

SATURDAY 27 JULY 2024**SAT 00:00 Midnight News (m0021bht)**

National and international news from BBC Radio 4

SAT 00:30 Child (p0h6wfb1)

10. Due Date

At the end of a pregnancy, a lot is going on. The baby might be descending and moving into place, and the pregnant body is changing every day. It's the baby's time to arrive and it's going to happen, one way or another. But what is a due date?

India speaks to Holly Dunsworth, a biological anthropologist who's challenging the obstetrical dilemma. Exploring the idea of why the due dates exist, India looks at the inaccuracies of how they are measured whilst questioning - how does labour begin? Midwife and author Leah Hazard provides insights into what we do know, and the possible influence of full moons.

Presented by India Rakusen.

Producer: Lucy Hunt.

Series Producer: Ellie Sans.

Executive Producer: Suzy Grant.

Commissioning Editor Rhian Roberts.

Original music composed and performed by The Big Moon.

Mix and Mastering by Olga Reed.

A Listen production for Radio 4 and BBC Sounds.

SAT 00:48 Shipping Forecast (m0021bhw)

The latest weather reports and forecasts for UK shipping

SAT 01:00 Selection of BBC World Service Programmes (m0021bhy)

BBC Radio 4 joins the BBC World Service.

SAT 05:20 Shipping Forecast (m0021bj0)

The latest weather reports and forecasts for UK shipping

SAT 05:30 News Briefing (m0021bj2)

The latest news from BBC Radio 4

SAT 05:43 Prayer for the Day (m0021bj4)

Travelling at the speed of God

A reflection and prayer to start the day with the Revd Dr Craig Gardiner, a tutor and chaplain at Cardiff Baptist College.

Good morning.

Well, what a sight that was last night - the amazing opening ceremony of the Paris Olympics. For the first time ever, the celebrations moved out of the stadium and over 10,000 athletes sailed six kilometres down the River Seine, right through the heart of the city.

And everywhere you looked were the Paris Phryges: those little red hats have been a longstanding symbol of freedom and change ever since the Revolution, and they've been adopted as the mascots for the Olympic and Paralympic games. They're already bringing some important changes not least the Paralympian Phryge, with their running blade, is the first mascot with a visible disability. Together the Paris hats share one challenging motto. "Alone we go faster, but together we go further."

Most of us will know the truth of this from some experience in life. We might make fast progress on some project by ourselves, but sooner or later we need a team, a family or a community to keep us going. As the biblical writer of Ecclesiastes once wrote, "Two are better than one, because if one falls down then the other gets you back up. It's tough if there's no one there to walk alongside you."

Maybe that's why one Christian writer talks about God as the three mile an hour God. That's our average walking speed and Kosuke Koyama thinks that this is the speed of God. Of course, God could go much faster, but chooses to walk much slower, because God is love. Someone who loves us, walks beside us, at our pace, ready to help every step of the way, because they know together, we go further.

God of the journey
Walk beside us today;
If we needlessly dally by ourselves,
Urge us on:
If we rush too quickly on our own,
Slow our feet,
Our hearts,
Our soul,
That together we might travel all the way,
Amen.

SAT 05:45 Frontlines of Journalism (m001jkrn)

3. All for nothing

Journalism can mean pushing your way into peoples' lives at their worst moments.

Without a good reason, it's tourism. Or war porn. People disagree on what that reason is.

Reflecting on his reports from the Siege of Sarajevo, BBC International Editor Jeremy Bowen asks if it is enough to just report it straight.

Jeremy speaks with: journalist and environmental activist George Monbiot; Nikole Hannah-Jones, whose 1619 project won the Pulitzer Prize; former BBC correspondent Michael Buerk who speaks of his concerns following his coverage of the Ethiopia famine and two journalists Jeremy was with in Sarajevo: former Reuters journalist Sabina Cosic, and CNN's Chief International Anchor Christiane Amanpour.

Presenter: Jeremy Bowen

Producer: Georgia Catt

Assistant Producer: Sam Peach

Additional research: Rob Byrne

Series mixing: Jackie Margerum

Series Editor: Philip Sellars

SAT 06:00 News and Papers (m0021h3j)

The latest news headlines. Including the weather and a look at the papers.

SAT 06:07 Ramblings (m0021bdg)

Surrey - from Oaks Park to Kingswood

Clare meets the founders of Walking Post on a hike from Oaks Park to Kingswood in Surrey. Walking Post is a not-for-profit website run by friends who have designed, mapped and now share multiple walking routes around London, Surrey, Kent, Essex and beyond. Every walk is accessible by public transport, something key to web-designer Lucy Maddison who doesn't own a car.

The project has expanded from a personal project into what is now a free public resource, and even though Lucy and her friend, Emily Morrison, both have 'proper' jobs they even offer monthly walks to anyone who wants to come along.

Find them at walkingpost.co.uk

Presenter: Clare Balding

Producer: Karen Gregor

SAT 06:30 Farming Today (m0021h3l)

27/07/24 Farming Today This Week: what next for agriculture in Wales?

A special panel programme recorded in front of an audience at the Royal Welsh Show. Charlotte Smith discusses the future of agriculture in Wales with Cabinet Secretary for Climate Change and Rural Affairs, Huw Irranca-Davies, deputy president of NFU Cymru, Abi Reader and Rachel Sharp, director of Wildlife Trusts Wales.

Produced by Beatrice Fenton.

SAT 06:57 Weather (m0021h3n)

The latest weather reports and forecast

SAT 07:00 Today (m0021h3q)

Including Sports Desk, Weather and Thought for the Day.

SAT 09:00 Saturday Live (m0021h3s)

Carol Kirkwood, Clive Bailey, Michelle Braiser, Nicola Adams

Carol Kirkwood shares the secret behind not only being the UK's favourite weather presenter, but a bestselling author as well - and reveals where her lifelong love of fast cars comes from.

The Antipodean singing-comedian Michelle Brasier reveals how she survived a house fire, grieved for the loss of her father and brother to cancer, befriended her scammer...and turned it all on it's head for comedic purposes.

Clive and Jo Bailey, the married balloonists who have seen just about everything in their airborne basket, and Olympic torch balloons aside - there's a good chance they'll have been had a hand in pretty much any other hot-air balloon you'll have seen on screen.

All that plus...as the Olympics get underway in Paris, we'll get your blood pumping with the Inheritance Tracks of our double-

gold medal-winning boxer Nicola Adams.

Presenters: Nikki Bedi and Jon Kay

Producer: Ben Mitchell

SAT 10:00 You're Dead to Me (m0021h3v)

Minoan Civilisation

In this episode, Greg Jenner is joined in Bronze Age Crete by Dr Stephen Kershaw and comedian Josie Long to learn all about the ancient Minoan civilisation. Many of us know the legend of Theseus and the Minotaur: King Minos of Crete feeds young men and women to the half-human beast in the labyrinth under his palace until the brave Theseus kills the monster. At the end of the 19th Century, a Cretan archaeologist discovered a palace that many believed had belonged to Minos himself. Not only that, but experts soon found traces of an entire Bronze Age civilisation on the island. But what was this Minoan society really like? From the palaces of the mighty, through the daily lives of ordinary people and their religious beliefs, this episode explores the Minoans and the archaeological work that has uncovered the truth behind the myths.

Hosted by: Greg Jenner

Research by: Anna McCully Stewart

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

Produced by: Emmie Rose Price-Goodfellow and Greg Jenner

Audio Producer: Steve Hankey

Production Coordinator: Ben Hollands

Senior Producer: Emma Nagouse

Executive Editor: James Cook

SAT 10:30 Alexei Sayle's Strangers on a Train (m0021h3x)

Series 3

London to Hereford

Comedy icon Alexei Sayle continues his rail journeys across the country with a trip from London to the ancient cathedral city of Hereford.

Alexei's mission is to break the golden rule of travelling by train and actually talk to his fellow passengers, in a quest for conversations with strangers that will reveal their lives, thoughts, dreams and destinations.

Along the way, Alexei holds a finger into the wind of the interests of the great British travelling public. There's hilarity, humour, sadness and surprise as people reveal what is going on in their lives and, as Alexei passes through familiar towns and cities, he also delves into his own personal stories of a childhood in Liverpool and a long career as a comedian, actor and author.

Alexei has a life-long ticket to ride in his DNA, as his father was a railway guard. As a child, Alexei travelled on trains with his mum and dad, not only in the UK but also abroad. While other children in Liverpool at the time thought a trip to Blackpool was a big adventure, Alexei travelled to Paris, experienced the Orient Express, had summer holidays in Czechoslovakia and visited mysterious cities with unpronounceable names in the farthest corners of Europe.

In this programme, Alexei by chance bumps into his old friend, comedian and author David Baddiel who is off to the Hay Festival. He also meets: Deborah and David who are psychologists from San Antonio in Texas on a walking holiday; Stewart, who teaches computer science in a London school and is on his way to a tech festival; Kashmini and Lara, who met on the internet and decided to meet up in real life; 'Collie' from Australia who travels the world under the alias Collie - short for 'Cauliflower' - the name he is known by on Twitter; author James who has become something of an expert on fermented food and is travelling with a very large and slightly smelly container of Kimchi; and Angela and her mother Kathleen who surprises Alexei with her stories of life on the road with her Harley Davidson motorcycle.

A Ride production for BBC Radio 4

SAT 11:00 The Week in Westminster (m00201vm)

Is the new Labour government right to claim it's inherited the worse public finances since the second world war? How can regional mayors help in the mission to train and skill up the British workforce? Can a new Conservative leader rebuild the party after its catastrophic defeat at the election? And how are sketchwriters, addicted to rollercoaster politics, adapting to a new era of political civility?

SAT 11:30 From Our Own Correspondent (m0021h3z)

Fears of a wider war between Hezbollah and Israel

Kate Adie presents stories from Lebanon, Ukraine, Democratic Republic of Congo, Bali and Spain.

In Lebanon, the risk of a wider war between Israel and the armed group Hezbollah remains an ever-present danger. Hezbollah has been trading fire with Israel since the Hamas attacks last October, devastating communities on both sides of the Israel-Lebanon border. Orla Guerin reports from southern Lebanon.

Drone warfare has transformed the frontline in Ukraine's east, making it more dangerous for those fighting. Russians have also used these to target civilians in the city of Kharkiv. Yana Lyushnevskaya fled Ukraine early in the war. She recounts the experience of returning to her life in Ukraine.

In Democratic Republic of Congo, hundreds of thousands of people are staying in overcrowded camps around the city of Goma that has been under siege by the rebel group known as the M23. The Congolese army has struggled to push back the militia's advance. Hugh Kinsella Cunningham spoke to some of the people trying to flee to safety.

The Indonesian Island of Bali is a rich cultural heritage, with its spectacular religious festivals and traditional craftsmanship. But there are concerns that such traditions such as mask-making are being lost with international visitors spending their money elsewhere. Michelle Jana Chan discovers one artisan persisting with his craft.

And finally, back in Europe, thousands of people have been protesting in Spain against a surge in tourism that's being blamed for plummeting living standards among locals. Majorca has been at the centre of the protests. Nick Beake spoke to islanders who feel their way of life is being threatened.

Series Producer: Serena Tarling
Editor: Tom Bigwood
Production Coordinators: Sophie Hill & Katie Morrison

SAT 12:00 News Summary (m0021h41)
The latest national and international news from BBC Radio 4.

SAT 12:04 Money Box (m0021h43)
Benefit Overpayments and Travel Money

Nearly 10,000 people have needed free debt advice because of accidental overpayments by the Department for Work and Pensions in the past 12 months. That's according to figures from Money Wellness, a debt advice company which is funded by the government's Money and Pension Service. It says because most of its clients are low income households these debts can have significant knock-on impacts on the rest of their finances. The DWP says its staff work hard to support customers, and it's important to explore ways to reduce fraud and error so it can support the most vulnerable in society.

What will the new Pensions Bill announced by the Labour government in the King's Speech mean for your finances? We'll discuss plans to bring small pension pots, which people get after short term jobs, together.

Campaigners are calling for bereavement support payments to be extended for longer and for the amount given to families to rise with inflation. At the moment parents under pension age whose partner dies are entitled to bereavement benefits - as much £3,500 followed by 18 monthly payments of up to £350. The charity Widowed and Young would like those payments to be in place for longer. The Department for Work and Pensions told us that it knows losing a loved one is devastating and that it's committed to supporting those most in need through the welfare system.

And what's the best way to pay while you're on holiday abroad?

Presenter: Paul Lewis
Reporters: Dan Whitworth, Sarah Rogers and Jo Krasner
Researchers: Immie Rhodes
Editor: Jess Quayle

(First broadcast 12pm Saturday 27th July 2024)

SAT 12:30 Catherine Bohart: TL;DR (m0021b6z)
Series 1

We Need To Talk About Kamala

Columns. Analysis. The Guardian's Long Read. Who has time? Catherine Bohart, that's who, and she's going beyond the headlines to give you the lowdown on one of the biggest stories this week, alongside a guest journalist and roving correspondent Sunil Patel.

This week: Biden steps down, Kamala steps up, but what's going to happen next? Puzzled by US politics? We've got you, babes.

Katy Balls, political editor of The Spectator, and US politics junkie, is our guide through it all; and Professor Sarah Churchwell joins to look deeper into how a younger candidate

might affect the vote.

Meanwhile, in the TL;DR Sidebar, comedian Sunil Patel throws his hat in the ring to be the Vice Presidential nominee. For both Trump and Harris.

Written by Catherine Bohart, with Madeleine Brettingham, Sarah Campbell and Ellen Robertson.

Produced by Victoria Lloyd & Lyndsay Fenner

Recorded at the Museum of Comedy, and Edited by David Thomas

Production Coordinators - Beverly Tagg & Katie Sayer

A Mighty Bunny production for BBC Radio 4

SAT 12:57 Weather (m0021h45)
The latest weather forecast

SAT 13:00 News and Weather (m0021h47)
The latest national and international news and weather reports from BBC Radio 4

SAT 13:10 Any Questions? (m0021bh)
Douglas Alexander MP, Angela Haggerty, Lord Offord, Pete Wishart MP

Alex Forsyth presents political discussion from the Scottish Maritime Museum in Irvine with the Trade Minister Douglas Alexander MP, the journalist Angela Haggerty, the Conservative peer Lord Malcolm Offord and the Deputy Leader of the SNP in Westminster Pete Wishart MP.
Producer: Robin Markwell
Lead Broadcast Engineer: Joanne Willott

SAT 14:00 Any Answers? (m0021h49)
Call Any Answers? to have your say on the big issues in the news this week.

SAT 14:45 The Archers (m0021bhc)
Worried Susan grills hungover George about last night's drinking. What got into him – was it about the car accident? She knows that George was saying strange things. Pat can tell that George is hungover, and Susan thinks George is worried about going to court. Pat goes to George and shares how awful it was when she was in court for Helen's hearing. George simply needs to say what happened, exactly as he remembers it. It won't be pleasant, but if he tells the truth he'll be fine.

Alistair feels optimistic that things seem to be improving with Paul at work, but Denise fears losing Paul forever and feels so alone. Alistair tells her to go and talk to Paul – he'll hold the fort at the Vets'.

After a tense confrontation on the doorstep, Paul allows Denise in and demands all the details. Denise admits the affair started when Paul and his Dad were away in St Lucia. As pieces fall into place, Paul realises that Jakob knew, and learns about Jim and Jazzer knowing as well. There was no injured sheep on the night of the crash, as Denise admits she had a night in a hotel with Alistair planned, so even Mick lied too. Denise begs Paul not to resign from the Practice. But Paul comes in to the Vets' and has made a decision – he's not going anywhere. He's done nothing wrong – so the deal is, they will be professional, and he'll only communicate with them about work matters. If they can't deal with that than they can find somewhere else to work. Agreed?

SAT 15:00 Breaking the Rules (m0021h4c)
A House Called Insanity

Anne-Marie Duff stars as Elsy Borders, the working-class heroine whose remarkable true story deserves to be far better known. Even though she became a national figure in the late 1930s, no play celebrating her achievements has ever been written - until now.

The wife of a South London cabby (played by Karl Davies), Elsy did something a working-class woman was not supposed to do. She broke the rules and conventions of acceptable behaviour. Determined to expose the poor quality of workmanship in house-building which continues to resonate today with scandals such as Grenfell Tower, she took the unprecedented step of refusing to pay her mortgage owing to the dire state of their new, but poorly-built, house on an estate in Kent. When the building society responded by suing for repossession of the house which the family had by now christened Insanity, Elsy counter-claimed for damages.

The fight was on...

With contributions from Stella Etheridge, Jeremy Tagg and Phillipa Tagg who are current residents of the Coney Hall Estate where Elsy lived.

Cast:
Elsy Borders.....Anne-Marie Duff
Jim Borders.....Karl Davies
Roxburgh.....Sam Dale
Librarian.....Jenny Funnell
Judge.....Nigel Anthony
Agent.....Andrew Branch
Michael.....Harry Myers
PamelaBetsy Horsfall

Written by Stephen Wyatt
Directed by Martin Jenkins
Sound Design by David Thomas
Production Co-ordinator: Sarah Tombling
Production Manager: Sarah Wright

A Pier production for BBC Radio 4

SAT 16:00 Woman's Hour (m0021h4f)
Weekend Woman's Hour: Olympics preview, Holocaust documentary, Poet Zara Sehar, Sculptor Dominique White, Comedian Sashi Perera

The Paris 2024 Olympics start this evening with the opening ceremony. It's the first time an equal number of men and women will compete in a summer Games. To discuss the sportswomen you should keep an eye out for, Anita Rani is joined by Jeanette Kwakye, a former Olympian herself and now BBC pundit, and also BBC Sport reporter Laura Scott.

A new film, The Commandant's Shadow, follows Hans Jürgen Höss, the 87-year-old son of Rudolf Höss, the camp commandant of Auschwitz who masterminded the murder of more than a million Jews. While Hans enjoyed a happy childhood playing with many toys in the family villa, Anita Lasker-Wallfisch played cello in the orchestra to survive the notorious concentration camp. Eight decades later, the two come face-to-face, together with their children, Kai Höss and Maya Lasker-Wallfisch. Anita and Maya join Nuala to tell their story.

Zara Sehar recently won the audience vote at the Roundhouse Poetry Slam competition, and joins Anita to talk about her work and perform from one of her poems, (Hon)our Killings. In it she mentions spoons in knickers, a tactic suggested to young girls being taken out of the country who are at airports and at risk of forced marriage. Natasha Rattu, Executive Director at Karma Nirvana explains why they give this advice to British-Asian girls.

The sculptor Dominique White has a new exhibition at the Whitechapel Gallery in London. It is four large sculptures made of iron, driftwood and detritus from the sea, lit in such a way to suggest that you are submerged, or looking at a shipwreck on the seabed. It was created during Dominique's six-month residency in Italy, the time granted to her when she won the Max Mara art prize for women in 2023.

Former refugee lawyer turned comedian Sashi Perera joins Nuala to discuss who we choose as our emergency contacts and her new stand-up show, Boundaries.

When is it socially acceptable to bring your partner to hang out with your friends? According to academic and writer Kate Lister the answer is never. In her recent i Paper column, Kate explains that the presence of a partner alters the dynamic, and that friendships ought to be safe havens from romantic relationships. While some couples prefer to socialise together, Kate argues that time and effort should be invested into individual friendships. Kate joins Nuala for a frank discussion on the murky friendship politics of bringing your partner to lunch.

Presenter: Anita Rani
Producer: Annette Wells
Editor: Rebecca Myatt

SAT 17:00 PM (m0021h4h)
Full coverage of the day's news.

SAT 17:30 Political Thinking with Nick Robinson (m0021h4k)
The Liz Kendall One

Nick Robinson talks to the new Work and Pensions secretary about being at the centre of the Labour government's first row, taking on the scourge of worklessness and how her 2-year-old son is a cure for stress.

Producer: Daniel Kraemer

SAT 17:54 Shipping Forecast (m0021h4m)

The latest weather reports and forecasts for UK shipping

SAT 17:57 Weather (m0021h4p)

The latest weather reports and forecast

SAT 18:00 Six O'Clock News (m0021h4r)

The latest national and international news from BBC Radio 4

SAT 18:15 Loose Ends (m0021h4t)

Damian Lewis; Elf Lyons; Gareth Malone; Rachel Ramsay; Gia Ford; Esme Emerson; Clive Anderson; Emma Freud

Clive Anderson and Emma Freud present Loose Ends from Latitude Festival in Suffolk. They'll talk to the actor-turned-musician Damian Lewis who will discuss his latest album Mission Creep and why he's chosen to go back to his musical roots when he could have rested on his Hollywood laurels as the star of Homeland and Billions. The UK's favourite choirmaster Gareth Malone on a new tour of Sing-Along-A-Gareth and his special connection to Latitude. The director Rachel Ramsay on her Grierson award shortlisted documentary - The Lost Lionesses - about the 1971 unofficial Women's World Cup which was watched by record audiences but subsequently largely erased from sporting history. And the comic Elf Lyons who studied at a Parisian clown school where she learnt the fine art of "bouffon" - a performance style based around mockery - that she works into stand up shows that have been hailed as "unhinged brilliance".

Plus, as we're recording at the BBC Introducing stage, we have fresh new music from Indie pop sibling duo Esme Emerson and from Americana led singer-songwriter Gia Ford.

Presented by Clive Anderson
Produced by Olive Clancy

SAT 19:00 Growing Solo (m001yhyh)

One Million Calories

Max Cotton, a retired political journalist, leaves behind the weekly shop, supermarkets and the modern world to find out if he can grow and produce 100% of his food on a smallholding near Glastonbury. His only import for a year is salt.

This first episode sees him prepare for the challenge. Why is he doing this? What has inspired him, and how much food does one person need for a year? He is helped and ridiculed in equal measure by his family. We hear from them, from Guy Singh Watson, the founder of Riverford, and Max's farming friend Tommy Allen. And we're introduced to the star of this series - Max's cow, Brenda.

Presenter: Max Cotton
Producer: Tessa Browne
Executive Producer: Kate Dixon

A Good Egg production for BBC Radio 4

SAT 19:15 The Infinite Monkey Cage (m0021hcy)

Series 30

'Beastly Bodies' Kids Special - Steve Backshall, Jess French and Adam Kay

Brian Cox and Robin Ince are joined by adventurer and naturalist Steve Backshall, veterinarian Jess French, and comedian and former doctor Adam Kay, as they are put to the test by an audience of curious children at Cheltenham Science Festival. We find out who would win in a battle between a shark and a crocodile (the answer involves a tennis court), why dogs don't sweat like humans, whether macrophages might help us overcome antibiotic resistance and if AI might one day enable us to understand and directly communicate with animals.

Producer: Melanie Brown
Exec Producer: Alexandra Feachem
BBC Studios Audio Production

SAT 20:00 Archive on 4 (m0021h4w)

The Vet with Two Brains on Tour

In 2017, Adam Tjolle accidentally discovered he had a brain tumour. At the time, presenter and close friend Claudia Hammond followed him on his journey before, during and after undergoing life-changing surgery in two programmes for Radio 4: The Vet with Two Brains and The Vet with a New Brain. Meeting up now in Malawi, Adam and Claudia listen back to the archive, and reflect on what has changed for him since those original programmes.

Prior to surgery, Adam's prognosis was a life expectancy of seven years. That time period has now passed. So what does life mean to Adam now? And today, as one in two people born after

1960 will receive a cancer diagnosis at some point, what can the rest of us learn from Adam's experience of living with uncertainty?

Adam still lives in Scotland, but his new life after brain surgery sometimes brings him to Malawi, where he works with the Lilongwe Society for the Protection and Care of Animals (LSPCA). Claudia joins Adam and Dr Tino Razemba at one of the LSPCA's 'spay days', neutering local dogs in underserved communities. As well as getting involved, Claudia has a chance to see first-hand Adam's passion not just for his past career, but for life.

Presenter: Claudia Hammond
Producer: Sophie Ormiston
Archive Producer: Paula McGrath
Editors: Martin Smith and Holly Squire
Production Coordinator: Siobhan Maguire

SAT 21:00 Moral Maze (m0021b02)

The Modern Olympics were founded in 1896 by a Parisian with serious moral principles. Pierre De Coubertin even made up a word for it: Olympism: 'a way of life based on the joy of effort...and respect for universal fundamental ethical principles. He thought that sports at an international level could foster respect and peace between nations. This week as the Games get underway in De Coubertin's city, athletes have been meeting to do just that, talk about the role that sport plays in building bridges. But how much does the modern games live up to these high-minded ideals? For detractors, it's a bloated megagames, always billions over budget that displaces communities and marginalises the excluded.

What about nationalism and the place of the politics in the competition? The way De Coubertin conceived the idea with nations competing for international glory, means it's impossible to put nationalism and politics aside. He insisted it was individuals, not countries in competition but the medal tables tell a different story. And the Olympics has often been the battleground to show the triumph of one ideology over another, particularly during the Cold War. Does the Olympics really promote peace as it's goals suggest or is just 'war minus the shooting' as George Orwell wrote. Do the Olympics cause more harm than good?

WITNESSES: Dr Shakiba Moghadam, Dora Pallis, Prof David Case Large, Prof David Papineau
PANELLISTS: Giles Fraser, Anne McElvoy, Ash Sarkar, Mona Siddiqui
Presenter: Michael Buerk
Producer: Catherine Murray
Assistant Producer: Ruth Purser
Editor Tim Pemberton

SAT 22:00 News (m0021h4y)

The latest national and international news from BBC Radio 4

SAT 22:15 The Food Programme (m0021hgn)

Becoming Michelin

A meeting with top chef Hélène Darroze at Mayfair's Connaught Hotel leads Sheila Dillon to ask the question, why aren't there more female Michelin starred chefs?

Statistics from the Office for National Statistics suggest 37% of all chefs working in the UK are female, but when you look at the numbers leading Michelin starred restaurants, the number drops to around 8% (according to analysis by Chefs Pencil, 2022).

Includes interviews with Nigerian-born chef Adejoké Bakare, who in February, became the first Black woman in Britain to earn a Michelin star; chef Sally Abé who has recently published her first book, "A Woman's Place is in the Kitchen" and Sarah Francis who returned her Michelin star after 8 years running The Checkers (a restaurant in Montgomery, Powys).

Plus we hear from young upcoming female fine-dining chefs about how they feel the industry is set up for women wanting to reach the top jobs.

Presented by Sheila Dillon
Produced for BBC Audio in Bristol by Natalie Donovan

SAT 23:00 Time of the Week (m002194c)

4. Plastic Surgery, Inducing Childbirth, Sabotage

Can a song induce labour? Chloe Slack finds out. Also: women in art, plastic surgery, and industrial sabotage.

Sian Clifford stars as self-important journalist Chloe Slack in this comedy series parodying women's current affairs and talk shows, surrounded by an ensemble cast of character comedians.

Chloe Slack - Sian Clifford

Ensemble cast:

Ada Player
Alice Cockayne
Aruhan Galieva
Em Prendergast
Jodie Mitchell
Jonathan Oldfield
Lorna Rose Treen
Mofé Akändé
Sara Segovia

Created by Lorna Rose Treen and Jonathan Oldfield

Writing team:
Alice Cockayne
Catherine Brinkworth
Jodie Mitchell
Jonathan Oldfield
Lorna Rose Treen
Priya Hall
Will Hughes

Script Editor - Catherine Brinkworth
Photographer - Will Hearle
Production Coordinator - Katie Sayer
Producer - Ben Walker

A DLT Entertainment Production for BBC Radio 4

SAT 23:30 The 3rd Degree (m00219d1)

Series 13

2. University of St Andrews

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

The specialist subjects this week are English, Computer Science and Philosophy so we'll be meeting a glistering goldfish, a Belgian biscuit, a Peruvian bird and Nietzsche. Oh, plus Bambi and a Japanese Water Zither.

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

In this series, the show goes to Leicester, St Andrews, Loughborough, Falmouth, the University of East Anglia and Robinson College, Cambridge.

Producer: David Tyler

A Pozzitive production for BBC Radio 4

SUNDAY 28 JULY 2024

SUN 00:00 Midnight News (m0021h50)

The latest news and weather forecast from BBC Radio 4.

SUN 00:15 Open Book (m00219cz)

Irenosen Okojie

Irenosen Okojie talks to Johny Pitts about her new book, Curandera.

Plus summer reading: Irenosen and critic Max Liu share a wide range of book recommendations for the coming weeks.

And EM Forster's secret stories. Historian Diarmuid Hester tells us all about Forster's secret gay fiction.

Book List – Sunday 21 July
Curandera by Irenosen Okojie
The Rich People Have Gone Away by Regina Porter
The Light Between Us by Elaine Chiew
The Blue, Beautiful World by Karen Lord
The Garden Against Time by Olivia Laing
I Will Crash by Rebecca Watson
Summer in Baden-Baden by Leonid Tsypkin. Translated by Roger Keys and Angela Keys.
Living Things by Manuir Hacheim trans Julia Sanchez
The Life To Come And Other Stories by E. M. Forster ; Introduced by Diarmuid Hester
Nothing Ever Just Disappears: Seven Hidden Histories - An Investigation Into Place And The Queer Imagination by Diarmuid Hester

Presenter: Johny Pitts

Producer: Emma Wallace

SUN 00:48 Shipping Forecast (m0021h52)

The latest weather reports and forecasts for UK shipping

SUN 01:00 Selection of BBC World Service Programmes (m0021h54)

BBC Radio 4 joins the BBC World Service.

SUN 05:20 Shipping Forecast (m0021h56)

The latest weather reports and forecasts for UK shipping

SUN 05:30 News Briefing (m0021h58)

The latest news from BBC Radio 4

SUN 05:43 Bells on Sunday (m0021h5b)

The church of St Mary Barham in Suffolk

Bells on Sunday comes from the church of St Mary Barham in Suffolk. The grade one listed church building is medieval in origins with mid-19th century alterations. Until recently the tower housed four bells from the 16th, 17th and 18th centuries, two of which were cracked and all of which were un-ringable. In 2020 the bells were restored and augmented to a ring of six with a tenor weighing eleven and three quarter hundredweight and tuned to the note of A flat. We hear them ringing London Surprise Minor.

SUN 05:45 In Touch (m0021b8w)

New Glaucoma Research; Artificial Intelligence in Eye Care

Researchers from Moorfields Eye Hospital and University College London (UCL) have identified markers in the blood that may predict which Glaucoma patients are likely to continue losing vision despite treatment that aims to lower the pressure that causes their sight loss. Professor Ted Garway-Heath tells In Touch more about their clinical trial.

On In Touch, we've always tried to be careful not to raise false hopes about new eye treatments, but occasionally its too irresistible to not take a peek into the future and look at how modern technology might help us. Developments such as Artificial Intelligence are happening so rapidly, even in the world of eye care. Pete Thomas is the Executive Director of Digital Development at Moorfield's Eye Hospital and he tells In Touch about the application of AI which is already having an effect on the rate of diagnosis of eye conditions, and therefore the speed with which they can be treated.

Presenter: Peter White

Producer: Beth Hemmings

Production Coordinator: David Baguley

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 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 (m0021hzb)

The latest national and international news from BBC Radio 4

SUN 06:05 Beyond Belief (m0021b8g)

Poetry: Reaching for Divine Heights

Recorded live at the Bradford Literature Festival three poets join Giles Fraser to consider the relationship between poetry and the divine.

Some of our most feted poets, from Rumi to John Donne, Tagore to William Blake – have found that poetry opens up a space to explore the divine. In A Midsummer Night's Dream, William Shakespeare praised the poet's eye, glancing 'from heaven to earth, from earth to heaven' as 'imagination bodies forth the forms of things unknown'.

In front of a live audience, a fascinating panel of contemporary poets and wordsmiths join Giles to discuss whether poetry can help bridge the gap between the physical and metaphorical worlds. Camille Ralphs, Testament and Kate Fox consider how their forebears have used words to try and climb spiritual ascents. Reading some of their own work, they'll also share their own relationships between art and faith.

Producer: Rebecca Maxted

Assistant Producers: James Leesley and Ruth Purser

Editor: Tim Pemberton

SUN 06:35 On Your Farm (m0021hzd)

Shearing Day

It's every professional sheep shearer's dream to hold a world record for speed shearing. So says Una Cameron, who's been shearing on the international circuit for the last thirty years. This summer she's hoping to become one herself, by shearing more than 458 sheep in nine hours. It's a gruelling physical challenge and she's being coached by a specialist trainer who's worked with ten shearing world record holders in recent years.

Caz Graham joins Una and her team as they shear a flock of ewes at Michael Kerr's farm in East Lothian. She hears about Una's life on the road as a shearer in New Zealand and Australia, the thrill of international shearing competitions, and the skill involved in cleanly removing a fleece from a reluctant sheep. She also finds out how the preparation's going for this summer's word record challenge.

Produced and presented by Caz Graham

SUN 06:57 Weather (m0021hzz)

The latest weather reports and forecast

SUN 07:00 News and Papers (m0021hzz)

The latest news headlines. Including a look at the papers.

SUN 07:10 Sunday (m0021hzi)

Paris Olympics; Kamala Harris; Living Funerals

As athletes compete during the first weekend of the Paris Olympics, we speak to the BBC's Paris correspondent Hugh Schofield about the interplay between politics and religions at this year's games. Lina Boussaha is a French Algerian footballer who now plays for the Saudi Arabian team, Al Nassr, in order to be able to wear a hijab. She tells us how she's feeling watching the Olympics from afar.

The new Democratic Presidential candidate has a mixed religious background - as a child Kamala Harris worshipped in both church and Hindu temples, her husband is Jewish and she regularly attends Baptist services. We explore how her faith will play with voters, with the American theologian Dr Kelly Brown Douglas.

The practice of holding 'living funerals' for the terminally ill has become widespread in this country. We hear from bereaved father Nigel Hale, hospice counsellor Jane Murray, Rev'd Canon Yvonne Tulloch - who runs a grief-counselling charity and Amanda McDonald, who attended her own funeral and then recovered.

Presenter: Edward Stourton

Producers: Bara'atu Ibrahim & Robert Cave

Production Coordinator: Paul Holloway

Editor: Miriam Williamson

SUN 07:54 Radio 4 Appeal (m0021hzn)

Women and Children First UK

Comedian Sara Pascoe makes the Radio 4 Appeal on behalf of Women and Children First UK. The charity sets up health groups and trains community leaders in countries including Ethiopia and Malawi, where women may not always have access to doctors during pregnancy and childbirth.

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 'Women and Children First UK'.

- Cheques should be made payable to 'Women and Children First UK'.

- You can donate online at bbc.co.uk/appeal/radio4

Registered Charity Number: 1085096

SUN 07:57 Weather (m0021hzz)

The latest weather reports and forecast

SUN 08:00 News and Papers (m0021hzn)

The latest news headlines. Including a look at the Sunday papers

SUN 08:10 Sunday Worship (m0021hzz)

Paris Olympics 2024

A service marking the opening of the 2024 Summer Olympics from St George's Anglican Church in Paris. St George's is part of the Church of England's Diocese in Europe and is an international community, with congregations worshipping in English, French and Madagascan. The service is led by the Chaplain, Fr Mark Osborne, and the preacher is the Assistant

Priest, Fr Jeffrey John. The Choir of St George's is directed by Peter Hicks and the organist is Malcolm Wisener. The service includes reflections from members of the church community as well as from Rev Ben Harding, Chaplain of Trinity Church, Lyon, who will be part of the chaplaincy team at both the Olympic and Paralympic Games.

Producer: Andrew Earis

SUN 08:48 A Point of View (m0021bhk)

Olympics Now and Then

As the Olympics gets underway, Michael Morpurgo says we need to take care that the event doesn't stray too far from the ideals of the Olympics and the Paralympics.

'The announcement this year,' writes Michael, 'that athletes at the Olympics will, for the first time, be awarded prize money - \$50,000 for each gold medal - sets a precedent in the Games' 128 year history.'

But, he says, 'over the next two weeks, I should like to think that the Olympics will uphold the spirit that has sustained the Games for so long... that the glory is in the laurel wreath or the medal, that the heroism is in the triumphs and disasters.'

Producer: Adele Armstrong

Sound: Peter Bosher

Production coordinator: Gemma Ashman

Editor: Tom Bigwood

SUN 08:58 Tweet of the Day (m0021hzz)

Megan McCubbin on the Eider

A new series of Tweet of the Day for Sunday morning revealing personal and fascinating stories inspired by birds, their calls and encounters.

Do you ever walk along a busy street and overhear snippets of talk and wonder what the rest of the conversation discussed? Well for zoologist and wildlife TV presenter Megan McCubbin listening to eider ducks on a visit to the coast brings about a similar experience. Eider ducks are a sea duck, both the heaviest and the fastest flying duck in the British Isles, they also spend a lot of their time in communal groups resting on the sea. No wonder then they have a lot to talk about.

Producer : Andrew Dawes for BBC Audio in Bristol

Studio Engineer : Nick Ford.

SUN 09:00 Broadcasting House (m0021hzz)

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

SUN 10:00 Desert Island Discs (m0021j01)

Sarah Raven, gardener and writer

Sarah Raven is one of Britain's best known gardeners. Since her debut book, *The Cutting Garden* in 1996 she has written for national newspapers and magazines and shared her gardening knowledge as a broadcaster.

Sarah's love for gardening started with her family. Her father John was a Classics scholar at Cambridge and a keen amateur botanist and her mother Faith introduced Sarah to the joys of cutting and arranging flowers.

Following her father's death when she was just seventeen, Sarah read History at the University of Edinburgh before deciding to pursue a career as a doctor. It was whilst she was on maternity leave from her medical training that Sarah began to cultivate her own garden which led to her first book, *The Cutting Garden*.

After the success of her first book, Sarah set up her eponymous business which has evolved from a kitchen table start-up to successful global brand. Sarah continues to write, her latest book, *A Year Full of Pots* was published earlier this year.

Sarah lives in East Sussex with her husband, the writer Adam Nicholson. She has three stepsons and two daughters.

DISC ONE: See My Baby Jive - Wizzard
DISC TWO: Dashing White Sergeant - Jimmy Shand
DISC THREE: Don't You (Forget About Me) - Simple Minds
DISC FOUR: You Can Dance (If You Want To) - Go Go
Lorenzo & The Davis Pinckney Project
DISC FIVE: September - Earth, Wind and Fire
DISC SIX: Can't Take My Eyes Off You - Andy Williams
DISC SEVEN: Rocket Man (I Think It's Going To Be A Long, Long Time) - Elton John
DISC EIGHT: Spring 1. Composed by Antonio Vivaldi, recomposed by Max Richter and performed by Daniel Hope (violin) with the Konzerthausorchester Berlin, conducted by André de Ridder

Luxury: An ever-cleaning linen sheet bed with a hot (and cold) water bottle
 Book: The Flowers of Crete by John Fielding & Nicholas Turland
 Castaway's Favourite: September - Earth, Wind and Fire
 Presenter: Lauren Laverne
 Producer: Mugabi Turya

SUN 11:00 The Archers Omnibus (m0021j03)

Writer: Tim Stimpson
 Director: Mel Ward
 Editor: Jeremy Howe
 Ben Archer.... Ben Norris
 Pat Archer.... Pat Gallimore
 Pip Archer.... Daisy Badger
 Tom Archer.... William Troughton
 Lilian Bellamy.... Sunny Ormonde
 Neil Carter.... Brian Hewlett
 Susan Carter.... Charlotte Martin
 Vince Casey.... Tony Turner
 Ed Grundy.... Barry Farrimond
 Emma Grundy.... Emerald O'Hanrahan
 George Grundy.... Angus Stobie
 Alistair Lloyd.... Michael Lumsden
 Paul Mack.... Joshua Riley
 Denise Metcalf.... Clare Perkins
 Elizabeth Pargetter.... Alison Dowling
 Lily Pargetter.... Katie Redford
 Fallon Rogers.... Joanna Van Kampen
 Lynda Snell.... Carole Boyd

SUN 12:15 Growing Solo (m001yhyh)

[Repeat of broadcast at 19:00 on Saturday]

SUN 12:30 Mark Steel's In Town (m0021b1s)

Series 13

Nether Edge

Mark Steel's In Town - Nether Edge

"...a place where all the baristas know your name..."

This week, Mark is in Nether Edge, a leafy suburb of Sheffield which wants to become a village. Here he samples the local honey, visits the local shops and cafes, a rum keg, the bowls club that once threw out Ronnie Wood for inappropriate behaviour, and he talks to the passionate locals about a campaign by the council to make the area less leafy by cutting down half of the trees.

This is the 13th series of Mark's award-winning show where he travels around the country visiting towns that have nothing in common but their uniqueness. After thoroughly researching each town, Mark writes and performs a bespoke evening of comedy for a local audience.

As well as Nether Edge, in this series, Mark be will also be popping to Margate, Malvern, East Grinstead, Stoke-on-Trent and Coleraine in Northern Ireland.

There will also be extended versions of each episode available on BBC sounds.

Written and performed by Mark Steel

Additional material by Pete Sinclair
 Production co-ordinator Katie Baum
 Sound Manager Jerry Peal
 Producer Carl Cooper

A BBC Studios Audio production for Radio 4

SUN 12:57 Weather (m0021j05)

The latest weather forecast

SUN 13:00 The World This Weekend (m0021j07)

Can Kamala Harris win over swing voters?

An update on the US election: will Kamala Harris be able to get crucial swing voters on board? Plus, we hear the latest from Jerusalem as fears of an Israel-Hezbollah war grow.

SUN 13:30 Loving, Living and Dying Together in the Netherlands (m0021rnj)

Els and Jan have fewer than three days left on Earth. Childhood sweethearts who met in kindergarten more than six decades ago, they know precisely when they will die. And how. On an early summer's Monday morning they will travel to a nearby hospice. Some of their family and friends will accompany them. And then precisely at 10.30am - holding hands, they hope - two

doctors will administer lethal medication to each of them.

In the Netherlands, euthanasia and assisted suicide are legal if someone is suffering unbearably with no prospect of getting better. The suffering can be physical or psychological. Els was diagnosed with dementia. Jan lived with pain 24/7.

Last year, 33 Dutch couples chose to die like Els and Jan. And in February, one of the Netherlands' former Prime Ministers ended his life by euthanasia together with his wife.

Linda Pressly meets Els and Jan as they prepare for the end. And she explores the complex issue of allowing euthanasia in cases of dementia. A warning: some listeners might find the content of this documentary upsetting.

Producer and presenter: Linda Pressly
 Editor: Penny Murphy
 Sound engineer: Neva Missirian
 Production coordinator: Gemma Ashman

SUN 14:00 Gardeners' Question Time (m0021bh1)

Hexham

How wide should a garden path be? How do I get rid of bindweed? Should I be concerned by my garden soil's high lead content?

Peter Gibbs and his team of horticultural heroes are on hand to tackle the gardening queries of a hopeful audience in Hexham. The panellists are garden designers Matthew Wilson and Bunny Guinness, and house plants expert Anne Swithinbank.

Later in the programme, Matthew Wilson shares some of his garden designing expertise by providing a plant structuring masterclass to aid your next garden design project.

Producer: Dan Cocker

Assistant Producer: Rahnee Prescod

Executive Producer: Carly Maile

A Somethin' Else production for BBC Radio 4

SUN 14:45 Short Works (m001wrk1)

The Death of Wildflowers

A woman in search of escape finds the primal rhythms of the natural world carry on with scant regard for human interference.

Read by Nicola Ferguson.

Helen McClory is a writer from Scotland who grew up between Edinburgh and the Isle of Skye. She has lived in Sydney, Australia and New York City. While in NYC, she worked as a dog walker and had the distinction of walking Lou Reed's dog. Her books include the Saltire First Book Award-winning *On the Edges of Vision, Flesh of the Peach, Mayhem & Death and The Goldblum Variations*, a book of microfiction on Jeff Goldblum. Her interests include cooking and absurdism.

SUN 15:00 Drama on 4 (m0021j09)

Moscow Notebooks

Moscow Notebooks by Michael Symmons Roberts.

Poet Osip Mandelstam is a celebrated poet in Stalin's Russia. The trouble is he's written a poem that makes fun of the leader, and he's not careful about who hears him recite it. So when the poem comes to its subject's attention, Mandelstam's journey of persecution begins. A drama about how an artist stands up to dictatorship. With new versions of Mandelstam's poems by Michael Symmons Roberts.

Mandelstam.....Jonathan Tafler
 Nadezhda.....Clare Lawrence Moody
 Goldfinch/Akhmatova.....Erin Shanagher
 Christophorovich.....Jonathan Keeble
 Pasternak.....Jack Wagman

Production Co-ordinator - Pippa Day
 Studio Manager - Amy Brennan
 Sound Design- Steve Brooke
 Producer/Director - Gary Brown

A BBC Studios Audio Production

Osip Mandelstam's 'Moscow Notebooks' contain poems written during the early 1930s as Stalin tightened his grip on dissidents. These poems are varied and visionary lyrics, from love poems to portraits of corruption and suffering in a great historic city. Stalin knew what he was up against, saying in a phone call to Boris Pasternak in 1934 'He's a genius, isn't he?'. But when Mandelstam's poem 'Stalin Epigram' came to its subject's attention - despite the poet's insistence that it was memorised

but never written down - persecution turned to exile resulting in Mandelstam's death in the winter of 1938 on his way to a Siberian labour camp. Mandelstam's poems and his story of artistic defiance were suppressed in Russia for decades, only rehabilitated in 1987 under Gorbachev. He is now recognised as one of the key poets of the twentieth century.

SUN 16:00 Open Book (m0021j0c)

Benjamin Myers

Benjamin Myers talks to Horatio Clare about his new novel *Rare Singles*, which tells the story of Bucky Bronco, an elderly one-and-a-half-hit soul singer, grieving for his dead wife, surviving on low paid, hard graft jobs and struggling with an opioid addiction to dull the pain... when he's invited to Scarborough for a Northern Soul weekend that could just prove to be his salvation. Ben's 25 years as a music journalist feed into his storytelling.

Professional musician turned novelist Claire Kohda joins Horatio along with newly announced Children's Laureate and award-winning screenwriter Frank Cottrell-Boyce (who wrote *24 Hour Party People* and Hilary and Jackie) to discuss connections between music and writing.

Frank Cottrell-Boyce shares his plans for the role of Children's Laureate focussing on accessible literacy for children.

And for our monthly Editor's Pick - where we ask a Commissioning Editor to recommend us a great read from a rival publishing house - Rose Green from Doubleday UK has chosen Mina's Matchbox by Yoko Ogawa translated by Stephen Snyder.

Presented by Horatio Clare
 Produced by Allegra McIlroy

Book List - Sunday 28 July

Rare Singles by Benjamin Myers
 The Offing by Benjamin Myers
 Cuddy by Benjamin Myers
 Hangover Square by Patrick Hamilton
 The Slaves of Solitude by Patrick Hamilton
 Woman Eating by Claire Kohda
 Time's Arrow by Martin Amis
 Twenty Four Hour Party People by Frank Cottrell-Boyce
 Slaughterhouse-Five by Kurt Vonnegut Jr.
 Mina's Matchbox by Yoko Ogawa: Translated by Stephen Snyder

SUN 16:30 The 3rd Degree (m0021j0f)

Series 13

3. Loughborough University

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

The specialist subjects this week are Construction Management, Maths and Sport & Society with Sport Exercise & Psychology, so you'll discover how to luff a jib, deconstruct a dodecagon and demonstrate a quadruped superman. All this plus darts and D'Urbervilles too.

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

In this series, the show goes to Leicester, St Andrews, Loughborough, Falmouth, the University of East Anglia and Robinson College, Cambridge.

Producer: David Tyler

A Pozzitive production for BBC Radio 4

SUN 17:00 Witness History (w3ct5ymj)

Cyprus 1974: The Final Landing

On the 20 July 1974, a young pilot was preparing to land passenger flight CY317 into Nicosia Airport in Cyprus, amidst the threat of an imminent Turkish invasion. From the air, he could see warships approaching the island.

Little did he know that his aircraft would be the final one to land there, it would be destroyed within hours, and the airport remains frozen in time to this day.

Fifty years later, Captain Adamos Marneros tells Amelia Parker about that fear-filled final flight, on a pivotal day in 1974, and the airport, which he revisited a few years ago.

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

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

(Photo: Captain Adamos Marneros outside the derelict Nicosia Airport in 2017. Credit: Leon Dimitrios)

SUN 17:10 The Verb (m0021kg1)

Why does 'mean' have so many meanings? Why do poets take metaphor so seriously? Why do objects like pink ghetto blasters make poems live? And why are the filaments of our eyes in the edges of the snow?

To answer these surreal, and not so surreal questions - Ian McMillan is joined by Alistair McGowan, Caroline Bird, and Toria Garbutt, and presents an 'eartoon' - a cartoon for the ear, from Richard Poynton (otherwise known as Stagedoor Johnny).

Alistair McGowan is an impressionist, actor, writer, pianist, and now - poet. He joins Ian McMillan in a pun-off - the first time such an event has ever been staged on national radio (probably). Alistair's collection of poems is called 'Not what we were expecting' (Flapjack Press).

Toria Garbutt is a spoken word artist, poet and educator from Knottingley. She shares tender, funny poems from 'The Universe and Me' (Wrecking Ball Press) many of which take us into her relationship with her sister when they were young, and reveal how much poetry there is in the objects of childhood.

Caroline Bird's new poetry collection is called 'Ambush at Still Lake' (Carcenet). She reads poems of motherhood which are like 'upside down jokes' and take 'toddlers logic' (like the idea that imaginary carrots have completely run out) to surreal and sinister conclusions.

Caroline also presents us with our neon line, a stand-out line from a classic poem, and explores why it works so well. It's this mystery poem which proposes that there are 'filaments of our eyes' in the 'edges of the snow'.

Richard Poynton is a writer and performer (also known as Stagedoor Johnny). He stars in his own invention, a backstory for the origin of the English language, which explains why it has so many words with multiple meanings. In this week's Eartoon Richard introduces us to a 'mean' lasagne. (you won't want to meet it down a dark alley).

SUN 17:54 Shipping Forecast (m0021j0j)

The latest weather reports and forecasts for UK shipping

SUN 17:57 Weather (m0021j0l)

The latest weather reports and forecast

SUN 18:00 Six O'Clock News (m0021j0n)

Western powers have called for restraint after 12 children and teenagers were killed by a rocket which struck the Israeli-occupied Golan Heights.

SUN 18:15 Pick of the Week (m0021j0q)

Rima Ahmed

This week, the question that is on everyone's minds: what is 'brat summer' and what does it have to do with Kamala Harris? Here's another one - if God was on earth right now, would he be called James and living in Manchester? Apparently that's the case - we hear more about him and his followers. Plus, we get to experience the audible energy of a bustling marketplace in the Italian town of Modena, courtesy of self-described pasta artisan, Massimo Bottura. Just another example of how BBC radio is everywhere; it's so Julia.

Presenter: Rima Ahmed
Producer: Anthony McKee
Production Co-ordinator: Jack Ferrie

A BBC Audio Northern Ireland production for BBC Radio 4.

SUN 19:00 The Archers (m0021j0s)

At Brookfield, Ruth finds Jill looking at a video Leonard's sent from the Lake District, but in denial about missing him. David's been chatting to Alistair, but neither mentioned Alistair and Denise's affair. Later, David worries about the weather, litter on the farm and the threat to Jill's bees from Asian hornets. Pip adds to the gloom by telling everyone her upcoming hen-do venue has fallen through. David reminds Pip of their own events barn and when the booking is confirmed Pip tells Jill she's been invited, in place of the bride's Grans, who can't make it. Surprisingly Jill agrees to go, persuaded by the thought of sending Leonard pictures of her exciting social life in return.

Emma and Susan are searching Ambridge View for Martha's missing toy giraffe. Martha's clearly distressed by Alice's absence, but at least Alice will be coming home from Rehab tomorrow. Emma thinks Alice won't be around for long though, with her court case coming up. When George slopes out Susan and Emma worry how changeable his mood is. They agree it's hard at his age, still figuring out how to be grown-up. Later, Emma manages to distract guilt-ridden George, but he's still determined to find Martha's toy. Emma compares Alice and Martha's situation to how things were between her and Susan, when Susan went to prison, before finally spotting the missing giraffe. After George returns it, Martha makes him a thank you card. Emma gushes that George is Martha's hero - and hers too. Once Emma's gone, upset George wishes she would stop saying "hero".

SUN 19:15 50/50 Vision (m0021j0v)

After half a century presenting Radio 4's programme for blind people, Peter White looks back, and forwards, to examine how a rapidly changing world has altered the experience for blind and partially sighted people - although not always for the better.

Throughout Peter's 50 years, a lot has changed for disabled people. Namely: the introduction of anti-discrimination legislation in the UK in the 1990s, becoming the BBC's first disability affairs correspondent, right through to the invention of the smart phone. Technology lies at the heart of many, though not all, of the dramatic changes for visually impaired people. It has enabled once unimagined job prospects to blind people, it has offered equal opportunities to access to information and social connection, but for others, it's also meant frustration, isolation and trepidation. For some, this has been a result of how technology is woven into most everyday aspects of our lives, which can pose specific challenges to those with sight problems.

In this documentary, Peter looks back over his career and explores some of the significant societal changes that have happened over the past 50 years, with the people they have affected. He will also gaze 50 years into our technological future and ask what Artificial Intelligence could offer visually people and how it can be applied to eye care and treatment and ask whether it has the potential to prevent sight loss.

Presenter: Peter White
Producer: Beth Hemmings
Executive Producer: Pete Wilson

SUN 19:45 Communicating with Ros Atkins (m0020z5k)

6. Isabella Greenan, teacher

Ros talks to teacher Isabella Greenan. We all communicate multiple times a day but could we be getting better results? From a simple text or phone call, to a job interview or big presentation, the way we express ourselves and get our point across can really matter. Ros Atkins and his fascinating guests reveal the best ways to communicate and how simple changes in the way we make our point can be really effective.

In this episode, Ros and Isabella explore how to react when someone isn't listening and why it's important not to take things personally.

Series Producer: Hannah Newton
Production Support: Olivia Cope
Executive Producer: Zoë Edwards
Mix Engineer: Jonathan Last
Original Music Composed by: Tom Wrangmore / Eliphino
Commissioning Editor: Rhian Roberts

A Listen production for BBC Radio 4

SUN 20:00 Feedback (m0021bdj)

Behind the Crime, World Service and Any Answers

Andrea Catherwood gets under the skin of Radio 4's Behind the

Crime, putting listeners' views to Dr Sally Tilt and Dr Kerensa Hocken, the forensic psychologists who devote each programme to interviewing one former criminal in depth, to unpick how their life experiences contributed to their decisions to offend.

The Director of the World Service recently resigned from her post. Liliane Landor talks about the challenges of budget cuts and her concerns for the station's future, while World Service listeners say what the World Service means to them.

Feedback is always keen to hear listeners' nominations for the programme's Interview of the Year - anything that made you stop in your tracks, cry, laugh-out-loud, or completely change your thinking on a subject. The latest nomination comes for a chat between Alex Hartley, Kate Cross and Olivia Thomas - all members of the Lancashire Thunder Cricket team - on the No Balls Podcast on BBC Sounds.

And listeners have been in touch about the unflappable Any Answers presenter Anita Anand and the technical issues she dealt with on last weekend's programme. It was every live broadcasters' nightmare - a phone in with no phones!

Presented by Andrea Catherwood
Produced by Pauline Moore
A Whistledown Scotland production for BBC Radio 4

SUN 20:30 Last Word (m0021bh5)

Dr Mildred Stahlman, Ray Reardon, Val McIver, Eddie Spence

Matthew Bannister on Dr Mildred Stahlman, the American paediatrician whose discovery helped to improve the outcomes of premature babies around the world.

Ray Reardon, the former miner and police officer who was a World Snooker Champion six times.

Val McIver, the Scottish local councillor who campaigned to set up the University of the Highlands and Islands.

Eddie Spence, who decorated elaborate wedding cakes for members of the royal family for decades.

Interviewee: Dr Meg Rush
Interviewee: Martha Lott
Interviewee: Ken Doherty
Interviewee: Jen Mackenzie
Interviewee: Dawn Pennington

Producer: Catherine Powell

Archive used:

Great Welsh Sporting Moments, BBC 2 Wales 17/12/2008; Ray Reardon: The Welsh Master, BBC 1 Wales 01/03/2022; Ray Reardon at 80, BBC 1 Wales, 29/04/2012; Ray Reardon, BBC Two 19/04/1984; Highland University, Reporting Scotland, 19/04/1996; Insiders Inverness, BBC One Scotland, 18/10/1991; Radio Scotland News, 09/09/92; Installation of the first Chancellor of the University of the Highlands and Islands, music by students of the university and members of the Highland Youth Orchestra, via YouTube uploaded 27 /6/2012; The Royal Wedding, BBC Television, 20/11/1947; On the Eve of the Royal Wedding, BBC, Richard Dimbleby Thu 05 May 1960; Wedding of HRH The Prince of Wales & Lady Diana Spencer, BBC 29/07/1981; Silver Jubilee: A Day of Celebration, BBC 2, 07/06/1977; Vic Minett BBC Radio CWR 23/02/2018

SUN 21:00 Money Box (m0021h43)

[Repeat of broadcast at 12:04 on Saturday]

SUN 21:25 Radio 4 Appeal (m0021hzn)

[Repeat of broadcast at 07:54 today]

SUN 21:30 From Our Own Correspondent (m0021h3z)

[Repeat of broadcast at 11:30 on Saturday]

SUN 22:00 Westminster Hour (m0021j0x)

Ben Wright is joined by three new MPs: Labour's Rachel Blake, Conservative Harriet Cross and Liberal Democrat Victoria Collins. They discuss the public finances and spending decisions, ahead of the Chancellor's big statement to the Commons. Journalist Adam Payne from PoliticsHome brings additional insight and analysis. Ben also talks to the historian Sir Anthony Seldon - who offers his verdict on Sir Keir Starmer's first few weeks in power.

SUN 23:00 The Human Subject (m0021j0z)

The Children Whose Teeth Were Destroyed

In The Human Subject, Dr Adam Rutherford and Dr Julia Shaw investigate the threads connecting modern day medicine to its often brutal origins. With every episode they explore some of

that dark history and ask - is our present day knowledge worth the suffering it took to get us here?

This is the story of the more than 600 patients at Vipeholm Hospital in Sweden who, in 1946, were enrolled in a set of unexpectedly dark studies now known as the 'sugar experiments'.

They were devised and run by the Board of Medicine - without government knowledge or approval - and led to immeasurable pain for all those who took part, all in the name of public health.

Presenters: Dr Adam Rutherford and Dr Julia Shaw
Producer: Simona Rata
Assistant Producer: Mansi Vithlani
Executive Producer: Jo Meek
Sound Design: Craig Edmondson
Commissioner: Dan Clarke

An Audio Always production for BBC Radio 4

SUN 23:30 Frontlines of Journalism (m001jkrn)
[Repeat of broadcast at 05:45 on Saturday]

SUN 23:45 Short Works (m0021bh3)
Everlasting Light

In this new short work by Victoria MacKenzie, a physics teacher at the end of her long career considers time, light and memory.
Read by Anne Lacey
Produced by Eilidh McCreadie

Victoria MacKenzie is a fiction writer, poet and essayist whose debut novel was published in 2023. "For Thy Great Pain Have Mercy On My Little Pain" explores the lives of two medieval mystics, Julian of Norwich and Margery Kempe, who wrote the first known books in English by women.

MONDAY 29 JULY 2024

MON 00:00 Midnight News (m0021j11)
The latest news and weather forecast from BBC Radio 4.

MON 00:15 Crossing Continents (m0021b8y)
A Slogan and a Land (Part 1)

Since the start of the war between Israel and Hamas last year, the cry "From the River to the Sea" has been heard more and more as a pro-Palestinian slogan. But what river? What sea? And what exactly does the phrase mean? It's the subject of intense controversy. In this two-part series, reporter Tim Whewell travels from the River Jordan to the Mediterranean Sea, across a tiny stretch of land that's perhaps the most argued-over in the world.

Along the way, he meets shepherds and teachers, soldiers and gardeners, artists and activists - Palestinians and Israelis of many different views and backgrounds. The shortest line from the River to the Sea doesn't pass through Gaza. But everyone Tim meets on his journey across the Israeli-occupied West Bank of the River, and in Israel, is living in the shadow of the October 7th Hamas attack on Israel and the war that's followed. The future of the often-beautiful, fast-changing, overcrowded region he crosses will be at the heart of any solution to the Middle East conflict. In this first programme, he goes from the Jordan, through the Israeli settlement of Argaman, the Palestinian herding community of al-Farisiyah and the Palestinian village of Duma, ending up at the Israeli settlement of Shilo. What do people in those places think now - and do they have any hope for the future?
(In Part 2, Tim leaves the West Bank and travels through Israel.)

Presenter/producer: Tim Whewell
Sound mixing: Andy Fell and Neil Churchill
Production co-ordinator: Gemma Ashman
Editor: Penny Murphy
(Photo: Some people Tim meets in the series. Clockwise from top left: Ben Levy, Israeli nature ranger; Suliman Mleahat, Palestinian development worker; Susie Becher, Israeli political activist; Okayla Shehadi, retired Palestinian citizen of Israel.)

MON 00:45 Bells on Sunday (m0021h5b)
[Repeat of broadcast at 05:43 on Sunday]

MON 00:48 Shipping Forecast (m0021j13)
The latest weather reports and forecasts for UK shipping

MON 01:00 Selection of BBC World Service Programmes

(m0021j15)
BBC Radio 4 joins the BBC World Service.

MON 05:20 Shipping Forecast (m0021j17)
The latest weather reports and forecasts for UK shipping

MON 05:30 News Briefing (m0021j19)
The latest news from BBC Radio 4

MON 05:43 Prayer for the Day (m0021j1c)
Painting with God

A reflection and prayer to start the day with the Revd Dr Craig Gardiner, a tutor and chaplain at Cardiff Baptist College.

Good morning.

Today in 1890, the artist Vincent Van Gogh died, aged just 37. He remains one of the most significant and instantly recognisable of painters, famous for his post-impressionist renderings of Sunflowers, Café Terraces and Starry Nights. His art saw the world in a very different way and his expression of it often draws us in to a shared sense of beauty and wonder.

In a way, this is what all good artists do: it is the poet's craft and the musician's skill, it is the vocation of dancers, potters, novelists, actors and painters, to beckon us through their work, to stop and pay attention to the splendour and mystery of our living - but also to be sensitive to the harsher realities of its brokenness and suffering.

Van Gogh was no stranger to such struggles. Famously he cut off his ear during a time when his physical and mental health were deteriorating. He wrestled too with the place of faith and prayer between the beauty and the pain. In later life he was more circumspect about religion than his youthful ambitions to be a priest and his time spent as zealous a missionary among impoverished coal miners. And yet those early experiences led him to affirm that Christ lived 'as an artist greater than all other artists, scoring marble and clay and paint, working in the living flesh.'

Van Gogh is only echoing what the ancient Psalmist wrote on some other starry night: When I consider the heavens I see it as the handiwork of God's fingers, and then I think about us human beings, and realise that we have such an awesome part to play in it all.

We are all artists of one kind or another, so:

Thank you, Creator God,
For the splendour of your creation;
and the chance to add our own brushstrokes of beauty to the world of our living today.
Amen.

MON 05:45 Farming Today (m0021j1f)
Campaigners are calling on the Welsh Government to do more to clean up the River Wye, after people were warned not to swim in a section of the river - which was only recently named the first official river bathing area in Wales.

An expert outlines the challenges of providing rural renewable energy infrastructure without upsetting the people who live there.

And a game processing facility in Berkshire, reported to be the first butchery to open in 40 years, is about to process its first venison.

Presented by Charlotte Smith

Produced by Alun Beach

MON 05:57 Weather (m0021j1h)
Weather reports and forecasts for farmers

MON 06:00 Today (m0021j1k)
29/07/24 - Chancellor to set out spending cuts

Rachel Reeves is set to axe projects to plug a reported £20bn budget "black hole". Justin Webb interviews senior Cabinet Office minister Pat McFadden on what might be cut.

Adam Peaty's mother speaks to Mishal Husain after the swimmer narrowly misses out on a historic third Olympic gold. And the Today summer book club kicks off with a search for funny books for children.

MON 09:00 Orwell vs Kafka (m00201sl)
Ep 4: Uneasy Dreams

"As Gregor Samsa awoke one morning from uneasy dreams he found himself transformed in his bed into a gigantic insect." - Metamorphosis, Franz Kafka, 1915.

In this episode Helen Lewis and Ian Hislop talk anxiety and alienation. From Gregor Samsa being transformed into a giant insect, to shouting at a telescreen in 1984's Two Minutes Hate - Ian and Helen discover why these anxiety ridden images still connect with readers today.

Guests:
Dr Karolina Watroba of All Souls College, Oxford
Dr Nathan Waddell of the University of Birmingham
Wolfgang Hantel-Quitmann, Professor of Clinical and Family Psychology.

Producer: Sarah Shebbeer

MON 09:30 Natalie Haynes Stands Up for the Classics (m0021j1m)
Artemis

Natalie stands up for the goddess Artemis. She's a predator, a hunter, an archer. Goddess of wild creatures, the moon to her brother Apollo's sun, she's not averse to the odd human sacrifice. And if you forget her in your prayers, she's liable to send a really big pig to dig up your orchards.

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

Producer...Mary Ward-Lowery

MON 10:00 Woman's Hour (m0021j1p)
Edna O'Brien obit. SEND education, Republicans and women, Aigul Akhmetshina

The Irish novelist Edna O'Brien has died aged 93. President of Ireland Michael D Higgins said she was "one of the outstanding writers of modern times". She is perhaps best known for her portrayal of women's lives against repressive expectations in Irish society. Her first novel, *The Country Girls*, was published in 1960 and became part of a trilogy that was banned in Ireland for their references to sexual expression and social issues. Nuala McGovern speaks to Irish novelist Eimear McBride, who knew Edna.

Parents, children and politicians all agree that the SEND education system for children with special educational needs and disabilities is 'broken'. How can it be fixed? The Local Government Association and the County Councils Network have published a 'landmark' report which warns that the current system is failing children and too adversarial. Reporter Carolyn Atkinson investigates.

The Government accepts educational outcomes are 'flattening', as parents and local authorities are pitted against each other. But 12 chief executives of leading children's charities are warning that some of the suggestions in the report won't work. Katie Ghose, CEO of Kids, joins Nuala in the studio to discuss.

The US presidential election race now looks set, with Donald Trump and Kamala Harris attempting to win the confidence of US voters. Today, we're taking a closer look at the Republicans and how their policies might shape women's rights in America. Nuala speaks to the BBC US Special Correspondent Katy Kay, who's also written four New York Times bestselling books on women and work.

Hailed as the 'Carmen of our time', mezzo-soprano Aigul Akhmetshina was chosen to lead the cast of Bizet's immortal masterpiece in eight international productions in one season. At the age of 27, Aigul has made history as the youngest artist ever to take on the title role at both the Royal Opera House in London and the Metropolitan Opera in New York. Her debut album features a portrait of her famed Carmen and other operatic arias, including a Bashkort folk song. She joins Nuala to discuss her music, and perform live in the studio.

Presented by Nuala McGovern
Producer: Louise Corley

MON 11:00 Policing Protest (m0021j1s)
Tactics and Crowds

The story of policing is bound up with the history of protest. Far more than dealing with demonstrations on the street, policing owes its very existence to fears of political unrest and to help protect the state from public disorder. In this wide-ranging three-part series, BBC Home Affairs Editor Mark Easton, with the help of former Police Assistant Commissioner

Rob Beckley, tells the story of policing protest in the UK from Peterloo to the present - and beyond.

Episode 2: Tactics and Crowds

In the wake of extremely tough sentencing for Just Stop Oil campaigners and their direct action protests on the M25, this episode explores the ongoing, tactical arms race between protestors and police. Given new powers to curb the duration of protests and set the limit of what counts as unreasonable public disturbance, the police are also conscious of human rights legislation that protects our freedom to protest. But do the radical tactics of organisations like JSO make it harder for other, less militant groups - or is the new legislation part of a wider political clampdown on protest? Police training around public order is focused on protest and the threat of disorder turning into riot. This episode examines the 19th century crowd psychology that underlies modern policing – a fear of the power of the multitude, and the need to contain it.

Modern policing in Britain has its origins in protest. The Metropolitan Police was founded by Robert Peel in 1829 in the shadow of the Peterloo massacre ten years earlier where, under instruction from the government, local militia fired directly into the crowd gathered in Manchester in support of voting rights for working men. Peel devised the notion of 'policing by consent' as a way of securing support for police within communities, as opposed to using coercive force from without. So simultaneously a police force, an arm of the state tasked with controlling public order and crowd control, that would also be a community service - sensitive and responsive to citizens - was formed. This tension lies at the heart of policing even today and is part of a deeper story of how society contains and manages dissent.

Today, policing protest and the control of public order remain at the heart of modern policing. Every week in the capital and cities around the UK the sheer scale, diversity and number of protests is increasing - from domestic issues to climate change and international affairs, with large protests on events in the Middle East. There are huge variations in tactics and the use of social media by different groups - from marching and procession to occupation and 'static' protest, direct action and disinformation. And all of this requires policing.

In an era of what police are calling 'chronic' protest, resources are being stretched to breaking point. Live social media means the police are under more scrutiny and pressure than ever. Organisations like Extinction Rebellion have brought the capital to a standstill while other groups, like Black Lives Matter, have targeted policing itself as an object of protest.

Hearing from police officers of all ranks, activists and agitators from across the protest spectrum, historians, political thinkers, lawyers and journalists - and rich with archives - this series goes deep into the philosophical foundations and real tactics of public order policing. It explores the future of AI in policing protest and new technologies deployed by protestors, the police's use of crowd psychology, the testing of 'operational independence' in the face of political pressure and the regulation of what spaces may or may not be used for public dissent today - the erosion of the protest space, reclaiming our political commons.

Where does the future of protest lie - and with new powers at their disposal, how will it be policed?

Contributors include criminologist Alex Vitale; XR activist Sarah; Rick Muir, director of the Police Foundation; Melissa Carrington from Just Stop Oil; Matt Twist, Assistant Commissioner for Met Operations; Graham Smith, CEO of Republic; Superintendent Oliver Cosgrove, Avon Somerset Police; Kerry Reece, a public order trainer from Gloucestershire Constabulary; Tony Blatchford, a Silver Public Order Commander; Police Support Unit instructor Jim Hill; group psychologist Clifford Stott; historian Katrina Navikas; author and Black Lives Matter activist Adam Elliott-Cooper; justice campaigner and creator of the 4Front project Temi Mwale; Chief Executive Officer of the College of Policing Andy Marsh; new correspondent and filmmaker Greg McKenzie, Detective Inspector and protest liaison Upile Mtitimila and ecological activist Dan Hooper, aka 'Swampy'.

Presented by Mark Easton, with reporting by Rob Beckley

Produced by Simon Hollis

A Brook Lapping production for BBC Radio 4

MON 11:45 Status by Carl Honoré (m0021j1x)
Episode 1

It shapes every social interaction. But we'd rather not talk about it. It's shameful to seek it. But we want it.

Status has always been the elephant in the room, our dirty little secret. Now Carl Honoré is going to bring it out into the open. He argues that status is changing in the modern world and not

always for the better. Can we use it as a force for good?

When asked to explain what drove us to achieve a particular feat, we talk of our desire to change the world, help others, learn something new, overcome a challenge, have fun, make money or simply gain more control over our lives. No one ever says: "I did it to enhance my status."

This reticence is hardly surprising. Status cuts to the core of who we are and our place in the world. Of how others see us and how we see ourselves.

Talking about this feels awkward, messy, exposing, embarrassing. Like sharing a sexual problem. So status remains the driver that dare not speak its name.

This series will break that taboo and ask the big questions: Why is status so important? How does it work? How can we harness it to live better lives? Could a new approach to status help us tackle the epic challenges facing humankind at the start of the 21st century?

Written and Presented by Carl Honoré
Producer: Tom Woollenden
Executive Producer: Kirsten Lass
A Loftus Media production for BBC Radio 4

MON 12:00 News Summary (m0021j21)
The latest national and international news from BBC Radio 4.

MON 12:04 You and Yours (m0021j25)
Access to Cash, Cost of Retirement, Wowcher

More than 60% of banks have closed in the last nine years. In an attempt to stem the tide, the Financial Conduct Authority is putting obligations on banks and building societies to ensure that every community has access to cash and banking services, even if local branches close.

According to Creditspring, one in seven parents say they won't be able to afford any activities for their children during the summer holidays. With more parents worried about their financial situation, we look at what help is available. New data from pension provider Scottish Widows suggests a quarter of people in the UK are worried they may never be able to retire, with the average person expected to complete seven extra years of work after retirement age.

The Competition and Markets Authority has ordered online deals website Wowcher to refund £4 million to its customers. The company has also been asked to change some of its marketing practices, including the use of countdown timers, which may be putting pressure on shoppers.

PRODUCER: CHARLIE FILMER-COURT

PRESENTER: WINIFRED ROBINSON

MON 12:57 Weather (m0021j29)
The latest weather forecast

MON 13:00 World at One (m0021j2f)
Junior doctors offered 22% pay deal to end strikes

The government and the BMA have struck a deal of a 22% pay rise for junior doctors. Also on the programme, Tom Daley's mentor reacts to the Olympian's silver medal win.

MON 13:45 Naturebang (m0021j2k)
Rainbowfish and the Mysteries of Memory

Becky Ripley and Emily Knight dive into the watery world of rainbowfish to confront the age-old myth that fish have bad memories. In actual fact, they are much more intelligent than we like to think, with an incredible capacity for learning and memory, as seen in almost all fish species. Their ability to remember complex things over a long period of time means they can build social relationships, navigate huge distances, and even form cultures, as knowledge is passed down over generations.

So, the science has spoken: fish have way better memories than we like to think. But what about us humans? Well, turns out our memories are way worse than we like to think. From the very first perceptual moment when you experience something, your brain is constantly filtering your memories so that it only keeps the information that it thinks you need. And the more you recount a memory, the more it deviates from "the truth". Which means, in reality, we forget most of our lives, and we misremember most of the rest! Begging the question: are we who we think we are?

Featuring Professor Culum Brown, head of The Fish Lab at Macquarie University, and Dr Julia Shaw, criminal psychologist at UCL and author of 'The Memory Illusion'. Produced and presented by Emily Knight and Becky Ripley.

MON 14:00 The Archers (m0021j0s)
[Repeat of broadcast at 19:00 on Sunday]

MON 14:15 Ed Reardon's Week (m001p24r)
Series 15

3. The Bromance

Ed's 'Soapbox Corner' is now entering its third successful week with a gratifying nine complaints thus far. Garnering inspiration for these weekly observations can often be had at the local swimming pool, which also has the benefit of cost-efficient radiators on which to dry one's washing. Thus, Ed heads to the pool where he soon strikes up a friendship with a likeminded chap in the form of Derek, who is not only a big fan of Ed's work, but a keen writer. With a warning from Ping ringing in his ears, Ed decides it's time to collaborate, something he hasn't done since the early 80's.

Ed Reardon - Christopher Douglas
Ping - Barunka O'Shaughnessy
Derek - Robert Powell
Jake - Sam Pamphilon
Stan - Geoffrey Whitehead
Olive - Sally Grace
Winnie - Ellen Thomas
Pool Tannoy - Nicola Sanderson

Written by Andrew Nickolds and Christopher Douglas
Produced by Dawn Ellis
Production Co-ordinator - Katie Baum
Sound - Jon Calver

This programme was first broadcast in July 2023.

MON 14:45 Gambits (m0012rjn)
9: The Knight

Susannah Fielding continues Eley Williams' short story series set in an Essex village gripped by chess, and where dark secrets lurk behind its closed doors. Today, in 'The Knight', a woman finds herself in the home of the parents of the village's chess prodigy, and finds herself she enacting some revenge of her own...

Reader: Susannah Fielding
Writer: Eley Williams
Producer: Justine Willett

MON 15:00 A Good Read (m0021j2q)
Rachel Parris and Sonali Shah

DEMON COPPERHEAD by Barbara Kingsolver, chosen by Rachel Parris
DID YE HEAR MAMMY DIED? by Séamas O'Reilly, chosen by Harriett Gilbert
BOTH NOT HALF by Jassa Ahluwalia, chosen by Sonali Shah

Comedian and musician Rachel Parris and broadcaster and presenter Sonali Shah join Harriett Gilbert to read each other's favourite books.

Rachel Parris (Late Night Mash, Austerity) chooses Barbara Kingsolver's Pulitzer Prize-winning novel Demon Copperhead, which is based on David Copperfield and boldly takes on America's opioid crisis.

Sonali Shah (Escape to the Country, Pilgrimage, Magic FM) picks Both Not Half: A Radical New Approach to Mixed Heritage Identity by the actor Jassa Ahluwalia, who had always described himself as 'half Indian, half English'. So he decided to come up with a new way of thinking about all kinds of individuality.

Harriett brings a wonderfully funny and loving memoir by the Irish writer Séamas O'Reilly: Did Ye Hear Mammy Died?

Producer: Beth O'Dea for BBC Audio in Bristol
Join the conversation @agoodreadbbc Instagram

MON 15:30 Extreme: Muscle Men (m0021j2s)
Muscle Men

1. All That Glitters

Meet William Dillon. A young amateur bodybuilder from small-town Illinois, who dreams of getting ripped.

It's the early 1980s and across the USA a fitness revolution is underway. Exercise has become a national pastime and Arnold Schwarzenegger is taking the jacked-up physique mainstream. Dillon is one of many young men with a new kind of American dream - big muscles, and big money.

In 1984, a lucky break transports Dillon to star-studded LA, and

the world's most iconic bodybuilding gym. Gold's Gym. There, to the sound of clanking steel weights and a pumping disco beat, a new physical ideal is being forged that's changing the way Americans look in the mirror.

But Dillon's about to learn that, beneath the glittering surface of this world, there's a secret. And when he discovers the chemical key to how many of the guys get BIG, it will set him on a path that will change his life – and many others – forever.

In the first episode of *Extreme: Muscle Men*, historian, podcaster and fitness expert Natalia Mehlman Petrzela – presenter of hit podcast *Welcome To Your Fantasy* (Gimlet) – reveals how the California beach body became an iconic symbol of the 80s fitness boom. When that boom collided with anabolic steroids, it sparked a chemical and criminal revolution that would transform bodies all across America.

Featuring William Dillon, former bodybuilders Joe Troccoli, Sandra Blackie and Dr Jeff Golini, and former co-owner of Gold's Gym, Ed Connors.

Presenter and Executive Producer: Natalia Mehlman Petrzela
Producer: Caroline Thornham
Assistant Producer: Mohamed Ahmed
Editor: Katherine Godfrey
Production Manager: Cheree Houston
Sound Design and Mix by Nicholas Alexander
Original Music by SilverHawk, aka Cyrille Poirier
Executive Producer: Max O'Brien
Commissioning Editor: Dan Clarke

A Novel production for BBC Radio 4

Episodes are released weekly on Mondays. If you're in the UK, you can listen to the latest episode, a week early, first on BBC Sounds <https://bbc.in/3ybDcHO>

MON 16:00 Loving, Living and Dying Together in the Netherlands (m0021rnj)
[Repeat of broadcast at 13:30 on Sunday]

MON 16:30 Alexei Sayle's Strangers on a Train (m0021h3x)
[Repeat of broadcast at 10:30 on Saturday]

MON 17:00 PM (m0021j2x)

Afternoon news and current affairs programme, reporting on breaking stories and summing up the day's headlines.

MON 18:00 Six O'Clock News (m0021j2z)

A teenage boy has been arrested and the incident is not being treated as terror-related

MON 18:30 Mark Steel's in Town (m0021j31)
Series 13

Coleraine

Mark Steel's In Town - Coleraine

"...Coleraine is a big town and is ready for City status..."

This week Mark visits the town of Coleraine in Northern Ireland.

This is the 13th series of Mark's award-winning show where he travels around the country visiting towns that have nothing in common but their uniqueness. After thoroughly researching each town, Mark writes and performs a bespoke evening of comedy for a local audience.

As well as Coleraine, in this series Mark be will also be popping to Margate, Malvern, East Grinstead, Stoke-on-Trent, and Nether Edge in Sheffield.

There will also be extended versions of each episode available on BBC sounds.

Written and performed by Mark Steel

Additional material by Pete Sinclair
Production co-ordinator Katie Baum
Sound Manager Jerry Peal
Producer Carl Cooper

A BBC Studios Audio production for Radio 4

MON 19:00 The Archers (m0021hcj)

Jakob confirms to Paul that The Stables is all clear for re-opening. Lillian wants to mark the occasion with an event the same day as the Fete – and she's expecting the vet team to choose her over the Fete. When Alistair enters with a tin of posh biscuits from Lillian, Paul quickly makes an excuse to go

out. It's clear that Paul is still freezing Alistair and Denise out. Later, Alistair lets off steam to Jakob about just how difficult things are for him and Denise. They're barely able to have any time together at all. Jakob though is pretty unsympathetic. Doesn't Alistair realise it's making his life intolerable too?

When Jakob then comes across Paul and Alistair mid-blazing row, he takes Alistair to one side and outlines his own situation with Kate. He feels completely incapable of supporting her as he knows he should with the whole Alice situation. Sympathetic Alistair offers to chat through the problem with Jakob over tea and posh biscuits.

On their way to the Rehab centre to pick up Alice, Chris and Brian discuss their hopes of some real progress. Brian thinks that Alice should change her plea to guilty as part of that process and when they pick her up tells Alice that he's already arranged an appointment with a solicitor for tomorrow. Alice is surprisingly phlegmatic, telling Chris later, after they've dropped Brian off, that she's fine about it. She suggests Chris come in with her to see Martha, but he reckons she'll be fine on her own, then wishes her luck as she goes.

MON 19:15 Front Row (m0021j33)

James Baldwin Centenary Special

Colm Toibin, Bonnie Greer and Mendez join Samira Ahmed to celebrate the life and work of the American writer and civil rights activist James Baldwin, author of the landmark gay novel *Giovanni's Room*, as part of a series of programmes on BBC Radio 4 and 3 marking the 100th anniversary of his birth.

Colm Toibin is author of the book *On James Baldwin* Bonnie Greer is writing a memoir of her own personal encounter with James Baldwin

Mendez is author of the autobiographical novel *Rainbow Milk*

Presenter: Samira Ahmed
Producer: Eliane Glaser, Ciaran Bermingham and Robyn Read

Other programmes marking the centenary:

Giovanni's Room by James Baldwin is this week's *Book at Bedtime* on BBC Radio 4

The *Lost Archives* of James Baldwin – about how and why his personal effects ended up in a village in France – is on BBC Radio 4 on Tuesday 30 July at **4pm**

James Baldwin's *Words and Music* is on BBC Radio 3 on Sunday 4 August at **5.30pm** and features special readings recorded by Adrian Lester set alongside music

MON 20:00 The Briefing Room (m0021bd1)

Health special 3: How far could artificial intelligence transform medicine?

Machine learning has come on in leaps and bounds in recent years. Bigger, more powerful computers can crunch ever more amounts of data, analysing complex information just as accurately, it's claimed, as the best specialists and at speeds humans can never achieve. With the potential to make a significant difference to healthcare – helping to diagnose disease, summarise patients' medical notes, even predict health conditions years before any symptoms appear. But how long before the potential benefits become a reality? And what are the possible pitfalls? Join David Aaronovitch and a panel of guests to find out.

Guests:
Madhumita Murgia, Artificial Intelligence Editor, Financial Times and author of *Code Dependent: Living in the Shadow of AI*
Mihaela van der Schaar, Professor of Machine Learning, Artificial Intelligence and Medicine at Cambridge University
Pearse Keane, Consultant ophthalmologist at Moorfields Eye Hospital and a Professor of Artificial Medical Intelligence at UCL
Dr Jessica Morley, Post-doctoral researcher at the Digital Ethics Centre, Yale University

Presenter: David Aaronovitch
Producers: Sally Abrahams and Rosamund Jones
Sound engineers: Dafydd Evans and Neil Churchill
Editor: Richard Vadon

MON 20:30 BBC Inside Science (m0021bdn)

CERN's Supercollider Plan

CERN's plans to build a bigger, faster particle collider, with a hefty 17 billion Euro price tag, are in question. Physicists Andrew Pontzen and Harry Cliff discuss if the new machine is really worth it.

A place on the podium or disappointment in the Olympics can come down to the precise position of a foot or angle of the hips. Science reporter Ella Hubber visits the University of Bath to check out the motion capture tech that makes these measurements.

New research suggests our close cousins, the chimpanzees, chat just as fast as humans. Professor Cat Hobaiter from the University of St Andrews tells us what chimp chats can teach us about the evolution of language.

75 years after making a groundbreaking discovery, Rosemary Fowler has finally been awarded with an honorary doctorate. University of Bristol chancellor, Sir Paul Nurse, shares how important it is to celebrate and recognise Rosemary's achievements.

Presenter: Victoria Gill
Producers: Ella Hubber and Sophie Ormiston
Editor: Martin Smith
Production Co-ordinator: Jana Bennett-Holesworth

MON 21:00 History's Secret Heroes (m001y3v8)

14. The Unbreakable Navajo Code

A group of Native American soldiers use their language to devise a secret code for the Allies. Can the Navajo code help win one of the fiercest battles of the war?

Helena Bonham Carter shines a light on extraordinary stories from World War Two. Join her for incredible tales of deception, acts of resistance and courage.

A BBC Studios Audio production for BBC Radio 4 and BBC Sounds.

Producer: Suniti Somaiya
Edit Producer: Melvin Rickarby
Assistant Producer: Lorna Reader
Executive Producer: Paul Smith
Written by Alex von Tunzelmann
Commissioning editor for Radio 4: Rhian Roberts

MON 21:30 Intrigue (m001z75g)

To Catch a Scorpion

To Catch a Scorpion: 3. Satisfaction Guaranteed

It's already late when the BBC team get a tip off that Scorpion's network of complicit lorry drivers might be operating from a new pick-up point. They stay hidden as events unfold.

Barzan Majeed – codenamed Scorpion – leads the Scorpion gang. He's on international most-wanted lists. He started his criminal career in Britain and went on to build a smuggling empire which now spans the globe.

An international police surveillance operation trapped more than 20 of his gang and almost netted Scorpion himself, but he was tipped off and escaped. BBC journalist, Sue Mitchell, and former soldier and aid worker, Rob Lawrie, team up to try to do what the police have been unable to achieve: to find Scorpion, to speak to him, to ask him to account for his crimes and to seek justice to those families he has harmed.

Their investigation takes them to the heart of an organised criminal gang making millions from transporting thousands of migrants on boat and lorry crossings that in some cases have gone dangerously wrong, causing serious injury and putting lives at risk. They witness his operation in action and record as intense situations unfold, where vulnerable people desperate for a better future, put their lives in the hands of ruthless and dangerous criminals.

To Catch a Scorpion is a BBC Studios Audio Production for BBC Radio 4 and is presented and recorded by Sue Mitchell and Rob Lawrie.

The series is produced by Sue Mitchell, Winifred Robinson and Joel Moors
The Editor is Philip Sellars
Commissioning Editor is Daniel Clarke
Commissioning Exec Tracy Williams
Assistant Commissioner Podcasts/Digital, Will Drysdale
Original music is by Mom Tudie
and Sound Design is by Tom Brignell

MON 22:00 The World Tonight (m0021j35)

Mass stabbing in Southport leaves two children dead

Two children have been killed and nine injured, six critically, in a "ferocious" knife attack at a children's dance workshop. Two adults are also in a critical condition after being stabbed as they tried to protect children at the Taylor Swift-themed event on Hart Street in Southport, Merseyside Police said. A 17-year-old boy, from Banks in Lancashire, has been arrested on suspicion of murder and attempted murder.

The Chancellor lambasted her predecessor over what she called a "cover-up" of the state of public finances, with projected overspends in multiple departments. Rachel Reeves announced billions of pounds of spending cuts to tackle the deficits, but also committed to above inflation pay rises for public sector

workers.

And are high-production airline safety videos effective? We speak to a former flight attendant turned actor.

MON 22:45 Giovanni's Room by James Baldwin (m0021j37)
Episode One

2024 marks the centenary of the birth of the American writer and civil rights activist James Baldwin, one of the most important literary minds of the 20th century. For BBC Radio 4, Kyle Soller reads his groundbreaking 1956 novel of love and desire, repression and shame.

David, a young American expat in Paris, has proposed to his girlfriend Hella and she's promised to give him her answer when she returns from vacation in Spain. While she's away, David meets Giovanni, a handsome Italian barman, and the two men begin a passionate affair. As the date of Hella's return approaches David wrestles with the choice he must make; a choice that will have devastating consequences.

Produced by Mair Bosworth and Mary Ward-Lowery for BBC Audio
Abridged by Sara Davies
Read by Kyle Soller

MON 23:00 Limelight (m001dg51)
Harland - Series 2

Harland - 1. Mönandæg

Lucy Catherine's supernatural thriller returns to the new town of Harland. 16 months have passed and no trace has been found of Detective Inspector Sarah Ward. She was last seen disappearing into the brooding sinkhole that swallowed a housing estate. Tyger Drew Honey stars as Dan, the lowly CCTV operative determined to solve the mystery.

Dan Tyger Drew-Honey
Lindsay Jasmine Hyde
Morris Rupert Holliday Evans
Serena Chloë Sommer
Bob David Hounslow
Sarah Ayesha Antoine
Janice Fiona Skinner
Other parts played by Joanna Monro, Jonathan Forbes and Tom Kiteley

Sound Design by Caleb Knightley
Directed by Toby Swift

A BBC Audio production for BBC Radio 4

MON 23:30 Today in Parliament (m0021j39)

Sean Curran reports as Chancellor Rachel Reeves reveals her financial plans - and clashes with her predecessor Jeremy Hunt over the state of the economy. Also, Home Secretary Yvette Cooper promises to tackle violence against women and girls - and the Lords debate the horseracing industry.

TUESDAY 30 JULY 2024

TUE 00:00 Midnight News (m0021j3c)
National and international news from BBC Radio 4

TUE 00:30 Status by Carl Honoré (m0021j1x)
[Repeat of broadcast at 11:45 on Monday]

TUE 00:48 Shipping Forecast (m0021j3f)
The latest weather reports and forecasts for UK shipping

TUE 01:00 Selection of BBC World Service Programmes (m0021j3h)
BBC Radio 4 joins the BBC World Service.

TUE 05:20 Shipping Forecast (m0021j3k)
The latest weather reports and forecasts for UK shipping

TUE 05:30 News Briefing (m0021j3m)
The latest news from BBC Radio 4

TUE 05:43 Prayer for the Day (m0021j3p)
Better Looking at It than for It

A reflection and prayer to start the day with the Revd Dr Craig Gardiner, a tutor and chaplain at Cardiff Baptist College.

Good morning.

Today my family will be packing up the car in readiness for our holidays. The dog takes up most of the boot, so our stuff is going in the roof-box or squeezed in underneath our seats. This always reminds me of my childhood, when our family would cram into a Mini-Traveller with our cases strapped to the roof rack and wrapped in polythene. My father never knowingly left anything behind that might be useful for the journey. His motto was 'We're better looking at it than ever looking for it.'

It's not bad advice, as long as you've got some capacious and preferably mechanised transportation. But as long-distance walkers and hitchhikers would tell us, if we're carrying everything in a rucksack, we need to travel light.

Of course, while this is true for the physical journeys we take, it's also true for our spiritual travels too. The heavier our burdens, the more worries we carry in our heart and the heavier fears weigh on our mind, then the more difficult it can be to make good progress.

Perhaps this is why some of the most encouraging words that Jesus ever spoke come in Matthew's gospel. There he offers the invitation, 'Come to me if you're weary and worn out and I will give you rest. My burden is light, and I will teach you how to walk the unforced rhythms of grace.'

This is good news to the many of us who will start our days feeling tired; physically perhaps, but also weary in our minds or lacking a vitality in our spirit. God offers us a deeper rest than we have ever known and shares with us the possibility of new and untried patterns for progress. Surely this is something worth taking on whatever journey we will take today.

Dear God
who walks with every traveller,
teach us today
to live freely,
and step lightly,
carrying only your promises of rest and rejuvenation in our heart.
Amen.

TUE 05:45 Farming Today (m0021j3r)

A survey by the NFU has shown that while there has been some improvement in the provision of superfast broadband, only 34% of farmers who responded have a fibre connection.

A farmer in the depths of his harvest has his fingers crossed that this spell of hot sunny weather will continue.

Solar farms built on farmland are an increasingly controversial topic, one farmer is looking to expand his by over 80 acres.

Presented by Caz Graham

Produced by Alun Beach

TUE 06:00 Today (m0021hbv)
30/07/24 - Chancellor defends spending cuts

Chancellor Rachel Reeves defends her decision to scrap winter fuel payments for millions of pensioners and a planned cap on social care. The chancellor was speaking to Today's Mishal Husain after setting out a series of spending cuts, which she argued were a result of a £22bn 'black hole' under the previous Conservative government. In an interview with Today, her predecessor Jeremy Hunt defends his record and says the move is a 'political exercise'.

A stabbing attack at a summer holiday dance event in Southport has seen two children killed and eight people in a critical condition. Today speaks to the local MP, residents and the police and crime commissioner about the worst attack on children in the UK for decades.

TUE 09:00 The Life Scientific (m0021hbz)

Vicky Tolfrey on parasport research and childhood dreams of the Olympics

It's summer - no really - and although the weather might have been mixed, the sporting line-up has been undeniably scorching - from the back-and-forth of Wimbledon, to the nail-biting Euros, to the current pageantry of the Summer Olympics.

Next month the 2024 Paralympic Games get underway in Paris, involving the world's very best para athletes; and Professor Vicky Tolfrey is at the forefront of the science that makes their sporting dreams a reality.

Vicky is the Director of the Peter Harrison Centre for Disability Sport at Loughborough University, a hub for elite para-sport research. She's worked with stars from the worlds of wheelchair athletics, basketball, rugby and tennis, amongst others - and in 2017, became the first European recipient of the

International Paralympic Committee's prestigious Scientific Award.

She tells Professor Jim Al-Khalili about her work with elite para athletes, her experiences at major international sporting events, and her childhood dreams of becoming an Olympian herself.

Presented by Jim Al-Khalili
Produced by Lucy Taylor

TUE 09:30 Inside Health (m0021hbz)
How can we age well?

From the Hay Festival, James and a panel of experts explain what we can all do to help ourselves age well.

We discover what's going on in our bodies when we age, the difference between biological and chronological age, as well as getting the audience moving for a physical test.

James is joined by gerontologist Sarah Harper from the University of Oxford, biomedical scientist Georgina Ellison-Hughes from King's College London, and doctor Norman Lazarus to understand how exercise, diet, and mental health all have a part to play in how we age.

Presenter: James Gallagher
Producer: Gerry Holt
Editor: Holly Squire

TUE 10:00 Woman's Hour (m0021hc1)

Southport attack, Sexism in Olympics coverage, Female auctioneer

A stabbing attack in the Southport area of Merseyside has, at the time of going to air, killed a number of children and critically injured others. Nuala McGovern is joined by BBC Home Affairs Correspondent Lauren Moss to give us the latest. She also hears from the Labour and Cooperative Party Police and Crime Commissioner for Merseyside, Emily Spurrell, and the Reverend Marie-Anne Kent on how the community are coming together to support each other. NB. The number of fatalities and injured was correct at the time of broadcast. For full updates head to the BBC News website.

Irita Marriott says she is one of very few women in the UK to own an auction house. She's the subject of a new documentary that follows her setting up her business and discovering personal stories along with antiques. She joins Nuala to talk about what it's like to be a woman in the industry and why she loves it so much.

Many of us will have been enjoying watching some coverage of the Olympics in Paris. But is that coverage occasionally sexist? The head of the Olympic Broadcasting Service has asked that camera operators avoid sexist filming of sporting events. This comes as a commentator for the channel Eurosport has been removed after making sexist remarks about Australia's female swimmers. Dr Andrea Geurin, Professor of sport business, marketing and communication at Loughborough University, joins Nuala to discuss.

In the last of our series on the hobbies that you've taken up again after years, our reporter Sarah Swalling speaks to a woman who rediscovered her passion for drama and joined the village pantomime.

Have you seen a lot of orange around recently? The fake tan is back - but it's apparently now better than before - more sophisticated. Celebrities are sporting the bronzed look, and sales of fake tan are up - but why has it returned? And is it actually good for you? Nuala is joined by Assistant Editor of Femail Jessica Taylor to discuss.

Presenter: Nuala McGovern
Producer: Lottie Garton

TUE 11:00 Screenshot (m0021bhf)
Pop Idols

Ellen E Jones and Mark Kermode look at how popstars - and their fans - have been depicted in film and TV over the years.

Mark speaks to record producer and documentary director Jeremy Dylan about some of the most memorable pop idols on screen, from A Hard Day's Night to Spice World.

And he talks to legendary songwriter Paul Williams about his dual role as both star actor and music composer on Brian DePalma's prescient 1974 pop fable Phantom of the Paradise.

Meanwhile, Ellen looks at portrayals of pop fans on screen with critic Kayleigh Donaldson, and screenwriter Janine Nabers, who co-created the recent Beyonce-inspired satirical comedy-horror TV miniseries Swarm.

Producer: Jane Long
A Prospect Street production for BBC Radio 4

TUE 11:45 Status by Carl Honoré (m0021hc3)
Episode 2

It shapes every social interaction. But we'd rather not talk about it. It's shameful to seek it. But we want it.

Status has always been the elephant in the room, our dirty little secret. Now Carl Honoré is going to bring it out into the open. He argues that status is changing in the modern world and not always for the better. Can we use it as a force for good?

When asked to explain what drove us to achieve a particular feat, we talk of our desire to change the world, help others, learn something new, overcome a challenge, have fun, make money or simply gain more control over our lives. No one ever says: "I did it to enhance my status."

This reticence is hardly surprising. Status cuts to the core of who we are and our place in the world. Of how others see us and how we see ourselves.

Talking about this feels awkward, messy, exposing, embarrassing. Like sharing a sexual problem. So status remains the driver that dare not speak its name.

This series will break that taboo and ask the big questions: Why is status so important? How does it work? How can we harness it to live better lives? Could a new approach to status help us tackle the epic challenges facing humankind at the start of the 21st century?

Written and Presented by Carl Honoré
Producer: Tom Woolfenden
Executive Producer: Kirsten Lass
A Loftus Media production for BBC Radio 4

TUE 12:00 News Summary (m0021hc6)
The latest national and international news from BBC Radio 4.

TUE 12:04 You and Yours (m0021hc8)
News and discussion of consumer affairs

TUE 12:57 Weather (m0021hcb)
The latest weather forecast

TUE 13:00 World at One (m0021hcd)
Forty-five minutes of news, analysis and comment.

TUE 13:45 Naturebang (m0021hcg)
Dr Orangutan and the Evolution of Medicine

Becky Ripley and Emily Knight explore the art and science of medicine: What makes you sick? What makes you well again? And how on earth do we (and animals) tell the difference?

Deep in the rainforest of Sumatra, one clever orangutan called Rakus has pretty much got it figured out. Astonished researchers spotted him making and then applying a sophisticated plant-based medicinal paste to a painful wound. It was anti-bacterial, anti-fungal, and it numbed his pain, helping him to heal in record time. This might be one of the more sophisticated examples out there, but Rakus is far from the only one; lots of animals are incredibly skilled at using the plants and minerals around them to heal wounds, treat infection, or stave off nasty bugs. It's called, wait for it... zoopharmacognosy.

In the human world, we've honed our own medicinal skills into something slick, sterile and very high-tech, but you might be surprised how many of the medicines we use today have natural origins. The age-old skills of the shamans and herbalists of the past are still extremely relevant, and we have yet to fully unlock all the healing secrets of the plants around us.

Featuring Dr Isabelle Laumer, cognitive biologist and primatologist at the Max Planck Institute for Animal Behaviour, and Sarah Edwards, Plant Records Officer from Oxford Botanic Gardens and an ethnobotanist from the University of Oxford. Produced and presented by Emily Knight and Becky Ripley.

TUE 14:00 The Archers (m0021hch)
[Repeat of broadcast at 19:00 on Monday]

TUE 14:15 Drama on 4 (m000s191)
Who Cares

Matt Woodhead's verbatim drama tells the story of 3 young carers in Salford, who had no choice but to become the adult in

their families. Based on over a hundred hours of interviews, this play premiered at the Lowry Theatre before touring the UK and prompting many 'hidden' young carers to come forward and receive support.

Nicole Lizzie Mounter
Jade Jessica Temple
Connor Luke Grant

Produced by Toby Swift

Who Cares began life as a theatre project and was created to provide a rare insight into a day in the lives of young carers from Salford. The original production was co-produced by The Lowry and LUNG in partnership with Gaddum, a charity providing health and wellbeing support across Greater Manchester.

For information and support for young carers:
<https://www.bbc.co.uk/programmes/articles/1rsZS8dzkkVSqQhJXHY67kj/information-and-support-carers>

TUE 15:00 The Gatekeepers (m001x1sl)
8. I Sung of Chaos

On 30th September 2022 a coroner in London finds that Molly Russell "...died from an act of self-harm while suffering from depression and the negative effects of online content."

The finding is a global first. Social media is ruled to have contributed to the death of a child.

In San Francisco, around the same time, a strange story is unfolding inside Twitter HQ.

Ever since Donald Trump's account was suspended on Twitter, tensions have been building around what is and isn't allowed on platforms.

Elon Musk shares internal staff documents with a hand-picked group of journalists. One of those journalists suspects these documents show collusion between tech platforms and the US government.

Politicians and civil groups on both the left and right from across the world, want the power and influence of these companies to be reigned in.

There's even talk of repealing section 230 - the law that created modern social media.

In this final episode, Jamie Bartlett asks if Silicon Valley's radical experiment is about to implode? And if the online world is chaotic now, what will advances in artificial intelligence mean for us all?

Presenter: Jamie Bartlett
Producer: Caitlin Smith
Sound design: Eloise Whitmore
Story Consultant: Kirsty Williams
Senior Producer: Peter McManus
Composer: Jeremy Warnsley
Commissioned by Dan Clarke
A BBC Scotland Production

Reading by John Lightbody

Archive credits: BBC News, September 2022; CNN, 2022; C-Span, Jan 2024; BBC Archive, 1967

New episodes released on Mondays. If you're in the UK, listen to the latest episodes of The Gatekeepers, first on BBC Sounds: [bbc.in/3Ui661u](https://www.bbc.com/sounds/play/bbc-in/3Ui661u)

If you are suffering distress or despair and need support, a list of organisations that can help is available at [bbc.co.uk/actionline](https://www.bbc.com/actionline)

TUE 15:30 Beyond Belief (m0021hcl)
Wine of the Gods

Giles Fraser explores the place of wine in some religious traditions, as the blood of Christ, the nectar of the Greek Gods or Persian poets, to something forbidden or proscribed.

We start on a balmy evening in Napa Valley, with a sea breeze blowing through the vines at Marinda Kruger's vineyard. For her, life as a viticulturalist has an intimate connection to her faith.

Gisela H Kreglinger, theologian from a wine-making family, Catholic Priest, Father Marc Lyden-Smith and Muhammad Ali Mojaradi, translator of the Persian Sufi poets under the moniker Persian Poetics on social media, join Giles to consider the pleasures and prohibition of wine.

Many scriptures and religious poetry are awash with the stuff. Wine flows in heaven, goblets elicit a kind of spiritual ecstasy and Noah's first act after the flood? To plant a vineyard. What has been wine's significance in different religious traditions, and what does our relationship to it reveal about our earthly selves?

Producer: Rebecca Maxted
Assistant Producer: James Leesley
Editor: Tim Pemberton

This programme includes a short clip of Silvestre Le Trouzel reading from Babette's Feast, recorded for BBC Radio 4's Bedtime Stories and first broadcast in 2016. Produced by Eilidh McCreadie.

TUE 16:00 The Lost Archives of James Baldwin (m0021vyz)

When James Baldwin died at his home in the South of France in December 1987, the world lost a towering intellect and one of America's literary giants. He was buried in New York a few weeks later. But what remained in France, and still to this day, are thousands of personal and professional effects connected to Baldwin. Journalist Tony Phillips travels to Provence to discover why these items are stored in an Englishwoman's home on the Côte d'Azur.

Producer Tony Phillips

TUE 16:30 You're Dead to Me (m0021h3v)
[Repeat of broadcast at 10:00 on Saturday]

TUE 17:00 PM (m0021hcn)

Three girls killed in Southport yesterday are named by police

Afternoon news and current affairs programme, reporting on breaking stories and summing up the day's headlines.

TUE 18:00 Six O'Clock News (m0021hcq)

They were named as Bebe King, 6, Elsie Dot Stancombe, 7, and Alice Dasilva Aguiar, 9.

TUE 18:30 Do Gooders (m0021b8q)
1. The Team Player

Garrett Millerick's Do Gooders is a new ensemble sitcom that takes us behind the charity curtain and mines the numerous frustrations that come with trying to 'do good' on an industrial scale. With Frank Skinner, Fay Ripley, Lisa McGrillis, Ahir Shah and Ania Magliano.

The series follows the exploits of the fundraising events team at a fictional mid-level charity, The Alzheimers Alliance. Fundraising for this kind of mid-table organisation comes with its own unique set of challenges, be it setting up eye catching events, courting celebrity endorsement or juggling the inter charity politics.

And while certainly not languishing on the lowest rungs of the charity league table, Alzheimers hasn't got the dazzling sheen or the pulling power of a cancer charity, nor does it capture the public's sympathies in the way lifeboats or guide dogs do.

If Cancer Research is Coca-Cola, Alzheimers Alliance is Lilt. A cracking drink, but they've got to work hard to remind people they exist - or face total extinction.

Episode One - The Team Player
Clive has one day to prove to Harriett that he can be a team player, or risk losing his status as a manager. Lauren and Ken battle it out over the new hot desking arrangements and Gladys introduces the new hire Achi to the peculiarities of life at The Alzheimers Alliance.

Cast:
Lauren – Ania Magliano
Gladys – Lisa McGrillis
Clive – Garrett Millerick
Harriett – Fay Ripley
Achi – Ahir Shah
Ken – Frank Skinner

Writer – Garrett Millerick
Sound Engineer – David Thomas
Editor – David Thomas
Production Assistant – Jenny Recaldin
Producer – Jules Lom
Executive Producers – Richard Allen-Turner, Daisy Knight, Julien Matthews, Jon Thoday

An Avalon production for BBC Radio 4

TUE 19:00 The Archers (m0021hcv)

George has forgotten he's taking Brad for a drink tonight to celebrate Brad's 18th birthday, until Chelsea reminds him while cutting his hair. Chelsea then sets George up for a date with Tilly Button. Later on, though, at The Bull, Chelsea wonders why George has turned Tilly down. He can't explain why, just that he has a problem. Chelsea assumes it's an embarrassing one, and he frustratedly heads off – just as Jazzer approaches, leaving Chelsea to cover for his absence.

The mood is tense as Brian and Alice drive back from the solicitor's, with Alice still not having agreed to change her plea. Then, when Brian bumps into Jazzer at a petrol station, Jazzer makes his feelings clear about Alice. Fallon could have died – and her baby did. Brian retorts that Jazzer's own past is hardly spotless when it comes to reckless behaviour. But what Alice did affected people Jazzer cares about and now she's dragging them all into court to re-live that night. That's the truth, Jazzer insists.

Later, Brian tells Chris about the encounter. He thinks they need to protect Alice from hearing such opinions. Alice then reveals she heard every word. Brian still wants her to change her mind about her plea, but Alice says she can't and Chris surprises Brian by backing Alice. Brian leaves in high dudgeon before Chris admits he thinks Brian's right. But Alice's fragmented memories are telling her something different. She appreciates Chris's support, but needs him to focus on Martha, while Alice sorts out her own mess.

TUE 19:15 Front Row (m0021hc)

Deadpool v Wolverine, Cherry Jones, Leyla McCalla

A new production of The Grapes of Wrath opens at the National Theatre with Cherry Jones taking on the role of matriarch Ma Joad. She joins Samira to talk about Steinbeck's tale of poverty and the hostility the poor face in America – plus her thoughts on art, violence and America today. Deadpool & Wolverine is the new Marvel film, its director Shawn Levy discusses the latest in the superhero film franchise. Plus, we have music from Haitian-American folk musician and multi-instrumentalist Leyla McCalla. And, Alex Clark takes a look at the longlist for the Booker Prize published today.

Presenter: Samira Ahmed

Producer: Ruth Watts

TUE 20:00 File on 4 (m0021hd3)

Something in the Water: The Secrets of Camp Lejeune

Camp Lejeune is a vast US Marine Corps base in North Carolina. It's been in operation since the 1940s and covers a massive 240 square miles. But for years it hid a secret. For decades, its water supply was contaminated with harmful chemicals found to increase the risk of some cancers. It's estimated that one million people might have been exposed to the toxic water.

But it wasn't just American personnel who were based at Camp Lejeune. Soldiers from all over the world – including from the UK – also spent time there on training exercises and exchange programmes.

Emma Forde hears from the British veterans and their families who lived and worked on the base and have since suffered serious health problems or seen loved ones die from conditions associated with exposure to the water. But despite a compensation scheme for victims being widely reported in the US, there are concerns that those from the UK are still unaware of the serious health risks they were exposed to. And time is running out.

Reporter: Emma Forde

Producer: Andrew Picken

Technical Producer: Richard Hannaford

Production Coordinators: Ellie Dover & Tim Fernley

Editor: Carl Johnston

Image: Royal Marine Captain Joe House and Captain Jonathan Lear handing over to each other at Camp Lejeune.

TUE 20:40 In Touch (m0021hd7)

Technology for Life; The First Blind Barbie

In Touch has learnt about changes happening to the RNIB's Technology for Life service that will result in major changes to how the service is delivered, and may result in staff redundancies amongst the team that has many visually impaired employees. This change is separate from a ten-year proposed plan of changes that we recently spoke to the charity's Chief Executive Matt Stringer about. These included a need for cost savings of around £10 million and may also result in redundancies for staff.

The world now has a blind Barbie doll. Influencer, broadcaster and model Lucy Edwards brought her into the studio to be introduced to the In Touch team and to tell us what she means for representation. We analyse more widely whether representation of this form is of benefit to disabled children

with Rebecca Atkinson, who founded the Toy Like Me campaign. The campaign began as a call on toy companies globally to become more inclusive of disability within their products. Rebecca also began her own disabled-led children's brand, with her Channel 5 pre-school children's programme 'Mixmups', which has disabled characters.

Presenter: Peter White

Producer: Beth Hemmings

Production Coordinator: Brigid Harrison-Draper

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 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 Crossing Continents (m0021hd)

A Slogan and a Land (Part 2)

In this second part of his journey from the River Jordan to the Mediterranean Sea, across the Israeli-occupied West Bank and Israel, reporter Tim Whewell continues his exploration of the physical and human reality behind the slogan "From the River to the Sea", a phrase which creates intense controversy.

In this podcast he descends from the high ridge of the West Bank hills to the Israeli Mediterranean coast at Herzlia, known for its beaches and high-tech industry – and then continues along the sea, to end his journey at the ruined ancient city of Caesarea. Along the way, on the West Bank, he encounters a Palestinian dry stone waller and an Israeli hairdresser – and then, crossing into Israel, he talks to Jewish Israelis including teachers, activists and a journalist – and to Palestinian citizens of Israel. Finally, he meets a group of young Israelis who have recently finished their military service. Some of them have been fighting in Gaza. What future do all these people hope for, in the 90 kilometres between the River and the Sea?

Presenter/producer: Tim Whewell

Sound mixing: Neil Churchill

Production co-ordinator: Gemma Ashman

Editor: Penny Murphy

(Photo shows some of the people Tim meets in the two parts of the series. Clockwise from top left: Ben Levy, Israeli nature ranger; Sulieman Mleahat, Palestinian development worker; Susie Becher, Israeli political activist; Okayla Shehadi, retired Palestinian citizen of Israel.)

TUE 21:30 The Bottom Line (m0021bd2)

The Bottom Line (unofficial) Business Awards

Every year has its business highs and lows which we don't often get an opportunity to chew over on The Bottom Line.

This year is different.

To mark our end of term, we thought we'd reflect on the business year and look at some of the highs and lows across the business landscape, creating our very own (and very unofficial) Bottom Line Business Awards.

Three panellists, three categories, three nominations.

Joining Evan are:

JESSICA SPUNGIN, Adjunct Professor of Strategy and

Entrepreneurship at London Business School

SIR KEN OLISSA, Lord-Lieutenant of Greater London and

Chair and founder of Restoration Partners, a bank for

entrepreneurs

And NISHMA PATEL ROBB, current Executive Member of

Women in Advertising and Communications Leadership,

founder and CEO of The Glittersphere and formerly Marketing

Director at Google UK

PRODUCTION TEAM:

Producers: Drew Hyndman and Alex Lewis

Editor: Matt Willis

Sound: Rod Farquhar

Production co-ordinator: Rosie Strawbridge

TUE 22:00 The World Tonight (m0021hdj)

Violence breaks out in Southport day after knife attack

Several officers have been injured and a police van set on fire during a protest just hours after a vigil took place to remember the victims of a knife attack in which three children were killed. We hear the latest on the ground.

Also on the programme:

Angela Rayner has unveiled an overhaul of England's planning rules to help deliver Labour's promise of 1.5 million new homes

by 2029. We discuss with two young renters, and get political reaction from the constituencies of Milton Keynes North and South Cambridgeshire.

And with Kamala Harris about to choose her running mate, we ask what the vice-presidential vetters will be looking for...

TUE 22:45 Giovanni's Room by James Baldwin

(m0021hdm)

Episode Two

2024 marks the centenary of the birth of the American writer and civil rights activist James Baldwin, one of the most important literary minds of the 20th century. For BBC Radio 4, Kyle Soller reads his groundbreaking 1956 novel of love and desire, repression and shame.

David, a young American expat in Paris, has proposed to his girlfriend Hella and she's promised to give him her answer when she returns from vacation in Spain. While she's away, David meets Giovanni, a handsome Italian barman, and the two men begin a passionate affair. As the date of Hella's return approaches David wrestles with the choice he must make; a choice that will have devastating consequences.

Produced by Mair Bosworth and Mary Ward-Lowery for BBC

Audio

Abridged by Sara Davies

Read by Kyle Soller

TUE 23:00 Jon Holmes Says the C-Word (m0021hdv)

4. Am I Now 'That Cancer Guy'?

In episode four, Jon and his guests discuss Going Public, telling family and friends, and perusing and ordering from the menu of treatment options.

In 2023, Jon Holmes was diagnosed with cancer – which came as a bit of a surprise because, quite frankly, he was far too busy for all of that nonsense. After a very odd, intense, unexpected, ridiculous year, Jon realised that men don't tend to talk openly about the preposterous indignity of dealing with cancer. So he decided he would, with other men who are going through it, or who've been through it.

Here – inevitably – comes his new chatty podcast.

Across the series, Jon will be joined by the comedians Stephen Fry, Mark Steel, Richard Herring, Matt Forde and Eric Idle, actors Colin McFarlane and Ben Richards, rock star and The Alarm frontman Mike Peters, and journalists Jeremy Langmead, Nick Owen and Jeremy Bowen. Jon and his guests will demystify all things cancer in raw, honest, difficult, often absurd and – yes – funny detail, from fingers up the bum to blood tests via biopsies, surgery, catheters, stomas, feeding tubes, penis pumps (no, really) and incontinence pads.

Jon wants to stop the stigma and embarrassment associated with these issues (and by "issues", we mean "body parts and what happens to them"), to raise awareness and encourage listeners to 'get checked' as he aims to remove the fear from the whole diagnosis and treatment process in an accessible, honest and entertaining way.

Throughout the series, Jon will also be encouraging listeners to get involved and share their own experiences, whether it's something they have been through themselves or are supporting someone with cancer.

Jon Holmes Says The C-Word aims to humanise what is often a completely de-humanising process, because, honestly, the cancer road is paved with frequently hilarious unexpected moments – and Jon maintains that retaining a sense of humour is all important.

As Jon says: "If there had been a podcast like this when I was diagnosed – one full of other people's stories, advice and light moments to illuminate the darkness of the whole sorry process – I'd have lapped it up. But there wasn't, so I spoke to Radio 4, and now there is."

In Jon Holmes Says The C-Word Jon will be wearing his heart – and, quite frankly, all of his body parts – on his sleeve.

Written and presented by Jon Holmes

Produced by Laura Grimshaw

Commissioning Editor for the BBC – Rhian Roberts

An unusual production for BBC Radio 4

TUE 23:30 Today in Parliament (m0021hdz)

Susan Hulme reports as the home secretary makes a statement about the horrific events in Southport.

WEDNESDAY 31 JULY 2024

WED 00:00 Midnight News (m0021hf3)
National and international news from BBC Radio 4

WED 00:30 Status by Carl Honoré (m0021hc3)
[Repeat of broadcast at 11:45 on Tuesday]

WED 00:48 Shipping Forecast (m0021hf8)
The latest weather reports and forecasts for UK shipping

WED 01:00 Selection of BBC World Service Programmes (m0021hff)
BBC Radio 4 joins the BBC World Service.

WED 05:20 Shipping Forecast (m0021hfk)
The latest weather reports and forecasts for UK shipping

WED 05:30 News Briefing (m0021hfp)
The latest news from BBC Radio 4

WED 05:43 Prayer for the Day (m0021hft)
Happy Birthday Harry Potter

A reflection and prayer to start the day with the Revd Dr Craig Gardiner, a tutor and chaplain at Cardiff Baptist College.

Good morning, on a day which is known to many people as Harry Potter's birthday. The hero of JK Rowling's magical world was born on this day in 1980 and fans will celebrate with Hogwarts uniforms, games of Quidditch, and toasting Harry's health with tankards of butter-beer.

Some people will think it silly to celebrate the birthday of someone who never really lived. But stories such as Harry's may have much to teach us. As the author Neil Gaiman says, paraphrasing G.K. Chesterton, 'Fairy tales are more than true – not because they tell us dragons exist, but because they tell us dragons can be beaten.'

In Harry's fairy tale he survives attacks from the evil wizard Voldemort but only because his mother gives her life to save him. This 'boy who lived' carries a scar that reminds him not only of this sacrifice, but that evil still exists and can be resisted. We too know that great evils such as Voldemort still wound our world, and there was many smaller, but equally pernicious occasions of harm. What we need to be reminded of is that evil dragons can still be beaten.

Beyond fiction and in the face of actual evil Christians have hung to the belief that Jesus' gives his life for a world he loves, and that his resurrection is the assurance that even the worst of evils ought to be resisted and can be overcome.

I know for some, in doing this, the Bible may seem as much a fairy tale as Harry Potter, and others will disagree, but either way today might be our chance for overcoming dragons.

Dear God,
Help us to find in you,
The truth that Desmond Tutu prayed:
That goodness is stronger than evil;
Love is stronger than hate;
Light is stronger than darkness;
Life is stronger than death;
Victory is ours through you who loves us.
Amen.

WED 05:45 Farming Today (m0021hfy)
The family of a farmer who took his own life say they believe a farm inspection which found he had used the wrong sort of ear tag on just 18 sheep contributed to his death.

The National Sheep Association welcomed the new farming minister Daniel Zeichner to its biennial show.

And a farmer saves on his electricity bills using the power of water on his farm.

Presented by Caz Graham

Produced by Alun Beach

WED 06:00 Today (m0021j8w)
31/07/24 - Hamas political leader killed

Hamas has said its political leader Ismail Haniyeh has been killed while visiting Tehran. Amol Rajan speaks to the BBC's International Editor Jeremy Bowen and former Ambassador to Lebanon Tom Fletcher. After disorder in Southport, the town's MP Patrick Hurley tells Emma Barnett the rioters had

"disrespected" the victims of the stabbing in the town. Minister of State for Housing Matthew Pennycook sets out government plans to overhaul England's planning rules to build 1.5m new homes by 2029. Amol Rajan also speaks to YouTuber Max Fosh about Gen Z's TV viewing habits.

WED 09:00 Sideways (m0021j90)
A New Frontier

A New Frontier: 4. With the Gods

When astronauts journeyed to the moon in the early 1970s, few were paying attention to the psychological impact of the experience. Yet many among those who have left the Earth's boundary say it is extraordinary and life-changing. They experience a cognitive shift known as the "overview effect".

Matthew ponders the potential of staring down at Earth for our collective good and charts how, decades on, the overview effect has found its place at the heart of space tourism. He also delves into the unlikely religious roots and moral complexity behind the billionaires striving to make it possible for humans to live in space one day.

With former NASA astronaut Nicole Stott, new astronaut Ed Dwight, Space Philosopher and author Frank White, Anthropologist of Space and Religion, Deana Weibel, Professor of Religion at Knox College Robert Geraci and former ISRO scientist, Jijith Nadumari Ravi.

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

WED 09:30 Intrigue (m0021j93)
Worse than Murder

Worse Than Murder: 2. Alick, Darling

The day after Muriel McKay is snatched from her home, the police gather all the physical evidence they can, and tabloid reporters crowd the pavements outside the house, trying to get a piece of the action.

Muriel's family are desperately trying to make sense of calls by a mysterious man, M3, who claims he has Muriel, and that he'll return her if the family delivers him a £1 million ransom. It's only when he sends them a letter, in Muriel's own handwriting, that they know for sure he's the most credible suspect.

Worse Than Murder - A tragic case of mistaken identity that shook Britain and launched a tabloid war.

One winter's night in 1969, kidnappers targeting Rupert Murdoch's wife abducted Muriel McKay by mistake. She was never seen again. Jane MacSorley investigates this shocking crime which baffled police and, more than 50 years on, remains unresolved.

Presented by Jane MacSorley with Simon Farquhar
Produced by Nadia Mehdi, with extra production from Paul Russell and Megan Oyinka
Sound design and mixing by Basil Oxtoby
Story editor: Andrew Dickson
Executive producers: Neil Cowling, Michaela Hallam, Jago Lee and Rami Tzabar
Development by Paul Russell
Voice acting by Red Frederick
Original music composed by Richard Atkinson for Measso

A Fresh Air and Tell Tale production for BBC Radio 4

WED 10:00 Woman's Hour (m0021j97)
VAT on private school fees, Steven van de Velde Olympics controversy, Concert pianist Mishka Rushdie Momen, Commuters with noisy

The Labour government has confirmed that it will act on its manifesto commitment to change the way private school fees are taxed across the UK. The current exemption from VAT will be removed, in order to fund 6,500 new teachers in England, and the change is coming in January next year, sooner than previously thought. Nuala McGovern gets the latest from the BBC's Education Correspondent Elaine Dunkley, then speaks to Sarah, a parent whose son is at private school, and is also joined by Sarah Cunnane from the Independent Schools Council and Harry Quilter-Pinner from the IPPR to discuss.

The Dutch beach volleyball player Steven van de Velde has caused controversy at this year's Paris Olympics. He is a convicted child rapist and was met with some booing when he came out for his debut match on Sunday. In 2014, when he was 19, he raped a 12-year-old British girl. He met his victim on

Facebook and travelled from Amsterdam to the UK. His involvement has raised questions of whether it's appropriate for him to be representing his country at the highest level. Nuala is joined by Mhairi MacLennan, a survivor of sexual abuse herself who is also the CEO of Kyniska Advocacy, which supports women and victims of abuse in sport and Jo Easton, joint CEO and Director of Policy and Advocacy of the charity Unlock which campaigns for people with criminal records.

Concert pianist Mishka Rushdie Momen's new album, Reformation, recreates Tudor music from this tumultuous time in English history. She talks to Nuala about the role that some women played in developing music – including the influence of Elizabeth I, musical nuns and risqué dances.

How do you feel about people on public transport playing content loudly on their phones? Do you sit through the noise or ask them to listen on headphones? Journalist Hannah Ewens recently did the latter and talks to Nuala about how it's revolutionised her commute.

Presenter: Nuala McGovern
Producer: Maryam Maruf
Studio Managers: Steve Greenwood and Emma Harth

WED 11:00 File on 4 (m0021hd3)
[Repeat of broadcast at 20:00 on Tuesday]

WED 11:45 Status by Carl Honoré (m0021j9f)
Episode 3

It shapes every social interaction. But we'd rather not talk about it. It's shameful to seek it. But we want it.

Status has always been the elephant in the room, our dirty little secret. Now Carl Honoré is going to bring it out into the open. He argues that status is changing in the modern world and not always for the better. Can we use it as a force for good?

When asked to explain what drove us to achieve a particular feat, we talk of our desire to change the world, help others, learn something new, overcome a challenge, have fun, make money or simply gain more control over our lives. No one ever says: "I did it to enhance my status."

This reticence is hardly surprising. Status cuts to the core of who we are and our place in the world. Of how others see us and how we see ourselves.

Talking about this feels awkward, messy, exposing, embarrassing. Like sharing a sexual problem. So status remains the driver that dare not speak its name.

This series will break that taboo and ask the big questions: Why is status so important? How does it work? How can we harness it to live better lives? Could a new approach to status help us tackle the epic challenges facing humankind at the start of the 21st century?

Written and Presented by Carl Honoré
Producer: Tom Woolfenden
Executive Producer: Kirsten Lass
A Loftus Media production for BBC Radio 4

WED 12:00 News Summary (m0021j9k)
The latest national and international news from BBC Radio 4.

WED 12:04 You and Yours (m0021j9m)
Broadband Outages, Ten Years of Digital Banks and Energy Credit Balances

It has been a record year for broadband outages; what's behind the fails?

It has been ten years since first digital banks launched in the UK, what impact have they had on personal banking?

Why have Google halted plans to change the way they control the data we generate when we browse or shop online?

How much is too much to have in credit with your energy company, and when should you ask for it back?

If you are on a budget how could so called 'cash stuffing' help you?

PRESENTER: WINIFRED ROBINSON

PRODUCER: KEVIN MOUSLEY

WED 12:57 Weather (m0021j9p)
The latest weather forecast

WED 13:00 World at One (m0021j9r)

Iran vows to 'avenge' death of Hamas leader

Fears of further escalation in the Middle East as Iran says it is their 'duty' to avenge Hamas leader Ismail Haniyeh. The UK's former ambassador to Iran joins us.

WED 13:45 Naturebang (m0021j9t)

Burying Beetles and the Politics of Parenting

Becky Ripley and Emily Knight tackle a topic we love to fight about: parenting. How should we raise our kids? How much love is too much?

Good parenting begins at home. And 'home', in this case, is a decomposing mouse corpse, rolled into a ball and buried 5 inches beneath the soil of the forest floor. Naturally. This is the home of one of nature's most diligent little parents, the black and orange Gravedigger, or Burying Beetle. The two parents team up to feed, nurture and care for their grubs until they're old enough to make it alone. But is there such a thing as too much parenting? Could a little LESS motherly (and fatherly) love, actually help the grubs be a little more self-reliant?

In the human world, we can't seem to agree on the best way to raise our babies. Across time and across cultures, there have been parenting strategies that seem bonkers to us now, while our ways of doing things might raise alarm bells elsewhere. One factor here is that humans spend a lot of time parenting; we're one of the most heavily investing parents the natural world has ever produced. But our babies are needy for a reason: it takes an awfully long time to make a human.

Featuring Rebecca Kilner, Professor of evolutionary biology at the University of Cambridge, and Dr Brenna Hassett, biological anthropologist at University College London and the author of 'Growing up Human: The Evolution of Childhood'. Produced and presented by Emily Knight and Becky Ripley.

WED 14:00 The Archers (m0021hcv)

[Repeat of broadcast at 19:00 on Tuesday]

WED 14:15 Drama on 4 (m00100ck)

Cov

'Cov' by Amanda Dalton, Sujana Crawford and Raef Boylan. A Syrian refugee tries to navigate her way around her new home. A city centre leisure complex which divides opinion is under threat. And an elderly woman returns home in search of peace. Three diverse stories written by Coventry writers which reflect the ever changing face of a city that relies on its resilience and ability to constantly re-invent itself.

Jean Sandra Maitland
Adi/the elephant Nitin Ganatra
Sana/Saf Lara Sawalha
Pooja Duaa Karim
Dan Graeme Hawley
Libby Helen O'Hara
Anya Lauren Tanner

Director/Producer Gary Brown

The dramas in order are -

'Building a Life' by Sujana Crawford. Sujana is a multilingual poet, playwright and researcher, working in Nepali, English and Hindi. Sujana's creative work is driven by a fascination with people, places and folklore. Her work has been featured in various magazines and anthologies, and her plays have been developed with support from Birmingham Rep and Warwick Arts Centre, among others.

'Elephant' by Raef Boylan. Raef is a writer and poet. His work, most recently commissioned by Theatre Absolute, has featured in various publications. He has headlined at local gigs and festivals and represented Coventry overseas in Ireland. Raef also hosts live poetry event 'Fire & Dust' and is chief editor of 'Here Comes Everyone' magazine.

'Home' by Amanda Dalton. Amanda is a poet and playwright. Her full length poetry collections are published by Bloodaxe and she has forthcoming pamphlets with Arc and SmithDoorstop. She also writes for theatre and extensively for Radio 4 and Radio 3; including drama, adaptations and poetry texts.

Amanda also wrote the links between the dramas.

WED 15:00 Money Box (m0021j9w)

Money Box Live: Chasing a Dream

Not every dream job has an obvious route to success, so how do you make your passion project pay without falling behind on your bills?

Visa research shows that around 45% of Gen Zs (people born between the late 1990s and the early 2010) have a side hustle, but it's not just for the cash. More than a quarter of those are working at a passion project.

So how do you make it if you want a career in comedy or to bag an Olympic gold? Do you have to tell your boss if you're doing extra work on the side? And what should you do about tax?

Today we're talking to an Olympian who worked as a custody officer, a comic book writer who worked in a biology lab and an aspiring DJ who's on a zero-hours bar contract.

Felicity Hannah is joined by Jack Gamble, Director and CEO of the Campaign for the Arts and employment lawyer Rupa Mooker.

Presenter: Felicity Hannah
Producer: Sarah Rogers & Catherine Lund
Editor: Jess Quayle

(First broadcast 3pm Wednesday 31st July 2024)

WED 15:30 The Tremor (m0021j9y)

Surgery is a fast-paced, high stress job. Surgeons undergo years of meticulous training to do what they do, and the pressure can be intense. For some, this pressure can manifest in a tremor, a phenomenon about which there is still a huge amount of stigma.

Tremor is an unconscious, uncontrolled movement, often in the hands, which can affect the fine motor skills required to do the intricate work of surgery. The causes are multifactorial, and are not the same for everyone. One cause can be psychological, related to anxiety and compounded by stress.

But in the busy, competitive world of surgery, there is limited time or opportunity for optimising personal performance, and those who develop a tremor can feel isolated, and that they're not performing to the best of their ability.

When surgeon Lilli Cooper developed a tremor herself she asked around for support, but guidance to manage it was scarce. In this programme, Lilli explores the tremor; where it comes from, what causes it, and what's the best course of action.

Some surprising answers are to be found in the field of 'performance science'. Tremor can be linked to performance anxiety, which is common in other fields with high pressure and high expectation: performing musicians and actors, sportsmen and women, even fighter pilots know the tell-tale signs well. But in fields like music and sports, the psychology is well understood, and the stigma has been broken down over many years. There is a deep understanding of the necessary rituals: the prep beforehand, careful management of focus during, and the post-performance wind-down.

In the operating 'theatre', could surgeons like Lilli take a lesson or two from the high-pressure world of performance?

WED 16:00 The Media Show (m0021jb0)

Huw Edwards pleads guilty

David Silito reflects on Huw Edwards's guilty plea to making indecent images of children, 41 images that had been shared with him by another man on WhatsApp. We look at how the story broke and the challenges of covering it for journalists inside the BBC.

Katie talks to Channel 4 News's Krishnan Guru-Murthy. Amid controversy surrounding the BBC's Strictly Come Dancing show, he secured an exclusive interview with contestant Amanda Abington about her experiences on the programme. A former Strictly contestant himself, Krishnan talks about the impact the show had on him.

News emerged last week that Rupert Murdoch is attempting to change his family's legal trust to preserve the editorial stance of his media outlets after his death. Several of his children are fighting back. Jim Rutenberg, writer at large at The New York Times has been following the family for more than two decades. He got the scoop and he joins us alongside Murdoch biographer Claire Atkinson.

Also in the programme, Peter White tells us about his new documentary 50/50 Vision and his career as a broadcaster.

Guests: David Silito, Media and Arts Correspondent, BBC; Krishnan Guru-Murthy, Main Anchor, Channel 4 News; Jim Rutenberg, Writer at Large, The New York Times; Claire Atkinson, biographer of Rupert Murdoch; Peter White, broadcaster and presenter of Radio 4's In Touch

Presenter: Katie Razzall
Producer: Simon Richardson

WED 17:00 PM (m0021jb2)

Afternoon news and current affairs programme, reporting on breaking stories and summing up the day's headlines.

WED 18:00 Six O'Clock News (m0021jb4)

He exchanged pictures with a convicted paedophile on WhatsApp over a period of months

WED 18:30 Geoff Norcott's Working Men's Club (m0021jb6)

Episode 4

Geoff Norcott examines modern masculinity in this stand-up series for Radio 4, by creating the safe space of a working men's club so he can speak freely about the problems men are facing and how we might go about fixing them in a way that benefits everyone.

This week, Geoff looks at how men feel during pregnancy - from the blur on a screen that confirms it's happening, to nine months down the line when it arrives. Can men really engage with this the way pregnant women do? With the help of his studio audience, Geoff asks when it feels "real" to expecting fathers.

Written and presented by Geoff Norcott

Recorded by Richard Biddulph

Production manager: Sarah Wright
Executive producer: Caroline Raphael
Producer: Ed Morrish

A Pier production for BBC Radio 4

WED 19:00 The Archers (m0021jb8)

As Jakob and Paul drive back from a vet call-out, Jakob admits he's found the atmosphere at work unbearable. He knows how hard it must've been for Paul hearing that his parents' marriage was over, but it's their choice. And Alistair and Denise kept their relationship secret because they wanted to make sure Paul and John were told in the right way. Jakob suggests that he takes upset Paul to a nearby pub for dinner and a drink. Paul points out he doesn't need a pity-drink and that he's fine showing his feelings. But Jakob thinks Paul's hiding what he really feels, and Paul ends up admitting that he feels left out - he was his mum's go-to person. He can't believe she didn't tell him about the problems with her marriage. And then she got together with his boss and didn't tell him that either. Jakob points out that Paul might be jealous, and Paul realises that he's bottled his feelings up. He apologises saying he's going to make an effort at work.

When Alistair can't face being seen at the Bull, Jazzer and Jim share a drink with him at Greenacres. They chat about Denise's husband John and Alistair's relationship with Denise. Drunken Alistair wonders why Paul doesn't like him and Jazzer and Jim remind him it's because he lied to Paul. Alistair declares his love for Denise and says he's always liked Paul, who's fun and energetic. But he thinks Denise and Paul are really close and if push came to shove, Paul would win hands down.

WED 19:15 Front Row (m0021jbb)

Dramatizing MPs, Jon Savage on LGBTQ and music, Stirling Prize shortlist, Screenwriters v AI

Labour MPs are having a moment on the stage with Jennie Lee, the UK's first Arts Minister, the subject of Lindsay Rodden's eponymous new play for Mikron Theatre, and Education Minister Ellen Wilkinson the focus of Paul Unwin's new play, The Promise, about the 1945 Labour Government. Lindsay and Paul join Front Row to discuss dramatizing parliamentary politics.

Acclaimed music journalist writer Jon Savage joins to discuss his new book The Secret Public: How LGBTQ Resistance Shaped Popular Culture (1955-1979), which explores how queer artists from the earliest days of rock 'n' roll to the heights of disco shaped the sound, look and attitude of popular music. From Little Richard to David Bowie and from Dusty Springfield to Village People, the book is rich in detail and explores how often closeted artists had a profound impact of modern culture.

Architecture writer Paul Dobraszczyk on this year's Stirling Prize shortlist and how the six projects that have made this final category measure up to the the prize's aim to celebrate the "building considered to have made the most significant contribution to the evolution of UK architecture".

With voice actors and motion capture performers in the US currently on strike over AI protections, the place of AI in the culture industries remains highly contested. The Writers Guild of America may have settled their strike but film critic Antonia Quirke explores whether screenwriters still have something to fear from the algorithm.

Presenter: Nick Ahad
Producer: Ekene Akalawu

WED 20:00 Moral Maze (m0021jbd)
Is anything sacred?

One moment in the Olympics opening ceremony in Paris clearly touched a nerve: the tableau of mostly drag queens believed to be parodying Da Vinci's 'Last Supper'. Organisers have since denied this was the intention and apologised for the offense caused. Many commentators, including non-believers, declared it "blasphemous", and "a denigration of Western culture". While others, Christians among them, considered that response to be an over-reaction.

Stepping back from the immediate and perhaps predicable outrage drawn along culture war lines, is the deeper question of what we consider to be 'sacred' and 'profane' in a largely secular Western society.

What, if anything, is sacred? Does the idea only make sense in relation to the concept of God? Does it have a moral function or is it more about personal spirituality? Maybe nothing is sacred, since categorising something as such puts it beyond scrutiny? Or can the concept be widened, even secularised, to take in, for example, the idea of 'profaning' the natural world or hallowing out the things we hold to be of value by turning them into commercial transactions?

Are the concepts of 'sacred' and 'profane' still important? And if so, what role do they have in the 21st century?

Producer: Dan Tierney
Assistant producer: Ruth Purser

Panel:
Anne McElvoy
Giles Fraser
Ash Sarkar
Tim Stanley

Witnesses:
Melanie McDonagh
Andrew Copson
Fergus Butler-Gallie
Francis Young

WED 21:00 The Life Scientific (m0021hbz)
[Repeat of broadcast at 09:00 on Tuesday]

WED 21:30 Inside Health (m0021hbz)
[Repeat of broadcast at 09:30 on Tuesday]

WED 22:00 The World Tonight (m0021jbg)
Assassination of Ismail Haniyeh ratchets up Middle East tensions

Hamas says its political leader Ismail Haniyeh has been killed in an Israeli attack in the Iranian capital, hours after a Hezbollah commander was blown up in an Israeli airstrike in Beirut. The twin assassinations risk escalating the conflict in the Middle East. Speaking tonight, Israeli Prime Minister Benjamin Netanyahu said Israel was "prepared for any scenario".

The Culture Secretary has called an urgent meeting with the BBC's director general over the handling of the Huw Edwards case, with the meeting expected to take place tomorrow. Lisa Nandy wants "further clarity" from BBC management about the case.

And could the Moon become the Noah's Ark of the space age? Scientists believe the lunar south pole could be used to store endangered organisms.

WED 22:45 Giovanni's Room by James Baldwin (m0021jbj)
Episode Three

2024 marks the centenary of the birth of the American writer and civil rights activist James Baldwin, one of the most important literary minds of the 20th century. For BBC Radio 4, Kyle Soller reads his groundbreaking 1956 novel of love and desire, repression and shame.

David, a young American expat in Paris, has proposed to his girlfriend Hella and she's promised to give him her answer when she returns from vacation in Spain. While she's away, David meets Giovanni, a handsome Italian barman, and the two men begin a passionate affair. As the date of Hella's return approaches David wrestles with the choice he must make; a choice that will have devastating consequences.

Produced by Mair Bosworth and Mary Ward-Lowery for BBC Audio

Abridged by Sara Davies
Read by Kyle Soller

WED 23:00 Me and the Farmer (m0021jbl)
5. A Tup and Bull Story

It's all about the animals in this episode - from lambing nightmares to runaway collies and gassy cows.

Me and the Farmer is a stand up show chronicling Jim's life as a working farmer in rural Perthshire. This isn't an act. By day, Jim works the land and looks after his sheep and by night he performs stand up to sold out venues across Scotland.

In each episode, Jim tells anecdotes about life on his family farm to a live audience in his nearest city of Perth. This is an honest, behind the scenes look at what it takes to be a modern farmer.

Written and Performed by Jim Smith
Produced by Lauren Mackay
Sound by Andy Hay and Barry Jackson
Photo credit: Chris Quiett

WED 23:15 Maisie Adam: The Beautiful Game (m001ngy8)
3. 'It's Coming Home!'

Stand-up comedian Maisie Adam presents her stand-up special where she discusses her love of football and her experience of the women's game ahead of the Women's World Cup 2023.

For Maisie, football has always been there, even when all the signs have been screaming that this wasn't a sport for her. At school, where the girls curriculum neglected football in favour of the skirt-adorning Hockey and Netball. In the park, where boys wouldn't pass to girls "because they'll lose the ball". And in adult life, where the local sports centre advertises Men's 5-a-side, and women's Yoga.

But it's a game where all you need is players and a ball. That's it. Well, we have women. We have footballs. Time to pass the ball, lads.

In this episode, Maisie looks back on the best day of her life - the Lionesses winning the Euros 2022 in front of a home crowd. We also hear from some of her own football team who tell us what the beautiful game means to them.

Written by and starring Maisie Adam

Producer: Georgia Keating
Executive Producer: James Robinson
Production Co-ordinators: Caroline Barlow and Dan Marchini
Sound editor: David Thomas
Photo credit: Matt Crockett

A BBC Studios Production for Radio 4.

This programme was first broadcast in July 2023.

WED 23:30 Illuminated (m001yhg4)
John Meagher: The Devil's Own

Did you ever have a recurring dream that you think might just be a memory? Or a nightmare so vivid that it could almost be real?

John Meagher has, He's been dreaming about a group of devil worshippers who may or may not have terrorised his home town of Newry, Northern Ireland since the early 90s.

John takes us on a funny, fearful and surprising journey of discovery across Northern Ireland to uncover the truth behind the story of "The Whitehoods" of Newry and discovers that the "Satanic Panic" wasn't exclusive to his home town.

But what was really going on? And why do so many towns in the North have a similar story?

Can John find out the truth and lay these memories to rest? Is there any truth to be found at all in this land of saints, scholars and spoofers?

For the sake of his sleeping patterns and his marriage, John is determined to find out.

A Fabel production for BBC Radio 4

THURSDAY 01 AUGUST 2024

THU 00:00 Midnight News (m0021jbn)
National and international news from BBC Radio 4

THU 00:30 Status by Carl Honoré (m0021j9f)
[Repeat of broadcast at 11:45 on Wednesday]

THU 00:48 Shipping Forecast (m0021jbg)
The latest weather reports and forecasts for UK shipping

THU 01:00 Selection of BBC World Service Programmes (m0021jbs)
BBC Radio 4 joins the BBC World Service.

THU 05:20 Shipping Forecast (m0021jbv)
The latest weather reports and forecasts for UK shipping

THU 05:30 News Briefing (m0021jbx)
The latest news from BBC Radio 4

THU 05:43 Prayer for the Day (m0021jzb)
Be Prepared

A reflection and prayer to start the day with the Revd Dr Craig Gardiner, a tutor and chaplain at Cardiff Baptist College.

Good morning, on this day when Scouts and Guides around the world will celebrate their international camaraderie by wearing their neck scarves with pride.

Scout Scarf Day has only been around since 2007, which is long after I hung up my childhood neckerchief of blue and green, but the date reaches back another hundred years to the first scout meeting on Brownsea Island. Back then there was much to learn from Lieutenant General Baden-Powell's and his book called Scouting for Boys. But he summed it up quite well by using his initials, B.P., Be Prepared. An awful lot has rightly changed in scouting since 1907, but that motto has endured.

The Christian writer, Henri Nouwen might not have been a Scout but he tells an excellent story of what it means to be prepared. He'd gone to a monastery for some solitude and prayer, but it was interrupted with a request to give a series of talks to students. Initially he said No: "Why should I spend my sabbatical time preparing a series lectures?"

But the abbot changed his mind. "Prepare?" He asked. "You've been a Christian for 40 years, why do you have to prepare? Years of prayers, worship, scripture reading, and communion with God should have given you enough." Nouwen responded by saying "the challenge is often to live in a state of ongoing preparedness so that, when someone is drowning in life and comes into your world, you are ready to reach out and help."

Whether or not we've been a Scout or a Guide, whether or not we can find a scarf this morning, preparing ourselves through regular moments of prayer in the day can surely make us ready to help those in need.

Dear God,
Prepare us now for the day ahead,
For the people we shall meet,
the challenges we shall face,
and for every opportunity to reach out and help.
Amen.

THU 05:45 Farming Today (m0021jcl)

The latest figures out today from the insurers NFU Mutual put the cost of rural crime at just under 53 million pounds last year - up from 50 million in 2022.

The renewable energy options open to farmers are various, and the one that would seem to be tailor made for agriculture is anaerobic digestion - or AD.

This is the process where silage and slurry are processed in a sealed tank to produce gas that is then used as a fuel to power the farm and possibly put energy back into the grid.

And according to the Agriculture and Horticulture Development Board - AHDB - 440 farmers got out of dairy between April 2023 and this April.

However the total number of dairy cows is about the same - suggesting that the trend towards bigger farms continues - there are now 7,130 dairy farms in England, Scotland and Wales.

Presented by Charlotte Smith

Produced by Alun Beach

THU 06:00 Today (m0021jpf)
01/08/24 - Amol Rajan and Emma Barnett

On the programme - former Culture minister Ed Vaizey on the questions remaining for the BBC to answer after former presenter Huw Edwards pleaded guilty to making indecent images of children. Emma Barnett also speaks to the Internet

Watch Foundation about the prevalence of the abuse of children online.

Amol discusses the violent protests overnight in Hartlepool and London with the former Met chief superintendent Dal Babu.

And the programme hears from jubilant Olympic gold medal-winner Lola Anderson.

THU 09:00 Reflections (m0021jph)
Mary Robinson

The former President of Ireland and UN human rights chief sits down with Jim Naughtie in Dublin to reflect on her career and why she remains a "prisoner of hope"

Producers: Daniel Kraemer and Giles Edwards

THU 09:30 Rory Stewart: The Long History of... (m0021cbt)
Ignorance

Ignorance: 4. Ignorance in Politics

We prize knowledge, and rightly so. We think of ignorance as a bad thing. But ignorance is inseparable from what we know.

Knowledge can distract us, mislead us and endanger us. While ignorance is often the most fundamental insight about our human condition. Ignorance is not simply the opposite of knowledge, but a positive force with its own momentum that gives meaning to our lives. It drives scientific discovery, fosters creativity and can be psychologically helpful.

That's why Rory Stewart wants to make a radical case for embracing ignorance. He wants to encourage a way of knowing in which knowledge and ignorance exist in a relationship with each other.

With a cast of global thinkers, drawing on Western and Eastern ideas from the ancient world to the present day, Rory explores how a greater awareness and appreciation of ignorance can help us become more clear-thinking, humble, empathetic and wise.

Writer and presenter: Rory Stewart
Producer: Dan Tierney
Mixing: Tony Churnside
Editor: Tim Pemberton
Commissioning Editor: Dan Clarke

Readings by Rhiannon Neads

Contributions across the series from:

Alex Edmans - Professor of Finance at London Business School.
Ani Rinchen Khandro - a life ordained nun in the Kagyu tradition of Tibetan Buddhism.
Annette Martin - Assistant Professor in Philosophy at the University of Illinois, Chicago.
Antony Gormley - sculptor.
Carlo Rovelli - Theoretical physicist and Professor in the Department of Physics at Aix-Marseille University.
Daniel DeNicola - Professor Emeritus of Philosophy at Gettysburg College in Pennsylvania – and author of 'Understanding Ignorance: The Surprising Impact of What We Don't Know' (2018).
Daniel Whiteson - Professor of Physics at The University of California, Irvine.
Derek Black - Author of 'The Klansman's Son: My Journey from White Nationalism to Antiracism' (2024).
Edith Hall - Professor in the Department of Classics and Ancient History, at Durham University.
Fabienne Peter - Professor of Philosophy at the University of Warwick.
Felix Martin - economist and fund manager.
Iain McGilchrist - Psychiatrist, neuroscience researcher, philosopher and literary scholar.
James C. Scott - Anthropologist and Sterling Professor Emeritus in Political Science at Yale University.
Jay Owens - Author of 'Dust: The Modern World in a Trillion Particles' (2023).
John Lloyd - Television and radio comedy producer and writer.
Jonathan Evans, Baron Evans of Weardale - Former Director General of MI5.
Karen Douglas - Professor of social psychology at the University of Kent.
Mark Lilla - professor of humanities at Columbia University, New York City and author of 'Ignorance and Bliss: On Wanting Not to Know' (2024).
Martin Palmer - Theologian, sinologist and translator of Daoist and Confucian texts.
Mary Beard - Professor of Classics at the University of Cambridge.
Michael Ignatieff - Professor in the Department of History at Central European University in Budapest and former Leader of the Liberal Party of Canada.

Neil Hannon - singer-songwriter and frontman of The Divine Comedy.
Nicholas Gruen - policy economist and social commentator.
Rik Peels - Professor of Philosophy, Theology and Religion at Vrije Universiteit Amsterdam and author of 'Ignorance: A Philosophical Study (2023)'.
Robert Beckford - Theologian and Professor of Climate and Social Justice at the University of Winchester.
Rowan Williams - Theologian and former Archbishop of Canterbury.
Sandrine Parageau - Professor of Early Modern British History at Sorbonne University and author of 'The Paradoxes of Ignorance in Early Modern England and France' (2023).
Stuart Firestein - Professor of Biological Sciences at Columbia University, New York City and author of 'Ignorance: How It Drives Science' (2012).
Tom Forth - data scientist, Head of Data at 'Open Innovations' and co-founder of 'The Data City'.

THU 10:00 Woman's Hour (m0021jpk)
Southport attack, Simone Biles profile, Author Anne Hawk

The prime minister today will be meeting police leaders to discuss the riots in Southport following the horrific attacks which left three small girls dead - and eight other children and two adults injured, with some believed to be in critical condition. A 17-year-old youth is due to appear in court later today charged with the murders, and 10 counts of attempted murder. The violence of the riots there will have compounded the fear and worry of those in the area, and given the community little time to comprehend what has happened. So how can parents and children cope with such a horrible situation? Anita Rani speaks to one of those offering advice, Professor Rachel Calum - a leaflet compiled by her and other trauma experts is being distributed in Southport - as well as Sarah McEntee, who is secretary at the Royal British Legion in Southport.

Gymnast Simon Biles will compete in the women's individual all-around final this evening. Biles was already the most decorated gymnast in history, entering Paris 2024 with 30 World championship and seven Olympic medals, but on Tuesday she won her eighth Olympic medal, taking the gold in the women's team gymnastics final. Elite athletes have labelled her the GOAT – which stands for The Greatest of All Time. Many have dubbed Paris 2024 as Biles redemption tour, after she pulled out of several events at the Tokyo Games when the 'twisties' - a mental block - struck during her vault. To tell us about the woman behind the medals is sports journalist Molly McElwee and director Katie Walsh, who joins us from Paris, where she is filming the documentary: Simon Biles Rising with Biles and her family.

And, can a friendship be repaired when they rupture? We hear a portrait of a friendship between two women that began at school and was interrupted for more than 20 years. Our reporter Jo Morris speaks separately to Annie and Lizzie about their friendship.

When we think of the Windrush Generation, our minds often turn to the experiences of the pioneering young people who left the Caribbean to start a new life in the UK. Less is written about the children that some of them left behind. Anne Hawk has written a novel from the perspective of one of those children, which is partly based on her own experiences. She speak to Anita about her debut novel, The Pages of the Sea, which follows a young girl left in the care of her aunts after her mother leaves their Caribbean island to emigrate.

Presenter: Anita Rani
Producer: Hanna Ward
Studio Manager: Emma Harth

THU 11:00 The Infinite Monkey Cage (p0j989tf)
Series 30

Extreme Exploration - Annika Rice, Mike Massimino, Britney Schmidt and Jess Phoenix

Brian Cox and Robin Ince venture to the home place of exploration in Porto, Portugal at the Explorers Club as they discuss science at the extremes of exploration. Joining them is volcanologist Jess Phoenix, astronaut Mike Massimino, astrobiologist and oceanographer Britney Schmidt as well as adventurer and broadcaster Annika Rice. They discuss breaking robots under the Antarctic ice shelf, chasing after narco-traffickers to retrieve a rock hammer and how viewing the earth from the vantage point of space can profoundly influence how you feel about humanity.

Producer: Melanie Brown
Executive Producer: Alexandra Feachem
BBC Studios Audio Production

THU 11:45 Status by Carl Honoré (m0021jpn)
Episode 4

It shapes every social interaction. But we'd rather not talk about it. It's shameful to seek it. But we want it.

Status has always been the elephant in the room, our dirty little secret. Now Carl Honoré is going to bring it out into the open. He argues that status is changing in the modern world and not always for the better. Can we use it as a force for good?

When asked to explain what drove us to achieve a particular feat, we talk of our desire to change the world, help others, learn something new, overcome a challenge, have fun, make money or simply gain more control over our lives. No one ever says: "I did it to enhance my status."

This reticence is hardly surprising. Status cuts to the core of who we are and our place in the world. Of how others see us and how we see ourselves.

Talking about this feels awkward, messy, exposing, embarrassing. Like sharing a sexual problem. So status remains the driver that dare not speak its name.

This series will break that taboo and ask the big questions: Why is status so important? How does it work? How can we harness it to live better lives? Could a new approach to status help us tackle the epic challenges facing humankind at the start of the 21st century?

Written and Presented by Carl Honoré
Producer: Tom Woolfenden
Executive Producer: Kirsten Lass
A Loftus Media production for BBC Radio 4

THU 12:00 News Summary (m0021jpp)
The latest national and international news from BBC Radio 4.

THU 12:04 You and Yours (m0021jps)
Gap Finders: Purdy & Figg

Charlotte Figg and Purdy Rubin came up with the idea of making all-natural, nontoxic cleaning products in 2016. At the start they ran workshops on how to make your own eco-cleaning products, using this time to research and test ideas. In 2020 Purdy & Figg was born, with Purdy's two sons, Jack and Charlie, coming on board. In 2022 their 'hero' product came to market – the counter cleaner. They have grown the business into one of the fastest growing private companies in the UK, with a predicted revenue of £40m in 2024, and profits of £1m in 2023. All this from an idea that started with two old friends chatting about how they wanted to reduce plastic waste and chemical use in cleaning products.

You can contact You & Yours by emailing youandyours@bbc.co.uk or using the hashtag #youandyours

Presenter: Winifred Robinson
Producer: Dave James

THU 12:32 Sliced Bread (m0021jpv)
Dough - Hairdryers

How do modern hairdryers protect against damage from excessive heat?

Dough is a new series from BBC Radio 4 which looks at the business behind profitable, everyday products and considers how they might evolve in the future.

In this episode, the entrepreneur Sam White speaks with experts from the world of hairdryer manufacturing, namely Robyn Coutts, a senior design manager at Dyson and Andrew McDougall, director of beauty and personal care research at the analysts, Mintel.

Also joining them is the technology expert and applied futurist Tom Cheesewright, who offers his insight and predictions on what might be coming beyond the current production pipeline.

Together, they explore how hairdryers went from gas-powered chimneys to handheld devices, examine some of the latest trends and technology before giving their expert opinions on game-changing - and pointless - hair drying innovations.

Dough looks at where the smart money's going now and what that could mean for all of us in the years ahead.

Produced by Viant Siddique and Jon Douglas.

Dough is a BBC Audio North production for BBC Radio 4 and BBC Sounds.

Sliced Bread returns for a new batch of investigations in August when Greg Foot will investigate more of the latest so-called wonder products to find out whether they really are the best thing since sliced bread.

In the meantime, Dough is available in the Sliced Bread feed on BBC Sound

THU 12:57 Weather (m0021jpx)

The latest weather forecast

THU 13:00 World at One (m0021jpp)

What's behind the Southport attack protests?

Protests after the Southport attack have spread to different parts of the country after disinformation spread online. Also: GPs in England have voted to take industrial action.

THU 13:45 Naturebang (m0021jq1)

Crafty Cuttlefish and Theory of Mind

Becky Ripley and Emily Knight explore whether we can ever know what others know, and how we figure out if they're telling fibs.

Beneath the surface of the ocean, darting around in the dappled sunlight of the reef, you can find some of nature's most prolific liars. The cephalopods. Squid, octopus and cuttlefish; filthy con artists, the lot of them. They communicate with each other, and with both predators and prey, using dazzling patterns of shifting colour and texture on the surface of their skin. The messages they send can be sophisticated, but they're not always honest: males pretending to be females, octopuses pretending to be sea-snakes, cuttlefish on the hunt for love, pretending to have more innocent intentions. To deceive another, you might think, implies a level of understanding about what that other being knows, or is thinking. The philosophers call this Theory of Mind. But how much do the cuttlefish really KNOW about the tall tales they tell - and how much can we deduce about their intelligence as a result?

If cuttlefish are some of nature's best liars, let's meet some of the worst: human toddlers. Oh they lie alright, but they're terrible at it - they tell the most outrageous fibs that we can all see through. That's because they are just beginning to develop the complex skills of Theory of Mind for themselves, and they haven't quite perfected it. How they lie, and how they learn to do it better, gives us fascinating insights into the developing mind of a child.

Featuring Dr Jon Copley, professor of Ocean Exploration at the University of Southampton, and Dr Emily Jones, from Toddlerlab, at the Centre for Brain & Cognitive Development at Birbeck College. Produced and presented by Emily Knight and Becky Ripley.

THU 14:00 The Archers (m0021jb8)

[Repeat of broadcast at 19:00 on Wednesday]

THU 14:15 Drama on 4 (m0021jq3)

Severn

Edward is a lake net fisherman who spends his days wading and sifting in the tricky tidal waters of the River Severn. When something unexpected turns up in his net, an old mystery rushes back into his life like a spring tide. Starring Jason Hughes and Remy Beasley.

Writer - Keri Collins

CAST

Edward - Jason Hughes
Ellie - Remy Beasley
Lizzie - Katharine Rogers
Boatyard Jack - Joe Sims
John - Christian Patterson
Maria - Lucy Rivers
Mick - Stuart McLoughlin
Holly - Amelie Anthony

Production Coordinator - Eleri McAuliffe
Sound Design - Nigel Lewis
Field Recordings - Jonathan Thomas
Director - John Norton
A BBC Audio Wales Production

With thanks to : Black Rock Lave Net Heritage Fishery

THU 15:00 Ramblings (m0021jq5)

Amar Latif - President of the Ramblers in North Yorkshire

Clare and the 'blind adventurer' Amar Latif explore a circular route in Nidderdale, North Yorkshire. As the current President of the Ramblers, Amar is keen to promote the message that walking is for absolutely everyone, from all backgrounds and abilities.

He lost most of his vision by the time he was 18 and found it

very hard to accept. He began to believe that he wouldn't be able to continue doing all the things he enjoyed but after spending a year of his university course in Canada, decided that travelling was definitely for him and went onto make a career out of it. He set up 'TravelEyes' a company specialising in tourism for blind and sighted people travelling together, including walking trips.

One of his greatest adventures was walking 220 miles from the Atlantic coast of Nicaragua across to the Pacific Ocean, crossing a shark-filled lake and scaling a 5000ft volcano.

Also on the walk are Rayyah McCaul, who is guiding Amar, and Ramblers volunteer and walk leader, Stephen Down.

The Ramblers is a charity with around 100,000 members. Established in 1935, one of their main aims is improving access to the countryside for everyone to enjoy.

Clare met Amar in Toft Gate Lime Kiln car park, at the top of Greenhow Hill, and completed a five mile circular walk.

Presenter: Clare Balding
Producer: Karen Gregor

THU 15:27 Radio 4 Appeal (m0021hzn)

[Repeat of broadcast at 07:54 on Sunday]

THU 15:30 Feedback (m0021jq7)

God Next Door. Justin Webb on American Election Coverage. Petroc Trelawny R3 Breakfast Road Trip

Andrea Catherwood brings listeners questions to the broadcaster and journalist Darryl Morris and Executive Producer Jo Meek - makers of Radio 4's documentary God Next Door. Darryl has spent a considerable amount of time talking to James from Manchester, a landscape Gardner who believes himself to be God and has a number of followers in the local community who share his belief.

There's been a sensational cycle of breaking stories in the U.S. presidential campaign during the month of July. Many Feedback listeners have been concerned that this has dominated much of our news. Andrea puts these points to Justin Webb - Today presenter, co-host of Americast and Former North America Editor.

Imagine taking a week long Summer break, discovering new places, experiencing a wide range of culture and music with moving from your radio. The Feedback inbox has been overflowing with praise for Petroc Trelawny's Breakfast Road Trip to the North East of England which was broadcast live every morning last week. Taking a break from preparations for the The Prom at the Royal Albert Hall, Petroc came on Feedback to give some insight into how a week out and about works.

Presented by Andrea Catherwood
Produced by Pauline Moore
A Whistledown Scotland production for BBC Radio 4

THU 16:00 The Briefing Room (m0021jq9)

Can planning reform really boost economic growth?

David Aaronovitch and guests discuss Labour's plans for planning reform. This week the Housing Secretary, Angela Rayner announced a new National Planning Policy Framework. Will it boost economic growth?

Sir John Armit, Chairman of the UK's National Infrastructure Commission
Catriona Riddell is an independent planning consultant and commentator who advises on planning policy
Anthony Breach, Associate Director at Centre for Cities

Presenter: David Aaronovitch
Producers: Ben Carter and Kirsteen Knight
Sound engineers: Neil Churchill and Rod Farquhar
Editor: Penny Murphy

THU 16:30 BBC Inside Science (m0021jqc)

How much of a risk is space junk?

Space junk.

It might sound like an out-of-this-world problem that we don't need to worry about here on Earth - but is it?

As we send more and more metal in the form of satellites up into space, scientists are warning it is becoming more of a risk both here - and up there.

We dig into the problem and what's being done to clean it up.

Also this week, we answer a listener question about oceans and

their influence on global temperatures, and we ponder the use - and sometimes abuse - of scientific language.

And with the Paris Olympics well under way, how much does sex affect sporting performance?

Presenter: Victoria Gill
Producers: Ella Hubber & Gerry Holt
Editor: Martin Smith
Production Co-ordinator: Jana Bennett-Holesworth

THU 17:00 PM (m0021jqf)

The prime minister responds to a night of civil unrest

The latest on the prime minister's and police's response after a night of civil unrest across the nation. Plus, we hear the details of the largest prisoner swap in history.

THU 18:00 Six O'Clock News (m0021jqh)

Russia released 16 prisoners while 8 Russians held in jail in Europe were returned

THU 18:30 The Train at Platform 4 (m0021jqk)

Series 2

2. Get a Room

An over-amorous couple disturb the 14:15 to Kings Cross, in the comedy set in the claustrophobic carriages of a cross-country rail service. Starring Rosie Cavaliero and written by Steve Punt and Hugh Dennis.

Sam befriends a couple who extol the virtues of early retirement, while a younger couple get a little too friendly with each other in first class.

The Train at Platform 4 follows a long-suffering crew who manage to scrape through every shift like a dysfunctional family - Train Manager, Sam (Rosie Cavaliero; Inside No. 9) First Class Steward, Noel (Hugh Dennis; Outnumbered), and Trolley Operator Tash (Amy Geldhill; Alma's Not Normal). The passengers are made up of a rolling roster of guest stars.

Sam.... Rosie Cavaliero
Noel.... Hugh Dennis
Tash.... Amy Gledhill
Brendan.... Steve Punt
Sue.... Gemma Arrowsmith
Pia.... Katie Norris
CEO.... Joz Norris

Written by....Steve Punt and Hugh Dennis
Producer.... James Robinson
A BBC Studios Audio Production for Radio 4

THU 19:00 The Archers (m0021jj6)

Chelsea and Emma help Fallon get ready for the Hen-Do at Brookfield Events Barn. Pip arrives and flags that Jill's coming too, as she's miserable while Leonard's away and Pip wants to keep her entertained with cake decorating. However, later on Jill's found interfering with Fallon's ingredients in the kitchen, explaining it's because she's representing the bride-to-be's absent grannies. Pip reluctantly heads off to sort it out. Chelsea mentions to Emma that George was a bit off at Brad's birthday drinks, but when Emma probes further Chelsea doesn't know why. Emma wishes children came with an instruction manual. When Emma heads off, Fallon asks advice from Pip about Emma's forthcoming 40th birthday. Pip thinks it's a great idea that Fallon's going to make a cake in the shape of a chainsaw.

The Hen-Do goes well, but Emma's quiet when Stella shows her some photos she took of Chelsea, Ben and George. Emma later points out to Fallon that everyone's smiling and having a laugh in the pictures, but George isn't smiling in any of them. Fallon reckons he's just being a teenager, but later Chelsea agrees with Emma that George looks like he's got the weight of the world on his shoulders. Chelsea wonders about George's mental health, after her experience with Ben's struggles, and suggests that Emma talks to Ruth and David. They wonder if George has post-traumatic stress, linked to his part in the Am rescue. They all agree that whatever the reason, Emma should just show George that she's there for him in a non-judgemental way.

THU 19:15 Front Row (m0021jqm)

Didi and Echoes by Evie Wyld reviewed; Benjamin Grosvenor performs Busoni

Tom Sutcliffe is joined by Rhianna Dhillon and Viv Groskop to review novel Echoes by Evie Wyld, which focuses on Max, a ghost who, stuck in the flat they had shared, watches his girlfriend grieving and discovers secrets about her.

Pianist Benjamin Grosvenor talks about his upcoming performance of the longest concerto ever written, the Piano

Concerto by Ferruccio Busoni, whose centenary is celebrated at this year's Proms.

We'll also review the film *Didi*, a coming of age film set in 2008, focussing on a 13-year-old Taiwanese-American boy learning how to navigate life, love and family relations.

Presenter: Tom Sutcliffe
Producer: Corinna Jones

THU 20:00 The Media Show (m0021jb0)
[Repeat of broadcast at 16:00 on Wednesday]

THU 21:00 Loose Ends (m0021h4t)
[Repeat of broadcast at 18:15 on Saturday]

THU 21:45 Empire of Tea (m001tbgz)
7. Punjabi Cha and Masala Chai

Like Britain (and several other countries), India sees tea as its definitive national drink. But as Sathnam Sanghera discovers, mass market Indian tea culture was seeded, in large part, by its coloniser. With a trip to a chai stall in London and a chat with the historian Romita Ray, Sathnam charts the development of tea in India from both indigenous and imperial origins. Amid its regional diversity, how did it become India's national drink?

Produced by Paul Martin for BBC Audio Wales

THU 22:00 The World Tonight (m0021jpp)
How dramatic US-Russia prisoner swap unfolded

The American journalist Evan Gershkovich has been freed in one of the most dramatic prisoner swaps between the US and Russia since the end of the Cold War. We hear from one of his editors.

Also tonight:

Why whistleblowers who gave evidence to an internal BBC inquiry into the behaviour towards them of Huw Edwards are criticising with the way it was handled.

A female boxer who abandoned her Olympic bout after 46 seconds against an opponent has re-ignited the debate over gender and sport. We discuss what rules should govern levels of testosterone in boxing.

And Andy Murray's career has ended, after he and his doubles partner lost their Olympics match. We have a tribute from fellow former pro, Jo Drury.

THU 22:45 Giovanni's Room by James Baldwin (m0021jqr)
Episode Four

2024 marks the centenary of the birth of the American writer and civil rights activist James Baldwin, one of the most important literary minds of the 20th century. For BBC Radio 4, Kyle Soller reads his groundbreaking 1956 novel of queer love and desire, repression and shame.

David, a young American expat in Paris, has proposed to his girlfriend Hella and she's promised to give him her answer when she returns from vacation in Spain. While she's away, David meets Giovanni, a handsome Italian barman, and the two men begin a passionate affair. As the date of Hella's return approaches David wrestles with the choice he must make; a choice that will have devastating consequences.

Produced by Mair Bosworth and Mary Ward-Lowery for BBC Audio
Abridged by Sara Davies
Read by Kyle Soller

THU 23:00 The Today Podcast (m0021jqt)
How do we turbo-charge Britain's economy?

Chancellor Rachel Reeves and Deputy Prime Minister Angela Rayner have been championing growth this week. But will their plans actually work?

Amol has assembled an expert panel to provide their take on how to generate more wealth in the UK – Institute for Fiscal Studies director Paul Johnson and venture capitalist and co-founder of Lovecrafts, Cherry Freeman.

And comedian Frank Skinner joins Amol with his moment of the week – watch out for a bonus episode with much more of their chat coming to this feed soon.

If you have a question you'd like to Amol and Nick to answer, get in touch by sending us a message or voice note via WhatsApp to +44 330 123 4346 or email us Today@bbc.co.uk

Episodes of The Today Podcast land first on BBC Sounds. Get Amol and Nick's take on the biggest stories of the week, with insights from behind the scenes at the UK's most influential radio news programme.

The Today Podcast is hosted by Amol Rajan and Nick Robinson, both presenters of BBC Radio 4's Today programme, the UK's most influential radio news programme. Amol was the BBC's media editor for six years and is the former editor of the Independent, he's also the current presenter of University Challenge. Nick has presented the Today programme since 2015, he was the BBC's political editor for ten years before that and also previously worked as ITV's political editor.

You can listen to the latest episode of The Today Podcast any time on your smart speaker by saying "Smart Speaker, ask BBC Sounds to play The Today Podcast."

The senior producer is Tom Smithard, the producer is Hatty Nash, research and digital production from Joe Wilkinson. The editor is Louisa Lewis. The executive producer is Owenna Griffiths. Technical production from Mike Regaard.

THU 23:30 On the Spot (m0020qdl)

The Penalty Kick in football is a psychological moment of sporting theatre. Consider the penalty shootout climax of the 2022 World Cup Final, France v Argentina, in Qatar.

At fever-pitch, Gary Lineker, declared: "somewhere in this script, someone made it into a drama."

That someone was the amateur goalkeeper, William McCrum from County Armagh, Northern Ireland, who invented the Penalty Kick at the end of the 19th century. He was Robert McCrum's great-grandfather and, in this documentary, Robert journeys back in time to Milford, Co. Armagh in the 1880s, when football was a rough and often dangerous game.

As a result, his great-grandfather William, the heir to a linen fortune and a keen amateur goalkeeper, proposed a new and drastic sanction - Rule 13, a penalty kick that would punish foul play. At first, the International Football Board resisted 'The Irishman's Motion' as an impossible affront to the purity of a noble game and, even after the Penalty Kick was adopted in 1891, it remained controversial.

Robert visits McCrum Square, Milford, the site of the football pitch where the penalty kick was invented, and discovers that the story of its origin isn't as straightforward as it might seem.

Punctuating Robert's search into his fascinating family history are voices highlighting the psychology behind this sporting drama. For the spectators, it's an enthralling agony in several parts, and one that will propel us to the brink of some excruciating sensations - dread, hope, dismay and exhilaration. No other sport is as global in its appeal, with billions of fans for whom football's penalty shootout is the ultimate thriller.

Robert's documentary is a highly personal and original take on the Northern Irish roots of this sporting psychodrama.

Produced by Melissa FitzGerald.
A Zinc Audio production for BBC Radio 4

Cover Photo: Milford football team 1898 (William McCrum, the goalkeeper, is seated second in 2nd row, left to right). Thanks to the Milford Buildings Preservation Trust.

FRIDAY 02 AUGUST 2024

FRI 00:00 Midnight News (m0021jqw)
National and international news from BBC Radio 4

FRI 00:30 Status by Carl Honoré (m0021jpn)
[Repeat of broadcast at 11:45 on Thursday]

FRI 00:48 Shipping Forecast (m0021jqy)
The latest weather reports and forecasts for UK shipping

FRI 01:00 Selection of BBC World Service Programmes (m0021jr2)
BBC Radio 4 joins the BBC World Service.

FRI 05:20 Shipping Forecast (m0021jr6)
The latest weather reports and forecasts for UK shipping

FRI 05:30 News Briefing (m0021jrb)
The latest news from BBC Radio 4

FRI 05:43 Prayer for the Day (m0021jrg)

How many days to Christmas?

A reflection and prayer to start the day with the Revd Dr Craig Gardiner, a tutor and chaplain at Cardiff Baptist College.

Good morning.

As we move into August, many shops seem to have already replaced their colourful promotions of holiday sandals and buckets and spades with the more sombre colours of back-to-school shoes, sensible coats and uniforms. I can't help but feel a little regret, as my long imagined sunny days of fun, seem to be prematurely banished into history.

But it wasn't just the new school year that caught my attention this week. It was also the red and green advertisements, enticing me to join the supermarket Christmas Club. Already! And, here is my dilemma. I'm not happy about leaving the summer behind too soon, but neither do I like being precipitately pulled towards the birth of Jesus and the cultural festivities that go with that. Instead, I want to be present to the here and the now. Because being part of the moment, whatever might be happening, is a valuable treasure in life.

Jesus told a story where living with God was compared to a jewel merchant hunting for pearls. When they found one that was absolutely flawless, they sold everything they had make it theirs.

Maybe one of the valuable things about a life, is being attentive to what's happening in the present. The Welsh poet RS Thomas clearly thought so. In the poem 'The Bright Field', he says, 'life is not hurrying on to a receding future, not hankering after an imagined past' but 'it is the turning aside' to pay attention to the moment illuminated by God – that could be our miracle for today.

Dear God,
Help us to be present to hidden treasures of today:
May the people we meet,
and the events of this day,
break upon our lives
like bright sunlight on a field,
drawing our attention to a moment spent with you.
Amen.

FRI 05:45 Farming Today (m0021jrl)
02/08/24 Planning and the green belt; Battery storage on farms; Buffalo farmer.

County councils are concerned about how rural areas will cope with new housing targets set by the Labour government. It plans to build one and a half million homes by 2029 and is setting mandatory targets for councils. Many of those new homes are to be built on bits of the green belt which will be reclassified as grey belt - what does this mean for rural England? The County Councils Network says planning needs to be strategic, and that infrastructure like local roads and health services need to be in place before new houses are built.

All this week we've been looking at the impact of the expanding renewables industry on the countryside, today we turn to battery storage facilities on farms. They store the energy generated by solar and other renewables. That energy is then sold back to the grid at times of high demand. They also give farmers a guaranteed income, as energy companies pay them to have the batteries on their land. We visit one farmer who's got battery storage on his land in Hampshire.

The farmer who bought a herd of buffalo after inheriting the family farm. Dagan James' idea was to turn what had been an intensive arable farm into a grassland farm, with more space for nature alongside the livestock. That was 24 years ago, the herd's not as big as it once was, but he says the farm's more sustainable, both financially and environmentally.

Presenter = Charlotte Smith
Producer = Rebecca Rooney

FRI 06:00 Today (m0021jh6)
02/08/24 - Amol Rajan and Justin Webb

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

FRI 09:00 Desert Island Discs (m0021j01)
[Repeat of broadcast at 10:00 on Sunday]

FRI 10:00 Woman's Hour (m0021jh8)
Amanda Abbington, Crime Fiction, Asbestos in Make-up and Sock Wars

Amanda Abbington joins Anita Rani to talk about her new role in Tawni O'Dell's play *When It Happens To You*. Amanda plays Tara, a mother who is desperately trying to hold her family

together after her daughter is brutally attacked. She discusses playing a mother whose own trauma is triggered by her daughter's experiences and how a culture of shame can lead to women's silence.

In the latest in our series on 'genre fiction', we turn to the UK's most popular genre: crime fiction. Jane Casey is the creator of the award-winning and gritty Maevie Kerrigan detective series, most recently appearing in A Stranger in the Family. Janice Hallett has been dubbed the 'Queen of cosy crime' for her unconventional and popular epistolary style mystery books, including her new novel The Examiner. They talk to Anita about the evolution of women as murderers and sleuths in crime fiction, and whether crime can ever be 'cosy'.

Is there asbestos in make-up? The new Radio 4 series Talc Tales investigates questions about the safety of talc in make-up and cosmetics after women diagnosed with cancer have launched court cases against some cosmetic companies, claiming products are contaminated with asbestos. Anita is joined in the studio by BBC journalist Phoebe Keane to hear what she found while making the series.

For a while now there has been a war going on social media over the length of your socks. If you are a millennial you are most likely wearing ankle socks. Whereas Gen-Z are hiking them right up to their knees. Anita delves into sock politics with Frankie Graddon and Ellie Muir.

Presenter: Anita Rani
Producer: Laura Northedge

FRI 11:00 The Food Programme (m0021jhb)
Why Are Celebrity Drinks Everywhere?

Jaega Wise and Robbie Armstrong explore the exponential growth of celebrity-backed drinks brands. She asks why so many stars want a piece of this rapidly growing pie, and charts the rise of everything from A-Lister tequilas and rums to supermarket shelves stacked with celeb-branded wines.

Jaega heads to one of UK's biggest drinks events of the year, Dr Dre and Snoop's Gin & Juice launch, where she speaks to Shaquille O'Neal, Yungblud, Ella Eyre and Yasiin Bey on the star-studded red carpet.

She hears from Blur's Alex James about his English sparkling wine, and chats with Emma Watson's brother Alex about the premium gin he's launched with his sister.

Brett Berish of Sovereign Brands talks about the process behind creating some of the world's most popular celebrity-endorsed spirits. Filling up his cup with more than a splash of cynicism, Aaron Goldfarb guides Jaega through the winners and losers in his list of the best and worst celebrity spirits on the market.

Jaega sits down with Noble Rot founder Dan Keeling, who discusses his previous career in the music industry, why he thinks celebrities should leave the winemaking to winemakers, and the growing trend of vigneron-as-celebrity.

Producer Robbie Armstrong pops a few star-studded corks with wine writer and author of 'Corker', Hannah Crosbie, explains the appeal of celebrity booze for consumers, and talks us through which ones might be worth your money. Jennifer Creevy, head of food and drink at trend forecaster WGSN, predicts what the future holds for the celebrity category – and which drinks might come of age while others spoil.

Presented by Jaega Wise.
Produced by Robbie Armstrong.

FRI 11:45 Status by Carl Honoré (m0021jhf)
Episode 5

It shapes every social interaction. But we'd rather not talk about it. It's shameful to seek it. But we want it.

Status has always been the elephant in the room, our dirty little secret. Now Carl Honoré is going to bring it out into the open. He argues that status is changing in the modern world and not always for the better. Can we use it as a force for good?

When asked to explain what drove us to achieve a particular feat, we talk of our desire to change the world, help others, learn something new, overcome a challenge, have fun, make money or simply gain more control over our lives. No one ever says: "I did it to enhance my status."

This reticence is hardly surprising. Status cuts to the core of who we are and our place in the world. Of how others see us and how we see ourselves.

Talking about this feels awkward, messy, exposing, embarrassing. Like sharing a sexual problem. So status remains the driver that dare not speak its name.

This series will break that taboo and ask the big questions: Why is status so important? How does it work? How can we harness it to live better lives? Could a new approach to status help us tackle the epic challenges facing humankind at the start of the 21st century?

Written and Presented by Carl Honoré
Producer: Tom Woolfenden
Executive Producer: Kirsten Lass
A Loftus Media production for BBC Radio 4

FRI 12:00 News Summary (m0021jkh)
The latest national and international news from BBC Radio 4.

FRI 12:04 Rare Earth (m0021jhp)
How to Floodproof A City

Tom Heap and Helen Czerski meet the people with fresh ideas to combat rising sea levels, from Enfield to Indonesia.

Average sea levels across the world are rising fast. That puts 570 cities with a combined population of 800 million people at significant threat of inundation. Add in the impact of extreme rainfall events and you have a huge slice of our urban planet that needs protection from flooding. Tom and Helen are joined by Professor Richard Dawson of Newcastle University who considers the engineering solutions available, from huge chunks of concrete and steel to the clever use of parks and gardens that can slow down the flow of water into the streets.

Emma Howard Boyd, former chair of the Environment Agency, tells them about her London Climate Resilience Review which shines a light on the urgent need to raise the city's embankments and suggests some quirkier options. Could the 160,000 large holes that are dug every year in London be repurposed as emergency water buffers?

Helen visits New Orleans, 19 years after one of the world's most disastrous urban floods, to meet Dana Eness who leads the Front Yard Initiative which helps city residents floodproof their homes with native flower gardens and rainwater butts. And journalist, Peter Hadfield, discusses his visit to Jakarta, the capital of Indonesia that's sinking fast. There are ambitious plans for new sea defences linked by artificial Dubai-style luxury islands, but the national government has decided to abandon the city in favour of a new capital over 1000km away.

Producer: Alasdair Cross
Assistant Producer: Toby Field

FRI 12:57 Weather (m0021jht)
The latest weather forecast

FRI 13:00 World at One (m0021jhy)
Funeral for Hamas political leader

Analysis of how the strike will affect ceasefire negotiations. Also, concerns the Russian prisoner swap deal could encourage Putin, and controversy at the Olympic boxing.

FRI 13:45 Naturebang (m0021jj2)
Underground Fungi and the Market Economy

Becky Ripley and Emily Knight dig deep into the underground web of plant roots and mycorrhizal fungi networks. Here lies a 400 million year old market economy, founded on the trading of resources. Nutrients are traded for carbon. Carbon is traded for nutrients. And the exchange rate between the two is constantly in flux, to level supply with demand.

This highly-evolved symbiosis between plant and fungi is crucial to the survival of over 80% of all terrestrial plants. And it also acts as a colossal carbon store. A recent study found that 13 billion tons of CO2 are passed from plants to mycorrhizal fungi each year. It's one of the most effective and important market trading relationships in the world.

And it turns out, these belowground trade deals are not so different to the aboveground deals that play out within our own market trading economy. Both move and shake to the very same economic principles of supply and demand. Can our economic theories be applied back to the fungi-plant deals in order for the fungi to capture more carbon in the face of climate change? Or, flip-reverse it, can we apply some of their age-old trading strategies to our own economic models? They may not have a brain, but they have 400 million years of evolution under their belt, so their trade strategies may well be more streamlined and more symbiotic compared to ours.

Featuring Dr Bethan Manley, fungal geneticist and data scientist at The Society for the Protection of Underground Networks, and Dr Ted Loch-Temzelides, Professor of Sustainable Development at the Department of Economics at Rice

University. Produced and presented by Emily Knight and Becky Ripley.

FRI 14:00 The Archers (m0021jj6)
[Repeat of broadcast at 19:00 on Thursday]

FRI 14:15 Limelight (m0020z5d)
The Skies Are Watching

The Skies Are Watching - 5. The Future of What

J.D. sends Heather, Jana and Constance to a rendezvous with members of a UFO cult. Did Vance's prediction of an alien invasion come true, or was it all a veiled act of terrorism?

The Skies Are Watching was the 2024 recipient of the Audio Fiction Award at the Tribeca Festival.

Cast:
Heather - Caitlin Stasey
Rodney - David Yow
Jana - Caroline Morahan
Constance - Guinevere Turner
J.D. - James Bacon

Created and Produced by Jon Frechette and Todd Luoto
Music - Lars Koller, Jon Frechette, Blue Dot Sessions
Editing and Sound Design - Jon Frechette
Written and Directed by Jon Frechette
Production Manager - Kurt Koller
Executive Producer - John Scott Dryden

A Goldhawk production for Radio 4 and BBC Sounds

FRI 14:45 Communicating with Ros Atkins (m0020z5l)
7. Martin Lewis, personal finance journalist and campaigner

Ros speaks to money saving expert Martin Lewis. We all communicate multiple times a day but could we be getting better results? From a simple text or phone call, to a job interview or big presentation, the way we express ourselves and get our point across can really matter. Ros Atkins and his fascinating guests reveal the best ways to communicate and how simple changes in the way we make our point can be really effective.

In this episode, Ros and Martin discuss why people digest information selfishly and how to communicate important information that could easily come across as boring.

Series Producer: Hannah Newton
Producer: Olivia Cope
Executive Producer: Zoë Edwards
Mix Engineer: Jonathan Last
Original Music Composed by: Tom Wrangmore / Eliphino
Commissioning Editor: Rhian Roberts

A Listen production for BBC Radio 4

FRI 15:00 Gardeners' Question Time (m0021jjb)
Exeter City

When does manure become well rotted? Where should I start when designing a flowerbed in my garden? What can I do to encourage my dahlias to sprout flowers?

Kathy Clugston and the GQT team of horticultural heroes are on hand to tackle the gardening queries of an audience in Exeter City. Kathy is joined by garden designer Chris Beardshaw, grow your own guru Bob Flowerdew and proud plantswoman Christine Walkden.

Later in the programme, Assistant Producer Rahnee Prescod meets with community projects manager of YMCA Exeter Sam Thomas, to discuss how gardening therapy provides an escape for young adults experiencing homelessness.

Producer: Bethany Hocken
Assistant Producer: Rahnee Prescod

Executive Producer: Carly Maile
A Somethin' Else production for BBC Radio 4

FRI 15:45 Short Works (m0021jjf)
White Ferrari by Caleb Azumah Nelson

Caleb Azumah Nelson, the award-winning author of Open Water and Small Worlds, reads his new story written for Radio 4.

On a sultry summer's day in London, a white convertible and the open road offer hope to two childhood friends...

Reader: Caleb Azumah Nelson

Writer: Caleb Azumah Nelson's debut novel, *Open Water*, won the Costa Book Award for First Novel, and his second, *Small Worlds*, won the Dylan Thomas Prize. His story, 'Pray', was shortlisted for the BBC National Short Story Award, 2020
Producer: Justine Willett

FRI 16:00 Last Word (m0021jjj)

Edna O'Brien, Sir Kenneth Grange, Ewy Rosqvist, John Mayall

John Wilson on

Edna O'Brien, one of Ireland's greatest writers. In a career spanning over 60 years she wrote 17 novels and many short stories, plays and essays.

Sir Kenneth Grange, the prolific designer whose works included the Kenwood Chef, the parking meter and the Intercity 125 train.

Groundbreaking Swedish rally driver Ewy Rosqvist.

The British blues musician John Mayall, the man who nurtured the young talents of Eric Clapton, Peter Green, Mick Fleetwood and many more.

Producer: Ed Prendeville

Archive used:

Ewy Rosqvist: An Unexpected Champion, uploaded to Youtube/28 04/2019; Sound Effect of Ewy Driving at the 1964 Grand Prix, "TOUGH MILES TO VICTORY" 1964 ARGENTINA GRAND PRIX AUTO RACE BUENOS AIRES MERCEDES XD8687; Rhythm and Blues: John Mayall Father of the British Blues, Radio 2, 25/09/1986; John Mayall, Nicky Campbell Show, BBC Radio 1, 10/07/1990; John Mayall: 40 Years of the Blues, BBC Four, 03/09/2009; The Archers Omnibus, BBC Radio 4, 24/09/1955; Woman's Hour, BBC Radio 4, 11/09/2015; Free Thinking, BBC Radio 3; 04/11/2015; Edna O'Brien: Fearful... and Fearless, BBC Two HD, 01/08/2019; Country Girls, BBC Radio 4, 2015; Desert Island Discs, BBC Radio 4, 01/01/2017; Front Row 2011 interview with Kenneth Grange, 18/17/2011; The Age of the Train, BBC Four, 15/09/2012;

FRI 16:30 Sideways (m0021j90)

[Repeat of broadcast at 09:00 on Wednesday]

FRI 17:00 PM (m0021jjm)

Violent disorder: how to deal with it?

Violent disorder in the UK. Former Attorney General Dominic Grieve on the lessons from the riots of 2011. Plus a great day for Team GB at the Olympics. Gold medal legends Sally Gunnell and Greg Searle give advice to Andy Murray on how to cope with retirement.

FRI 18:00 Six O'Clock News (m0021jip)

Two female boxers competed despite disqualification from 2023's World Championships

FRI 18:30 Catherine Bohart: TL:DR (m0021jir)

Series 1

Episode 2

Columns. Analysis. The Guardian's Long Read. Who has time? Catherine Bohart, that's who, and she's going beyond the headlines to give you the lowdown on one of the biggest stories this week, alongside a guest journalist and roving correspondent Sunil Patel.

This week: what's Putin's endgame in Ukraine?

Topical comedy stalwart Gareth Gwynn is our guide through the detail, and historian Julia Leikin joins to explain how the region's past is affecting its present.

Meanwhile, in the TL:DR Sidebar, comedian Sunil Patel looks at the advantages of having a former comedian as your President when on a war-time footing.

Written by Catherine Bohart, with Madeleine Brettingham, Sarah Campbell and Georgie Flinn.

Produced by Victoria Lloyd & Lyndsay Fenner

Recorded at the Museum of Comedy, and Edited by David Thomas

Production Coordinators - Beverly Tagg & Anna Madley

A Mighty Bunny production for BBC Radio 4

FRI 19:00 The Archers (m0021jjt)

Emma offers to buy George tea, but on the way, Emma mentions yesterday's photos, where George looked serious in every one. She wonders if something's worrying him and if so, he needs to know she's there for him. But George flies off the handle when he hears Chelsea's worried about him too and asks to be taken home, where he heads straight up to his room.

Later Emma goes up to see him where distraught George talks her through the Am rescue. But when he mentions Fallon on the riverbank, thanking him for saving her life, he points out that Fallon didn't realise that he'd caused the accident. When he heard the sirens he knew he had to get to Alice in the car, before the police did. He then pulled out-of-it Alice into the driver's seat. When a shocked Emma struggles to take in what this means, tearful George admits that he'd been driving the car. George explains that he'd been trying to help Alice get home, but when she tried to open the car door as he was driving, he lost concentration and that's when the accident happened. Emma wonders how she's going to face everyone, but one thing she's sure of is that George is going to have to be brave and tell the truth and go to the police. But George knows he'd be done for obstructing the course of justice and will go to prison. He begs Emma not to tell anyone, not even Will.

FRI 19:15 Screenshot (m0021jjw)

Mermaids

Ellen E Jones and Mark Kermode take a deep 'dive' into the world of water to mark the 40th anniversary this summer of the joyous romantic comedy *Splash* hitting our screens. *Splash* features Tom Hanks' leading man debut as he meets and falls for mermaid Daryl Hannah in New York, before they finally swim off into the sunset together.

From *The Little Mermaid* through *Miranda* to *The Lure*, mermaids have a long rich history in the movies.

Mark talks to director Agnieszka Smoczyńska about her 1980s set Polish mermaid musical *The Lure*. They discuss cinema's fascination with the mermaid myth.

Ellen looks back into cinema history to explore the films of Esther Williams - nicknamed the Million Dollar Mermaid - a swimmer turned actress whose 'aquamusicals' in the 40s and 50s featured elaborate synchronised swimming sequences and made waves at the box office. She speaks to synchronised swimming choreographer Mésa Kussman and friend of the show Lillian Crawford about the enduring appeal and surprising legacy of the aquamusical.

Producer: Queenie Qureshi-Wales

A Prospect Street production for BBC Radio 4

FRI 20:00 Any Questions? (m0021jyy)

Alex Norris MP, Charlotte Pickles, Dr Emma Runswick, Helen Whately MP

Alex Forsyth presents political discussion from the Thackray Museum of Medicine in Leeds with the Minister for Housing, Communities and Local Government Alex Norris MP, the Director of the Reform thinktank Charlotte Pickles, the Deputy Chair of the British Medical Association council Dr Emma Runswick and the Shadow Secretary of State for Transport Helen Whately MP.

Producer: Robin Markwell

Lead Broadcast Engineer: Jonathan Esp

FRI 20:50 A Point of View (m0021jk0)

Change

Will Self muses on change as he prepares for a stem cell transplant, an operation 'which will result in the greatest change in what has been a notably changeable life.'

And he discusses the preparations he's making which he believes put him 'in pole position to race with this ...devilish adversary.'

He concludes that the art of living is about recognizing that 'life is in continual flux - and our vacillating wills and changeable natures, psychic and physical alike, are just part of the cosmic churn - nothing in fact endures, but change itself.'

Producer: Adele Armstrong

Sound: Peter Boshier

Production coordinator: Gemma Ashman

Editor: Tom Bigwood

FRI 21:00 Archive on 4 (m0006s7x)

Voice in the Machine

Talking technology has surrounded us for over half a century.

From the earliest incarnation of the Speaking Clock to the

artificially intelligent personal assistants in our homes, we've slowly got used to sharing our lives with machines that help us with our daily chores.

Who better to guide us through the history of the Voice in the Machine than two of the nation's most familiar voices?

Jon Briggs was the original voice of Siri in the UK - a fact he only discovered while watching a feature on the TV. Emma Hignett's voice is heard on London's buses and trains, helping people to navigate the capital. Spending the day in a smart home, the duo ask the robo-vacuum to clean the floor, request songs and jokes from personal assistant Alexa, and hop channels with a talking television.

While travelling on a bus and hearing her own voice, Emma shares her own recording tips and tricks. A visit to the local supermarket leads to an encounter with perhaps the most irritating machine voice of all time, with repeated warnings of an "unexpected item in bagging area". As these recognisable voices dig deeper into our history with talking tech, Jon gets a little nostalgic with his own fondness for Knight Rider's talking car, KITT.

Rifling through the archives, Jon and Emma reminisce about their memories of talkative gadgets from fact, fiction and music. In the context of the early archival recordings of talking technology, the voices of today's OK Google, Alexa, Siri and others have come a long way.

But why are our assistants almost all female?

And are they really listening to us all the time?

Join Jon and Emma as they grapple with these questions and their personal connection to the silicon speech that narrates our lives.

A BlokMedia production for BBC Radio 4, first broadcast in July 2019.

FRI 22:00 The World Tonight (m0021jk2)

What is driving unrest on the streets?

There is unrest in Sunderland tonight, the latest community to be disturbed. Several hundred rioters are on the streets - a car has been set on fire and police have come under attack. We are live there - and ask how online misinformation - feared to be driving these disturbances countrywide - can be tackled.

Also tonight:

In her first interview since being released as part of a major prisoner swap, a leading Russian dissident who was jailed for protesting against the invasion of Ukraine tells us what it's like to finally be free.

And I've been to the Tudor manor house which once inspired Hilary Mantel, and where newly uncovered paper-cuttings which slipped between the floorboards are giving in a rare insight into the education of girls in the 17th century.

FRI 22:45 Giovanni's Room by James Baldwin (m0021jk4)

Episode Five

2024 marks the centenary of the birth of the American writer and civil rights activist James Baldwin, one of the most important literary minds of the 20th century. For BBC Radio 4, Kyle Soller reads his groundbreaking 1956 novel of love and desire, repression and shame.

David, a young American expat in Paris, has proposed to his girlfriend Hella and she's promised to give him her answer when she returns from vacation in Spain. While she's away, David meets Giovanni, a handsome Italian barman, and the two men begin a passionate affair. As the date of Hella's return approaches David wrestles with the choice he must make; a choice that will have devastating consequences.

Produced by Mair Bosworth and Mary Ward-Lowery for BBC

Audio

Abridged by Sara Davies

Read by Kyle Soller

FRI 23:00 Americast (m0021jk6)

Join the Americast team for insights from across the US.

FRI 23:30 The Science Of... Knife Crime (m00219zm)

Knife crime in Britain gets called an 'epidemic', so could a scientific approach be the solution to saving lives? From the moment a stabbing takes place, into the ambulance and through to the operating table and the aftercare, we join emergency medicine doctor Saleyha Ahsan to see the journey victims take through hospital and the science that underpins the efforts to save their life.

With lessons from Formula 1 and the policing of late night drinking, she sees how looking sideways is helping us adapt to the challenges of preventing and treating knife injuries.

Presenter: Dr Saleyha Ahsan
Producer: Tom Bonnett
Production Co-ordinator: Jana Holesworth
Executive Editor: Martin Smith