristol for BBC Audio by Natalie Donovan

FRI 11:45 This Is the Door: The Body, Pain, and Faith by Darcey Steinke (m002s4pq)

Episode 5: Healing

Darcey Steinke's engrossing new book explores the subject of pain – what science tells us and what artists and thinkers have made of it. For Steinke, it all started when she damaged her back. As the process of healing began, she began to look outwards, to explore what it is like for others to live with chronic pain. With a new understanding, she reflects on the lives of writers and artists who have found meaning in the experience of pain.

In this final episode, she begins to recover. After trying various alternative therapies, and steroid injections, she finally has back surgery. And it is a success. But the experience of intense pain has changed her:

'When I started this book, I wanted to try to understand how pain changed me for better and for worse. But pain's legacy is hard to pin down. I worked with a therapist for a year before I finally got out from under the fear that the pain would come back. As that terror receded, I found myself more permeable, more empathetic, closer to the reality of life's fragility but also its wonder. When I see people on the street limping, using canes or walkers, I understand with a new connectivity that they don't just have mobility issues; they are also in pain.'

The reader is award-winning actor Elizabeth McGovern, who played the Countess of Grantham in *Downton Abbey*

Adapted and produced by Elizabeth Burke

Executive producer: Sara Davies

Sound design: Jon Calver

A Loftus Media production for BBC Radio 4

FRI 12:00 News Summary (m002s4ps)

The latest national and international news from BBC Radio 4.

FRI 12:04 Rare Earth (m002s4pv)

Should we still have zoos?

This year London Zoological Society marks its 200th anniversary. Established in 1826, today it has around 8000 animals and claims to be "the original scientific zoo". In this programme, Helen Czerski and Tom Heap look back at the role of zoos across the centuries and ask where their future lies. From public entertainment to conservation projects, do they have a part to play in an age when technology means we can see animals virtually, up-close and in high-definition, without having to keep them in captivity? Tom and Helen visit the former site of Bristol zoo in Clifton, now awaiting development, and are joined in the studio by a panel of experts to discuss the history, future and philosophy of the zoo.

Producer: Emma Campbell

Assistant Producers: Toby Field and Rebecca Rooney

Rare Earth is produced in collaboration with the Open University

FRI 12:57 Weather (m002s4px)

The latest weather forecast

FRI 13:00 World at One (m002s4pz)

News, analysis and comment from BBC Radio 4

FRI 13:45 Artworks (m002s4q1)

Waugh: What Is He Good For?

Scoop - Who Is the Truth?

Many people hold Evelyn Waugh among the best British writers of the 20th Century - Russell Kane is one of them. To mark the 60th anniversary of his death, Russell delves into seven of Waugh's most important works.

While Waugh has been unfashionable for some time, Kane believes it's high time to turn back to him. He says he was way ahead of his time and, in his books, he reveals ourselves to ourselves and uncovers clues for how we should live our lives today.

Over seven episodes, Waugh tells us everything we need to know about the cluttered corridors of English culture - its class system, media, cult of masculinity, colonial hang-ups: everything it's made of, good and bad. Not only does Waugh show our society for what it is, but he demonstrates how it can be hacked - infiltrated by savvy interlopers like himself. And Russell sees a kindred spirit.

Waugh may be a divisive figure, with the public reputation of a pantomime villain. Some say Waugh's vitriolic streak, cultural insensitivity and idolisation of the upper classes should condemn him to the male, pale and stale literary past - but Russell believes he is prescient, not reactionary, that he was ahead of his time. Waugh holds the least flattering of mirrors up to us - and actually, it's not Waugh but what we see that we don't like.

In episode 5, we explore *Scoop* (1938) – a book about the media. Scoop's astute observations about the British press are, as Christopher Hitchens said, the reason for "its enduring magic". A prescient book long before the 'post-truth' era, exploring who our truth tellers are. Russell identifies with protagonist William Boot, who is mistaken for an experienced correspondent; he too re-packages his life for audiences and has successfully used Instagram to extend his fame. Russell looks

for clues in the novel about who we can trust.

Contributors:

Dr Paula Byrne, author of *Mad World: Evelyn Waugh and the*

Secrets of Brideshead

Ian Hislop, editor of *Private Eye* magazine

Nikesh Shukla, author and screenwriter

Archive:

Frankly Speaking (BBC Home Service, 1953) - interview with

Evelyn Waugh by Charles Wilmot, Jack Davies & Stephen

Black

Producer: Dom Byrne & Freya Hellier

Executive Producer: Rosamund Jones

Editor: Kirsten Lass

Commissioning Editor: Dan Clarke

Sound Mix: Jon Calver

A Loftus Media production for BBC Radio 4

FRI 14:00 The Archers (m002s3gb)

[Repeat of broadcast at 19:00 on Thursday]

FRI 14:15 Limelight (m002rw5t)

The Dentist

Episode 2

Darkly comic crime thriller by D.C. Jackson.

When Kerry makes the snap decision to assume her dead sister's identity, she doesn't think through the consequences of posing as a dentist. Turns out they're pretty catastrophic...

Cast:

Leanne ... Gabriel Quigley

DI Hickman ... David Ireland

Bob ... Grant O'Rourke

Stewart ... Jonathan Watson

Jaconelli ... Gavin Mitchell

Kasia ... Leah Byrne

Studio Production: Andy Hay and Gav Murchie

Production Coordinator: Ellie Marsh

Original music and sound design: Fraser Jackson

Additional keyboards: Tony Graham

A BBC Audio Scotland Production directed by Kirsty Williams

FRI 14:45 Life Without (m002s4q3)

Life Without Salt

A low salt diet is one thing, but a no salt life? In this episode of *Life Without*, Alan Davies discusses how Sodium Chloride affects our world and our taste buds.

From our kitchens to our oceans, salt is everywhere and our brains and bodies would struggle without it. How long before we struggle and what alternatives might be available today?

This episode features Mark Miodownik, Professor of Materials and Society at UCL and nutritional food scientist, bestselling author and broadcaster, Kumud Gandhi.

An ITN production for BBC Radio 4

FRI 15:00 Gardeners' Question Time (m002s4q5)

Hertfordshire

Peter Gibbs and the GQT team are in Hertfordshire.

Peter's joined by Bob Flowerdew, Bunny Guinness and Juliet Sargeant.

Producer: Matthew Smith

Junior Producer: Rahnee Prescod

A Somethin' Else production for BBC Radio 4.

FRI 15:45 Short Works (m002s4q7)

He Who Conquers Himself Is the Mightiest Warrior by Bernie McQuillan

An original short story specially commissioned by BBC Radio 4 from the writer Bernie McQuillan. Read by Caoimhe Farren.

The Author

Bernie McQuillan is an Irish writer, based in Belfast with her husband and four children and works in health and social care. Her short stories have won awards and been published in journals including *The Honest Ulsterman* and *Women's Way*

(Ireland). She is an Irish PEN/John Hewitt 2024 Freedom to Write Awardee. Her debut novel *The Lobster Pot* (2026) was shortlisted by Watson Little x Indie Novella Prize, longlisted by the Caledonia Novel Award and highly commended by Irish Novel Fair.

Writer: Bernie McQuillan
Reader: Caoimhe Farren
Producer: Michael Shammon

A BBC Audio Northern Ireland Production for BBC Radio 4.

FRI 16:00 Last Word (m002s4q9)

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

FRI 16:30 Sideways (m002s4hd)

[Repeat of broadcast at 09:00 on Wednesday]

FRI 17:00 PM (m002s4qc)

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

FRI 18:00 Six O'Clock News (m002s4qf)

National and international news from BBC Radio 4

FRI 18:30 The Naked Week (m002s4qh)

Series 4

Episode 1

Andrew Hunter Murray and Jon Holmes return with a bold, audacious take on the week's news.

FRI 19:00 The Archers (m002s4ql)

Alice gives Ruairi some loving care, and George and Amber hatch a plan.

FRI 19:15 Add to Playlist (m002s4qn)

Andrew Roachford and Carol Jarvis celebrate a former taxi driver

Trombonist Carol Jarvis and singer and songwriter Andrew Roachford join Jeffrey and Anna to add five more tracks to the playlist. Starting with a famous composer and former taxi driver, they head to some classic boogie-woogie, a female kora virtuoso, and hit the road again with one of country's finest.

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

The five tracks in this week's playlist:

Etudes: No 6 by Philip Glass
Pyramid Song by Radiohead
Hassle Attack by Ann Rabson
Ballaké Sissoko by Sona Jobarteh
On the Road Again (Live) by Willie Nelson

Other music in this episode:

Mary Ann by Buddy Guy
With Love by Thin Lizzy
Sex Machine by James Brown
Big Yellow Taxi by Joni Mitchell
Diary of a Taxi Driver by Bernard Herrmann

FRI 20:00 Any Questions? (m002s4qq)

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

FRI 20:55 This Week in History (m002s4hj)

[Repeat of broadcast at 11:40 on Wednesday]

FRI 21:00 Free Thinking (m002s4qs)

Women, language and experience

In a special programme looking ahead to International Women's Day on March 8th, Shahidha Bari looks at how women express themselves in language, argument, poetry and art. Her guests include:

Sara Ahmed is the author of *No is Not a Lonely Utterance*
Karen McCarthy Woolf's latest poetry collection is called *Unsafe*
Lauren Elkin's books include *Art Monsters: Unruly Bodies in Feminist Art*, she translated Simone de Beauvoir's previously-

unpublished novel *The Inseparables* and has a new book coming out in *May Vocal Break: On Women, Music, and Power*. She has been reading the new translation by Sophie Lewis of *Angst* by the French feminist thinker Hélène Cixous
Mary Wellesley is a historian and author of *Hidden Hands: The Lives of Manuscripts and Their Makers*, and *The Gilded Page: The Secret Lives of Medieval Manuscripts*
Ash Percival-Borley, military historian and former soldier

Producer: Luke Mulhall

FRI 22:00 The World Tonight (m002s4qv)

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

FRI 22:45 Fire Ready by Jane Rogers (m002s4qx)

Fire Ready

The stories in Jane Rogers' second collection shine an unflinching light on the future health of the planet, and the prospects for its greediest tenants - us. With stories spanning hundreds of years – from the far side of the 22nd century all the way back to the darkest days of lockdown – they pose questions about personal responsibility that cannot be easily answered.

Read by Phoebe-Loveday Raymond

Produced by Clive Brill
A Brill production for BBC Radio 4

FRI 23:00 Americast (w3ct8bz7)

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

FRI 23:30 Today in Parliament (m002s4r0)

News, views and features on today's stories in Parliament