

## SATURDAY 28 FEBRUARY 2026

## SAT 00:00 Midnight News (m002rt1w)

National and international news from BBC Radio 4

## SAT 00:30 Unspeakeable: 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 Dalfen – 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)

A major retailer is to stop sourcing mackerel from the North East Atlantic because of concerns about over-fishing.

We speak to the Farming Minister on changes to England's biggest environmental scheme.

How farmers are faring four years into the war in Ukraine.

Presented by Charlotte Smith and produced by Beatrice Fenton.

## 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

On Saturday Live this week we'll be looking up, down and all over the place.

Dame Maggie Aderin, space scientist, will have us looking to the skies in wonder before David Mearns, shipwreck hunter, takes us down into the ocean deep as we marvel at his life's work - and a man never short of a sense of wonder is writer, actor, comedian, sailor and lover of apacacs...Griff Rhys Jones.

Also today, we'll rise from the depths to the surface for some sea shantying from The Longest Johns - and we'll be getting the Inheritance Tracks of Andy Zaltzman.

Presenter: Adrian Chiles

Producer: Ben Mitchell

Assistant Producers: Lowri Morgan and Alice McKee

Researcher: Angharad Butler

Editor: Glyn Tansley

(The live music performed in this programme has been shortened for music rights reasons)

## 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 (m002s35g)

Series 51

Margate

Jay Rayner and the panel are in Margate answering questions from an audience of hungry home cooks.

Joining Jay are chefs, cooks and food writers, Maria Bradford, Jeremy Pang, Rob Owen Brown and Melek Erdal.

The panellists discuss budget meals for four, ideas for savoury donut fillings, and the question that every home cook has pondered - do we really need to salt water for pasta?

Jay welcomes local co-founder of the Margate Crab Museum, Chase Coley to discuss why crabs have fascinated the public for so long and how the renaming of the British Spider Crab intends to shift perceptions and create an appetite for more local produce.

Executive Producer: Ollie Wilson

Producer: Matt Smith

Assistant Producer: William Norton

A Somethin' Else production for BBC Radio 4

## SAT 11:00 The Week in Westminster (m002s373)

Sonia Sodha discusses the Greens' by-election win in the Greater Manchester seat of Gorton and Denton and where this leaves Sir Keir Starmer with the Bassetlaw MP Jo White, who chairs the Red Wall caucus and Andrew Fisher, who was a senior adviser to Jeremy Corbyn when he was Labour leader and is now a columnist for the i newspaper.

To assess reforms for children with special educational needs and disabilities, Sonia is joined by Sir Nick Gibb, a former Conservative MP and a long-serving schools minister and the Labour MP Jess Asato who is on the Education Select Committee and has a child with special educational needs.

Sonia discusses the appointment of Antonia Romeo to the top job of Cabinet Secretary with Helen MacNamara, who spent 15 years in senior civil service roles and was deputy Cabinet Secretary during the pandemic.

And the Lib Dem Cabinet Office spokeswoman Lisa Smart and Professor Robert Hazell from the Constitution Unit at UCL discuss whether this week's parliamentary debate on the appointment of Andrew Mountbatten-Windsor as a trade envoy in 2001 spells the end for the long-standing convention that MPs must not criticise members of the royal family in the Commons chamber.

## 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 Mazzu  
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 Chowns 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 Chowns 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)**  
At The Bull Chris tells Hannah he's looking forward to making the plant supports for her step-father, but generally he feels a bit old and pointless. Hannah sympathises, her career feels stuck too - what they both need is a good work challenge to get them going. David then outlines his idea for a farrier competition at the Borchester Show, which sounds great, but Chris doesn't want to organise it. When David uses the word "challenge" Hannah leaps on this, after what they'd just been saying. Then Hannah's bluff is called when she tries to shirk the challenge of helping with the staging. David puts both their names down and Chris reckons he's worse than Lynda Snell!

Helen's woken by a call from Kirsty about the Open House viewing later. Kirsty realises Helen's in bed with Finlay and rings off, before Finlay and Helen agree they'd like to stay there forever. But being together will only happen if one of them gives up the life they have. And that seems impossible, despite the overwhelming strength of feeling between them. They each have too many commitments in their lives to start anew. They decide to make the most of what little time they have left together and leave it at that. Helen then goes to view the house on The Green, telling Kirsty she has no regrets about last night or being unfaithful to Dane. She finally feels ready to move on with her life, for the first time since Rob died. She thinks moving into the house is a definite possibility.

**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 Antoino  
Tommy ..... Tom Cawte  
Conor ..... Jason Barnett

Directed by Tracey Neale

Writer:  
Philip Palmer, an experienced and 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, Hatton Garden Heist and Precious Blood.

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

A BBC Studios Production

**SAT 16:00 Woman's Hour (m002s37f)**  
Weekend Woman's Hour: Tracey Emin, SEND reforms, Student midwives

A 40-year career retrospective of Dame Tracey Emin's work has opened at the Tate Modern in London, featuring many of the artist's most iconic pieces, from her controversial, Turner Prize shortlisted My Bed (1998) to her neon artworks, textiles, bronze sculptures, photos, and paintings. Called A Second Life,

it explores the connections and tensions between her early career and the work she's created since 2020, when she was diagnosed with cancer and underwent a huge operation. Tracey joins Anita Rani to discuss her body of work.

Student midwives have contacted us to say many of them are struggling to find jobs despite a serious shortage of midwives in the NHS. A new survey from the Royal College of Midwives finds 31% of newly qualified midwives are still not employed in the role, and the majority of those who have found employment are on fixed-term contracts. Nuala McGovern hears from Safia, who is in her final year of midwifery training, and Gill Walton, Chief Executive of the Royal College of Midwives.

Molly vs the Machines is a new feature-length documentary that tells the story of Ian Russell and his fight for online safety after his daughter Molly took her own life in 2017 following months of viewing content relating to self-harm and suicide on social media. Molly's friends Charlotte Campbell and Sophie Conlan tell Anita why it was important for them to take part in the film.

In collaboration with our Send in the Spotlight podcast, Nuala speaks to Schools Standards Minister Georgia Gould about the government's proposed SEND reforms.

Writer and actor Kyla Harris joins Clare McDonnell to discuss reframing disability with her acclaimed BBC comedy We Might Regret This, which she co-created.

Presenter: Anita Rani  
Producer: Dianne McGregor

**SAT 17:00 PM (m002s37h)**  
USA and Israel strike Iran in "massive and ongoing" attacks

The USA and Israel have launched large-scale strikes on Iranian military and government targets. Tehran has responded, hitting American and allied sites around the Middle East. In an extended programme we will be live in Washington and Jerusalem, hear about the inner workings of the Iranian government, and discuss the risk of further escalation at a dangerous moment for the region. Jonny Dymond and Joe Pike present.

**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)**  
Iran launches attacks across Middle East after US and Israel strikes on its territory

Iran has launched a wave of retaliatory strikes against Israel, and American allies across the Middle East - following this morning's joint attack by Israel and the US. President Trump has urged Iranians to use the attacks as an opportunity to rise up against their country's regime. Air raid sirens have been heard across Israel, after the launch of Iranian missiles towards the country. And: The Labour MP, Josh Simons, has resigned as a Cabinet Office Minister, saying he had become a distraction from the government's work. He's been under scrutiny because of claims the think tank he previously ran -- called Labour Together -- commissioned a report looking into the background of journalists.

**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 Detectivists'. 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 first 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 journalist Dany Mitzman report from Slow Food's Terra Madre Asia and Pacific held on Negros Island in centre of the Philippines, where they 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 (m002rq1t)**

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)**

Bishop of Chelmsford on Iran; Gaelic Psalms; Christian poet Harry Baker

William Crawley speaks to Bishop Guli Francis-Dehqani about US and Israel air strikes on the country she fled as a teenager, when the Islamic revolution was taking place.

He also hears from Iranian academic Roxane Farmanfarman and Anshel Pfeffer, Israel Correspondent for The Economist.

A new film about a sacred Scottish tradition premieres at the Glasgow Film Festival. 'Psalms of the People' follows Rob MacNeacail on a personal journey as he explores the cultural heritage of Gaelic psalm singing.

The Christian poet Harry Baker has written 100 poems for the first 100 days of his newborn son's life, an ode to modern fatherhood in all its chaos, tenderness and bleary-eyed wonder. The book is called 'Tender: 100 Poems for the First 100 Days of Life'.

PRESENTER: WILLIAM CRAWLEY  
 PRODUCERS: CATHERINE MURRAY AND KATY DAVIS  
 STUDIO MANAGERS: KELLY YOUNG AND BEN HOUGHTON  
 PRODUCTION CO-ORDINATOR: DAVID BAGULEY  
 EDITOR: CHLOE WALKER

**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](http://bbc.co.uk/appeal/radio4)
- Please ensure you are donating to the correct charity by checking the name of the charity on the donate page.

Registered Charity Number: 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 (m002s2xl)**

The news headlines, including a look at the newspapers.

**SUN 08:10 Sunday Worship (m002s2xj)**

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 (m002s2zx)**

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.

- DISC ONE: Three Little Birds - Bob Marley And The Wailers
- DISC TWO: Dance With My Father - Luther Vandross
- DISC THREE: I Miss You - DMX feat. Faith Evans
- DISC FOUR: The Loco-motion - Kylie Minogue
- DISC FIVE: Here I Come - Dennis Brown
- DISC SIX: You're the Apple of My Eye - Louis Armstrong and Velma Middleton
- DISC SEVEN: Roar - Katy Perry
- DISC EIGHT: I'm Still Standing - Elton John

BOOK CHOICE: The Untold Railway Stories: Celebrating 200 Years of Passenger Railways edited by Monisha Rajesh  
 LUXURY ITEM: A multi-functional pocket knife  
 CASTAWAY'S FAVOURITE: Three Little Birds - Bob Marley And The Wailers

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 Wilcox  
 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)**  
 Iran and Israel launch fresh attacks after Iran's Supreme Leader Khamenei killed

Iran and Israel launch fresh attacks after Iran's Supreme Leader Khamenei killed. An extended The World This Weekend with reaction and analysis from America, Israel and the Gulf.

**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 ..... Faye Bakhsh  
 Scipio ..... Christopher Ragland  
 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 (m002s2yx)**  
 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 Miller/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 - written and performed by Stagedoor Johnny (Richard Poynton).

Blake Morrison's new poetry collection is 'Afterburn' (Chatto and Windus) - his new book on writing memoir 'On Memoir' is published in April.

Natalie Shapero's collection 'Stay Dead' is published by Outspoken Press.

Tara Bergin's 'Savage Tales' is published by Carcanet

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)**  
 Iran Lashes Out As Supreme Leader Killed

Iran has fired hundreds of missiles and drones at targets across the Middle East, after announcing that its Supreme Leader, Ayatollah Ali Khamenei, has been killed in US-Israeli attacks. At least 200 people -- most of whom were at a girls' school in the country's south -- have been reported killed in Iran. Three US service personnel have been killed in Iran's response, as well as ten people in Israel. Donald Trump has suggested that Iran's new leadership wanted to talk. Meanwhile, UK government officials are understood to be working on plans to potentially evacuate British nationals from the Middle East.

**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 are 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)**

Tom complains that he was too tired to do paperwork last night, with the twins being at such a livewire stage. Helen reminds him that she needs his veg box figures for tomorrow's audit and considers how Bridge Farm could become more efficient. Affronted Tom pushes back – they are doing well and he has reservations about the need for an audit. As Pat and Helen enjoy a walk, Pat reminds her that Tom is in a different position in life to her, still having young children, and could be feeling threatened by Helen's energy and enthusiasm for the business. Raising this with Tom, he at first blusters, but then admits to Helen that he does feel a little insecure and in fact it might do them good to have a thorough examination of the business.

Things get steamy on Rex's narrowboat when Alice arrives and offers to refasten his crooked shirt buttons. Later, they are interrupted by Adam, who wants to chat to Rex about potentially playing cricket for Darrington. With Alice hiding in the bedroom, flustered Rex badly covers what he's been doing. Later, Rex and Alice are hoping no one will realise they are in The Bull on a date. Adam, seeing them, lets Rex know that he hasn't got it in him to play for a rival team. He asks them if they'd be interested in another team sport – one the whole community could get behind. As they agree, Adam joins the dots – he teases them that it's sweet they're together and promises them discretion.

**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 Doriell 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 times 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 Colon interview, Latin Music USA, BBC Four, 05/02/2010;

**SUN 21:00 Political Thinking with Nick Robinson (m002s37k)**

'This is Iran's Berlin Wall moment': Omid Djallili, comedian and actor

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

Omid Djallili 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, Djallili 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

**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)**

Will Britain be dragged into the Middle East conflict?

Ben Wright has the latest on the conflict on the Middle East, and the political reaction here in Britain, as Keir Starmer authorises the US to use UK bases. He is joined by Labour MP Catherine West, Conservative MP Sir John Whittingdale, pollster Scarlett Maguire and FT political editor George Parker. They also discuss the fallout from the Denton and Gorton by-election and look ahead to the Chancellor's spring statement. And, ahead of the 80th anniversary of Churchill's 'iron curtain' speech, Ben talks to Churchill expert Dr Larry P. Arm about the significance of the speech and its resonance today.

**SUN 23:00 In Our Time (m002rrvz)**

The Columbian Exchange

Misha Glenny 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 Glenny 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 David's 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)**

02/03/26: Officially enough rain, Mrs Wilmot's Pippin, land use pressure

After a marathon run of torrential rain, floods, and grey skies to start 2026, the drought warnings from last Autumn seem a world away. Back in October, the Environment Agency said that at least 100% of the average rainfall would be needed every month until the end of March for England to recover fully from the 2025 drought. Steve Turner from the UK Centre for Ecology and Hydrology tells Charlotte that rivers and groundwater have returned to normal, or above normal, levels in most of the country.

We meet a grower search for an elusive and almost forgotten Derbyshire apple: Mrs Wilmot's Pippin.

Land is seen as the answer to some of the big questions faced by Society: cutting greenhouse gas emissions by generating renewable energy, building new homes to ease the housing crisis, making space for nature to halt the collapse of wildlife numbers...and farming to feed the nation. As land is a finite resource, the debate over which land should be used for what purpose is becoming increasingly charged. The Government is hoping to take some of the heat out of the discussion, and provide much needed clarity. It's already consulted on a Land Use Framework for England, and the final version is due to be published soon. Ahead of that, this week we're looking at those competing pressures on land.

Presenter: Charlotte Smith

Producer: Sarah Swadling

**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)**

Reading and storytelling

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 journalist 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 in Iran, George Eliot on stage, Professor Kate Pickett

On Saturday Iran's Supreme Leader Ayatollah Ali Khamenei was killed after Israel and the US launched a "massive" and ongoing attack against Iran's leadership and military. US President Donald Trump urged Iranian forces to lay down their arms, and for Iran's people to rise up against its government. Iran has responded by firing ballistic missiles and drones at US assets and allies across the region. Whilst huge questions still remain about what will happen next in this conflict, on *Woman's Hour* today we ask what this moment might mean for women in Iran. Nuala McGovern is joined by BBC Persian reporter Ghoncheh Habibiazad and international human rights lawyer Azadeh Zabeti, Co-President of the Committee of Anglo-Iranian Lawyers.

Mary Ann Evans is better known by her pseudonym George Eliot. She's the author of many important novels including *Middlemarch*, *Silas Marner*, and *Mill on the Floss*, which brings the issue of women's education to the fore. A new play, *Bird Grove*, the name of George Eliot's home, has just opened at the Hampstead Theatre in London. When we meet Mary Ann she has not yet started writing fiction, but beginning to have her mind opened to progressive new ideas. Nuala finds out more with the play's director, Anna Ledwich, and actor Elizabeth Dulau who plays Mary Ann Evans.

According to the NGO International Justice Mission, child sexual abuse that takes place on social media and other online platforms is one of the fastest-growing yet least-detected types of child abuse globally. Offenders pay to direct the real-time sexual exploitation of children via any internet-connected, camera-enabled device. Most identified victims are in the Philippines and the UK is among the top three countries consuming this material, with the United States at number one. Nuala is joined by Molly Hudson from the International Justice Mission, and Sharon Pursey, co-founder of SafeToNet, a British online safety technology company.

Kate Pickett is Professor of Epidemiology at the University of York. Her new book is *The Good Society and How We Make It* and in it she looks at ideas she believes will build a better society and says we "can't afford to nibble" when it comes to solving some of the big issues we are facing.

Presenter: Nuala McGovern

Producer: Andrea Kidd

**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: Notes from a Body in Pain 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)**  
 Middle East Travel, Property Advert, Delay Repay

Following on from the joint US/Israeli strikes on Iran over the weekend, we look at the knock-on effects for those in the region and those who were meant to be travelling there. It's meant huge disruption to international air travel, with flights cancelled and hubs such as Doha unavailable - with as many as 200,000 British people thought to be in the affected area. We also look at what it means for their insurance, and whether they'll be able to reclaim any costs.

Listeners have been contacting us about Delay Repay, the method of claiming money back from your rail journey if you're delayed over a certain amount of time. They say it's too convoluted and we hear how there may be changes to the system on the way.

Plus property adverts which promise a paradise but actually turn out to be the pits - how different can the reality be for renters desperate to find somewhere to live?

PRESENTER: WINIFRED ROBINSON  
 PRODUCER: JAMES WICKHAM

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

**MON 13:00 World at One (m002s35f)**  
 War escalates in the Middle East

US and Israeli strikes continue as Iran retaliates across the region - including targeting a British RAF airbase in Cyprus. We'll bring you the latest from inside Iran, hear from people stranded amidst the chaos and consider what happens next in

the Middle East and around the world.

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

1. 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 globtrotting 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 Soloman

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)**  
 A Place in Politics for British Muslims

Alongside rising levels of hate faced by British Muslims, are renewed questions about how well Muslims have integrated in British society.

The BBC's Religion Editor Aleem Maqbool hears stories of anti-Muslim hatred, including that of London entrepreneur Usman Shah, pictured as part of the Heathrow Welcome campaign. Mr Shah describes how he made a bold decision to forgive and reach out to his abusers, a decision inspired by his Islamic values and faith.

Aleem also hears from those urging British Muslims to take a more proactive approach in resolving problems within their communities.

He explores whether politics could play in bringing greater cohesion, or whether politics has been a hindrance to progress.

And he examines who is working with whom to help resolve matters and bring cohesion at this crucial juncture.

Producer: Leela Padmanabhan  
 Assistant Producers: Imaan Asim and Catherine Wyatt

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

**MON 17:00 PM (m002s35s)**

Trump describes Iran campaign 'last, best chance' to stop Tehran's regime

Sir Keir Starmer said the UK's decision not to join the US- Israeli strikes on Iran was "deliberate", adding his government "does not believe in regime change from the skies"

**MON 18:00 Six O'Clock News (m002s35v)**

The US defence secretary declines to give a timeline for ending the US-Israeli war with Iran

As the US-Israeli war against Iran continues to widen, President Trump's defence secretary has declared the American military action the "most lethal, most complex and most precise aerial operation in history". Also: Iran launches fresh attacks on targets across the Gulf. And the Iranian Red Crescent says more than 550 people have been killed in Iran.

**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)**

Eddie surprises George, who's sorting out old family photos at No 1 The Green. George awkwardly reveals he's preparing a slideshow for Eddie's 75th birthday. The memories make Eddie emotional, bringing home how close they've always been as a family, and how different things are now – what would Joe say if he were alive today? George insists it's all been his fault. He regrets what he did to Ed, and what he said about Nic. He'd do anything to turn back the clock and be close again. Touched, Eddie can see he's trying. He reckons they should put it behind them – after all, who knows how much time he's got left?

Arriving to measure up at Home Farm, Miranda is surprised to find Ruairi, who's been for a run and found himself there. Sensing he's not himself, Miranda tries to cheer him with the news that the exchange should be in a couple of weeks. He can come in and have a look as the estate agent should be there. With work as an excuse, Ruairi leaves. Miranda later shares her concerns with Brian, who insists he's looking forward to the move. Calling in at Berrow Farm, Brian demands that Ruairi tells him what's going on. Distressed, Ruairi admits he can't entertain living at Home Farm. For him it represents Jenny and his early life, and would only emphasise how disappointed she'd be in him now. Brian tells Ruairi to pull himself together because they're definitely moving in, before embracing him and assuring Ruairi that they'll be alright.

**MON 19:15 Front Row (m002s35z)**

Pixar at 40

Media journalist Al Horner discusses the latest twist in Warner Bros sale.

Pixar's chief creative officer Pete Docter on the inner workings of the animation giant as it marks its 40th anniversary this year.

100 years after his birth, and with a special BFI season underway, we assess the work of the Polish director Andrzej Wajda, with fellow director Agnieszka Holland and film writer Ian Christie.

British painter Rose Wylie's Royal academy retrospective opened last week. Samira sat down to speak with her at the RA in the shadow of one of her enormous canvasses.

Presenter: Samira Ahmed

**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](http://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)**

Iran threatens to set fire to shipping in Gulf amid ongoing conflict

Iran has threatened shipping in the Persian Gulf and Straits of Hormuz as fighting between the country and the US and Israel escalates. Today, US President Donald Trump says he took the decision to launch a war against Iran because it was the "last, best chance" to stop the country's regime. We devote the entire programme to the conflict, and enlist a panel of experts to guide us through it: Rana Rahimpour is an Iranian-British journalist and former BBC Persian presenter and reporter; Kirsten Fontenrose was senior director for the Gulf at The US National Security Council in the first Trump Administration; and Sir Simon Fraser is a former head of the Foreign Office, now Chair of the British foreign policy institute Chatham House.

Here in the UK, Sir Keir Starmer has said the UK's decision not to join the US-Israeli strikes on Iran was "deliberate", adding his government "does not believe in regime change from the skies". We assess the state of relations between the US and UK.

**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 Lighthouse (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 ..... Andonis 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)**

Sean Curran reports as MPs debate the US-Israeli war with Iran and the Prime Minister stands by decision not to involve the UK in the initial air strikes.

**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: Notes from a Body in Pain 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)**

Susan Hulme reports as MPs question the prime minister about the UK's involvement in the US-Israel war with Iran.

**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)**

03/03/26 British beef in US supermarkets, managing land to prevent flooding, dandelions for rubber

The first shipment of tariff-free UK beef has arrived on shop shelves in the United States. It's part of the UK-US trade deal which allows a reciprocal movement of 13,000 tonnes of US and UK beef across the Atlantic. For British farmers, the government claims the deal is worth £70 million a year, if the quota is fully used. We ask a trade expert how significant it will

be.

All week we're talking about the varied pressures on farm land, from energy production to growing food. Deepdale Farm on the North Norfolk coast has sandy loamy soil. For many years one of its fields produced a healthy crop of carrots, but continual production, combined with high rainfall, led to a catastrophic degradation of the soil and in 2020 the field slipped, and flooded the village below. It was a massive shock and led to a wholesale re-assessment of how the land is managed. The farm's since become organic and introduced cover crops and flood protection systems.

Farmers are being asked to join a project to investigate whether growing a variety of the common dandelion could solve a worldwide shortage of natural rubber. Natural rubber production has been falling in its native sites in South East Asia because of disease and climate change. Scientists are breeding a special variety of dandelion indoors, without soil, in hydroponic or aeroponic systems, and harvesting it to create high quality rubber.

Presenter = Anna Hill  
Producer = Rebecca Rooney

#### TUE 06:00 Today (m002s4cs)

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

#### TUE 09:00 The Long View (m002s4cv)

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)

Why are men getting penis fillers?

Penis fillers were an unexpected talking point at the recent Winter Olympics after claims that male ski jumpers were having them to improve performance.

So this week we're digging into the UK's penis filler industry.

James visits a private clinic in Manchester to hear about about the procedure, which involves hyaluronic acid being injected to temporarily increase penis girth.

He meets Jason, who had his first penis filler five months' ago, and he explains why he wanted it and how he weighed up the risks versus the benefits.

James also chats to an NHS surgeon who says increasing numbers of men are seeking out the procedure - and he is dealing with the consequences when it goes wrong.

Also this week, why is aspirin in short supply?

Presenter: James Gallagher  
Producer: Gerry Holt  
Editor: Ilan Goodman  
Production coordinator: Stuart Laws

Sound engineer: Emma Harth

The show was made by the BBC's Audio Science Unit in collaboration with The Open University.

#### TUE 10:00 Woman's Hour (m002s4cz)

Sarah Everard anniversary, The Traitors' Harriet Tyce, Geniuses

Five years ago, Sarah Everard was abducted, raped and murdered by a Metropolitan Police officer. It was the catalyst for an outpouring of grief and anger about the safety of women. It also led to a number of reviews which documented a toxic culture at the Met Police and other forces, highlighting the lack of trust by women in the force. Since then, reforms have been instituted to try and rebuild confidence and eradicate misogyny. We discuss what has changed in the five years since with BBC Correspondent Sima Kotecha and Ellie Butt, Head of Policy and Public Affairs at Refuge.

Barrister turned bestselling crime author and recent star of The Traitors, Harriet Tyce joins Nuala to talk about her latest novel, Witch Trial. Harriet reflects on how motherhood was the impetus for her career change, how her knowledge of the legal system inspires her work and her experience as a 'Faithful' on the hit BBC TV series.

An Oscar-nominated new documentary explores the impact school shootings in the US can have on the families that are left behind in a unique and moving way. All The Empty Rooms follows journalist Steve Hartman's seven-year project documenting the bedrooms of some of the children who've been killed. The Netflix film features Gloria Cazares and Jada Scruggs, two American mothers who each lost their nine-year-old daughters in separate incidents in 2022 and 2023. Gloria and Jada talk to Nuala about their decision to let a documentary film crew into the bedrooms they preserve just as their daughters, Hallie Scruggs and Jackie Cazares, left them, along with director Joshua Seftel.

Why do women seem more reluctant to shout about their intelligence and potential genius? New Channel 4 quiz Secret Genius has highlighted a trend of women underplaying their abilities that is backed up by Mensa data. The gender breakdown of applications to the world's largest and oldest high-IQ society is around two-thirds men to one-third women. To discuss this, Nuala is joined by Dr Sonja Falck, a psychotherapist and author, and Hajar Woodland, who recently appeared as a contestant on the Channel 4 show.

Presenter: Nuala McGovern  
Producer: Sarah Jane Griffiths

#### 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 mvt: 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 II 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: Notes from a Body in Pain 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)

How Do You Use AI?

For Call You and Yours, we'd like you to tell us what you use artificial intelligence (AI) for - what's working, and what's not?

Research suggests that most of us are using AI tools in our daily lives. At the same time, people are wary of what it comes up with - only 3% polled by YouGov said they trusted AI "a lot".

People are choosing AI tools to manage their finances, plan holidays, apply for jobs, get legal advice - and even pick gifts. If that's you - please get in touch and tell us your experience.

On the downside, criminals are harnessing AI to create ever more convincing scams.

If you've experienced any of this, let us know. You can email us at youandyours@bbc.co.uk and leave a number so we can call you back.

You can also call us on 03700 100 444 after 11am on Tuesday 3 March.

PRESENTER: WINIFRED ROBINSON

PRODUCER: TOM MOSELEY

#### TUE 12:57 Weather (m002s4d7)

The latest weather forecast

#### TUE 13:00 World at One (m002s4d9)

Chancellor gives Spring Statement against backdrop of war.

The Chancellor says that people are forecast to be more than a thousand pounds a year better off by the time of the next general election. Rachel Reeves has also downgraded projections for growth for next year, and says she believes unemployment will peak this year. She also said she believes inflation will reach the target level by the end of this year. Meanwhile, the government's borrowing costs increased, so did the gas wholesale price, as Israel carried out new attacks on the Iranian regime's headquarters and ordered troops to seize border areas with Lebanon to try to prevent rocket attacks. Iran has retaliated against nine regional countries so far.

#### TUE 13:45 Artworks (m002s4d4)

Waugh: What Is He Good For?

2. 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. Assoiled

by Frances Poet with monologues by Eileen Horne.

Part Five – Assoiled

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 ..... Beroche 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](http://bbc.co.uk/actionline)

**TUE 15:00 History's Heroes (p0lmtx2)**

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 Pillee, 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 Warmesley. Field recordings of creaking oaks and the inner life of trees from [reesound.org](http://reesound.org) recorded by [klankbeeld](http://klankbeeld) and [naturenotesuk](http://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](mailto: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)**

Will winds of war buffet UK economy?

In her Spring Statement, the Chancellor warns that the world has become "yet more uncertain" since the breakout of war in the Middle East. We'll bring you an update on the conflict, analysis of how the energy sector could be impacted, and an interview with the government's minister for pensions.

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

Trump doubles down on criticism of Starmer

President Trump has again criticised Sir Keir Starmer for not initially allowing the US to use British military bases to attack Iran. Also: Thousands of people are trying to flee Tehran. And Britain is sending a Royal Navy warship to help protect UK military personnel in Cyprus.

**TUE 18:30 Wing It (m002s4ds)**

Series 2

1. The Spider's Lament

Cariad Lloyd, Steen Raskopoulos, Luke Manning, and Emily Lloyd-Saini embark on a new series of improv mayhem. Host Alasdair Beckett-King presides over a series of 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

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)**

Cheese rival Celia Sparrow calls at Bridge Farm, where Helen underplays the audit. As they tour the farm, Celia reveals the reason for her visit. Her musician brother Reuben is opening an organic farm in Little Croxley. Staggered, Helen hears that he'd like her to be Director of Operations in his dairy. It's an exciting project and he's offering an incredible salary, enough to move house if Helen wanted. Back at the dairy, Tracy is impressed by the job offer - she's a huge fan of Reuben's band Spuggy, and was gutted to miss their reunion tour. But when Helen reveals she doesn't think she could leave Bridge Farm, Tracy is unconvinced - is she thinking with her head or her heart?

Brian tries to reassure Miranda that Ruairi is fine - he's just worried about Paul and his dying grandmother. This doesn't ring true to Miranda, so Brian discloses Ruairi's anguish over the Home Farm move, linked to his memories of Jenny and Siobhan. At Blossom Hill, Miranda gently coaxes Ruairi, who admits he's struggling. She suggests planting trees at the house, in honour of his mother and step-mother. Ruairi's about to open his heart when his phone rings and the moment is lost. Later, he tells Brian that he'd been at the point of telling Miranda about the attack on George. Appalled, Brian tells Ruairi he can never implicate Miranda in their mess. Brian agrees that the move isn't right for Ruairi at the moment and he can stay at Blossom Hill, but warns him to stay away from Miranda.

**TUE 19:15 Front Row (m002s4dy)**

Author Julia Quinn on Bridgerton

Author Julia Quinn published *The Duke and I*, the first novel in her eight-part *Bridgerton* series, in 2000. Twenty years later the adaptation of her books would become a television phenomenon.

Julia reflects on the place of class, race, and sex in her Regency romances and why getting a call from one of television's most successful producers was such a transformative moment for the genre that she loves.

With the government proposing an overnight visitor levy or 'tourism tax' in England, Nick talks to travel journalist Simon Calder and CEO of London's Southbank Centre, Elaine Bedell. They discuss the potential impact of the levy and whether some of the revenue should be ringfenced for arts and culture.

There's a new Rembrandt in town. Art historian Bendor Grosvenor on the newly attributed painting that's about to go on show at the Rijksmuseum in Amsterdam.

Beneath the Sheets: Anatomy, Art and Power is a new exhibition at the Thackray Museum of Medicine in Leeds. Curator Jack Gann discusses how attempts to understand the human body fused art and science.

Presenter: Nick Ahad  
Producer: Ekene Akalawu

**TUE 20:00 File on 4 Investigates (m002s4f0)**  
Bogus self-employment - who pays the price?

As the government's flagship Employment Rights Act (2025) comes into force, File on 4 Investigates a loophole worrying experts: bogus self-employment. We discover hundreds of workers on government contracts are said to be wrongly classified as self-employed. This we are told is the tip of the iceberg as more employers increasingly choose to put workers on self-employed contracts rather than employing them as staff, without all the rights, bolstered under the new laws.

Some are suggesting that recent changes to National Insurance have meant more business owners are keeping workers off payroll to keep running costs down. We will 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)**  
Habilitation Support, Holiday Horrors

Following last week's coverage of the SEND reforms (the government's major plans to improve the support pupils with special needs will get in schools in future), In Touch hears about another far less publicised report from charity Guide Dogs. It highlighted that seven out of ten visually impaired children and young people surveyed were missing out on essential mobility support and training of daily living skills (a service known as habilitation training). Eleanor Briggs, Guide Dogs' head of Policy, public affairs and campaigns, tells the programme more about what they found and what they would like the government to do about it. And Fiona Fiona Broadley, Chair of Habilitation UK, provides information about what a pathway to referral for habilitation should look like and where things could be slipping.

More of your holiday horrors: stories of visually impaired people's experiences of trying to get basic assistance in hotels.

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

**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 Mounbatten 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 Mounbatten Windsor was friends with Epstein. So was Lord Mandelson.

The BBC has approached Andrew Mounbatten 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)**  
The 'special relationship' under strain

The US President doubled down on criticism of Keir Starmer for delays in allowing the Americans to launch strikes on Iran from Diego Garcia. We ask if the Transatlantic relationship can weather the conflict with Iran.

Also on the programme: oil and gas prices rocket as Iran attacks shipping in the Strait of Hormuz.

And which piece of music gives you the chills? A study finds that spine-tingling response to emotive music and art could be genetic.

**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: Notes from a Body in Pain by Darcey 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 (m002s4fi)**  
Sean Curran reports as Chancellor Rachel Reeves unveils her Spring Statement Forecast and Members of the Welsh Parliament, the Senedd, question the First Minister.

**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)**  
04/03/26 Border checks, solar farms, crops under cover on landfill site

MPs question top civil servants about surveillance at Dover Port and illegal meat. The EFRA Committee said nearly a fifth of consignments directed from Dover to a border control point 20 miles away at Sevington, were failing to do so.

All week we're exploring how farmland is being used. Solar farms can be controversial, but how do farmers and landowners with tenants view the issue? Norfolk County council has more than 16,000 acres in tenant farms. It's decided that none of its tenants will be allowed to put solar panels on their land, although they are encouraged to install them on farm buildings.

We've all been told that less waste is good, and we're urged to recycle, but what if your household rubbish could be used to grow tomatoes or salad? A landfill site next to the M4 in Wiltshire has installed a prototype inflatable structure which

will use cleaned gases from waste, to grow food under cover.

Presenter - Anna Hill  
Producer - Rebecca Rooney

**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)**

Matrescence, Mexico's 'searching mothers', New novel The Night Nag

The BBC has had exclusive access to the world's largest study scanning pregnant women's brains. The BeMOTHER project is based in Spain and has found that women's brains change significantly through pregnancy and beyond. We learn more about the changes and ask why Matrescence - and the transformations that can come with pregnancy, birth and raising a child - are only just starting to receive attention as a distinct life-stage. There's even a campaign to get the word in US dictionaries. Nuala McGovern talks to Smitha Mundasad, a BBC health and science reporter who visited the trial in Spain for her documentary, Baby Brain: What's Really Going On? and Lucy Jones, the journalist and author of Matrescence: On the Metamorphosis of Pregnancy, Childbirth and Motherhood.

Hester Musson's latest book is The Night Hag. It's a Victorian Gothic novel which takes place in 19th century Scotland. It delves into themes including the budding science of archaeology, spiritualism and folklore legends, but at its heart is the question of the role of women in Victorian society.

A major global study says more than a quarter of healthy years lost to breast cancer could be prevented through lifestyle changes like cutting red meat, staying active and not smoking. The Lancet Oncology analysis shows cases worldwide are set to rise by a third, reaching over 3.5 million by 2050. We are joined by Professor Jayant Vaidya, Professor of Surgery and Oncology at University College Hospital, London, Dr Liz O'Riordan, a former breast cancer surgeon who herself has had breast cancer and is currently in remission, and Claire Rowney, Breast Cancer Now's chief executive, who has been recently diagnosed with breast cancer.

Last week, news broke of the killing of one of Mexico's most dangerous men - known as El Mencho. He was killed by the Mexican military. He ran one of Mexico's most powerful drug cartels, the Jalisco Cartel New Generation. In response, members of his cartel torched businesses and buses across the country. But among the burnt-out cars, a new wave of posters appeared, with the faces and names of some of Mexico's 130,000 people who are either missing or disappeared - a tactic used by criminal cartels. The people taping their faces to walls are often their mothers, part of groups fighting to find out what happened to their loved ones. They are known as 'madres buscadoras' or searching mothers. Journalist Andalusia Soloff joins us from Mexico City, she has been following stories like these for years.

Presenter: Nuala McGovern  
Producer: Helen Fitzhenry

**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: Notes from a Body in Pain by**

**Darcey Steinke (m002s4hl)**

Episode 3: Heart

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 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...'

Darcey 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 (m002s4hj)**

Disputed Wills, Energy Bills, Selling Your Property

We discuss how the conflict in the Middle East is set to impact our everyday costs, including household energy bills and fuel prices.

It is one of the most difficult things to deal with at a painful time in someone's life, but disputes around wills and inheritance are increasing. In 2024, the High Court dealt with over 100 more cases of disputed wills than it did in 2016 - and that's only the tip of the iceberg. According to the Ministry of Justice, around 11,000 cases are settled outside of court each year, up from 7,000 before the pandemic.

The number of drive-throughs in the UK has increased by around 270 in the last two years, according to market researchers Meaningful Vision. It takes the total to more than 2700. A lot of this has been driven by the expansion of new American fast food chains, as well as high-street giant Greggs entering the sector. It isn't just fast food either, drive through coffee shops are growing too. So, what's behind this boom in popularity?

It's not an easy time to sell your house right now. At the beginning of the year, Zoopla found that the average estate agent had 32 homes to sell, which is the highest number for eight years. It's further compounded by the fact that there are fewer people trying to buy right now than before. We'll hear some of the creative solutions that homeowners are using to sell their properties.

According to Crimestoppers, there were almost 14,000 reports of energy theft last year across Great Britain. This is 9% more than 2024 and almost double the number in 2021. Why is this happening and how can you spot it?

**WED 12:57 Weather (m002s4hs)**

The latest weather forecast

**WED 13:00 World at One (m002s4hv)**

US submarine sinks Iranian warship in the Indian Ocean

We hear about the humanitarian situation on the ground in Iran as US-Israeli strikes continue to hit targets in the country. Democratic Congressman Don Beyer tells the programme about a push by his party to vote to halt the war. Also on the programme, the former head of the Metropolitan police's anti-trafficking unit calls for the investigation into abuse committed by Mohamed Al Fayed to be considered as trafficking. A victim who claims she was trafficked by Mohamed Al Fayed tells us the police didn't take her complaint seriously.

**WED 13:45 Artworks (m002s4hx)**

Waugh: What Is He Good For?

3. Black Mischief - Not Black and White

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

While Waugh has been unfashionable for some time, Kane believes it's high time we turn back to him. He believes 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, we discover that Waugh can tell 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, in him, Russell sees a kindred spirit.

Waugh may be a divisive figure, who has the public reputation of a pantomime villain. Some say his vitriolic streak, cultural insensitivity and idolisation of the upper classes should condemn him to the male, pale and stale literary past - but Russell suggests instead that he was prescient, not reactionary; 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 reflects 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 (m001kx9b)**

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 Saarniit . . . . . 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)**

The plans to limit jury trials in England and Wales

The courts system in England and Wales is in an unprecedented crisis. The backlog has reached 80,000 cases, and some defendants are being told they won't be able to have a criminal trial until 2030.

The government has introduced the Courts and Tribunals Bill, which contains a raft of measures to tackle delays and bring down the backlog; but the Justice Secretary David Lammy has admitted that things are going to get even worse before they get better.

The most controversial change is a plan to restrict the number of jury trials. The right to judgement by your peers has existed for more than 800 years, but for some offences, that's going to end.

Defendants will lose the right to choose between a jury trial or a magistrate's hearing in so-called "either-way" offences.

Magistrates will get increased sentencing powers - up from 12 months to 18 months.

More serious criminal cases, with likely sentences of up to three years will now be heard by a single judge - and no jury.

And only the most serious "indictable" offences, like murder, manslaughter and rape and any other offence with a sentence of longer than three years will be heard by a jury.

But will the reforms make a difference?

Presenter: Dr Joelle Grogan  
Producers: Ravi Naik and Charlotte Rowles  
Editor: Tom Bigwood

**Contributors:**

Sarah Sackman KC, courts and legal services minister  
Chris Kinch, KC, who until 2024 was a senior judge at Woolwich Crown Court in south London  
David Ford, national chair of the Magistrates Association

**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.

The panel features Alex Russell, former head teacher and co-founder of the charity AI in Education; Professor Sonia Livingstone, social psychologist and member of the UN's Independent International Scientific Panel on AI; and Dr Tom Chatfield, author and philosopher of technology.

Presenters: Aleks Krotoski and Kevin Fong

Producer: Rachael O'Neill

Sound: Emma Harth and Steve Greenwood

**WED 16:00 When It Hits The Fan (m002s3gg)**

The Generation Game

Getting your message out is obviously a cornerstone of PR. But where you put that message is becoming even more important.

This week, David Yelland is joined by Anoushka Mutanda-Dougherty from the BBC podcast *Fame Under Fire*. Together they look at the challenge for big institutions - especially the Royal Family - of cutting through.

You may think you've been successful if your story gets pick up in all the traditional places - but has anyone under-35 even seen it? They discuss the need to populate the places beyond your traditional base, to get beyond your echo chamber - and the need to interact rather than just pumping out one-way comms.

As Anoushka says, 'Do the boring thing in the most interesting way possible.'

Producer: Duncan Middleton  
Editor: Sarah Teasdale  
Executive Producer: Eve Streeter  
Music by Eclectic Sounds

A Raconteur Studios production for BBC Radio 4

**WED 16:15 The Media Show (m002s3gj)**

Media coverage of Middle East conflict. Green Party's by-election victory chances "missed" by journalists? Nonagenarian podcast

Katie Razzall hears how the conflict in the Middle East is being covered across the region with staff from the BBC Monitoring Unit.

Christina Lamb, Chief Foreign Correspondent at the Sunday Times, Aaron Bastani from Novara Media and broadcaster Sir John Tusa discuss whether day to day crisis reporting is crowding out the deeper story of geopolitical realignment. We also discuss whether the were media blind spots behind the Green Party's shock win in Gorton and Denton.

And Sir John Tusa returns to talk about his new podcast *The Best Is Yet to Come* - why he's interviewing the over 90s, and what a lifetime in broadcasting has taught him about how the media should evolve.

Producer: Lisa Jenkinson  
Content Producer: Lucy Wai

**WED 17:00 PM (m002s4j3)**

US submarine torpedoes Iranian warship

Iran has carried out further attacks on several different countries as Israel and the United States continue to strike Iranian targets. We get analysis of the US torpedoing of an

Iranian warship from former First Sea Lord, Admiral Lord West. We also hear from Iranians leaving the country and from inside Tehran. Plus, we put listeners questions about the war to our Chief International correspondent Lyse Doucet, and defence expert Karin Von Hippel.

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

America torpedoes an Iranian warship

The US Defence Secretary, Pete Hegseth, said America was winning the war "decisively, devastatingly, and without mercy". Also: The Iranian president has told neighbouring states his country had to defend itself from US and Israeli attacks. And the warship the UK is deploying to the region, HMS Dragon, is not expected to head to Cyprus until next week.

**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 the programme for you

In this episode, you can hear:

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

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)**

The Bridge Farm Archers discuss the results of the broadly positive audit. The veg boxes are flying and the Tea Room's doing okay after the sewage setback. The sausages are coasting, and both Dairy and Shop are doing really well. However, to Tony's dismay, the Angus herd isn't profitable and Helen suggests a possible alternative: they could buy in organic beef for the shop and café, switch the herd to more Montbeliardes and thereby up production in the dairy. Sensing implications about his age Tony slams out. Later, he reflects gloomily to Pat that although Tom and Helen are the future of the farm, they need to remember what's best for the land - and the people who live and farm it. It's not just about maximising profit. He thinks they're in danger of taking the soul out of Bridge Farm.

As Amber and George work on Eddie's 75th birthday slideshow, Will joins them but remains determined not to attend the party. He cannot forgive Eddie for how he treated George. Perhaps when George has his own child he will understand why Will can't move on. Later, Amber reveals to George that she's taken another pregnancy test. It's positive, but she's worried about tomorrow's first scan, considering she's had no recent pregnancy symptoms. She's researched early pregnancy and knows there's risk, so doesn't want to get her hopes up. George tries to reassure Amber and Will boosts her by sharing memories of his children's scans. He remembers Nic being worried but staying focused on being positive. That's what Amber needs to do too.

**WED 19:15 Front Row (m002s4j9)**

Will Self on The Quantity Theory of Morality

Will Self dives in to his latest satirical novel in which he looks at the alienation of modern life, and takes a stab at middle-class life. He discusses how his experiences with cancer have impacted his writing, and his outlook.

75 years after the death of composer and performer Ivor Novello, we celebrate his life and works - from musicals to the talkies. Kirsty is joined by Novello specialist Ian McMillan-Davidson and conductor and composer Sir John Rutter.

In 1976 a firebomb at Malone House in South Belfast destroyed almost the entire fashion and textile collection of the Ulster Museum. 50 years on, a new exhibition *Ashes to Fashion* showcases the story of its rebirth.

Tonight, the winner of the Nero Gold Prize is crowned. Head judge and writer Nick Hornby shares what made the 2025

winner so special.

Presenter: Kirsty Wark  
Producer: Caitlin Sneddon

**WED 20:00 Moral Maze (m002s4jc)**  
Is it moral to attack Iran?

Conflict has deepened in the Middle East since the United States and Israel launched a coordinated wave of air and missile strikes across Iran, targeting military facilities, nuclear sites and the country's leadership.

Supporters argue the attacks were necessary. Iran's missile programme, its support for armed proxies across the region and its long-running nuclear ambitions have convinced some Western leaders that waiting would only make a future conflict far more dangerous. In that view, striking first may be grim, but it is sometimes the least bad option. Others frame the issue in terms of human rights. Iran's government has long been accused of brutal repression at home, imprisoning dissidents, violently suppressing protests and enforcing strict controls over women's lives. To some, confronting such a regime is not simply a matter of strategic calculation but of moral responsibility.

But critics see something more troubling: the deliberate bombing of a sovereign state without international authorisation and with potentially catastrophic consequences. Iran has already retaliated with missiles and drones across the region, targeting U.S. bases and cities in Gulf states, while Iran-backed militias have joined the fight. And the human cost is becoming clearer. A missile strike on a girls' school in southern Iran reportedly killed at least 150 people, many of them children, though the circumstances remain disputed. While many Iranians are celebrating the death of their Supreme Leader, others are sceptical about the human rights motives of the strikes.

Is it moral to attack Iran?

Chair: Michael Buerk  
Panel: Matthew Taylor, Anne McElvoy, Mona Siddiqui and James Orr.  
Witnesses: Barak Seener, Simon Mabon, Shiva Mahbobi, Jeff McMahan.  
Producer: Dan Tierney  
Assistant Producer: Jay Unger  
Editor: Tim Pemberton.

**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)**  
Israel and the US begin new wave of strikes on Iran

Fresh strikes by the US and Israel have begun in Iran tonight. Earlier in the day US Secretary of Defense Pete Hegseth also confirmed an American submarine sank an Iranian warship in the Indian Ocean. Meanwhile the US Senate fails in a bid to pass curbs on President Trump's war powers.

We hear how the war is unfolding on the ground in Iran, and how the country's remaining leadership is responding. We also speak to a MAGA supporter who says Trump has abandoned his non-interventionist stance, and a US Republican Congressman who defends the military action.

Also on the programme: how pregnancy changes a woman's brain, and the dog breeds that some owners fear could be phased out under new guidelines.

**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)**  
Sean Curran reports as Keir Starmer and Kemi Badenoch face each other at PMQs.

#### 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: Notes from a Body in Pain 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 absolute absolution 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.

Vitality, 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)**  
05/03/26 Bird flu vaccine, impact of Middle East conflict, water storage.

The government's launching its first field trial of a bird flu vaccine, in turkeys in England. The poultry industry has been calling for an avian flu vaccine, which could protect millions of birds against the disease. Five veterinary vaccines are approved for use across the European Union, but they haven't been approved in the UK. We speak to the Deputy Chief Veterinary Officer about how the trial will work

As the impact of the war in the Middle East starts to be felt on world markets, groups in the UK who buy fertiliser and fuel for farmers, are fielding calls from farmers worried about price rises. This time of the year, when spring planting is underway, both fertiliser and fuel are in high demand.

All week we're talking about land use, and the many demands that are being put on farm land, from growing food, to producing green energy, mitigating climate change and managing water. We talk to the people who are going to be affected by plans for a big reservoir in South Oxfordshire.

Presenter = Anna Hill  
Producer = Rebecca Rooney

**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 (c 1443-1509) 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

Reading list:

Nathen Amin, *The House of Beaufort* (Amberley Publishing, 2017)

Rachel Delman, *The Vowesses, the anchoresses, and the aldermen's wives: Lady Margaret Beaufort and the Devout Society of Late Medieval Stamford* (Urban History 49, 2022)

David Grummitt, *A Short History of the Wars of the Roses* (revised edition, Bloomsbury Academic, 2025)

Michael Hicks, *The Wars of the Roses* (Yale University Press, 2010)

Lauren Johnson, *Margaret Beaufort: Survivor, Rebel, Kingmaker* (Bloomsbury Publishing, 2025)

Michael K. Jones and Malcolm G. Underwood, *The King's Mother: Lady Margaret Beaufort, Countess of Richmond and Derby* (Cambridge University Press, 1991)

Rebecca Krug, *Reading Families: Women's Literate Practice in Late Medieval England* (Cornell University Press, 2008), especially the chapter 'Margaret Beaufort's Literate Practice: Service and Self-Inscription'

J.L. Laynesmith, *Cecily Duchess of York* (Bloomsbury Academic, 2017)

Susan Powell, *The Household Accounts of Lady Margaret Beaufort, 1443-1509* (The British Academy, 2022)

Nicola Tallis, *Uncrowned Queen: The Fateful Life of Margaret Beaufort, Tudor Matriarch* (Michael O'Mara, 2019)

Micheline White (ed.), *English Women, Religion, and Textual Production, 1500-1625* (Ashgate, 2016), especially 'Lady Margaret Beaufort's Translations as Mirrors of Practical Piety' by Brenda M. Hosington

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

**THU 09:45 Strong Message Here (m002s3dv)**  
Get Real (with Hugo Rifkind)

Journalist and Times Radio presenter Hugo Rifkind joins Armando this week.

In another breakneck week, we look at the language of reality in politics. Are plumbers more 'real' than economists? Can Trump really 'manipulate reality'? And has he been watching Shrek?

We also look at the parallels between Marco Rubio and the general in Dr Strangelove, Tony Blair powering down when talking to Alan Partridge, and whether 'Epic Fury' really means what Pete Hegseth thinks it does.

Got a strong message for Armando? Email us at [strongmessagehere@bbc.co.uk](mailto:strongmessagehere@bbc.co.uk)

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

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

**THU 10:00 Woman's Hour (m002s3dz)**  
Allergy training, A Woman of Substance, Ramadan & 'sandwich generation', Model Charli Howard

Schools in England must provide allergy awareness training for all staff for the first time, under new statutory guidance announced by the Department for Education today. From September, all schools will be required to stock auto-injectors - those pen-like needles that quickly deliver a dose of adrenaline. Anita Rani is joined by Tanya Ednan-Laperouse, whose daughter Natasha died in 2016 of a severe allergic reaction after eating a baguette containing sesame seeds - an ingredient not listed on the packaging's label. Tanya is co-founder of the Natasha Allergy Research Foundation to fund research to eradicate allergies.

Ramadan is a time for reflection, spirituality, worship and mindfulness. But many women who are part of the 'sandwich generation' may feel that they are up against the clock. Juggling caring for young children and elderly parents, while also trying to find the time to fuel their bodies and their minds. Anita is joined by Shelina Jannmohamed, an author and podcaster and Tabassum Niamat, a mother and community activist, who both think of themselves as sandwich-generation carers.

Breasts, skin, stomach, thighs; Model, author and activist Charli Howard says she has always been treated like a sex object. But in a new book of essays called *Flesh Charli* is reclaiming her body for herself, piece by piece. She joins Anita to discuss how she believes sexualisation and misogyny has impacted the way women view themselves across time, why she likes to share 'real' images online and what the true meaning of empowering really is.

Barbara Taylor Bradford's novel *A Woman of Substance* sold more than 32 million copies and has never been out of print since it was first published in 1979. Its original 1985 television adaptation became Channel 4's highest-rating drama, drawing almost 14 million viewers for its final episode. Now, more than four decades later, the epic saga of ambition, betrayal and revenge is back on our screens. Anita is joined by Jessica Reynolds who plays Emma Harte and the writer of the series, Katherine Jakeways in this new version of the story which follows the character Emma Harte in a rags-to-riches tale of

class struggle, gender politics and unrelenting drive.

Presenter: Anita Rani  
Producer: Rebecca Myatt

**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: Notes from a Body in Pain 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)**  
Entrepreneurs: Your Questions Answered

Evan is joined by a panel of top entrepreneurs to answer your listener questions.

How do you make your business stand out in a crowded market? Where can you find the information you need to start your own business? Why don't we hear about the failures along the way to success? And how do you know which risks are worth taking?

Evan and his guests answer listeners' questions and discuss the ins and outs of starting your own business, as well as the unique challenges of being an entrepreneur.

Guests:  
Trinny Woodall, CEO and founder of Trinny London  
Sarah Willingham, CEO and founder of Nightcap  
Brent Hoberman, serial entrepreneur and investor

Production team:  
Presenter: Evan Davis  
Producer: Mhairi MacKenzie  
Production Co-ordinator: Katie Morrison  
Sound engineers: Jack Graysmark and Dave O'Neill  
Editor: Matt Willis

The Bottom Line is produced in partnership with The Open University

**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 Cheesewright 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)**  
War widens in the Middle East

Six days on, the war in the Middle East is still intense and it's still spreading. One well-known dissident inside Iran tells us he is not hopeful the campaign will result in regime change. We'll assess America's options - and the damage it could leave behind. Also on the programme, the Home Secretary sets out the Government's plan to cut migrant numbers. But how will Labour backbenchers respond? And in our weekly Figuring It Out discussion, Evan and Sarah assess the impact of the war on energy prices.

**THU 13:45 Artworks (m002s3ft)**  
Waugh: What Is He Good For?

4. 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 (m002rkpl)**

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)**

News Avoidance, Counterpoint, and Ukrainecast Follow-Up

The main news this week has been about the US-Israel attacks on Iran - but how is BBC Radio handling its coverage? We'll hear from you on the situation.

And in light of that, is there a chance that more and more people might be switching the news off? BBC Radio 4 recently aired a series of programmes all about positive news items, which many listeners felt was a relief to hear. Presenter Andrea Catherwood talks to Nic Newman, a founding member of the BBC News website and currently a Senior research associate with the Reuters Institute for the study of journalism, to find out what's fuelling the trend towards news avoidance.

Following our piece last week about the end of regular episodes of Ukrainecast, we'll hear more of your thoughts on what you'll miss about the podcast.

We also hear from listeners concerned that the music quiz programme Counterpoint is no longer recorded in front of a live audience.

And there's information about how you can give your thoughts in the UK government's ongoing open consultation on the BBC's Charter Renewal, which closes at midnight on 10th March. The survey can be found on the government's website, under the heading Britain's Story: The Next Chapter.

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

A Whistledown Scotland production for BBC Radio 4

**THU 16:00 The Briefing Room (m002s3g2)**

Why did the US and Israel launch a war with Iran, and what comes next?

It's less than a week since the start of the US-Israel war with Iran. And it's already spread across the Gulf region as Iran retaliates. Ayatollah Ali Khamenei, Iran's supreme leader for 36 years, was killed in US and Israeli airstrikes on Saturday. The question now is who is in control in Iran and whether the regime in its current form will remain or if this will trigger major change. David Aaronovitch and guests discuss how the US-Israel war with Iran started and what comes next.

## Guests:

Anshel Pfeffer, Israel Correspondent, The Economist  
Professor Ali Ansari, founding director of the Institute of Iranian Studies at St Andrews University  
Dr Burcu Ozcelik, Senior Research Fellow for Middle East Security at the Royal United Services Institute  
Laurel Rapp, Director of the US and North America Programme at Chatham House.

Presenter: David Aaronovitch  
Producers: Caroline Bayley, Kirsteen Knight and Nathan Gower  
Production Co-ordinator: Maria Ogundele  
Sound engineer: Neil Churchill  
Editor: Richard Vadon

**THU 16:30 BBC Inside Science (w3ct8ty2)**

How is war being fought in space?

This week Inside Science comes from Space Comm Expo in London, one of the biggest space conferences in the world. Tom Whipple explores the conference with Suzie Imber, Professor of Planetary Science at the University of Leicester.

Tom also speaks to Dr Everett Dolman, Professor of Space Strategy at John Hopkins University in the USA, about the role of space in modern warfare.

Jodie Howlett, who oversees in-orbit manufacturing at the UK Space Agency talks about why the unique physics of space could be the perfect environment in which to manufacture the next generation of medicines.

And Daniela Schmidt, Professor of Earth Sciences at Bristol University tells us why new research shows how we've drastically underestimated our measurements of sea level.

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

Presenter: Tom Whipple

Producer: Kate White, Katie Tomsett, Alex Mansfield and Clare Salisbury

Production co-ordinator: Jana Bennett-Holesworth

Editor: Martin Smith

**THU 17:00 PM (m002s3g5)**

Keir Starmer defends his approach to Iran war

In the face of criticism over his response to the war, the Prime Minister says he has provided "calm, level-headed leadership". We gauge the public's opinion on this approach, and speak to Foreign Office minister Hamish Falconer.

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

Sir Keir Starmer rejects criticism of his response to war in the Middle East

Sir Keir Starmer, who's been criticised for his response to the crisis, insists he is providing calm level-headed leadership in the face of chaos in the Middle East. Also: The Home Secretary, Shabana Mahmood, has unveiled plans to offer families whose asylum claims have failed up to 40 thousand pounds to leave the UK voluntarily. And the BBC says it's prepared to consider reducing the cost of the licence fee, in return for getting more people to pay.

**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 leary 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)**

Celia Sparrow is disappointed to hear from Helen that she's turning down the job of running Reuben's dairy. She admires Helen's loyalty to her family but questions whether that will be enough for Helen long term. With her talent and ambition, won't she outgrow Bridge Farm? Helen doesn't agree. Meanwhile, Tracy has got the dairy work under her belt, including a knack with the temperamental curd cutter machine. To thank her for her hard work and discretion, Helen takes Tracy for lunch in the Tea Room. Tracy has helped her make the job decision - Bridge Farm is in her heart and part of who she is. Tracy reminds Helen that Reuben Sparrow's organic dairy could be challenging competition, but will not have their key advantage - Helen in charge! Helen confides further - she's put in an offer on a house being sold off by the Housing Association. Tracy's astonished to realise it's one of the houses on The Green - they'd be neighbours.

Amber anxiously awaits the baby scan with George. As well as

checking the baby's development and measurements, the scan will help Sonya, the sonographer, estimate a due date. Sonya finds a strong heartbeat and delighted Amber and George decide to have photos printed. Amber had considered sharing it on her socials, but decides to keep it to family for now. Filled with emotion on their journey home, Amber feels excited about their growing baby, which according to her pregnancy app, is the size of a lime. They're having a baby - and nothing else in the world matters.

**THU 19:15 Front Row (m002s3gd)**

Review: The Bride! Maggie Gyllenhaal's film about the bride of Frankenstein

Writer Rebecca Stott and Telegraph film critic Robbie Collin join Tom to discuss The Bride! Maggie Gyllenhaal's film about the bride of Frankenstein, starring Jessie Buckley and Christian Bale.

They also talk about the novel Bad Fiction by Rebecca Sarah Ley which is based around a creative writing course and relationships with the lauded course leader.

There's going to be a new BBC TV documentary about reading and they want your stories about the book that changed your life. Maybe a book bought you love, transformed health or happiness or even saved a life? If you would like to tell your story please email: Reading@blinkfilmsuk.com

Artistic director Seán Doran talks about a new Northern Literary Lands initiative, celebrating the literary legacy of eleven border counties in Ireland. With the new Samuel Beckett Biennale, several festivals and nine cross-border literary travel paths, the area is applying to become the world's first UNESCO Region of Literature.

The German film Sound of Falling is the final item being reviewed. The award-winning film explores a home over a century which is haunted by family secrets.

Presenter: Tom Sutcliffe  
Producer: Claire Bartleet

**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 (m002s37I)**

[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)**

Trump tells Iranian diplomats to defect

President Trump has just urged Iranian diplomats to apply for asylum as he set out the scale of damage inflicted on Iran's military. A former Pentagon analyst joins us to assess America's objectives. We also hear from Iran's teachers' union about the strikes in the south of the country that killed over 100 children.

Also on the programme, we hear from a British national stranded with her family in Qatar after her flight transfer was interrupted by Iranian missile attacks.

And why bad vibes could disrupt the first F1 Grand Prix of the year.

**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)**

The Decline of Marriage: Why We Need to Prioritise Family Life (Ed Davies)

Marriage rates in the UK have fallen to historic lows, but what are the consequences?

Ed Davies, research director at right-leaning anti-poverty think tank the Centre for Social Justice, explains what has led to this shift and argues that it has caused a decline in family stability with profound consequences for society.

To deal with it he says we need to modernise marriage and adopt a range of policies that promote family life.

**TIMECODES**

**(00:04:29)** The decline of marriage in the UK

**(00:06:33)** Why is the marriage decline happening?

**(00:19:10)** Delayed adulthood and rise in autonomy

**(00:21:52)** Are there benefits to the decline in marriage?

**(00:24:49)** The consequences of the decline in marriage and family stability

**(00:32:37)** Can marriage be modernised?

**(00:34:57)** Feminism and motherhood

**(00:47:04)** How this affects the UK's welfare bill

**(00:53:37)** The impact of Andrew Tate on young boys

**(00:58:57)** Ed's radical ideas

**(01:03:57)** Amol's Reflections

**GET IN TOUCH**

\* WhatsApp: 0330 123 9480  
\* Email: radical@bbc.co.uk

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

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

Radical with Amol Rajan is a Today Podcast. It was made by Tom Smithard, Anna Budd and Lewis Vickers. Digital production was by Gabriel Purcell-Davies. Technical production was by Dafydd Evans. The editor is Sam Bonham. The executive producer is Owenna Griffiths.

**THU 23:30 Today in Parliament (m002s3gs)**

Susan Hulme reports as the Conservatives denounce the government's handling of the conflict in the Middle East and a minister updates MPs on plans to help Britons stranded there.

**FRIDAY 06 MARCH 2026**

**FRI 00:00 Midnight News (m002s3gy)**

National and international news from BBC Radio 4

**FRI 00:30 This Is the Door: Notes from a Body in Pain 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)**

Sean Curran reports from Westminster as the government faces questions over its handling of the crisis in the Middle East.

**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)**

06/03/26 Bird flu vaccine cost prohibitive for chickens, data storage in the countryside, AI in farming in Cornwall

British chickens are unlikely to be vaccinated against bird flu because of the cost and concerns about trade. The first UK trial of an avian flu vaccine is underway on 1,000 turkeys and if it's successful the vaccine may be rolled out to them and to ducks. But the British Poultry Council says that given the cost of the vaccine and the surveillance testing afterwards chickens won't be included.

Artificial intelligence has the potential to revolutionise farming - but how? trials are underway all over the country looking at everything, from soil to bees.

Presented by Charlotte Smith and produced by Beatrice Fenton.

**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)**

Iranian diaspora, Gen Z study, Onjali Rauf

Conflict continues in the Middle East, but with near total internet blackout in Iran, there's currently very little access to information from within the country. Many women outside of Iran are unable to hear from their own family and friends. To look at the ongoing conflict and how it is impacting women and the Iranian diaspora in the UK in particular, Anita Rani speaks to Faranak Amidi, a BBC Global Women reporter and the presenter of the World Service Languages Fifth Floor programme, Kamin Mohammadi, a writer and journalist born in Iran and based in Britain, and Donya, a 25-year-old British Iranian.

A new global survey of 23,000 people across 29 countries has shown an increase in traditional views on gender among younger people. For example, it found that a third of Gen Z men surveyed - those born between 1997 and 2012 - believed husbands should have the final say on decisions, compared to only 13% of Boomer men, born between 1946 and 1964. Anita speaks to Joan Smith, journalist, novelist and human rights activist, and Professor Heejung Chung, Director of the Global Institute for Women's Leadership at King's College, who led the study.

Onjali Rauf's award-winning novel The Boy at the Back of the Classroom has been adapted for the stage and is currently on a UK tour until the end of May. She joins Anita to explain what originally led her to write this children's novel tackling immigration and death and what she wants audiences to take away from seeing this production.

Big Nobody is the debut novel from Alex Kadis. The main character is teenager Constance Costa whose life is spiralling after the loss of her mother and brothers in a car crash. We see how she uses music, humour, a burgeoning relationship and

murderous thoughts towards her father as coping strategies. Alex joins Anita.

Presenter: Anita Rani  
Producer: Corinna Jones

**FRI 11:00 The Food Programme (m002s4pn)**  
What's Next for Portugal's Ancient Export: Cork?

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: Notes from a Body in Pain 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)**  
Heavy strikes on Iran and Lebanon

We reflect on the first week of this war and hear testimony from those affected. Also on *The World at One*, we meet a patient in Gibraltar and his surgeon in London, who through the

power of robotics performed an operation 1500 miles apart. And, as the Winter Paralympics get underway, Team GB's first female paralympic snowboarder shares her hopes for the games.

**FRI 13:45 Artworks (m002s4q1)**  
Waugh: What Is He Good For?

5. 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

This week, the GQT team are in North Hertfordshire, where Peter Gibbs is joined by Bunny Guinness, Juliet Sargeant and Bob Flowerdew to tackle a fresh crop of horticultural conundrums.

The panellists delve into the challenges of taming coarse grasses in would-be meadows, ponder why one listener's tomatoes are thriving better outdoors than under glass, and offer practical approaches to managing soil health and watering, to keep a community allotment productive with less labour.

They also discuss the secrets behind successfully rehoming past family rhubarb from the Yorkshire Triangle, explore how to rejuvenate a towering Mahonia, and end the show with novel ways to encourage members to join the local gardening society.

Also, Matthew Biggs celebrates the spring magic of our native bluebells, and advises us on the careful stewardship of these beautiful but delicate plants.

Producer: Matthew Smith  
Junior Producer: Rahnee Prescod

A *Something Else* production for BBC Radio 4.

\* If listening on BBC Sounds and you wish to view the plant list, please go to the *Gardeners' Question Time* website and open this week's episode page.

**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 Shannon

A BBC Audio Northern Ireland Production for BBC Radio 4.

**FRI 16:00 Last Word (m002s4q9)**  
Neil Sedaka, Drusilla Beyfus, Professor Dame Carole Jordan, Ayatollah Ali Khamenei

Matthew Bannister on

Neil Sedaka the prolific songwriter who had Sixties hits with *Oh Carol* and *Happy Birthday Sweet Sixteen* and made a Seventies comeback with *Solitaire* and *Love Will Keep Us Together*. Graham Gouldman pays tribute.

Drusilla Beyfus, the journalist best known for her books on etiquette. Her daughter Alexandra Shulman shares her memories.

Professor Dame Carole Jordan, the leading astronomer who was an authority on the coronae of the sun and cool stars.

And Ayatollah Ali Khamenei, the Supreme Leader of Iran for over thirty years who was killed in an air strike.

Interviewee: Nazila Fathi  
Interviewee: Lisa Verrico

Interviewee: Graham Gouldman  
 Interviewee: Professor Mike Lockwood  
 Interviewee: Alexandra Shulman

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

Archive used:  
 Revolution in Iran, BBC News, 11/02/1979; The death of Ayatollah Khomeini, BBC News, 04/06/1989; Iran street protests, BBC News, 1999 and 2009; Protests in Iran, BBC News, 29/06/2023; BBC News report, 01/03/2026; Neil Sedaka: King of Song, BBC Four, 28/10/2018; The Sky at Night: Exploring the ultraviolet sky, BBC 1, 07/05/1989; Drusilla Beyfus, recorded by Susan Irvine, 08/08/2018; Drusilla Beyfus interview, Castle in the Country, BBC Two, 18/03/2005; Drusilla Beyfus interview, Eight for Eight fifteen, BBC Radio 4, 12/06/1988;

**FRI 16:30 Sideways (m002s4hd)**  
 [Repeat of broadcast at 09:00 on Wednesday]

**FRI 17:00 PM (m002s4qc)**  
 Beirut hit by large missile strike

We hear a report from Beirut as residents begin to evacuate the suburbs in the face of intensifying Israeli strikes. As the US says it is moving to the next phase of the war, we discuss the role AI has been playing in the military campaign. Also on the programme, what's it like being part of a scientific study that's celebrating its 80th anniversary, and we learn we may be able to grow food in space one day.

**FRI 18:00 Six O'Clock News (m002s4qf)**  
 The US and Israel carry out a fresh wave of strikes on Tehran

The US and Israel have carried out a fresh wave of strikes on Tehran, after what some of the city's residents described as the worst night of the war so far. Also: The Metropolitan Police arrest four people on suspicion of helping Iran spy on the Jewish community in London. And Russian soldiers wounded in the conflict in Ukraine could take part in future Paralympic Games.

**FRI 18:30 The Naked Week (m002s4qh)**  
 Series 4

War, Law, and Operation Amol Rajan

The Naked Week team dive into war, flout the law and enjoy a real life Town Crier performing selected highlights from Amol Rajan's Instagram feed.

From The Skewer's Jon Holmes and host Andrew Hunter Murray comes The Naked Week, a fresh way of dressing the week's news in the altogether and parading it around for everyone to laugh at.

With award-winning writers and a crack team of contemporary satirists - and recorded in front of a live audience - The Naked Week delivers an topical news-nude straight to your ears.

Written by:  
 Jon Holmes  
 Katie Sayer  
 Gareth Ceredig  
 James Kettle  
 Jason Hazeley

Additional Material:  
 Karl Minns  
 Ali Panting  
 Helen Brooks  
 Pete Redfern  
 Cooper Mawhinny Sweryt  
 Joe Topping

Investigations Team:  
 Cat Neilan  
 Emily Channon

Guests: Rachel Parris, Mark Stephens CBE, Alan Myatt.

Production Team: Tony Churnside, Jerry Peal, David Riffkin.

Production Coordinator: Molly Punshon  
 Assistant Producer: Katie Sayer  
 Executive Producer: Philip Abrams

Produced and Directed by Jon Holmes

An unusual production for BBC Radio 4

**FRI 19:00 The Archers (m002s4ql)**

Having heavily persuaded Ruairi to come round for tea at The Nest, Alice says both her and Miranda are worried about him. Ruairi admits the thought of going back to Home Farm without Jenny there feels really weird. Alice agrees, but also looks forward to sitting by the French windows and conjuring up Jennifer's presence. Ruairi starts crying, before rejecting Alice's offer to move into the Nest with her and Martha instead. Alice pushes, she can easily move into Martha's room and they'd both love his company. Ruairi though insists he'll stay at Blossom Hill, at least while he can still afford it. Alice reiterates he'd be very welcome and makes him promise that there's nothing else bothering him.

George and Amber ambush Eddie and Will into a meeting, producing the scan photo of Eddie's first great grandchild. They explain, the next scan's only eight weeks away and they don't want to bring their baby home into a divided family. Left alone to talk, Eddie asks why Will can't put their differences behind him, like him and George have done. Will argues that he couldn't turn his back on George like Eddie did. He was taking care of someone who could have died. Will then admits what George did to the family was awful, but reckons he's really turned a corner since. They hug and agree to draw a line, grateful to George and Amber for bringing them together. Elated, Eddie suggests a resurrection of the Cider Club on Sunday. This reunion deserves a celebration!

**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)**

Sir Mark Lyall Grant, Lucy Rigby MP, Eleanor Shearer, Sir John Whittingdale MP

Alex Forsyth presents political debate from Norwich Cathedral with the former national security adviser and UK ambassador to the UN, Sir Mark Lyall Grant; Treasury minister and Labour MP, Lucy Rigby; Eleanor Shearer from the think tank Common Wealth; and former Conservative cabinet minister, Sir John Whittingdale MP.

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

**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  
 Ash Percival-Borley, military historian and former soldier

Producer: Luke Mulhall

**FRI 22:00 The World Tonight (m002s4qv)**

US demands Iran's 'unconditional surrender'

The US has said only Iran's unconditional surrender will end American and Israeli bombardment. President Trump has warned the war could last four to six weeks. We hear from people on the ground in Tehran and assess the conflict one week on with Chief International Correspondent Lyse Doucet.

Also on the programme, the opening of the Paralympics sees Russia return from sporting exile.

And the story of a 19th century lesbian landowner brought to life by the Northern Ballet.

**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)**

Trump's war with Iran: What we still don't know

Saturday marks one week of the US-Israel war on Iran. In that time, we have heard shifting stories and opposing justifications from the Trump administration on why military action was taken. BBC North America editor Sarah Smith and BBC North America correspondent Anthony Zurcher discuss the changing narratives, and look at the many questions that remain unanswered. This includes, examining what does success look like for America and whether Trump needs Congress to carry on funding the war in the longer term?

Sarah and Anthony speak to Robert Malley, one of the architects of the Iran nuclear deal during Barack Obama's presidency in 2015. A key US linchpin on Iran policy, Malley was also a special assistant to Bill Clinton for Arab-Israeli affairs. The team ask him what it was like to be in the room with Iranian negotiators during the Obama and Clinton administrations. Plus, he reveals his view on which US president was best placed to achieve the strongest deal with Iran.

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- Send us a message or voice note via WhatsApp to +44 330 123 9480
- Email [Americast@bbc.co.uk](mailto:Americast@bbc.co.uk)
- Or use #Americast

Presenter: Sarah Smith, BBC North America editor and Anthony Zurcher, BBC North America correspondent  
 Producer: Purvee Pattni, Alix Pickles and Grace Reeve.  
 Sound engineer: Dafydd Evans.  
 Editor: Sam Bonham.

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 The Global Story: <https://www.bbc.co.uk/sounds/brand/w13xtvds>

**FRI 23:30 Today in Parliament (m002s4r0)**  
 Alicia McCarthy reports as peers mark International Women's

Day. MPs share their views ahead of the debate on jury trials.  
And is the Palace of Westminster falling down?