

SATURDAY 19 OCTOBER 2024

SAT 00:00 Midnight News (m0023yh1)

National and international news from BBC Radio 4

SAT 00:30 The Trust Shift (m001xn8t)

New AI Frontiers.

Across five episodes, Rachel Botsman traces the intriguing history of trust.

Rachel looks back on what she sees as the three major chapters of trust in human history. In the broadest terms, these are Local Trust, Institutional Trust, and Distributed Trust. As we've moved from one to the next, we've experienced, what she calls, 'Trust Shifts'.

These shifts have happened because humans took a risk to try something new. To innovate in ways that have shaped our behaviours, for better or worse. Rachel reflects on how each trust shift has profoundly changed the dynamics of our lives; whether that's how we bank or buy goods, vote, learn, travel, date, and importantly, find and consume information.

In Episode 5, our final episode, Rachel explores the trust challenge we are currently facing, with the rise of Artificial Intelligence creeping into many areas of our lives. What can we learn from what's come before?

Featuring Dr Jack Stilgoe, Professor in Science and Technology Studies at University College London, where he researches the governance of emerging technologies. Jack is also part of the research programme, Responsible AI.

Rachel Botsman is the author of Who Can You Trust? and What's Mine Is Yours. She was Oxford University's first Trust Fellow and has worked with world leaders, the Bank of England, CEOs and financial regulators.

Producer: Eliza Lomas for BBC Audio, Bristol.
Editor: Chris Ledgard.

SAT 00:48 Shipping Forecast (m0023yh3)

The latest weather reports and forecasts for UK shipping

SAT 01:00 Selection of BBC World Service Programmes (m0023yh5)

BBC Radio 4 joins the BBC World Service.

SAT 05:20 Shipping Forecast (m0023yh7)

The latest weather reports and forecasts for UK shipping

SAT 05:30 News Briefing (m0023yh9)

The latest news from BBC Radio 4

SAT 05:43 Prayer for the Day (m0023yhc)

Water, a precious resource

Good morning!

The state of our rivers and oceans is precarious. Pollution is a real problem and if nothing is done about it then we have much to lose. Water is a source of life; we need it to thrive and survive.

I spent my childhood in Africa. I saw mothers and young children walk long distances every day to fetch water – a single bucket on their heads for cooking, washing and cleaning. I remember spinning the wheel at the well to help them fill their buckets and splash water with the village children. I saw Muslim worshippers performing their entire ablution with just one jug of water. They appreciated water. When my siblings and I went back home, we could just turn on a tap. The appreciation was not the same. I share my childhood stories with my children in the hope they will learn to appreciate what we have.

The Qur'an tells a story about the Banu Israel, the Israelites who were exiled from Egypt. In the Sinai they were desperate for water. It says, "Remember when Moses prayed for water for his people; (God) said (to Moses), "Strike the rock with your staff!" Suddenly, twelve springs gushed from it. Each tribe knew its place of water. Eat and drink from the sustenance provided by God and do not do evil or mischief on earth."

The Prophet Muhammad forbade the wasting and polluting of water. In Islam, personal hygiene is half of one's faith. Even the dead are washed before being shrouded.

I pray that God enables us to take care of this precious gift, amin.

SAT 05:45 Glued Up: The Sticky Story of Humanity

(m001y8h3)

Coming Unstuck

In this series, materials scientist Mark Miodownik charts the journey of human progress through the sticky substances that have shaped us.

In episode five he explores how the sticking power of modern glues – in everything from phones to furniture and planes to wind turbines – pose a problem, because they can't be Unstuck.

He hears how modern electronic devices contain more glue than ever before, making them harder to repair and more likely to end up in landfill. But new designs could make our tech more sustainable.

And he learns about research into reversible glues that can be turned off at the flick of a switch, and how they could change the way we make, fix and recycle our stuff.

Contributors:

Barny Greenland, University of Sussex
Liz Chamberlain, iFixit

Sound effects: scratching_rotten_wall by erpe, from Freesound

Producer: Anand Jagatia
Presenter: Mark Miodownik
Executive Producer: Sasha Feachem
BBC Studios Audio Production

SAT 06:00 News and Papers (m00246ck)

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

SAT 06:07 Rambblings (m0023x9k)

GM Ringway - a new 200-mile walking route

Clare hikes along a section of the GM Ringway, Greater Manchester's new walking trail. It's a 200 mile route split into 20 stages, starting and ending in Manchester city centre. It goes around the edge of the county through all 10 boroughs of the region, and it's linked with public transport so people can easily access the linear stages.

Joining Clare as she walks part of Stage 6, which is Strines to Marple, is Andrew Read whose brilliant idea this was. He was awarded £250k of funding from the Heritage Lottery Fund to make it happen.

The project also depends upon a legion of keen volunteers, several of whom join Clare for today's walk. One of these is 'Stage Guardian' Roz Hughes who explains how important volunteer involvement is to keep the walk maintained in the long term.

The starting point of the walk, Strines Station, was described in The Railway Children. Craig Wright joined the group to share his enthusiasm for this classic children's book, and - while reading a short section - points out aspects of a view that can be recognised from Edith Nesbit's descriptions.

Presenter: Clare Balding
Producer: Karen Gregor

SAT 06:30 Farming Today (m00246cm)

19/10/24 - Farming Today This Week: Biodiversity COP, UK wine and organic milk shortages

The UK is in danger of violating international agreements on restoring nature, according to The Wildlife Trusts. It says the upcoming COP 16 on biodiversity is a crucial chance for the Government to demonstrate how it will meet targets to halt and reverse the decline of nature by 2030.

As the grape harvest gets underway, we take a deep dive into a growing UK farm sector - viticulture. There are more than 10,000 acres of vines grown across the UK, and that area is expanding. Recent data shows more than 80 new vineyards opened in 2023 - bringing the total number to more than a thousand for the first time.

And where has all the organic skimmed milk gone? Our listeners wanted to know...so we found out.

Presented by Charlotte Smith
Produced by Heather Simons

SAT 06:57 Weather (m00246cp)

The latest weather reports and forecast

SAT 07:00 Today (m00246cr)

19/10/24 - Emma Barnett and Amol Rajan

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

SAT 09:00 Saturday Live (m00246ct)

Jon Sopel, Lindsay Nicholson, Fay Manners, Chris and Rosie Ramsey

Radio 4's Saturday morning show brings you extraordinary stories and remarkable people.

SAT 10:00 Curious Cases (m002404q)

Series 1

Mirror, Mirror

9 year old listener Koby sends Hannah and Dara on a mission to find the shiniest thing in the world. And so they enter a world of mirrors...

The journey takes them into the subatomic goings on of shiny metal surfaces, where electrons wobble and dance and send light waves back at *just* the right angle. Our curious duo play with an astonishingly reflective plastic film that can be found hidden in devices we all use. And they probe the mysterious power of refraction, harnessed to make the \$2 million mirrors which reflect the lasers at the huge LIGO experiment.

And everyone ponders the surprisingly reflective properties of a pint in space.

Contributors:

Dr Felix Flicker: University of Bristol, author of The Magick of Matter
Professor Stuart Reid: University of Strathclyde
Quinn Sanford: optical engineer from 3M
GariLynn Billingsley: Optical Sciences Group Leader at LIGO

Producer: Ilan Goodman
Executive Producer: Alexandra Feachem
A BBC Studios Audio Production

SAT 10:30 Soul Music (m00244mj)

Tender

"Tender is the night lying by your side / Tender is the touch of someone that you love too much..." - Chris Lightfoot will always associate Blur's song 'Tender' with his first big love. A relationship he moved across the world for, with someone he loved deeply and who changed the course of his life. A relationship he ultimately couldn't make work. The song came on, and they held each other - knowing they had to let each other go.

"Tender is the day the demons go away / Lord, I need to find someone who can heal my mind..." - Music writer Jason Draper explains how the song was born out of a period of huge change and turmoil for Blur. Lead singer Damon Albarn's relationship with Justine Frischmann of Elastica had come to "a spectacularly sad end"; while guitarist Graham Coxon was tackling his own demons and taking steps towards sobriety. Living alone in a one-bedroom flat in West London and listening to a lot of Otis Redding, Damon had begun writing lyrics for a new song. Not a bitter break-up song, but one "that paid tribute to how important something was in my life... a celebration of love found and lost but not forgotten". Across town, Graham woke up one morning - still half dreaming - with a refrain circling in his head - "oh my baby, oh why, oh my" and captured a fragile guitar line on his dictaphone. These elements came together in studio, with the help of Producer William Orbit and 40 singers from the London Community Gospel Choir, to create a cathartic anthem that feels like a secular hymn.

"Come on, come on, come on / Get through it..." - Catherine Anne Davies, who makes music as The Anchoress, has loved Blur since she was a teenager. Tender has been there for her through break ups and times of difficulty. She talks about her experience of covering the song and explains how the structure creates its emotional impact.

"Oh my baby, Oh my baby..." - For Sarah, the song will always be associated with the arrival of her first child, after it came on in the taxi on the way to hospital on the way to give birth. The song carried her through the overwhelming contractions and has gone on to become a cherished family lullaby. "Tender is the night, lying by your side..." That's it isn't it? The love that you feel for the people closest to you, is almost too much... because of the risk involved, but it's a risk we're willing to take".

"Come on, come on, come on / Love's the greatest thing, that we have..." - For Naomi Chiffi, the song provided a powerful outlet for grief and an opportunity for communion, after losing both her father and cousin to suicide. For her, it's a reminder to give out love every chance we get - "love is the only thing that really matters".

Produced by Mair Bosworth for BBC Audio

SAT 11:00 The Week in Westminster (m00246cw)

Radio 4's weekly assessment of developments at Westminster

SAT 11:30 From Our Own Correspondent (m002462b)

Israel, Gaza and a wish list for the future

Katie Adie presents stories from Israel and Gaza, the USA, Ivory Coast and Bolivia.

At a UN school in Gaza, a teenage girl passed a handwritten note to BBC journalists listing her hopes for a more peaceful future. More than a decade on, Jeremy Bowen remembers that brief encounter - and whether her wishes will ever become reality. Speaking to young Israelis and Palestinians today, he discovers that mistrust between communities is as deep as it's ever been.

The US swing state of Georgia is undergoing a green energy boom, which is generating thousands of new 'green' jobs - but the issue of climate change remains a controversial one. Jordan Dunbar discovers how evangelical Christians are finding new ways to discuss the environment with sceptical Republicans, by focusing on a religious duty to protect the planet.

Abidjan in Ivory Coast is being transformed by a massive programme of road-building and infrastructure improvements - but tens of thousands of people have been forced from their homes and businesses in the process. This phenomenon is becoming increasingly common across Africa as cities modernise and expand at unprecedented rates - but at what cost? Sira Thierij reports.

In the town of Copacabana in Bolivia, dozens of vehicles arrive almost every morning outside one of the oldest churches in South America. The Blessing of the Automobiles has been held here since the 1950s. Rebecca Root joined the daily procession

Series producer: Serena Tarling
Editor: Richard Fenton-Smith
Production Coordinators: Sophie Hill & Katie Morrison

SAT 12:00 News Summary (m00246cy)

The latest national and international news from BBC Radio 4.

SAT 12:04 Money Box (m0024628)

Paul Lewis presents the latest news from the world of personal finance.

SAT 12:30 The News Quiz (m0023ygg)

Series 115

Inflation and Incinerators

This week on The News Quiz, the panel assess the fall in inflation, Wes Streeting's latest bright idea.

Written by Lucy Porter, with additional material by: Mike Shephard, Tasha Dhanraj, Peter Tellouche and Alfie Packham.
Producer: Rajiv Karia
Executive Producer: James Robinson
Production Coordinator: Jodie Charman
Sound Editor: Marc Willcox

A BBC Studios Audio Production for Radio 4
An Eco-Audio certified Production

SAT 12:57 Weather (m00246d0)

The latest weather forecast

SAT 13:00 News and Weather (m00246d2)

The latest national and international news and weather reports from BBC Radio 4

SAT 13:10 Any Questions? (m0023ygn)

Hilary Benn MP, David Brooks MLA, Chris Donnelly, Tina McKenzie

Alex Forsyth presents political discussion from the Crescent Arts Centre in Belfast with the Secretary of State for Northern Ireland Hilary Benn MP, the DUP MLA David Brooks, political commentator and columnist for The Irish News Chris Donnelly and the UK Policy Chair of the Federation for Small Businesses Tina McKenzie.
Producer: Camellia Sinclair
Lead broadcast engineer: Michael Hart

SAT 14:00 Any Answers? (m00246d4)

Call Any Answers? to have your say on the big issues in the

news this week.

SAT 14:45 The Archers (m0023ygg)

Writer: Naylah Ahmed
Director: Pip Swallow
Editor: Jeremy Howe

Helen Archer.... Louiza Patikas
Henry Archer.... Blayke Darby
Natasha Archer.... Mali Harries
Pat Archer.... Patricia Gallimore
Neil Carter.... Brian Hewlett
Clarrie Grundy.... Heather Bell
Ed Grundy.... Barry Farrimond
Emma Grundy.... Emerald O'Hanrahan
Will Grundy.... Philip Molloy
Brad Horrobin.... Taylor Urtley
Chelsea Horrobin.... Madeleine Leslay
Adam Macy.... Andrew Wincott
Zainab Malik.... Priyasha Kamari
Kirsty Miller.... Annabelle Dowler
Elizabeth Pargetter.... Alison Dowling
Fallon Rogers.... Joanna Van Kampen

SAT 15:00 Breaking the Rules (m00246d6)

Guilt Trip

Saul long gave up worshipping God to worship at the altar of Art but not without a huge amount of guilt.

Now he has a chance to interview and curate a retrospective of a true icon: elderly painter Maeve Goring.

As Saul finds himself caught up in Maeve's murky bigoted world he begins to question not only the rules that the Art world is built upon

but over a single weekend manages to break every one of the ten commandments

Saul Alex Waldmann
Joy Jemima Rooper
Lisa Jenna Augen
Maeve Elizabeth Counsell
The Omniscient Presence Allan Corduner

Writer Jeremy Front
Director Sally Avens

SAT 16:00 Woman's Hour (m00246d8)

Highlights from the Woman's Hour week.

SAT 17:00 PM (m00246db)

Full coverage of the day's news.

SAT 17:30 Political Thinking with Nick Robinson (m00246dd)

The Matt Goodwin One

The academic and author Matt Goodwin sat down with Nick Robinson in the aftermath of the riots that spread across the UK in the summer, to discuss whether there are 'legitimate grievances' that lay behind the violence, or just 'hate-fuelled mob violence sparked by misinformation.

SAT 17:54 Shipping Forecast (m00246dg)

The latest weather reports and forecasts for UK shipping

SAT 17:57 Weather (m00246dj)

The latest weather reports and forecast

SAT 18:00 Six O'Clock News (m00246dl)

The latest national and international news from BBC Radio 4

SAT 18:15 Loose Ends (m00245pr)

Bill Bailey, Kiri Pritchard-McLean, Amanda Owen, Katherine Priddy & Richard Walters, Maya Sondhi, Stuart Maconie

Stuart is joined in the Loose Ends Salford Studio by comedian, musician, actor and Strictly winner Bill Bailey. His new book is 'My Animals, and Other Animals: A memoir of sorts'. It's the story of his life through the creatures who have meant something to him, and a celebration of how animals bring us joy. The Yorkshire Shepherdess, Amanda Owen, talks about her latest Channel 4 series - Our Farm Next Door - where she and her large family adapt a ruined farm for a show described as Grand Designs meets Our Yorkshire Farm. In 2022 the comedian and podcast host Kiri Pritchard-McLean hosted a Radio 4 programme Egg-sistential Crisis, exploring her decision not to have children. In her new stand up tour, Peacock, she continues her story now that she and her partner have become foster carers. Maya Sondhi played the hapless PC Maneet Bandra in Line of Duty and Shazia Khan in Citizen Khan. But

she is also the writer and creator of ITV's police thriller DI Ray starring Parminder Nagra who describes her role as "a female Columbo in a green coat".

And there's music from the acclaimed folk singer Katherine Priddy, who released her second album 'The Pendulum Swing' earlier this year. She also performs a duet with Grammy nominated songwriter Richard Walters

Presenter: Stuart Maconie
Producer: Olive Clancy

SAT 19:00 Profile (m002461b)

Morgan McSweeney

He's the man who masterminded Labour's general election campaign, and now holds one of the most important positions in Downing Street.

Morgan McSweeney was recently appointed the prime minister's chief of staff, after Sue Gray quit the role. But what do we know about him?

Born in Macroom, County Cork, he moved to London aged 17. He soon joined the Labour party under Tony Blair, working in a junior role at their headquarters.

He rose through the ranks, forging a reputation as a skilled campaign strategist, and has been credited with being the brains behind this year's landslide victory.

Mark Coles speaks to the people who know him - from school friends back home in Ireland, to others who've worked with him.

Production team
Producers: Bob Howard, Caroline Bayley, Ellie House, Natasha Fernandes
Editor: Ben Mundy
Sound: Neil Churchill
Production Co-ordinators: Maria Ogundele

SAT 19:15 This Cultural Life (m0023x8h)

Hanif Kureishi

Novelist, playwright and screenwriter Hanif Kureishi's first screenplay, My Beautiful Launderette brought him Oscar and BAFTA nominations in 1985. Five years later his debut novel The Buddha Of Suburbia, set amidst the social divisions of mid 70's Britain, became a bestseller and was adapted as a BBC television series. After eleven screenplays including My Son The Fanatic, Venus and The Mother, and nine novels, including Intimacy and the Black Album, his latest book is a memoir called Shattered. It records the year he spent in hospital after a fall on Boxing Day 2022 which has left him paralysed.

Hanif talks to John Wilson about the influence of his father, also a writer, who in part inspired his debut novel The Buddha Of Suburbia. He also talks about the influence of Freudian analysis on his writing and how he is coping with the effects of his life-changing accident.

Producer: Edwina Pitman

SAT 20:00 Archive on 4 (m00246dn)

The Mandy Rice-Davies Tapes

Using recently unearthed recordings of the late model and singer Mandy Rice-Davies, and news archive, Kirsty Wark looks back at the The Profumo Affair of the early 1960s.

This was the first British political sex scandal and it brought down the MacMillan Government. Along with Christine Keeler, teenager Mandy Rice-Davies was at the centre of this saga and, for the first time, we hear the whole story first hand from this woman who was in the eye of the storm and whose life changed completely overnight.

A Soho Studios Entertainment and Two Rivers Media production for BBC Radio 4

SAT 21:00 The History Podcast (m00246dq)

The Brighton Bomb

Episode 12

In 1984 an IRA bomb planted under a bath in Brighton's Grand Hotel came close to killing Margaret Thatcher and her cabinet. Five people died and 31 others were seriously injured.

Writer Glenn Patterson tells the story of the deadly attack, unravelling the threads that brought all involved - often by heart breaking chance - to that place and time. **2.54am** on the morning of 12 October, and reveals how the police only just averted a huge follow-up IRA bombing campaign, aimed at England's beaches.

When you get right down to it, everything in life is a matter of timing...

It is the night of 17 September 1984. The guest in room 629 of Brighton's Grand Hotel has ordered a bottle of vodka and three cokes.

A few minutes before, the guest – who signed in two days ago as Roy Walsh – put the panel back on the side of the bath in 629's en suite.

Behind that panel he has left a bomb, timed to go off in three weeks, three days, six hours and thirty-six minutes, at **2.54am** on Friday 12 October.

The day of Prime Minister Margaret Thatcher's speech to the Conservative Party Conference in Brighton.

And the Prime Minister and all her cabinet, as this man who calls himself Roy Walsh knows, will be staying in the Grand Hotel.

It is the biggest direct assault on a British Government since the Gunpowder Plot.

And in the bomber's mind, it's only the start.

A Walk On Air Films production for BBC Radio 4

SAT 22:00 News (m00246ds)

The latest national and international news from BBC Radio 4

SAT 22:15 The Food Programme (m0023yfp)

Eating on the Spectrum

Leyla Kazim explores how neurodivergence can affect the way people eat and experience food.

The programme visits Aubergine Café in Cardiff, which is owned and run by autistic individuals, to meet the staff who explain why the café is needed and how it provides a better workplace for neurodivergent people.

Leyla also speaks to expert dietician David Rex, who supports children with autism facing eating challenges. She meets the parents of one of his patients, a four-year-old girl recently diagnosed with ARFID (Avoidant Restrictive Food Intake Disorder). David explains the role of "safe foods" and how they can both aid and complicate recovery.

At The Holmewood School in north London, a specialist school for neurodivergent children, teachers and students share with Leyla how their new food technology kitchen is transforming some children's relationship with food, while also building skills and pride.

And renowned chef Heston Blumenthal, owner of The Fat Duck restaurant, discusses his own experiences with ADHD and bipolar disorder.

The programme also features:

Kate Tchanturia, a professor of psychology in eating disorders at King's College London, who developed the PEACE pathway to support autistic people with anorexia.

Lucinda Miller, clinical lead at NatureDoc and author of *Brain Brilliance*, a book of recipes and guidance for parents of neurodivergent children.

Leanne Maskell, founder of ADHD Works, a company providing ADHD coaching.

Presented by Leyla Kazim

Produced for BBC Audio in Bristol by Natalie Donovan

SAT 23:00 Exposure (m0024514)

Loosely based on the true story of comedian and actor Jordan Gray, *Exposure* stars Jordan as Grace, an attention-starved reality star desperately trying to remain relevant after the world has moved on.

Grace always knew she deserved to be famous. Her appearance on *Sing For the Nation's Love* – the UK's favourite TV talent show – made her an overnight sensation, accelerated by the story of her gender transition.

The British public created an omnivorous fame monster – soaking up their acclaim, while feeding off the hot potato of identity politics. But reality TV is cyclical – and hot potatoes eventually go cold.

A year on, her fame has plummeted and Grace is left chasing the identity she forged beneath the limelight. How can she convince the world she's still special when no-one's listening anymore?

This is a comedy about a woman who has been allowed to define her identity – but not her fame.

Aided by her curmudgeonly but lovable father (Vincent Franklin), a reluctant sister/PA (Selin Hizli) and a trend-chasing agent (Harry Trevaldwyn), Grace will do anything to climb the showbiz ladder and reach the level of fame she knows she deserves. Who needs dignity when you've got attention?

Written and Created by Jordan Gray

Cast:

Grace/Hacker Jordan Gray

Dad Vincent Franklin

Toadie Selin Hizli

Director/Police/Dog Track Announcer Marc Pickering

Gavin/Police/Surgeon Adrian Richards

Caesar Harry Trevaldwyn

Jada Blink/Police/Radio DJ Sarah Twomey

Production Team:

Producer/Director: Ben Worsfield

Broadcast Assistant: Tashi Radha

Executive Producer: Simon Nicholls

A Large Time production for BBC Radio 4

SAT 23:30 Brain of Britain (m0023x3p)

Heat 7, 2024

(7/17)

Would you know the actual name of the castle in Bavaria that's sometimes known as the 'Disney castle'? Or the title of the famous novel that was originally published under the pen-name Victoria Lucas?

These are just two of the questions the competitors will face in today's heat of *Brain of Britain*. Russell Davies runs them through their paces at the Squire theatre in Nottingham, as they attempt to win a semi-final place later in the season.

Appearing today are

Colin Daffern from Salford

Andrew Fisher from Sheffield

Charlotte Jeffreys from Nottingham

Sarah Thornton from Holmfirth in West Yorkshire.

Brain of Britain is a BBC Studios Audio production for Radio 4.

Assistant Producer: Stephen Garner

Producer: Paul Bajoria

SUNDAY 20 OCTOBER 2024

SUN 00:00 Midnight News (m00246dv)

The latest news and weather forecast from BBC Radio 4.

SUN 00:15 Open Book (m001gwvk)

Katherine Mansfield

Katherine Mansfield was the only writer Virginia Woolf admitted being jealous of, yet by the 1950s was so undervalued that Elizabeth Bowen was moved to ask, "Where is she – our missing contemporary?"

Mansfield died one hundred years ago this month, aged just 34 years old, and in this programme Chris Power explores her turbulent life, and legacy, through her innovative contribution to Modernism and the short story. Chris is joined by Claire Harman, author of a new biography, *All Sorts of Lives*, which takes a fresh look at Mansfield's life through ten of her most pivotal stories, the short-story writer and novelist Lucy Caldwell and Dr Chris Mourant.

Book List – Sunday 8 January and Thursday 12 January

All Sorts of Lives by Claire Harman

The Garden Party by Katherine Mansfield

Bliss by Katherine Mansfield

The Wind Blows by Katherine Mansfield

Journal by Katherine Mansfield

The Montana Stories by Katherine Mansfield

Wild Places: Selected Stories by Katherine Mansfield

In a German Pension by Katherine Mansfield

The Child Who Was Tired by Katherine Mansfield

Bliss by Katherine Mansfield

Katherine Mansfield and Periodical Culture by Chris Mourant

SUN 00:48 Shipping Forecast (m00246dx)

The latest weather reports and forecasts for UK shipping

SUN 01:00 Selection of BBC World Service Programmes

(m00246dz)

BBC Radio 4 joins the BBC World Service.

SUN 05:20 Shipping Forecast (m00246f1)

The latest weather reports and forecasts for UK shipping

SUN 05:30 News Briefing (m00246f3)

The latest news from BBC Radio 4

SUN 05:43 Bells on Sunday (m002462j)

The church St Mary Handsworth in Sheffield, South Yorkshire.

Bells on Sunday comes from the church St Mary Handsworth in Sheffield, South Yorkshire. There have been bells at Handsworth since 1428 and for many years there were only three. In 1920 as a memorial to those killed in the First World War, a new peal of eight bells were installed including the metal of two of the old bells with an 16th century bell being retained as a service bell. The tenor weighs twelve hundredweight and is in the note of F-sharp. We hear them ringing Plain Bob Triples by members of the Sheffield Universities Guild of Change Ringers.

SUN 05:45 In Touch (m0023pwb)

Eye Care Support Pathway; Guide Dogs – help with free running

The eye care support pathway is a framework developed by the RNIB and partners from across the sight loss sector. It aims to support people through the various stages of sight loss by helping them to understand those stages and signposting them to sources of assistance to navigate through each one. Rob Cooper, Director of Strategic Engagement at RNIB joins us to explain how the process will work, and Dr Peter Hampson, Clinical and Policy Director at the Association of Optometrists gives us an eye care professional's view.

Worried listeners have contacted *In Touch* with concerns that sighted support to enable guide dogs to go free running could be withdrawn. We speak to Mark Sanderson, Director of Skills, Information and Support at Guide Dogs to clarify the situation.

Presenter: Peter White

Producer: Fern Lulham

Production Coordinator: Pete Liggins

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

SUN 06:00 News Summary (m002460m)

The latest national and international news from BBC Radio 4

SUN 06:05 Thinking Allowed (m0023yjd)

Sea Travelling

Laurie Taylor talks to Helen Sampson, Professor in the School of Social Sciences at Cardiff University, about her voyage into the lives and work of seafarers. 25 years of fieldwork on merchant cargo ships has given her an unusual insight into the changing realities of life onboard and the gap between romantic notions of sea travel and the harsher realities – from isolation from friends and family to the monotony of daily life, increasing regulation and surveillance. Also, Sara Caputo, Senior Research Fellow at Magdalene College, Cambridge, illuminates the way in which the history of mapping the oceans reflects the creation of the modern world as we know it, via centuries of trading, exploring and conquering.

Producer: Jayne Egerton

SUN 06:35 On Your Farm (m002460p)

The Bakers in the Rye

When Cumbrian bakers Catherine Connor and Aidan Monks decided they wanted to source locally grown heritage rye for their sourdough bread, they never imagined they'd end up high in the cab of a combine harvester looking out over the harvest of the crop they'd been yearning to find in their home county. But an off-the-cuff chat at a farmers' market has led to an exciting new partnership between farmers and bakers. Ben and Jannike Taylor who farm near Penrith have taken up the challenge of growing heritage grain for the Lovingly Artisan Bakery.

Ben and Jannike have only been farming their own land for

around 5 years after Ben stepped out of the family farm contracting business. Since then, they've taken on new ventures like this heritage grain collaboration and they produce their own cold-pressed rapeseed oil, selling to Michelin starred restaurants, delis and at farmers' markets which is how they came to meet Catherine and Aidan.

Caz Graham visits Plumpton Hall Farm along with heritage grain specialist Andrew Wilkinson as Catherine and Aidan see the combine in action harvesting their very first crop of Cumbrian heritage rye.

Presented and produced by Caz Graham

SUN 06:57 Weather (m002460r)

The latest weather reports and forecast

SUN 07:00 News and Papers (m002460t)

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

SUN 07:10 Sunday (m002460w)

A look at the ethical and religious issues of the week

SUN 07:54 Radio 4 Appeal (m00245pc)

Clean Break

Actor and patron of Clean Break Harriet Walter makes the Radio 4 Appeal on its behalf of the charity. The charity reaches women who have had experience of prison or the criminal justice system through its work on stage, in prisons and in the community.

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 'Clean Break'.

- Cheques should be made payable to 'Clean Break'.

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

Registered Charity Number: 1017560. If you'd like to find out more about the charity's work visit

*<https://www.cleanbreak.org.uk>

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

Producer: Katy Takatsuki

SUN 07:57 Weather (m002460y)

The latest weather reports and forecast

SUN 08:00 News and Papers (m0024610)

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

SUN 08:10 Sunday Worship (m0024612)

Care for Creation

Today's episode comes from Llandaff Cathedral in Cardiff. Unusually, the Cathedral sits outside the city centre, in an almost rural village setting at the side of the River Taff. Like many churches, the Cathedral community see the care of God's creation, both with voices and with actions, as a key part of their mission. Today's service explores the Biblical mandate to care for the world around us as we hear about practical steps taken within the community, and consider how we can all contribute to making a difference in the world. The music is led by Llandaff Cathedral Choir.

Preacher: Bishop Mary Stallard

Service leaders: Canon Ian Yemm; Dean Dr Jason Bray; Canon Dr Jan van der Lely

Director of Music: Stephen Moore

Organist: Aaron Shilson

Producer: Jonathan Thomas

Readings: Psalm 1

Luke 13:6-9

Hymns: Great is thy Faithfulness

Coronation Kyrie – Mealar

View me, Lord, a work of thine

When we gasp in awe and wonder

Let the peoples praise you O God

Now thank we all our God

Play Out: Sortie on 'Nun danket alle Gott)

SUN 08:48 A Point of View (m0023ygg)

Naughtie on America

2. Words, Words, Words

From the description of Alexander Hamilton as 'the bastard brat

of a Scotch pedlar', to Lyndon Johnson's depiction of Gerald Ford as a man who 'couldn't fart and chew gum at the same time'. James Naughtie argues that American political language has long been teeming with insult.

He recalls as a student in 1974, queuing at the back door of the White House one evening and coming away with transcripts of the Watergate tapes, full of 'expletive deleted' notes 'that blacked out various Nixon explosions.'

But in our own time, James says, something quite different is at play. The language of politics today, he says, 'instead of being punctuated by insults, it's become enslaved to them. And the more exaggerated political language becomes, the more it is devalued - because it has lost its true purpose.'

Producer: Adele Armstrong
Sound: Peter Boshier
Production coordinator: Gemma Ashman
Editor: Richard Fenton-Smith

SUN 08:58 Tweet of the Day (m0024614)

Trai Anfield on the Lapwing

A new series of Tweet of the Day for Sunday morning revealing personal and fascinating stories from some fresh voices who have been inspired by birds, their calls and encounters.

From their lilting call, the their unmistakable flight lapwing hold a special place in the emotions for photographer and safari tour leader Trai Anfield. Though her camera can never fully capture the beauty of lapwings in flight, like silk set free on the breeze, near her home in Weardale..

Producer : Andrew Dawes for BBC Audio on Bristol
Studio engineer : Suzy Robins

SUN 09:00 Broadcasting House (m0024616)

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

SUN 10:00 Desert Island Discs (m001pf7y)

Shirley Collins, folk singer

Shirley Collins first enjoyed success as one of the leading figures in the British folk revival of the 1960s. She initially performed with her sister, Dolly Collins, and also collaborated with other folk luminaries to create some of the era's most beloved albums. In the past decade she has made an acclaimed return to the concert stage and the recording studio.

Shirley was born in Sussex in 1935. She can still recall how her grandfather used to sing folk songs to comfort her while they were sheltering during German air raids in the early 1940s.

Alongside her career as a singer, in the 1950s she travelled to the American South with Alan Lomax, where they made field recordings of blues and folk musicians, helping to create a significant archive.

Later in her performing career, Shirley found that she could no longer sing, following a distressing betrayal in her private life. She stepped away from music and was silent for many years, taking on other work, including a stint in a job centre. Then, in her 80s, she found her voice again. In 2016 she released her first new album after a gap of almost four decades, and she has since released two more albums.

Shirley lives in Sussex, not far from her childhood home.

DISC ONE: Chiling O Guiry - Concerto Caledonia

DISC TWO: The Birds in the Spring - The Copper Family

DISC THREE: Who Would True Valour See - Maddy Prior & The Carnival Band

DISC FOUR: Dear Father, Pray Build Me a Boat - Sheila Smith

DISC FIVE: 61 Highway Blues - Mississippi Fred McDowell

DISC SIX: Poor Sally Sits a-weeping - Dolly Collins

DISC SEVEN: A Heart Needs A Home - Richard & Linda Thompson

DISC EIGHT: Going Home - Mark Knopfler

BOOK CHOICE: A collection of Brodie detective novels by Kate Atkinson

LUXURY ITEM: A solar powered fridge filled with Italian Ice cream and two lipsticks

CASTAWAY'S FAVOURITE: Poor Sally Sits a Weeping

Presenter Lauren Laverne

Producer Sarah Taylor

SUN 10:45 More Wow (m0022kn3)

2. The Earth Below

What is awe, and where do we find it? Exploring how the elusive emotion of awe can be a vital force in our lives.

As something usually associated with intense experiences and extreme environments, for many of us awe can often seem difficult to attain. Science journalist Jo Marchant tracks down individuals who live awe-filled lives, uncovering where we might find it ourselves and how it can alter body and mind.

Episode two: Jo is in the depths of Wookey Hole caves with one of the most experienced divers in the world, Phil Short, who calls them his spiritual home. Phil has discovered one of the world's deepest caves in Mexico, has recovered ancient artefacts from shipwrecks and reunited the sunken remains of veterans from crashed World War II aircraft with their families. Yet he reflects on how a life of awe has led him to appreciate wonder in the smallest of things.

Featuring: Phil Short, cave diver and underwater training lead at DEEP research labs;
Dacher Keltner, Professor of Psychology at the University of California, Berkeley and author of Awe: The Transformative Power of Everyday Wonder;
Helen de Cruz, Professor of Philosophy at St Louis University, Missouri and author of Wonderstruck: How Wonder and Awe Shape the Way We Think.

Presented by Jo Marchant, author of Cure, The Human Cosmos and Decoding the Heavens.

Producer: Eliza Lomas

Editor: Chris Ledgard

SUN 11:00 The Archers Omnibus (m0024618)

Writer: Naylah Ahmed

Director: Pip Swallow

Editor: Jeremy Howe

Helen Archer.... Louiza Patikas
Henry Archer.... Blakey Darby
Natasha Archer.... Mali Harries
Pat Archer.... Patricia Gallimore
Neil Carter.... Brian Hewlett
Clarrie Grundy.... Heather Bell
Ed Grundy.... Barry Farrimond
Emma Grundy.... Emerald O'Hanrahan
Will Grundy.... Philip Mollooy
Brad Horrobin.... Taylor Uttley
Chelsea Horrobin.... Madeleine Leslay
Adam Macy.... Andrew Wincott
Zainab Malik.... Priyasasha Kamari
Kirsty Miller.... Annabelle Dowler
Elizabeth Pargetter.... Alison Dowling
Fallon Rogers.... Joanna Van Kampen

SUN 12:15 Profile (m002461b)

[Repeat of broadcast at 19:00 on Saturday]

SUN 12:30 Just a Minute (m0023y9h)

Series 93

5. Cheek by jowl with some stubby nosed man

Kiell Smith-Bynoe, Jenny Eclair, Josie Lawrence and Julian Clary join host Sue Perkins for the long-running, quick-thinking Radio 4 panel game. Each player tries to speak for 60 seconds without repetition, deviation or hesitation on subjects including Letting The Cat Out Of The Bag, Styling It Out, and Retiring To The Seaside.

Production Coordinator: Sarah Nicholls

Sound Editor: Marc Willcox

Producer: Rajiv Karia

An EcoAudio certified production.

A BBC Studios Production for Radio 4.

SUN 12:57 Weather (m002461d)

The latest weather forecast

SUN 13:00 The World This Weekend (m002461g)

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

SUN 13:30 Choosing Race (m002461j)

'I didn't know she was black until a number of years ago when she happened to turn black,' said Donald Trump, recently.

When the former president called into question Kamala Harris's racial identity, it sparked an angry backlash. The White House press secretary, Karine Jean-Pierre, responded by saying 'no-one has any right to tell someone who they are [or] how they identify.'

Mr Trump's words hit a nerve in the American psyche, tapping into a centuries-old debate about ethnicity and authenticity.

power and privilege.

But in an age where it is said that race is a social construct, how fluid is racial identity?

Ellie House travels around the US, meeting people fighting to claim their racial identity - as well those looking to police it. From an organisation that seeks to expose fake Native Americans in North Carolina, to the Ohio town where people with red hair and green eyes still identify as black, due to the racist history of their town's authorities.

Presenter & Producer: Ellie House
Editor: Richard Fenton-Smith
Sound mix: James Beard
Production Coordinator: Rosie Strawbridge

SUN 14:00 Gardeners' Question Time (m0023yg4)

Postbag Edition: Mires Beck Nursery - Pond Liners, Witches' Broom and Badgers

How do I stop badgers from eating my tulips? Any tips on changing a ripped pond liner? How do I effectively take cuttings from a plant?

Kathy Clugston and her panel of horticultural heroes take a wander around Mires Beck Nursery in Hull, while dipping into the GQT postbag to answer your gardening grievances.

Joining forces with Kathy are head gardener Matthew Pottage, garden designer Bunny Guinness and curator of RHS Bridgewater Marcus Chilton-Jones. The panellists are joined by various workers and volunteers from the nursery who share own tips and tricks on gardening challenges, such as planting trees from seed and planting native varieties.

Producer: Dominic Tyerman
Assistant Producer: Rahnee Prescod
Executive Producer: Carly Maile

Click here for the Plant List:
<https://www.bbc.co.uk/programmes/m0023yg4>

A Somethin' Else production for BBC Radio 4

SUN 14:45 Opening Lines (m0024611)

Little Dorrit - Episode 2

Little Dorrit, written by Charles Dickens in the 1850s, is among the author's most ambitious novels containing a massive sweep of themes, characters and locations.

It may be set 30 years before its creation, but the book feels in many ways ahead of its time, exploring themes of freedom and entrapment – both physical and psychological – in ways that would appeal enormously to later figures including Kafka and Tchaikovsky, who regarded it as such a work of genius that he forgave Dickens for being an Englishman.

Little Dorrit is, too, a savage critique of mid-19th Century Britain, more seditious than Marx's Capital according to George Bernard Shaw, with its brilliant embodiment of overarching bureaucracy in the shape of the Circumlocution Office.

In the second of two episodes concerning the novel, John Yorke is joined by writer and producer Armando Iannucci, Professor Phil Davis from the University of Liverpool, and Dr Emily Bell, who is currently writing a biography of Dickens.

John Yorke has worked in television and radio for 30 years, and he shares his experience with Radio 4 listeners as he unpacks the themes and impact of the books, plays and stories that are being dramatised in BBC Radio 4's Sunday Drama series. From EastEnders to The Archers, Life on Mars to Shameless, he has been obsessed with telling big popular stories. He has spent years analysing not just how stories work but why they resonate with audiences around the globe, and has brought together his experience in his bestselling book *Into the Woods*. As former Head of Channel Four Drama, Controller of BBC Drama Production and MD of Company Pictures, John has tested his theories during an extensive production career working on some of the world's most lucrative, widely viewed and critically acclaimed TV drama. As founder of the hugely successful BBC Writers Academy, John has trained a generation of screenwriters.

Contributors:
Armando Iannucci, writer and producer
Professor Phil Davis, University of Liverpool
Dr Emily Bell, University of Leeds

Reader: Chipu Chung
Researcher/Broadcast Assistant: Nina Semple
Sound: Sean Kerwin
Producer: Geoff Bird
Executive Producer: Caroline Raphael

A Pier production for BBC Radio 4

SUN 15:00 Dickensian (m002461n)

Little Dorrit: Episode 2

Arthur Clennam has given up his place in the family firm and secured himself a role as partner in Dan Doyce's engineering venture, a scheme funded by financier and 'man of the age' Mr Merdle.

Meanwhile Arthur is still trying to solve the riddle of the inscription on his father's watch case - 'Do Not Forget' - and feels that this must be linked in some way to William Dorrit, imprisoned in the Marshalsea for debts, and his daughter Amy.

Charles Dickens/ Rigaud Jason Watkins
Arthur Clennam Samuel Barnett
Amy Dorrit Kitty Archer
William Dorrit Paul Bradley
Frederick Dorrit David Tarkenter
Mrs Clennam Claire Price
Merdle Joseph Millson
Mrs General Nisha Nayyar
Pancks Carl Prekopp
Maggy Lauren Cornelius
Jerry Flintwich / Dan Doyce Shaun Mason
Affery Sarah Thom
Tite Barnacle Snr. Ewan Bailey
Tite Barnacle Jr Tayla Kovacevic-Ebong

Adapted for radio by Mike Walker
Production Co-ordinator: Ammie Keates-Thorpe
Sound Design: Ailsaidr McGregor, Markus Andreas
Director: Jeremy Mortimer
Executive Producer: Joby Waldman

A Reduced Listening production for BBC Radio 4

SUN 16:00 Open Book (m001ry44)

AI and the Novel

Elizabeth Day and Johny Pitts present a special edition of the programme exploring AI and the novel.

Recorded at the Southbank Centre's London Literature Festival, novelists Naomi Alderman, Adam Thirlwell and Julianne Pachico join Elizabeth and Johny on stage to discuss depictions of AI in their fiction – and what AI might mean for fiction.

Naomi Alderman's new novel, *The Future*, is the tale of a daring heist hatched in the hope of saving the world from the tech giants whose greed threatens life as we know it. Adam Thirlwell's *The Future*, *Future* takes us from the salacious gossip of pre-revolutionary Paris to a utopian lunar commune, and Julianne Pachico tells the story of a young girl raised by artificial intelligence in her novel *Jungle House*.

Sound Engineers: Emma Harth and Duncan Hannel
Producer: Kirsten Locke

Book List – Sunday 29 October and Thursday 2 November

The Future by Naomi Alderman
The Power by Naomi Alderman
The Future Future by Adam Thirlwell
Jungle House by Julianne Pachico
The Foundation Trilogy by Isaac Asimov
Ulysses by James Joyce
A Mote in the Middle Distance: A Parody of Henry James by Max Beerbohm
The Inheritors by William Golding

SUN 16:30 Brain of Britain (m002461q)

Heat 8, 2024

(8/17)

Today's edition of *Brain of Britain* comes from Nottingham, with Russell Davies in the questionmaster's chair. He'll be testing the competitors' knowledge of Tudor history, classic TV themes, medal-winners from the Paris Olympics, and Radio 4 comedy - among many other widely varied topics.

Competing for a semi-final place today are:

Alan Gibbs from St Helens
Diane Hallagan from Leeds
Helen Rigby from Oldham
Sanjoy Sen from Chesterfield.

There'll also be a chance for a *Brain of Britain* listener to win a prize by beating the Brains with questions he or she has devised.

Brain of Britain is a BBC Studios Audio production for Radio 4.

Assistant Producer: Stephen Garner

Producer: Paul Bajoria

SUN 17:00 Witness History (w3ct5yh2)

The man who smuggled punk rock across the Berlin Wall

In 1983, punk rock was strictly forbidden in East Berlin. However, that didn't stop young music obsessive Mark Reeder, from Manchester in the UK, smuggling cassettes, and then a punk band across the Berlin Wall.

Mark shares how he arranged for the West German band, Die Toten Hosen, to perform illegally at a secret concert in a church.

This episode was produced by Paul Hanford and Rosalie Delaney. A Munck Studios production for the BBC World Service.

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 Família; Michael Jordan and his bespoke Nike trainers; Princess Diana at the Taj Mahal; and Görel Hanser, manager of legendary Swedish pop band Abba on the influence they've had on the music industry. You can learn all about fascinating and surprising stories, such as the time an Iraqi journalist hurled his shoes at the President of the United States in protest of America's occupation of Iraq; the creation of the Hollywood commercial that changed advertising forever; and the ascent of the first Aboriginal MP.

(Photo: Members of the band Die Toten Hosen and friends in East Berlin in 1983. Credit: Mark Reeder)

SUN 17:10 The Verb (m002461t)

Paul Farley, Malika Booker, Rob Drummond, Kate Fox

This week on *The Verb* Ian McMillan is joined by Paul Farley, author of the bird-centred 2019 poetry collection *'The Mizzy'*. Especially for *The Verb* he's written us a brand new poem that considers birds on our workplace, inspired by new 'Nature Positive' building regulations.

Malika Booker is tackling this week's 'Neon Line' poem. Booker won the Forward Prize for 'Best Single Poem' in 2023 and she takes us through the 2024 winners, who have recently been announced.

Linguist and author of 'You're All Talk', Rob Drummond brings us up to speed on language change.

And there's a brand new commission from Kate Fox on *Strictly Season* as well as a reading from her new book 'On Sycamore Gap' - inspired by the famous tree near Hadrian's Wall that was felled last year

Presenter: Ian McMillan
Producer: Jessica Treen

SUN 17:54 Shipping Forecast (m002461w)

The latest weather reports and forecasts for UK shipping

SUN 17:57 Weather (m002461y)

The latest weather reports and forecast

SUN 18:00 Six O'Clock News (m0024620)

National and international news from BBC Radio 4

SUN 18:15 Pick of the Week (m0024622)

Jason Mohammad

This week, hitmaker legend Nile Rogers reveals the one hit he didn't expect. Plus, can we draw comparisons between the developments of artificial intelligence and the invention of the printing press? Tom Sutcliffe and his panel discuss the dangers of AI in how we distribute information, and how the growth of disinformation online can be linked to the Salem witch trials of the 17th century. Academic and author Katherine Rundell teaches us what we can learn about inherent good and evil in the inhabitants of Moominvalley. And - oi, ref! We go offside Radio 4 to listen to football commentary on a miniature scale from BBC Radio Ulster.

Presenter: Jason Mohammad
 Producer: Anthony McKee
 Production Co-ordinator: Jack Ferrie

A BBC Audio Northern Ireland production for BBC Radio 4.

SUN 19:00 The Archers (m0024624)

Alice holds out an olive branch, and Stella finds herself in competition.

SUN 19:15 Illuminated (m0024626)

Rebirth

When Clive Hammond was 31, he had a cardiac arrest. His heart stopped for eight minutes. But he can't remember any of it.

What happens when the heart stops - and then what happens next?

Clive sets out to piece together what happened to him. He speaks to his wife Victoria about what went on while he was unconscious, and the impact it had on their lives. He compares notes with fellow cardiac arrest survivor Meg Fozzard about what it's like to have a cardiac arrest as a young person. Former head of first responders at London Ambulance Chris Hartley-Sharpe tells him what goes on in the body during a cardiac arrest, and how they can affect medical professionals afterwards. And he hears the incredible story of Steve Morris, who started carrying a defibrillator in his car after having a cardiac arrest - and then used it to help save someone else's life.

Presenter: Clive Hammond
 Producer: Lucy Burns
 Editor: Clare Fordham
 Technical production: Richard Hannaford

SUN 19:45 Buried (m001hp4z)

Series 1

Series 1 - 10. What Joe Knew

Justice at last over Mobuoy - and a legal first by the river. Then, in a finale of twists and answers, we uncover the secret that disturbed Joe until the end.

"All you have to do... is dig it up."

A trucker's deathbed tape plays out. It's urgent, desperate.

In this BBC Radio 4 podcast series, investigative journalists Dan Ashby and Lucy Taylor deep-dive into one of the worst environment crimes in UK history - the secret dumping of a million tonnes of waste near a city. But when they uncover missing documents, fears of toxicity and allegations of organised crime, they realise they've stumbled into something much bigger. As they pick at the threads of one crime, they begin to see others. Could Britain be the home of a new mafia, getting rich on our waste?

In a thrilling ten-part investigation, the husband-and-wife duo dive into a criminal underworld, all the time following clues left in a deathbed tape. They're driven by one question - what did the man in the tape know?

Presenters and Producers: Dan Ashby and Lucy Taylor
 Assistant Producer: Tess Davidson
 Original Music and Sound Design: Phil Channell
 Sound Design and Series Mixing: Jarek Zaba
 Executive Producers: Phil Abrams and Anita Elash
 Commissioning Editor: Dan Clarke

A Smoke Trail production for BBC Radio 4

SUN 20:00 Rage Against the Regime: The Revolutionary Power of Metal Music (m0020xsf)

Oslo Location Recording by Siri Narverud Moen
 Photo by Elizabeth Ann Duffy

Metal, according to a recent Spotify poll, is the most downloaded genre of music in the world. It's a highly complex, intellectual form of music, intertwined with politics since its inception with Black Sabbath's anti-war anthem 'War Pigs'

This music has a special kind of power—a sonic force that inspires courage and rebellion, spurring people to speak truth to power. It can make regimes fear and attack those who use it, and can connect people across continents, even when powerful forces seek to keep entire populations and their cultures isolated and silent.

In "Rage Against the Regime: The Revolutionary Power of Metal Music," metal journalist Dannii Leivers explores the stories of bands who have faced repression in various Middle Eastern countries over the past two decades and highlights the

experiences of three important metal artists

Nikan Khosravi, lead singer of Confess who was, along with his bandmates, imprisoned by the Iranian authorities for blasphemy and spreading anti-government sentiment.

Cherine Amr, who was labeled a satanist by members of the Muslim Brotherhood after the 2011 Revolution in Egypt, partly because those in power couldn't understand why a woman would scream like she did during shows.

And Abed Hathout, co-founder of the Palestinian band Khalas — thought to be the first metal band to sing in Arabic — who opened a window into Palestinian culture and resisted the narrative of perpetual hate in the region by touring with an Israeli band across Europe.

Join us as we dive into the revolutionary power of metal music and uncover the stories of those who dare to rage against the regime.

Presenter: Dannii Leivers
 Producer: Elizabeth Ann Duffy
 Sound Engineer: Malcolm Torrie

SUN 20:30 Last Word (m0023yg8)

Alex Salmond, Ethel Kennedy, Ratan Tata, Fleur Adcock

Kirsty Lang on

Alex Salmond, the former First Minister of Scotland.

Ethel Kennedy, wife of Robert F Kennedy who went onto become a campaigner for Human Rights.

Ratan Tata, the businessman who led the Tata Group for more than two decades.

Fleur Adcock, the poet who's conversational, irreverent style made her one of the most popular voices in British poetry.

Interviewee: Brian Taylor
 Interviewee: Michael Posner
 Interviewee: Sameer Hashmi
 Interviewee: Deryn Rhys-Jones
 Interviewee: Neil Astley

Producer: Gareth Nelson-Davies

Archive used:

Alex Salmond, Desert Island Discs, BBC Radio 4, 21/01/2011;
 Alex Salmond, BBC TV Promo, A Rebel's Journey, BBC One Scotland, 19/11/2014; Alex Salmond speech, SNP Conference, BBC News, 1990; Alex Salmond speech, Scotland Independence Referendum, BBC News, 2014; Ethel Kennedy campaign speech, Ethel, HBO Docs, 2012, Director: Rory Kennedy; JFK Assassination: Cronkite informs a shocked nation, CBS News, 22/11/1963; News actuality, WBZ Archives: The Assassination of Robert F. Kennedy, CBS Boston YouTube channel uploaded 05/06/2018; Ethel Kennedy interview, NBC Nightly News, 1988; Ethel Kennedy interview, Ethel, HBO Docs, 2012, Director: Rory Kennedy; Ratan Tata interview, The Documentary: The Gospel of Wealth, BBC World Service, 16/10/2019; Ratan Tata interview, Tata in the Global Market, BBC News India, 1997; Jaguar-Land Rover buyout, BBC News, 26/03/2008; Fleur Adcock reads: 'Things', 'For a Five-Year-Old', Snails, Courtesy BloodAxe Books, Uploaded, Bloodaxebooks.com on 01/10/2008; Fleur Adcock interview, Private Passions, BBC Radio 3, 17/05/2009;

SUN 21:00 Money Box (m0024628)

[Repeat of broadcast at 12:04 on Saturday]

SUN 21:25 Radio 4 Appeal (m00245pc)

[Repeat of broadcast at 07:54 today]

SUN 21:30 From Our Own Correspondent (m002462b)

[Repeat of broadcast at 11:30 on Saturday]

SUN 22:00 Westminster Hour (m002462d)

Radio 4's Sunday night political discussion programme.

SUN 23:00 In Our Time (m0023x87)

Hayek's The Road to Serfdom

Melvyn Bragg and guests discuss the Austrian-British economist Friedrich Hayek's The Road to Serfdom (1944) in which Hayek (1899-1992) warned that the way Britain was running its wartime economy would not work in peacetime and could lead to tyranny. His target was centralised planning, arguing this disempowered individuals and wasted their knowledge, while empowering those ill-suited to run an economy. He was

concerned about the support for the perceived success of Soviet centralisation, when he saw this and Fascist systems as two sides of the same coin. When Reader's Digest selectively condensed Hayek's book in 1945, and presented it not so much as a warning against tyranny as a proof against socialism, it became phenomenally influential around the world.

With

Bruce Caldwell
 Research Professor of Economics at Duke University and Director of the Center for the History of Political Economy

Melissa Lane
 The Class of 1943 Professor of Politics at Princeton University and the 50th Professor of Rhetoric at Gresham College in London

And

Ben Jackson
 Professor of Modern History and fellow of University College at the University of Oxford

Producer: Simon Tillotson

Reading list:

Angus Burgin, *The Great Persuasion: Reinventing Free Markets Since the Depression* (Harvard University Press, 2012)

Bruce Caldwell, *Hayek's Challenge: An Intellectual Biography of F.A. Hayek* (University of Chicago Press, 2004)

Bruce Caldwell, 'The Road to Serfdom After 75 Years' (*Journal of Economic Literature* 58, 2020)

Bruce Caldwell and Hansjoerg Klausinger, *Hayek: A Life 1899-1950* (University of Chicago Press, 2022)

M. Desai, *Marx's Revenge: The Resurgence of Capitalism and the Death of Statist Socialism* (Verso, 2002)

Edward Feser (ed.), *The Cambridge Companion to Hayek* (Cambridge University Press, 2006)

Andrew Gamble, *Hayek: The Iron Cage of Liberty* (Polity, 1996)

Friedrich Hayek, *Collectivist Economic Planning* (first published 1935; Ludwig von Mises Institute, 2015), especially 'The Nature and History of the Problem' and 'The Present State of the Debate' by Friedrich Hayek

Friedrich Hayek (ed. Bruce Caldwell), *The Road to Serfdom: Text and Documents: The Definitive Edition* (first published 1944; Routledge, 2008. Also vol. 2 of *The Collected Works of F. A. Hayek*, University of Chicago Press, 2007)

Friedrich Hayek, *The Road to Serfdom: Condensed Version* (Institute of Economic Affairs, 2005; *The Reader's Digest* condensation of the book)

Friedrich Hayek, 'The Use of Knowledge in Society' (*American Economic Review*, vol. 35, 1945; vol. 15 of *The Collected Works of F. A. Hayek*, University of Chicago Press)

Friedrich Hayek, *Individualism and Economic Order* (first published 1948; University of Chicago Press, 1996), especially the essays 'Economics and Knowledge' (1937), 'Individualism: True and False' (1945), and 'The Use of Knowledge in Society' (1945)

Friedrich Hayek, *The Constitution of Liberty* (first published 1960; Routledge, 2006)

Friedrich Hayek, *Law, Legislation and Liberty: A new statement of the liberal principles of justice and political economy* (first published 1973 in 3 volumes; single vol. edn, Routledge, 2012)

Ben Jackson, 'Freedom, the Common Good and the Rule of Law: Hayek and Lippmann on Economic Planning' (*Journal of the History of Ideas* 73, 2012)

Robert Leeson (ed.), *Hayek: A Collaborative Biography Part I* (Palgrave, 2013), especially 'The Genesis and Reception of The Road to Serfdom' by Melissa Lane

In Our Time is a BBC Studios Audio Production

SUN 23:45 Short Works (m0023yg6)
 The Archaic Smile

A holiday in the sun isn't the relaxing break one couple were counting on in a haunting new short work from Chris Kohler. Read by Chris Reilly
 Producer: Eilidh McCreadie

Chris Kohler is from Glasgow, Scotland. His short stories have been published in *3am*, *Egress*, *The Stinging Fly*, *The Moth*, *Gutter*, *Dark Mountain* and *Minor Literatures*. He was shortlisted for the VS Pritchett Short Story Prize 2023. His debut novel *Phantom Limb* is published by Atlantic Books.

An EcoAudio certified production from BBC Audio Scotland.

MONDAY 21 OCTOBER 2024

MON 00:00 Midnight News (m002462g)

The latest news and weather forecast from BBC Radio 4.

MON 00:15 World Of Secrets (w3ct793n)

Al Fayed, Predator at Harrods

Al Fayed, Predator at Harrods: 4. Surveillance state

Security cameras were everywhere - in Harrods and in a luxury apartment used by staff. There's an atmosphere of paranoia. *Vanity Fair* magazine was investigating the rumours swirling around Mohamed Al Fayed. Would the truth about him be exposed, even as potential witnesses say they were intimidated?

This season of *World of Secrets* is about sexual abuse, and includes descriptions which some listeners might find distressing. For a list of organisations in the UK that can provide support for survivors of sexual abuse, go to bbc.co.uk/actionline.

Presented by Cassie Cornish-Trestrail and Shaimaa Khalil, and produced by Neal Razzell and Sally Abrahams. The editor is Matt Willis. It's a Long Form Audio production for the BBC World Service.

Special thanks to series consultant, Keaton Stone, director Erica Gornall and executive producer, Mike Radford.

MON 00:45 Bells on Sunday (m002462j)

[Repeat of broadcast at 05:43 on Sunday]

MON 00:48 Shipping Forecast (m002462l)

The latest weather reports and forecasts for UK shipping

MON 01:00 Selection of BBC World Service Programmes (m002462n)

BBC Radio 4 joins the BBC World Service.

MON 05:20 Shipping Forecast (m002462q)

The latest weather reports and forecasts for UK shipping

MON 05:30 News Briefing (m002462s)

The latest news from BBC Radio 4

MON 05:43 Prayer for the Day (m002462v)

Companionship

Good morning!

Our neighbours, now in their 90's are no longer together because the wife developed dementia and is now in a care home. The doting husband who used to wave goodbye to his wife until the taxi turned the corner is now without his lifelong companion. He is torn between visiting her or not because she gets very troubled when she can't remember things. The other day I took my little granddaughter to cheer him up.

Companionship is beautiful. Whether it's with a person or a pet, it's one of the most enriching aspects of life. Companionship is the unique bond we form with someone who offers love, affection, support, understanding and a shared sense of presence. We are social creatures, hardwired for connection and programmed to care for others. This need or urge doesn't diminish with age; rather it increases. Companionship becomes crucial in times of loneliness, change, or loss. The presence of someone who walks beside us out of genuine care is what makes companionship so powerful.

Companionship fosters love, empathy, trust, and resilience, is not just about being there in good times but crucially it's also about showing up at difficult times when words might not be enough, but presence is everything. Simply sharing a meal, taking a walk, or sitting quietly with someone who just needs to know they aren't alone works wonders. Quiet moments of connection ground us and remind us of our humanity. Companionship enriches our lives in ways that wealth or success never could.

God enable us to nurture companionships and give comfort to those who are alone, amin.

MON 05:45 Farming Today (m002462x)

The latest news about food, farming and the countryside

MON 05:57 Weather (m002462z)

Weather reports and forecasts for farmers

MON 06:00 Today (m002464g)

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

MON 09:00 Start the Week (m002464j)

A duty of care

Adam Rutherford gets to grips with the crisis in adult social care and asks, whose responsibility is it to fix it?

David Goodhart, from the Policy Exchange think tank, writes about the huge changes that have been wrought on family life over the past 60 years and how they have impacted the way in which we live and care for each other. In his new book, *The Care Dilemma*, he argues that we are in desperate need of a new policy settlement that not only supports gender equality, but also recognises the importance of strong family and community bonds, and the traditional role women have played as carers.

Bringing us her own personal story from the front line of adult social care is Kathryn Faulke. She worked for years in a senior role at the NHS and then became a home care worker. In *Every Kind of People* she tells the stories of individuals who are part of the system, the cared-for and the carers, and shows how these issues affect us all. This is a story about real lives and real people, revealing the challenges, and the benefits, of working with some of the most vulnerable members of society.

So how can we improve the lives of those who require care and also support the carers themselves? Anna Coote is Principal Fellow at the New Economics Foundation and has written extensively on public health policy, public involvement and gender and equality. She believes in taking practical action to change the way we work and value time and believes in our ability to build a fairer and more sustainable social security system – both for ourselves and for future generations.

Producer: Natalia Fernandez

MON 09:45 Café Hope (m002464l)

Bonding over breakfast

Nigel Jeffery tells Rachel Burden how his group The (Mostly) Grumpy Old Men's Breakfast Club is helping widows like himself cope with bereavement. The monthly gatherings see members meet up with old friends whilst making new ones.

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

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

You can contact us on cafehoped@bbc.co.uk

MON 10:00 Woman's Hour (m002464n)

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

MON 11:00 How Would We Know If Democracy Had Died? (m002464q)

The Experiment

Nightmares of authoritarian rule rear up in response to governments that seem too strong or too weak. But democracy is always at risk. Any leader might simply refuse to give up power. A fascist party might be set up tomorrow, and go on to win an election.

Over the last few years, polling has suggested that young adults have grown disillusioned with democracy, and that a surprising proportion would be open to the idea of a strong leader who didn't have to bother with parliament, or even to military rule.

In this second episode, Phil Tinline and public policy research group 'Public First' convene a war game in the East Midlands. Phil invites nine young adults to form a fictional Cabinet. Then he tests out how they respond to an escalating series of scenarios, drawing on real events, which put democracy under ever greater pressure. Under what circumstances, if any, would

they deploy the military, or declare a state of emergency?

Would our Cabinet allow serving army officers into government?

With thanks to all our candidates and to James Frayne of 'Public First' for moderating the session.

Producer: Sarah Shebbeare

MON 11:45 On Freedom by Timothy Snyder (m002464s)

Book of the Week: Episode 1 - Freedom - A Definition

In Timothy's Snyder's thought provoking new book the historian and intellectual explores the value of freedom. Read by Kyle Soller.

Timothy Snyder is an historian and public intellectual writing on Ukraine, American politics, strategies for averting authoritarianism, digital politics, health, and education. He is the recipient of numerous awards and honours including the Emerson Prize in the Humanities, the Václav Havel Foundation prize, and the Hannah Arendt Prize in Political Thought. He teaches history and global affairs at Yale University and his books include *Bloodlands*, *Black Earth* and *On Tyranny*.

On Freedom is his latest book. Here he looks at how freedom has been misunderstood and is leading society into crisis. He takes issue with the deep seated notion that freedom is about the right of the individual to behave and speak however they wish, where its understood as protection from outside forces, and interference from others. Instead, he invites us to look at in a different way, not as freedom 'from', but freedom 'to'. He asks us to look at freedom as a foundational value that allows all people to thrive, to take risks and to work together to ensure a bright future for everyone.

Kyle Soller is an award winning actor well known for his work in the theatre - *Long Day's Journey Into Night*, *Hedda Gabler* *The Inheritance* - on the small screen - *Poldark*, *The Hollow Crown*, *Andor*, and on radio - *Giovanni's Room*, *Losing Earth*, *People Who Knew Me*.

Abridged by Katrin Williams.

Produced by Elizabeth Allard

MON 12:00 News Summary (m002464v)

The latest national and international news from BBC Radio 4.

MON 12:04 You and Yours (m002464x)

News and discussion of consumer affairs

MON 12:57 Weather (m002464z)

The latest weather forecast

MON 13:00 World at One (m0024651)

Forty-five minutes of news, analysis and comment.

MON 13:45 Politically (m0024653)

Surviving Politics with Michael Gove

Surviving Politics with Michael Gove - 1: Margaret Hodge

Michael Gove talks to Margaret Hodge about the importance of working with other parties.

19 years as a member of parliament, 6 cabinet positions, 5 general elections and serving under 4 prime ministers. During his political career, Michael Gove pretty much saw and did it all. As he says himself, no-one in politics is a conscript. He and others are volunteers who willingly choose their fate. But of office can and does take its toll and in this five part series, Michael talks candidly with politicians from different parties about the strengths and skills needed to survive when things get tough.

Producer: Ben Carter

Editor: Clare Fordham

Sound recordists: Jack Graysmark and Hannah Montgomery

Mixed by James Beard

Production co-ordinators: Janet Staples, Maria Ogundele and Sabine Schereck

MON 14:00 The Archers (m002462a)

[Repeat of broadcast at 19:00 on Sunday]

MON 14:15 Jack & Millie (m0024655)

Series 3

1. Out Of Town

Jack & Millie decide to improve Mel's mental health by taking him to the wilds of Chigwell for the weekend, but a rogue

mosquito net, and an unwanted rendition of Fiddler On The Roof don't seem to be helping.

So Millie's son Melvin has given her a new tablet with a voice recorder?

So suddenly Jack & Millie have decided to record everything that happens to them? And for this, we should be grateful?

Well, YES! - because this is the new series of the comedy show written by Jeremy Front (writer of the Charles Paris mysteries for Radio 4) and starring Jeremy Front and Rebecca Front as Jack & Millie Lemman - an older couple who are fully engaged with contemporary life whilst being at war with the absurdities of the modern world.

Starring
Jack - Jeremy Front
Millie - Rebecca Front

and

Shirley - Tracy-Ann Oberman
Harry - Nigel Lindsay
Melvin - Tim Downie
Delphine - Jenny Bede

Written by Jeremy Front

Produced and directed by David Tyler

A Pozzitive production for BBC Radio 4

MON 14:45 Bridget Jones's Diary by Helen Fielding (m0016xw6)
Episode Four

Helen Fielding's iconic 1996 novel of life as a single thirty-something woman in London.

"Three hours and thirty-five minutes between waking and leaving house is too long. In future must get straight up when wake up and reform entire laundry system."

Bridget Jones begins the new year full of resolutions. She pledges in her diary to drink less, smoke less, lose weight, find a new job, stay away from unsuitable men and learn to programme the VCR. But her resolve is tested by the horrors of attending dinner parties with the "smug marrieds", the confusing behaviour of her charming rogue of a boss Daniel Cleaver, and her increasingly embarrassing encounters with human rights lawyer Mark Darcy.

Bridget Jones's Diary started life as a weekly column in the pages of The Independent in 1995, when Fielding worked on the news desk. Helen's column chronicled the life and antics of fictional Bridget Jones as a thirty-something single woman in London trying to make sense of life and love. It was first published as a novel in 1996 and has gone on to sell more than 15 million copies worldwide and has been adapted into a series of films.

Read by Sally Phillips
Abridged by Sara Davies
Produced by Mair Bosworth and Mary Ward-Lowery

MON 15:00 A Good Read (m0024658)
Fee Mak and Ali Woods

REASONS TO STAY ALIVE by Matt Haig, chosen by Ali Woods
ELENA KNOWS by Claudia Piñeiro, chosen by Fee Mak
THE DETAILS by Ia Genberg, chosen by Harriett Gilbert

Comedian Ali Woods chooses a memoir by Matt Haig based on his experiences of living with depression and anxiety disorder. Moving, funny and incredibly honest. Reasons to Stay Alive is a book which blasts open the way in which we talk about depression.

Presenter and DJ Fee Mak chooses a novel by Claudia Piñeiro called Elena Knows, following a day in the life of Elena, a 63-year-old woman struggling to come to terms with both her own illness and the death of her daughter.

And Harriett Gilbert chooses a short Swedish novel by Ia Genberg called The Details, exploring the relationships that define us, and the small but profound details that stay with us.

Producer: Becky Ripley

MON 15:30 Lady Killers with Lucy Worsley (m0023jkw)
Lady Swindlers with Lucy Worsley

34. Violet Charlesworth - Fake Heiress

In this episode of Lady Swindlers, Lucy Worsley meets Violet Charlesworth, an heiress with a taste for the high life. From her family home in North Wales, Violet drives the length and breadth of the country in her expensive motorcars, accompanied by pedigree pooches and dripping with diamonds. Lucy asks: is there more to her than meets the eye?

She is joined by iconic crime writer Denise Mina ('Garnethill Trilogy', 'Three Fires') and Lady Swindlers in-house historian Professor Rosalind Crone to find out all about Violet's prodigious spending habit and looming debts.

The whole country is shocked when, late one night in January 1909, Violet loses control of her car on her way home from Bangor. It looks like she's hit the wall that lines the coast road and shot through the windscreen and down the cliff face, but there is no sign of her body and her family are apparently unconcerned.

Lucy's investigative trio look at the wall-to-wall media coverage of Violet's disappearance. They hear from Welsh historian Elin Tomos at the crash site, which is still known as Violet's Leap, and at the Charlesworths' house, Bôd Erw in the village of Llanelwy/St Asaph. They consider the new freedoms women were exploring at the beginning of the early 20th century and the idea of the New Woman – independent, educated and openly feminist.

Together, they ask: what motivated this audacious woman? Can we sympathise with her? Was she, truly, a woman ahead of her time?

Producer: Sarah Goodman
Readers: Clare Corbett, Iwan Fôn and Jonathan Keeble
Location Historian: Elin Tomos
Sound Design: Chris Maclean
Executive producer: Kirsty Hunter

A StoryHunter production for BBC Radio 4.

If you're in the UK, listen to the newest episodes of Lady Killers first on BBC Sounds: <https://bbc.in/3M2pTOK>

MON 16:00 Choosing Race (m002461j)
[Repeat of broadcast at 13:30 on Sunday]

MON 16:30 Marianna in Conspiracyland (m00244sh)
Why Do You Hate Me? USA

Episode 5

Marianna Spring investigates extraordinary cases of online hate unfolding State-side.

MON 17:00 PM (m002465b)
Afternoon news and current affairs programme, reporting on breaking stories and summing up the day's headlines.

MON 18:00 Six O'Clock News (m002465d)
National and international news from BBC Radio 4

MON 18:30 Just a Minute (m002465g)
Series 93

6. Desiree Burch, Glenn Moore, Lucy Porter and Gyles Brandreth

Sue Perkins challenges Lucy Porter, Gyles Brandreth, Desiree Burch and Glenn Moore to speak for 60 seconds without repetition, deviation or hesitation. Subjects include The Streisand Effect, Ladders and Waving the White Flag.

Production Coordinator: Sarah Nicholls
Sound Editor: Marc Willcox
Producer: Rajiv Karia
An EcoAudio certified production.

A BBC Studios Production for Radio 4.

MON 19:00 The Archers (m00244rj)
There's a surprise development for Chris, while Ian finds himself in over his head.

MON 19:15 Front Row (m002465j)
Live magazine programme on the worlds of arts, literature, film, media and music.

MON 20:00 Rethink (m0023x9q)
Rethink...pricing

Rethink looks at the issues of our time, and considers how we

might approach them differently. Scrutinising the latest thinking and research, we look at what this might mean for policy and society.

In this episode: the cost of living has been high, but all too often, we also pay a premium. It's because of dynamic pricing, drip pricing and now personalised pricing.

Dynamic pricing is why, after queuing for hours, Oasis fans were offered tickets that were considerably more expensive than the ones advertised. It's also why do you can be offered different prices each time you try and book an airline ticket, or a hotel online.

Big data means that companies can figure out exactly what you are willing to pay online and can shift the price you face to match that.

AI data-gathering software is causing cartel-like behaviour amongst competitors, who can draw similar conclusions about their market, and set similar prices.

The depth of information available to companies means that they know the price a market will bear, rather than how much customers can afford and regardless of interest rates set by central banks.

Regulators are playing catch-up, but what other strategies could be used to combat anti-competitive pricing led by algorithms? And what needs to change to ensure buyers can work out if they're getting a fair deal?

Presenter: Ben Ansell
Producer: Ravi Naik
Editor: Clare Fordham

Contributors:
David Dayen, writer and journalist, and the executive editor of The American Prospect magazine.
Tom Smith, partner at Geradin, and former Legal Director at the UK Competition and Markets Authority.
Cathrine Jansson-Boyd, Professor of consumer psychology at Anglia Ruskin University.
Martyn James, consumer rights campaigner and journalist.

MON 20:30 BBC Inside Science (m0023x9s)
Are our carbon sinks failing?

The Earth's natural carbon sinks absorb half of our pollution. But now, they appear to be collapsing. Why is this happening – and will we be able to reach our climate goals without them?

Also this week, why a psychologist won the Nobel Prize in Physics, the culprit behind the second biggest mass extinction event, and does playing video games make you smarter?

Presenter: Marnie Chesterton
Producers: Sophie Ormiston, Ella Hubber, Anna Charalambou
Editor: Martin Smith
Production Co-ordinator: Andrew Rhys Lewis

BBC Inside Science is produced in collaboration with the Open University.

MON 21:00 Start the Week (m002464j)
[Repeat of broadcast at 09:00 today]

MON 21:45 Caf  Hope (m002464l)
[Repeat of broadcast at 09:45 today]

MON 22:00 The World Tonight (m002465l)
In depth reporting, intelligent analysis and breaking news from a global perspective.

MON 22:45 The Ministry of Time by Kaliane Bradley (m002465n)
Episode Six

In the near future, a disaffected civil servant is offered a lucrative job in a mysterious new government ministry gathering expats from across history to test the limits of time-travel. Her role is to work as a 'bridge' - living with, assisting and monitoring the expat known as '1847', Commander Graham Gore, a member of John Franklin's doomed Arctic expedition.

Along with his fellow 'expats' - extracted from the Great Plague, the Battle of Naseby, the French Revolution and the Battle of the Somme - Gore must be introduced to the internal combustion engine, women's emancipation, computer dating apps, the smoking ban, and 21st Century cultural and social sensitivities. Among these are the narrator's ambivalent feelings about her own mixed-race heritage.

The role of a Bridge, she discovers, may be well-paid, but it's

complex and difficult to navigate, particularly when the Victorian explorer sharing her living space is an attractive, infuriating, deeply sexy adventurer. When it becomes apparent that the very future is at stake, the job becomes both more complicated and more dangerous.

Episode 6: Cocktails, a killing and an explosive document.

Kaliane Bradley is a British-Cambodian writer and editor who has won the 2022 Harper's Bazaar Short Story prize and the 2022 V S Pritchett Short Story Prize. The Ministry of Time is her debut novel, widely acclaimed as exciting, clever, funny and gripping - 'a little time-bomb of a book' according to the writer Francis Spufford. It was shortlisted for this year's Waterstones Debut Fiction Prize, and is a Sunday Times and New York Times best-seller. It also featured on Barack Obama's reading list this summer.

The reader is Aoife Hinds, known for her roles in TV's Derry Girls and Normal People.

Abridged and produced by Sara Davies
Production Co-ordinator: Sarah Tombling
Sound Designer: Matt Bainbridge
A Pier production for BBC Radio 4

MON 23:00 Limelight (m001rynd)

Harland - Series 3

Harland - 3. Diu iath

Deep in the woods of reclusive industrialist Darius Fordingbridge's estate, Dan meets a surprising new ally. Together they go in search of the third of the four Hare Witch. By Lucy Catherine.

Dan Tyger Drew-Honey
Morris Rupert Holliday Evans
Keshia Rhiannon Neads
Sadie Melissa Advani
Sarah Ayesha Antoine
Reception-Bot Kitty O'Sullivan

Production Co-ordinator Jenny Mendez
Technical Producer Andrew Garratt
Sound Design by Peter Ringrose and Caleb Knightley
Directed by Toby Swift
A BBC Audio Production for BBC Radio 4

MON 23:30 Today in Parliament (m002465q)

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

TUESDAY 22 OCTOBER 2024

TUE 00:00 Midnight News (m002465s)

National and international news from BBC Radio 4

TUE 00:30 On Freedom by Timothy Snyder (m002464s)

[Repeat of broadcast at 11:45 on Monday]

TUE 00:48 Shipping Forecast (m002465v)

The latest weather reports and forecasts for UK shipping

TUE 01:00 Selection of BBC World Service Programmes (m002465x)

BBC Radio 4 joins the BBC World Service.

TUE 05:20 Shipping Forecast (m002465z)

The latest weather reports and forecasts for UK shipping

TUE 05:30 News Briefing (m0024661)

The latest news from BBC Radio 4

TUE 05:43 Prayer for the Day (m0024663)

The Commute

Good morning!

I commute to work by train and tube regularly. My journey takes me through very interesting parts of our beautiful country. Much of the journey is through vast swathes of countryside and farmland, and some of it through small towns and major cities where I try to spot church towers, minarets and domes.

Commuters take advantage of their time to catch up with the news, send-off emails or are busy on laptops or reading a book. Many will be on social media keeping up with what others are doing, feasting on gossip or sharing their own stories. Some will be watching a film. In fact, most commuters on public transport

will have their head buried in an electronic device and I'm no different!

Whether our commutes are long or short, before we know it, we'll have arrived at work or are back at home. Meanwhile, a whole world has passed us by, or rather we have passed by. The green rolling hills, grazing animals, the little stream, river or canal. The disused quarry now full of water, a home for ducks and swans. The trees painting the autumnal landscape with vivid bright colours. The sunrise and the crimson sunset, birds returning to their nests, bellies full. The diversity of people on the move. Many of us hardly take the time to intently look out of the window and marvel at the creation. In Islam, this is also a form of worship. A commute doesn't have to be just a journey to work but it can also be a spiritual journey to God, the ultimate destination.

I pray we take time to marvel at creation and appreciate it, amin.

TUE 05:45 Farming Today (m0024665)

The latest news about food, farming and the countryside.

TUE 06:00 Today (m00244r2)

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

TUE 09:00 Young Again (m00244r4)

15. Miranda Hart

Kirsty Young asks comedian and actor Miranda Hart what advice she would give her younger self.

A decade ago Hart was starring in her own hit BBC sitcom, Miranda, and selling out stadium tours. But then she suffered a collapse and was forced into a career break. She discusses how years of low level illness built up to a major health crisis, and how an overdue diagnosis and writing her new book helped on her journey back towards fitness. She also reveals the perils of fame, the joy of playing the same venue as Beyoncé, and why her book had an unexpected happy ending.

A BBC Studios Audio production.

TUE 09:30 Inside Health (m00244r6)

How does being embarrassed affect your health?

From delays seeking help to adherence to treatment, we delve into the evidence of the impacts being embarrassed has on our treatment of a huge range of conditions. We dig into the evidence and hear your stories.

And what can clinicians and the NHS more broadly do differently to help? We find our about how digital tools are improving access to HIV medicines.

Plus, James gets some top tips to alleviate embarrassment when talking to your doctor.

With Dr Margaret McCartney and Prof Ruth Parry.

Presenter: James Gallagher
Producer: Hannah Robins
Content Editor: Holly Squires
Production Coordinator: Ismael Soriano

TUE 10:00 Woman's Hour (m00244r8)

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

TUE 11:00 Screenshot (m0023ygl)

Archaeology

To mark the tenth anniversary of BBC sitcom Detectorists, Mark Kermodie and Ellen E Jones dig into archaeologists and treasure hunters on screen.

Mark speaks first to stand-up comedian and actor Alexei Sayle about his small, but pivotal, role in the third Indiana Jones film The Last Crusade.

Mark then talks to Italian director Alice Rohrwacher, whose recent film La Chimera is the story of a down-at-heel tomb raider, played by Josh O'Connor, looting Etruscan artefacts in 1980s Italy.

Meanwhile, Ellen speaks to French-Senegalese filmmaker Mati Diop about her new film Dahomey - a docudrama that follows 26 looted treasures from the 19th century Kingdom of Dahomey, as they make their return trip from Paris to present-day Benin.

And she talks to Mackenzie Crook, creator and star of

Detectorists, about how an episode of Time Team inspired the series - about a pair of Essex metal detectorists hunting for long-buried treasures from the past.

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

TUE 11:45 On Freedom by Timothy Snyder (m00244rb)

Book of the Week: Episode 2 - A little leap of empathy

Timothy's Snyder's thought provoking new book he explores the meaning of freedom in the 21st century. Today, the historian draws on his own personal experiences when he puts the connections between empathy and freedom in the spotlight. Read by Kyle Soller.

Timothy Snyder is an historian and public intellectual writing on Ukraine, American politics, strategies for averting authoritarianism, digital politics, health, and education. He is the recipient of numerous awards and honours including the Emerson Prize in the Humanities, the Václav Havel Foundation prize, and the Hannah Arendt Prize in Political Thought. He teaches history and global affairs at Yale University and his books include Bloodlands, Black Earth and On Tyranny.

On Freedom is his latest book. Here he looks at how freedom has been misunderstood and is leading society into crisis. He takes issue with the deep seated notion that freedom is about the right of the individual to behave and speak however they wish, where its understood as protection from outside forces, and interference from others. Instead, he invites us to look at in a different way, not as freedom 'from', but freedom 'to'. He asks us to look at freedom as a foundational value that allows all people to thrive, to take risks and to work together to ensure a bright future for everyone.

Kyle Soller is an award winning actor well known for his work in the theatre - Long Day's Journey Into Night, Hedda Gabler The Inheritance - on the small screen - Poldark, The Hollow Crown, Andor, and on radio - Giovanni's Room, Losing Earth, People Who Knew Me.

Abridged by Katrin Williams.
Produced by Elizabeth Allard

TUE 12:00 News Summary (m00244rd)

The latest national and international news from BBC Radio 4.

TUE 12:04 You and Yours (m00244rg)

News and discussion of consumer affairs

TUE 12:57 Weather (m00244rj)

The latest weather forecast

TUE 13:00 World at One (m00244rl)

Forty-five minutes of news, analysis and comment.

TUE 13:45 Politically (m00244rn)

Surviving Politics with Michael Gove

Surviving Politics with Michael Gove - 2: Peter Mandelson

Michael Gove talks to Peter Mandelson about the challenge of managing unpopularity.

19 years as a member of parliament, 6 cabinet positions, 5 general elections and serving under 4 prime ministers. During his political career, Michael Gove pretty much saw and did it all. As he says himself, no-one in politics is a conscript. He and others are volunteers who willingly choose their fate. But of office can and does take its toll and in this five part series, Michael talks candidly with politicians from different parties about the strengths and skills needed to survive when things get tough.

Producer: Ben Carter
Editor: Clare Fordham
Sound recordists: Jack Graysmark and Hannah Montgomery
Mixed by James Beard
Production co-ordinators: Janet Staples, Maria Ogundele and Sabine Schreck

TUE 14:00 The Archers (m00244rq)

[Repeat of broadcast at 19:00 on Monday]

TUE 14:15 Trust (m00244rs)

Series 5. Episode 1: Apocalypse When?

Episode 1. Apocalypse When?

A new series of the award winning comedy drama. The Ofsted inspection window is open for East Salford Academy. Although they aren't expecting one immediately, readiness is all. The core

leadership team are knee deep in policies and strategies and Sir Ken, the head of Quays Academy Trust is on hand to make sure East Salford doesn't let the side down.

Yvette Julie Hesmondhalgh
Tim Ashley Margolis
Sir Ken Jonathan Keeble
Carol/Joy Susan Twist
Danny/Pavel Jon-Paul Bell
Mina/Rachel Sade Malone

Production Co-ordinator - Lorna Newman
Technical Team - Amy Brennan, Mitch Goodall
Sound Designer - Sharon Hughes
Director/Producer - Gary Brown

A BBC Studios Audio Production for Radio 4

TUE 15:00 Punt & Dennis: Route Masters (m0023zj5)
Series 1: From Beer to Eternity

4 - From the Ring Tailed Lemur to Watford Gap Services

Steve Punt and Hugh Dennis are on a mission to get from the Ring Tailed Lemur to Watford Gap services in the most entertaining way possible with the help of Ken Cheng, in a warm and witty podcast that celebrates new and half remembered trivia as they try to find unlikely links between random places, people and things.

Could you make your way from The Starship Enterprise to the Air Fryer, armed only with A Level Economics and a Geography degree? Hugh Dennis is going to have to. While Steve Punt will have to pick his way across Africa, to find what links Machiavelli and Madagascar. Across the series, they'll be joined by guests including Ken Cheng, Kiri Pritchard McLean, Isy Suttie and Marcus Brigstocke, on a scenic route which takes in Shampoo, The Gruffalo, Watford Gap Services and Yoghurt.

Written and hosted by Steve Punt and Hugh Dennis
With Ken Cheng
Produced by Victoria Lloyd
Recorded at Maple St Creative
Mixed by Jonathan Last

A Listen Production for BBC Radio 4

TUE 15:30 Thinking Allowed (m00244rv)

Laurie Taylor explores the latest research into how society works.

TUE 16:00 The Hazard of the Die (m00244rx)

Michael has a limp – and it's getting worse. The young actor is in the middle of writing a radio drama about an experimental drug trial when he receives a diagnosis – he has Motor Neurone Disease. Average life expectancy is four years. Should he sail around the world with his fiancé? Buy a pub with his mates? Of course not. Michael decides to stage a major production of Shakespeare's longest history play – Richard III – with himself in the lead role, directed by best friend and writing partner Oisín.

At the same time, Michael gets a chance to join an experimental drug trial that could offer a promising new treatment for MND. Now, he and Oisín just have to convince the Lyric Theatre in Belfast to stage their ambitious production of Richard, while Michael wonders if the drug can offer any hope against the disease's relentless progression.

Presented by Michael Patrick
Written by Michael Patrick & Oisín Kearney
Produced by Conor McKay

A BBC Northern Ireland Production

TUE 16:30 When It Hits the Fan (m00244rz)

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

TUE 17:00 PM (m00244s1)

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

TUE 18:00 Six O'Clock News (m00244s3)

National and international news from BBC Radio 4

TUE 18:30 Janey Godley: The C Bomb (m001np9k)

4. I Don't Know How Long I've Got Left

Janey Godley doesn't know how long she's got left, so she's telling ALL the jokes! This is her extraordinary story. Fearless and unflinching, yet life affirming stand-up at its very best.

In this last episode of the series, Janey confronts her terminal diagnosis of ovarian cancer, and jokes about how she copes, how the people around her cope, and what she thinks her legacy might be. She tells a fascinating story about her mother and friends around the kitchen table singing, and there's a bolt of comedy lightning that's very fitting.

Since Janey's comedy career began, she's exposed, on stage, many painful traumas from her life - from childhood neglect and sexual abuse, to marrying into a gangster family who eventually turned on her, and even the murder of her mother - with a seeming lack of sentimentality and the blackest of humour.

Relentlessly authentic, she's also had to face up to her own mistakes - taking responsibility and apologising both publicly and onstage, as well as sharing the shame of being 'cancelled' and the very dark place that took her to.

Then, just months later... the hand grenade of a cancer diagnosis forced her to start fighting for her life.

Now, after finally admitting that after everything she's been through in life, maybe she's not "fine", and with a terminal diagnosis, she's submitted to the ultimate 'C bomb' for many men and women of her generation - counselling.

And as a result of this insight, she's more hilarious and compelling onstage than ever.

Recorded live in front of an audience in her hometown, Glasgow.

A Dabster production for BBC Radio 4

TUE 19:00 The Archers (m00244it)

Brad faces a dilemma, and Ruth is determined to prove a point.

TUE 19:15 Front Row (m00244s5)

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

TUE 20:00 File on 4 (m00244i9)

Current affairs documentary series investigating major issues at home and abroad.

TUE 20:40 In Touch (m00244s8)

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

TUE 21:00 World Of Secrets (w3ct793p)

Al Fayed, Predator at Harrods

Al Fayed, Predator at Harrods: 5. Silenced no more

Mohamed Al Fayed sells Harrods and retreats into a world of luxury villas and yachts. But will the women continue to stay silent about their allegations? Their stories weren't all heard before his death but now they come together to speak out.

Would the past catch up with a man who had now been portrayed in The Crown, the drama about the reign of Queen Elizabeth II?

This season of World of Secrets is about sexual abuse, and includes descriptions which some listeners might find distressing. For a list of organisations in the UK that can provide support for survivors of sexual abuse, go to bbc.co.uk/actionline.

TUE 21:30 The Bottom Line (m0023x8y)

Evacuation: How to Rescue a Business From a War Zone

When a company finds itself facing war or natural disaster how can it get staff out of harm's way, and is there any chance of ensuring business as usual?

Evan Davis speaks to one business leader who helped move hundreds of staff out of Ukraine, Belarus and Russia when war broke out in 2022. Two crisis response companies explain how they have been helping clients with people and operations in Lebanon, Israel and parts of the USA recently hit by hurricanes.

Plus, what is an employer's obligation in these situations, and do the same rules apply to international as well as local hires?

Evan is joined by:

Ann Roberts, chief people officer, Flo;
James Waddington, global director of security assistance, International SOS;
Elmarie Marais, founder and CEO, GoCrisis;
and Anna, an employee at Wildix.

Production team:

Producer: Simon Tulett
Researchers: Drew Hyndman and Michaela Graichen
Editor: Matt Willis
Sound: Pete Wise and Tim Heffer
Production co-ordinator: Katie Morrison

(Picture: A Ukrainian flag flies from a destroyed building in Mariupol, April 2022. Credit: Reuters/Alexander Ermochenko/BBC)

TUE 22:00 The World Tonight (m00244sc)

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

TUE 22:45 The Ministry of Time by Kaliane Bradley (m00244sf)

Episode Seven

In the near future, a disaffected civil servant is offered a lucrative job in a mysterious new government ministry gathering expats from across history to test the limits of time-travel. Her role is to work as a 'bridge' - living with, assisting and monitoring the expat known as '1847', Commander Graham Gore, a member of John Franklin's doomed Arctic expedition.

Along with his fellow 'expats' - extracted from the Great Plague, the Battle of Naseby, the French Revolution and the Battle of the Somme - Gore must be introduced to the internal combustion engine, women's emancipation, computer dating apps, the smoking ban, and 21st Century cultural and social sensitivities. Among these are the narrator's ambivalent feelings about her own mixed-race heritage.

The role of a Bridge, she discovers, may be well-paid, but it's complex and difficult to navigate, particularly when the Victorian explorer sharing her living space is an attractive, infuriating, deeply sexy adventurer. When it becomes apparent that the very future is at stake, the job becomes both more complicated and more dangerous.

Episode 7: Attempted assassination and successful sex.

Kaliane Bradley is a British-Cambodian writer and editor who has won the 2022 Harper's Bazaar Short Story prize and the 2022 V S Pritchett Short Story Prize. The Ministry of Time is her debut novel, widely acclaimed as exciting, clever, funny and gripping - 'a little time-bomb of a book' according to the writer Francis Spufford. It was shortlisted for this year's Waterstones Debut Fiction Prize, and is a Sunday Times and New York Times best-seller. It also featured on Barack Obama's reading list this summer.

The reader is Aoife Hinds, known for her roles in TV's Derry Girls and Normal People.

Abridged and produced by Sara Davies
Production Co-ordinator: Sarah Tombling
Sound Designer: Matt Bainbridge
A Pier production for BBC Radio 4

TUE 23:00 Marianna in Conspiracyland (m00244sh)

[Repeat of broadcast at 16:30 on Monday]

TUE 23:30 Today in Parliament (m00244sk)

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

WEDNESDAY 23 OCTOBER 2024

WED 00:00 Midnight News (m00244sm)

National and international news from BBC Radio 4

WED 00:30 On Freedom by Timothy Snyder (m00244rb)

[Repeat of broadcast at 11:45 on Tuesday]

WED 00:48 Shipping Forecast (m00244sp)

The latest weather reports and forecasts for UK shipping

WED 01:00 Selection of BBC World Service Programmes (m00244sr)

BBC Radio 4 joins the BBC World Service.

WED 05:20 Shipping Forecast (m00244st)

The latest weather reports and forecasts for UK shipping

WED 05:30 News Briefing (m00244sw)

The latest news from BBC Radio 4

WED 05:43 Prayer for the Day (m00244sy)

Good Manners

Good morning!

It is said that good manners will open doors that the best education cannot. I remember my childhood days in Malawi when I would go to my father's spices and groceries shop at the weekends. I saw his good manners towards his staff and customers. Not surprisingly, his business did rather well. The local newspaper even did a story on it. We have the newspaper cutting which shows my beaming mother displaying her spices and my late father proudly looking on.

I love it when people bring good manners to the workplace. The other day a colleague of mine was getting up to make a cup of tea. She asked if I would also like one and I gratefully accepted her offer. I believe such manners work wonders for team bonding and boosts morale. We spend a considerable amount of time at work and it's always nice to experience good manners.

I try my best to display good manners and when I struggle, especially when I'm angry or unhappy about something someone has done, or not done, I remind myself that people are not automated machines programmed to always display good manners - I too have my own shortcomings. What's important is that I treat everyone well. I'm inspired to do this by the golden rule which Jesus taught, "Do unto others as you would have them do unto you." The Prophet Muhammad declared, "The one with the most accomplished faith out of all of you is the one who has the best manners."

I pray that God enables us to display the best manners wherever we are, amin.

WED 05:45 Farming Today (m00244t0)

The latest news about food, farming and the countryside.

WED 06:00 Today (m0024411)

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

WED 09:00 More or Less (m0024413)

Tim Harford explains - and sometimes debunks - the numbers and statistics used in political debate, the news and everyday life.

WED 09:30 The Coming Storm (m0024415)

S2: 7. Wonderland

In the 1990s a group of futurist thinkers meet on one of the world's first email lists. The Extropians imagine a world of augmented human bodies, nanotechnology, cryptocurrencies and artificial intelligence.

Now, some of the thinkers on that email list are turning that AI future into a reality. But others are now worried - what if the AI ends up in charge of us all?

As we head into an epochal shift for humanity, questions about democracy and tyranny run through the debates about how fast or slow to move forward. Because we don't want to end up living in the Matrix...

Producer: Lucy Proctor
Sound design and mix: James Beard
Editor: Richard Vadon
Script consultants: Richard Fenton-Smith and Afsaneh Gray
Commissioning editor: Dan Clarke
Original music: Pete Cunningham

CREDITS:

Timothy Leary 1992 half-hour appearance with cable TV host Skip E. Lowe, copyright unknown, Alan Eichler, YouTube

After all, the body is an extension of fashion, Natasha Vita More, YouTube

WED 10:00 Woman's Hour (m0024417)

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

WED 11:00 File on 4 (m0024419)

[Repeat of broadcast at 20:00 on Tuesday]

WED 11:45 On Freedom by Timothy Snyder (m002441c)

Book of the Week: Episode 3 - Vaclav Havel and the price of freedom

Timothy's Snyder's new book explores the meaning of freedom. Today, the historian and intellectual turns his attention to Vaclav Havel and the high price he and fellow dissidents paid

for making the case for human rights under an authoritarian regime. Read by Kyle Soller.

Timothy Snyder is an historian and public intellectual writing on Ukraine, American politics, strategies for averting authoritarianism, digital politics, health, and education. He is the recipient of numerous awards and honours including the Emerson Prize in the Humanities, the Vaclav Havel Foundation prize, and the Hannah Arendt Prize in Political Thought. He teaches history and global affairs at Yale University and his books include Bloodlands, Black Earth and On Tyranny.

On Freedom is his latest book. Here he looks at how freedom has been misunderstood and is leading society into crisis. He takes issue with the deep seated notion that freedom is about the right of the individual to behave and speak however they wish, where its understood as protection from outside forces, and interference from others. Instead, he invites us to look at in a different way, not as freedom 'from', but freedom 'to'. He asks us to look at freedom as a foundational value that allows all people to thrive, to take risks and to work together to ensure a bright future for everyone.

Kyle Soller is an award winning actor well known for his work in the theatre - Long Day's Journey Into Night, Hedda Gabler The Inheritance - on the small screen - Poldark, The Hollow Crown, Andor, and on radio - Giovanni's Room, Losing Earth, People Who Knew Me.

Abridged by Katrin Williams.
Produced by Elizabeth Allard

WED 12:00 News Summary (m002441g)

The latest national and international news from BBC Radio 4.

WED 12:04 You and Yours (m002441j)

News and discussion of consumer affairs

WED 12:57 Weather (m002441i)

The latest weather forecast

WED 13:00 World at One (m002441n)

Forty-five minutes of news, analysis and comment.

WED 13:45 Politically (m002441q)

Surviving Politics with Michael Gove

Surviving Politics with Michael Gove - 3: Amber Rudd

Michael Gove talks to Amber Rudd about how and why she chose to take stands of principle.

19 years as a member of parliament, 6 cabinet positions, 5 general elections and serving under 4 prime ministers. During his political career, Michael Gove pretty much saw and did it all. As he says himself, no-one in politics is a conscript. He and others are volunteers who willingly choose their fate. But office can and does take its toll and in this five part series, Michael talks candidly with politicians from different parties about the strengths and skills needed to survive when things get tough.

Producer: Ben Carter
Editor: Clare Fordham
Sound recordists: Jack Graysmark and Hannah Montgomery
Mixed by James Beard
Production co-ordinators: Janet Staples, Maria Ogundele and Sabine Schreck

WED 14:00 The Archers (m002441t)

[Repeat of broadcast at 19:00 on Tuesday]

WED 14:15 Trust (m002441w)

Series 5. Episode 2: The War Room

Episode 2: The War Room by Jonathan Hall

The Inspectors have arrived and the core leadership team are trying to remain calm. It doesn't help that Yvette's mother has had an accident and Sir Ken has arrived back from Corfu the worse for wear. And there's always the wildcard that is staff room malcontent Dave Lubbock to consider too.

Yvette Julie Hesmondhalgh
Tim Ashley Margolis
Sir Ken/Inspector Jonathan Keeble
Carol/Joy Susan Twist
Dhruvi Mina Anwar
Dave Lloyd Peters

Production Co-ordinator - Lorna Newman
Technical Team - Amy Brennan, Mitch Goodall
Sound Designer - Sharon Hughes

Director/Producer - Gary Brown

A BBC Studios Audio Production for Radio 4.

WED 15:00 Money Box (m002441y)

The Money Box team invites listeners and a panel of experts to discuss one personal finance topic in depth.

WED 15:30 The Artificial Human (m00244m0)

Can we keep AI out of human only spaces?

The arms race is over and we lost. All those increasingly annoying little puzzles to prove "I am not a robot" from how many buses can you see to the invisible behavioural analysis going on behind the screen, AI powered bots can now pick every lock designed to keep them out.

Aleks Krotoski and Kevin Fong ask what's left to prove we're an actual human being online and if that becomes impossible does much of the internet stop being useful?

Presenters: Aleks Krotoski and Kevin Fong
Producer: Peter McManus
Researcher: Emily Esson
Mixed by: Fraser Jackson

WED 16:00 The Media Show (m00244m2)

Topical programme about the fast-changing media world.

WED 17:00 PM (m00244m4)

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

WED 18:00 Six O'Clock News (m00244m6)

National and international news from BBC Radio 4

WED 18:30 Ivo Graham's Obsessions (m00244m8)

4. Fatiha El-Ghorri & Paul Gorton

Ivo Graham brings 2 more celebrity guests to Radio 4, to tell us about their obsessions.

Comedian Fatiha-El Ghorri and Paul Gorton of the hit BBC show 'The Traitors' join Ivo this week. Fatiha El-Ghorri is obsessed with trainers, and judges the audience on theirs while Paul details the hours he spends in his gaming room. Ivo also delves into the audience to find out what their obsessions are, and finally Ivo is joined by a Very Obsessed Person, or 'VOP'. This week, Ailish Morrison comes on to tell us about her unexpected twin passions of cheerleading and Lord of the Rings.

Hosted by Ivo Graham
Featuring Fatiha El-Ghorri, Paul Gorton and Ailish Morrison

Written by Ivo Graham and Zoe Tomalin

Additional Material by Cody Dahler, Christina Riggs and Peter Tellouche

Recorded at the Marylebone Theatre by Duncan Hannant
Sound edited by Charlie Brandon-King
Production Coordinators: Katie Baum and Jodie Charman
Executive Producer: Pete Strauss

Produced by Gwyn Rhys Davies, a BBC Studios Audio production for Radio 4

An EcoAudio certified production

Show image: Matt Stronge

WED 19:00 The Archers (m00244mb)

Can Emma handle the truth, and Fallon is feeling positive.

WED 19:15 Front Row (m00244md)

Musician and novelist Malachy Tallack, Cities of Literature and Textile Art.

Musician and novelist Malachy Tallack reads from his new novel That Beautiful Atlantic Waltz, and performs live from the accompanying album.

To mark 20 years since Edinburgh became the world's first Unesco City of Literature, we hear about the growth of this international network which celebrates reading, writers and storytelling.

Plus a visit to a new exhibition of magnificent textile art drawn from National Trust of Scotland properties, which showcases this intricate artform and represents the impact of King George III and international trade on interior fashions.

Presenter: Kirsty Wark
Producer: Mark Crossan

WED 20:00 Moral Maze (m00244mg)

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

WED 21:00 Soul Music (m00244mj)

[Repeat of broadcast at 10:30 on Saturday]

WED 21:30 The Conflict (m0024754)

Middle East

23/10/2024

What can history teach us about the conflict in the Middle East?

Jonny Dymond brings together a carefully assembled panel of experts, academics and journalists to talk about the conflict in the region.

What has happened in history to lead us to this point? And, what can history teach us about what might happen next?

Please get in touch with Jonny and the team:
theconflict@bbc.co.uk.

The Conflict: Middle East was made by Keiligh Baker and Ivana Davidovic. The assistant editor is Ben Mundy. The senior news editor is Sam Bonham.

This episode is part of a BBC Sounds series.

WED 22:00 The World Tonight (m00244ml)

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

WED 22:45 The Ministry of Time by Kaliane Bradley (m00244mn)

Episode Eight

In the near future, a disaffected civil servant is offered a lucrative job in a mysterious new government ministry gathering expats from across history to test the limits of time-travel. Her role is to work as a 'bridge' - living with, assisting and monitoring the expat known as '1847', Commander Graham Gore, a member of John Franklin's doomed Arctic expedition.

Along with his fellow 'expats' - extracted from the Great Plague, the Battle of Naseby, the French Revolution and the Battle of the Somme - Gore must be introduced to the internal combustion engine, women's emancipation, computer dating apps, the smoking ban, and 21st Century cultural and social sensitivities. Among these are the narrator's ambivalent feelings about her own mixed-race heritage.

The role of a Bridge, she discovers, may be well-paid, but it's complex and difficult to navigate, particularly when the Victorian explorer sharing her living space is an attractive, infuriating, deeply sexy adventurer. When it becomes apparent that the very future is at stake, the job becomes both more complicated and more dangerous.

Episode 8: Adela has a plan, and an explanation.

Kaliane Bradley is a British-Cambodian writer and editor who has won the 2022 Harper's Bazaar Short Story prize and the 2022 V S Pritchett Short Story Prize. The Ministry of Time is her debut novel, widely acclaimed as exciting, clever, funny and gripping - 'a little time-bomb of a book' according to the writer Francis Spufford. It was shortlisted for this year's Waterstones Debut Fiction Prize, and is a Sunday Times and New York Times best-seller. It also featured on Barack Obama's reading list this summer.

The reader is Aoife Hinds, known for her roles in TV's Derry Girls and Normal People.

Abridged and produced by Sara Davies
Production Co-ordinator: Sarah Tombling
Sound Designer: Matt Bainbridge
A Pier production for BBC Radio 4

WED 23:00 Influencers (m001qf2x)

Series 1

3. Glow Up

Katy Brand and Katherine Parkinson write and star in a new comedy about the world of influencing, where they play Ruth and Carla - two wannabe stars of the online business world.

They are bound together by a carefully controlled image that

can lead to lucrative product placements and well-paid endorsements - but only if the PR is played just right. And that's a problem because, behind the scenes, things are not always as harmonious as they seem.

Episode 3: Glow Up

Ruth and Carla discuss the perils and consequences of getting too much dietary fibre, and then decide to test a much-sought after home 'sauna-body-bag' - with a faulty zip.

Carla - Katy Brand
Ruth - Katherine Parkinson

Written by Katy Brand and Katherine Parkinson
Producer: Liz Anstee

A CPL production for BBC Radio 4

WED 23:15 The Skewer (m00244mq)

Series 12

Episode 7

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

WED 23:30 Today in Parliament (m00244ms)

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

THURSDAY 24 OCTOBER 2024

THU 00:00 Midnight News (m00244mv)

National and international news from BBC Radio 4

THU 00:30 On Freedom by Timothy Snyder (m00244lc)

[Repeat of broadcast at 11:45 on Wednesday]

THU 00:48 Shipping Forecast (m00244mx)

The latest weather reports and forecasts for UK shipping

THU 01:00 Selection of BBC World Service Programmes (m00244mz)

BBC Radio 4 joins the BBC World Service.

THU 05:20 Shipping Forecast (m00244n1)

The latest weather reports and forecasts for UK shipping

THU 05:30 News Briefing (m00244n3)

The latest news from BBC Radio 4

THU 05:43 Prayer for the Day (m00244n5)

My Autumn

Good morning!

I was telling a friend about a holiday in Wales where we enjoyed the beautiful mountains, valleys, and the seaside - in between the rain of course. I also told her about our summer holiday in the Lake District. She recommended that we go there during autumn. She described the vivid and breathtaking colours of the trees and their reflections on the lakes - a mosaic of colours, she said. I look forward to taking my wife there soon.

I've since thought a lot more about trees. It's fascinating that leaves bring us such joy and delight even as they are dying. Once dry and dead they fall off. Only then can trees have a fresh life with the arrival of spring. Trees that don't shed their leaves don't get a makeover.

It's got me thinking about us and how we compare. How many take joy and delight from frail and old grandparents? I think it's only the fortunate ones who can appreciate their beauty - I mean their real inner beauty.

And as for the shedding of the leaves I wonder how much fresher, healthier and happier I would be if I could learn to shed off some of the rot that has set in my mind, body and soul, to make room for good deeds, good habits and positive thoughts just like these trees make room for fresh leaves. Like the trees in spring, I too can adorn myself with the fresh leaves of good morals, kindness, generosity and many other virtues - but first I must undergo an autumn.

I pray God helps us shed our faults and gives us a makeover, amin.

THU 05:45 Farming Today (m00244n7)

The latest news about food, farming and the countryside.

THU 06:00 Today (m00245nj)

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

THU 09:00 In Our Time (m00245nl)

Little Women

Melvyn Bragg and guests discuss Louisa May Alcott's 1868 novel, credited with starting the new genre of young adult fiction. When Alcott (1832-88) wrote Little Women, she only did so as her publisher refused to publish her father's book otherwise and as she hoped it would make money. It made Alcott's fortune. This coming of age story of Meg, Jo, Beth and Amy March, each overcoming their own moral flaws, has delighted generations of readers and was so popular from the start that Alcott wrote the second part in 1869 and further sequels and spin-offs in the coming years. Her work has inspired countless directors, composers and authors to make many reimagined versions ever since, with the sisters played by film actors such as Katherine Hepburn, Elizabeth Taylor, Winona Ryder, Claire Danes, Kirsten Dunst, Saoirse Ronan and Emma Watson.

With

Bridget Bennett
Professor of American Literature and Culture at the University of Leeds

Erin Forbes
Senior Lecturer in African American and U.S. Literature at the University of Bristol

And

Tom Wright
Reader in Rhetoric and Head of the Department of English Literature at the University of Sussex

Producer: Simon Tillotson
In Our Time is a BBC Studios Audio Production

THU 09:45 Strong Message Here (m00249wd)

In this new series, Helen Lewis and Armando Iannucci investigate which political buzzwords are strong and stable and which are a crock of covfefe.

Each week Helen and Armando will crack open the political phrasebook and attempt to decode the doublespeak. Why does everything now have to be 'turbo-charged'? What's the difference between a 'pledge' and a 'mission'? Why has my local MP been 'weaponised' and should I be worried?

You'll be treated to a crash course in the dark arts of political language from two people both baffled and beguiled by it. They'll walk you through the various verbal fiascos of the modern political lexicon so that by the end you'll be oven-ready for an appearance on Newsnight.

Warning: this podcast features strong political language that some listeners may find nonsensical.

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

THU 10:00 Woman's Hour (m00245nn)

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

THU 11:00 This Cultural Life (m00245nq)

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

THU 11:45 On Freedom by Timothy Snyder (m00245ns)

Book of the Week: Episode 4 - Race and Freedom

Timothy Snyder's latest book explores the meaning of freedom. In today's episode the historian looks at the US civil rights movement in the 1940s and 1960s and their legacy. Kyle Soller reads.

Timothy Snyder is an historian and public intellectual writing on Ukraine, American politics, strategies for averting authoritarianism, digital politics, health, and education. He is the recipient of numerous awards and honours including the Emerson Prize in the Humanities, the Václav Havel Foundation prize, and the Hannah Arendt Prize in Political Thought. He teaches history and global affairs at Yale University and his books include Bloodlands, Black Earth and On Tyranny.

On Freedom is his latest book. Here he looks at how freedom

has been misunderstood and is leading society into crisis. He takes issue with the deep seated notion that freedom is about the right of the individual to behave and speak however they wish, where its understood as protection from outside forces, and interference from others. Instead, he invites us to look at in a different way, not as freedom 'from', but freedom 'to'. He asks us to look at freedom as a foundational value that allows all people to thrive, to take risks and to work together to ensure a bright future for everyone.

Kyle Soller is an award winning actor well known for his work in the theatre - Long Day's Journey Into Night, Hedda Gabler The Inheritance - on the small screen - Poldark, The Hollow Crown, Andor, and on radio - Giovanni's Room, Losing Earth, People Who Knew Me.

Abridged by Katrin Williams.
Produced by Elizabeth Allard

THU 12:00 News Summary (m00245nv)
The latest national and international news from BBC Radio 4.

THU 12:04 The Bottom Line (m00245nx)
Evan Davis hosts the business conversation show, with insight from the people at the top.

THU 12:32 Sliced Bread (m00245nz)
Greg Foot investigates the so-called wonder products making bold claims.

THU 12:57 Weather (m00245p1)
The latest weather forecast

THU 13:00 World at One (m00245p3)
Forty-five minutes of news, analysis and comment.

THU 13:45 Politically (m00245p5)
Surviving Politics with Michael Gove

Surviving Politics with Michael Gove - 4: Arlene Foster

Michael Gove talks to Arlene Foster about the challenge of managing schisms in her party.

19 years as a member of parliament, 6 cabinet positions, 5 general elections and serving under 4 prime ministers. During his political career, Michael Gove pretty much saw and did it all. As he says himself, no-one in politics is a conscript. He and others are volunteers who willingly choose their fate. But office can and does take its toll and in this five part series, Michael talks candidly with politicians from different parties about the strengths and skills needed to survive when things get tough.

Producer: Ben Carter
Editor: Clare Fordham
Sound recordists: Jack Graysmark and Hannah Montgomery
Mixed by James Beard
Production co-ordinators: Janet Staples, Maria Ogundele and Sabine Schereck

THU 14:00 The Archers (m00244mb)
[Repeat of broadcast at 19:00 on Wednesday]

THU 14:15 Trust (m00245p7)
Series 5, Episode 3: RI

Episode three: R.I
By Jonathan Hall

Yvette and Tim have to pick up the pieces after the OFSTED inspection. Staff morale is rock bottom. And there is a nasty rumour that Quays Academy Trust is going to offload its failing schools. Is this the future for East Salford? To be a 'Sink School'?

Yvette Julie Hesmondhalgh
Tim Ashley Margolis
Ken/Pastor Eugene Jonathan Keeble
Carol/Joy Susan Twist
Billy Jason Done
Taran/Ritchie Hamish Rush

Production Co-ordinator - Lorna Newman
Tech Team - Amy Brennan & Mitch Goodall
Sound Designer - Sharon Hughes
Director/Producer - Gary Brown

A BBC Studios Audio Production for Radio 4

THU 15:00 Ramblings (m00245p9)

Alan Titchmarsh on the Isle of Wight

Alan Titchmarsh takes Clare Balding for his favourite stroll across Tennyson Down on the Isle of Wight. A keen and regular walker, Alan splits his time between the mainland and the Isle of Wight, and has a lot to share with Clare about this place that he loves. Best known as a TV gardener, interviewer and romantic novelist, Alan grew up in a family that took regular Sunday walks and as a young child developed an affinity for the natural world.

Presenter: Clare Balding
Producer: Karen Gregor

THU 15:27 Radio 4 Appeal (m00245pc)
[Repeat of broadcast at 07:54 on Sunday]

THU 15:30 Feedback (m0023q06)
The programme that holds the BBC to account on behalf of the radio audience

THU 16:00 Rethink (m0024cp8)
Rethink... care

The care system in Britain is creaking at the seams. People who need care aren't receiving it - or if they do it's untenably expensive. There aren't enough staff for care homes, and unpaid family carers often burn out looking after their loved ones without support.

Successive governments have recognised it's a problem, but they haven't been able to fix it. Rachel Reeves is just the latest in a long line of chancellors to back away from care reform.

How can we reform the care system so it works better for everyone involved? And crucially - how can we pay for it?

In this edition of Rethink we look at some of the big ideas that could revolutionise social care in this country.

We look at the arguments for a National Care Service to match the National Health Service. We hear about new technological fixes, from robots in care homes to smaller scale initiatives to help with medication or paperwork. Or maybe we all need to think about the whole system differently - and all care for each other a little more.

Contributors:
Sir Andrew Dilnot, head of the 2011 government review on Funding of Care & Support
Kathryn Smith, chief executive of the Social Care Institute for Excellence
Ben Cooper from the Fabian Society, author of their report Support Guaranteed: The Roadmap to a National Care Service
Hilary Cottam, designer, social activist and author of Radical Help: How We Can Remake the Relationships Between Us and Revolutionise the Welfare State

Presenter: Ben Ansell
Producer: Lucy Burns
Editor: Clare Fordham

THU 16:30 BBC Inside Science (m00245pf)
A weekly programme looking at the science that's changing our world.

THU 17:00 PM (m00245ph)
Afternoon news and current affairs programme, reporting on breaking stories and summing up the day's headlines.

THU 18:00 Six O'Clock News (m00245pk)
National and international news from BBC Radio 4

THU 18:30 Olga Koch: OK Computer (m00245pm)
Series 3

4. Death

Comedian and Computer Scientist Olga Koch and her sassy digital assistant get deep on this week's topic. About 6 feet deep. That's right, we're talking about death in the series finale of OK Computer.

Performed by Olga Koch
Written by Olga Koch and Charlie Dinkin

Featuring Rajiv Karia as Algo

Additional material from Rajiv Karia, Peter Tellouche and Christina Riggs

Produced by Benjamin Sutton

A BBC Studios Audio Production for BBC Radio 4

THU 19:00 The Archers (m00244xc)
David faces a nightmare, and Azra offers support.

THU 19:15 Front Row (m00245pp)
Live magazine programme on the worlds of arts, literature, film, media and music.

THU 20:00 The Media Show (m00244m2)
[Repeat of broadcast at 16:00 on Wednesday]

THU 21:00 Loose Ends (m00245pr)
[Repeat of broadcast at 18:15 on Saturday]

THU 21:45 The Warsaw Ghetto: History as Survival (m00119hc)
5. Monograph of a People's Kitchen

The OyNEG Shabes Archive is an extraordinary collection that details every facet of life and death in the Warsaw Ghetto. A secret chronicle that became history as survival. Anton Lesser narrates this 10 part series revealing the lives and stories of the Ghetto. Episode 5-Rachel Auerbach-Monograph of a People's Kitchen. With Tracy-Ann Oberman.

In the middle of Europe, in the middle of the 20th Century a half million Jewish men, women & children were cut off, surrounded by the German occupiers, imprisoned behind walls. How do you tell the world about your life and fate? Historian and activist Emanuel Ringelblum devised and directed a clandestine archive- codename OyNEG Shabes (Joy of the Sabbath) to chronicle every aspect of their existence. He recruited over 60 'zamlers' or gatherers to write & compile thousands of pages-diaries, essays, poems, photographs, statistical studies, art, ephemera - a historical treasure that was buried even as the Ghetto was being extinguished so that the world might read and understand. Listen to their stories

Episode 5: Monograph of a People's Kitchen. In the wake of the German invasion & occupation the Aylenhilf-the Jewish Communal Self Help network created refugee centres, block committees, mobile libraries and soup kitchens. Writer Rachel Auerbach became the director of one such soup kitchen at 40 Leszno Street where she both kept a diary and then wrote her first piece as one of the OyNEG Shabes team.

With Tracy-Ann Oberman as Rachel Auerbach. Narration by Anton Lesser. Translation Sean Gasper Bye & Samuel Kassow. With thanks to the Yiddish Book Centre Written & produced by Mark Burman.

For more information on the OyNEG Shabes/Ringelblum archive go to the website of the Jewish Historical Institute <https://cbj.jhi.pl/>

THU 22:00 The World Tonight (m00245pt)
In depth reporting, intelligent analysis and breaking news from a global perspective.

THU 22:45 The Ministry of Time by Kaliane Bradley (m00245pw)
Episode Nine

In the near future, a disaffected civil servant is offered a lucrative job in a mysterious new government ministry gathering expats from across history to test the limits of time-travel. Her role is to work as a 'bridge' - living with, assisting and monitoring the expat known as '1847', Commander Graham Gore, a member of John Franklin's doomed Arctic expedition.

Along with his fellow 'expats' - extracted from the Great Plague, the Battle of Naseby, the French Revolution and the Battle of the Somme - Gore must be introduced to the internal combustion engine, women's emancipation, computer dating apps, the smoking ban, and 21st Century cultural and social sensitivities. Among these are the narrator's ambivalent feelings about her own mixed-race heritage.

The role of a Bridge, she discovers, may be well-paid, but it's complex and difficult to navigate, particularly when the Victorian explorer sharing her living space is an attractive, infuriating, deeply sexy adventurer. When it becomes apparent that the very future is at stake, the job becomes both more complicated and more dangerous.

Episode 9: A mole, two murders and three microchips.

Kaliane Bradley is a British-Cambodian writer and editor who has won the 2022 Harper's Bazaar Short Story prize and the 2022 V S Pritchett Short Story Prize. The Ministry of Time is her debut novel, widely acclaimed as exciting, clever, funny and

gripping - 'a little time-bomb of a book' according to the writer Francis Spufford. It was shortlisted for this year's Waterstones Debut Fiction Prize, and is a Sunday Times and New York Times best-seller. It also featured on Barack Obama's reading list this summer.

The reader is Aoife Hinds, known for her roles in TV's Derry Girls and Normal People.

Abridged and produced by Sara Davies
Production Co-ordinator: Sarah Tombling
Sound Designer: Matt Bainbridge
A Pier production for BBC Radio 4

THU 23:00 The Today Podcast (m00245py)
Amol and Nick's take on the biggest stories of the week.

THU 23:30 Today in Parliament (m00245q0)
News, views and features on today's stories in Parliament

FRIDAY 25 OCTOBER 2024

FRI 00:00 Midnight News (m00245q2)
National and international news from BBC Radio 4

FRI 00:30 On Freedom by Timothy Snyder (m00245ns)
[Repeat of broadcast at 11:45 on Thursday]

FRI 00:48 Shipping Forecast (m00245q4)
The latest weather reports and forecasts for UK shipping

FRI 01:00 Selection of BBC World Service Programmes (m00245q6)
BBC Radio 4 joins the BBC World Service.

FRI 05:20 Shipping Forecast (m00245q8)
The latest weather reports and forecasts for UK shipping

FRI 05:30 News Briefing (m00245qb)
The latest news from BBC Radio 4

FRI 05:43 Prayer for the Day (m00245qd)
Try not to be wasteful

Good morning!

I'm convinced that if my family and every household in the UK tried not to waste food for just one day, we could help feed a small country for a day!

As the numbers grow of people in our own country relying on food banks, I've taken to volunteering with Mitzvah it's a day when Jews and Muslims come together to cook chicken soup.

The Qur'an recognises the harms of wastefulness and reminds readers, "Eat and drink but don't waste." I've noticed when some people have plenty, they take things for granted. They appreciate less and value less. I've seen poor villagers in Africa having to ration their food stocks to last their family for a full year until the next harvest. They never throw away any leftovers. Here I've seen so much food is wasted in restaurants and hotels every day and thrown into bins.

I'm encouraged by some schemes that food businesses are running where instead of binning perfectly good food at the end of the business day, they offer it at much reduced prices or distribute it to homeless shelters.

At home we always freeze our leftovers for another day. And it's great because we can have a day off from having to cook. We also keenly pay attention to the advice given by the Prophet Muhammad that the stomach be divided into three parts; one third for food, one third for water and the final third for air, that is, to keep it empty.

As we count God's blessings, I pray we appreciate them and not be wasteful, amin.

FRI 05:45 Farming Today (m00245qg)
The latest news about food, farming and the countryside.

FRI 06:00 Today (m00244ws)
News and current affairs, including Sports Desk, Weather and Thought for the Day.

FRI 09:00 Desert Island Discs (m001pf7y)
[Repeat of broadcast at 10:00 on Sunday]

FRI 09:45 Continental Divides (m0023dq9)
Episode 2 - Cities, Suburbs, Towns and Villages

Misha Glenn explores a number of political divides facing Europe and asks whether the continent is undergoing the same crises it went through in the 1930s.

In this second episode, he investigates three countries where rural decline and urban growth have fuelled political change.

First, Bulgaria, where the exodus from villages is driving a near existential problem in terms of national population. In Poland, he hears from the Mayor of Warsaw, who is hoping to ride Poland's growing young, urban and liberal voter base to the Presidency of the whole country. And in France, Misha digs into how both a historic vision of the countryside and the reality of France's declining "in between" places are playing into a new, far right vision for French politics.

Producer: Artemis Irvine
Executive Producer: Robert Nicholson

A Whistledown production for BBC Radio 4

FRI 10:00 Woman's Hour (m00244wv)
Women's voices and women's lives - topical conversations to inform, challenge and inspire.

FRI 11:00 The Food Programme (m00244wx)
Investigating every aspect of the food we eat

FRI 11:45 On Freedom by Timothy Snyder (m00244wz)
Book of the Week: Episode 5 - On speaking freely

Timothy Snyder's latest book explores the idea of freedom, in today's episode the historian and intellectual discusses the value of speaking freely. Kyle Soller reads.

Timothy Snyder is an historian and public intellectual writing on Ukraine, American politics, strategies for averting authoritarianism, digital politics, health, and education. He is the recipient of numerous awards and honours including the Emerson Prize in the Humanities, the Václav Havel Foundation prize, and the Hannah Arendt Prize in Political Thought. He teaches history and global affairs at Yale University and his books include Bloodlands, Black Earth and On Tyranny.

On Freedom is his latest book. Here he looks at how freedom has been misunderstood and is leading society into crisis. He takes issue with the deep seated notion that freedom is about the right of the individual to behave and speak however they wish, where its understood as protection from outside forces, and interference from others. Instead, he invites us to look at in a different way, not as freedom 'from', but freedom 'to'. He asks us to look at freedom as a foundational value that allows all people to thrive, to take risks and to work together to ensure a bright future for everyone.

Kyle Soller is an award winning actor well known for his work in the theatre - Long Day's Journey Into Night, Hedda Gabler The Inheritance - on the small screen - Poldark, The Hollow Crown, Andor, and on radio - Giovanni's Room, Losing Earth, People Who Knew Me.

Abridged by Katrin Williams.
Produced by Elizabeth Allard

FRI 12:00 News Summary (m00244x1)
The latest national and international news from BBC Radio 4.

FRI 12:04 Rare Earth (m00244x3)
Battle for the Planet

US elections always have an outsized impact on the planet. As the world's second largest polluter and one of the primary sources of green technology and finance, America's lead on environmental issues is a vital part of our battle against climate change.

Tom Heap and Helen Czerski analyse the efforts of the Biden regime and examine the rival policies of Harris and Trump. Joe Biden's Inflation Reduction Act is said to have helped channel half a trillion dollars into clean technology and renewable energy. Has all that money brought down emissions or funded fresh answers to the planet's biggest challenge? Trump talks tough on the environment, supporting oil, gas and coal companies but did his presidential term really accelerate global warming?

Tom and Helen are joined by Professor Leah Stokes from the University of California, Santa Barbara and Pilita Clark of the Financial Times.

Producer: Alasdair Cross

Assistant Producer: Toby Field

Rare Earth is a BBC Audio Wales and West production in conjunction with the Open University

FRI 12:57 Weather (m00244x5)
The latest weather forecast

FRI 13:00 World at One (m00244x7)
Forty-five minutes of news, analysis and comment.

FRI 13:45 Politically (m00244x9)
Surviving Politics with Michael Gove

Surviving Politics with Michael Gove - 5: Humza Yousaf

Michael talks to Humza Yousaf about working out who you can trust and managing allies.

19 years as a member of parliament, 6 cabinet positions, 5 general elections and serving under 4 prime ministers. During his political career, Michael Gove pretty much saw and did it all. As he says himself, no-one in politics is a conscript. He and others are volunteers who willingly choose their fate. But office can and does take its toll and in this five part series, Michael talks candidly with politicians from different parties about the strengths and skills needed to survive when things get tough.

Producer: Ben Carter
Editor: Clare Fordham
Sound recordists: Jack Graysmark and Hannah Montgomery
Mixed by James Beard
Production co-ordinators: Janet Staples, Maria Ogundeke and Sabine Schreck

FRI 14:00 The Archers (m00244xc)
[Repeat of broadcast at 19:00 on Thursday]

FRI 14:15 Limelight (m00238rj)
Central Intelligence

Central Intelligence: Episode 7

The inside story of the CIA from the perspective of Eloise Page (Kim Cattrall), who joined on the Agency's first day in 1947 and, in a 40-year career, became one of its most influential figures. Eloise takes the listener on a journey through the highs and lows of US foreign policy, spanning the staggering world events that shaped her career, as well as portraying her relationships with early CIA leaders, Allen Dulles (Ed Harris) and Richard Helms (Johnny Flynn).

New episodes available on Fridays. Listen first on BBC Sounds.

In Episode 7 the CIA has a new head; America's most famous spy, Allen Dulles. In his quest to stop the spread of communism, a daring mission to create unrest on the streets of Iran.

Eloise Page.....Kim Cattrall
Allen Dulles.....Ed Harris
Richard Helms.....Johnny Flynn
Frank Wisner.....Geoffrey Arend
Kermit Roosevelt.....Rob Benedict
President Eisenhower.....Kerry Shale
Foster Dulles.....Nathan Osgood
Rocky Stone.....Akie Kotabe
Roya.....Isabella Nefar
Assadollah Rashidian & Iranian Press Editor.....Adam Sina
Imam Khomeini.....Dana Haqjoo
Mohammed Mossadegh and General Riahi.....Bijan Daneshmand
Bobak.....Majid Mehdizadeh-Valoujerdy
Billy Graham.....Philip Desneules
Immigration Officer.....Walles Hamonde

Original music is by Sacha Puttnam

Production:
Written by Greg Haddrick, who created the series with Jeremy Fox
Episode 7 is written by Maryam Master
Sound Designers & Editors: John Scott Dryden, Adam Woodhams, Martha Littlehailes & Andreina Gomez Casanova
Script Consultant: Misha Kawnel
Script Supervisor: Alex Lynch
Trails: Jack Soper
Archive Research: Andy Goddard & Alex Lynch
Production Assistant: Jo Troy
Sonica Studio Sound Engineers: Mat Clark & Paul Clark
Sonica Runner: Flynn Hallman
Marc Graue Sound Engineers, LA: Juan Martin del Campo & Tony Diaz
Margarita Mix, Santa Monica Sound Engineer, LA: Bruce

Bueckert
Mirrortone Sound Engineers, NY: Collin Stanley Dwarzski & James Quesada

Director: John Scott Dryden
Producer & Casting Director: Emma Hearn
Executive Producers: Howard Stringer, Jeremy Fox, Greg Haddrick and John Scott Dryden.

A Goldhawk production for BBC Radio 4

FRI 14:45 Naturebang (m001gx67)

Lazy Ants and the Power of Doing Nothing

We've all seen the Attenborough documentaries, full of the hurrying and scurrying of life on earth, the drama constantly unfolding. The natural world is a BUSY place... Or is it?

The surprising truth is, away from the cameras, most animals spend most of the time doing absolutely nothing at all. It's not just the sleepy sloths and the cat-napping cats, even the critters with reputations for being the most industrious animals on the planet have an astonishing amount of down-time. Peer into the dark warmth of an ant's nest, for example, and you might be surprised to note that just under half of them... don't DO anything. Not a jot. They sit, still and silent, apparently contributing nothing to the colony. Evolution abhors wasted energy so... what's going on? Becky Ripley and Emily Knight search for answers among our insect friends.

On the human side of the equation, we're astonishingly bad at doing nothing. We fuss and fidget, we tap our fingers and twiddle our thumbs, trying to escape the horrible fate of being BORED. When animals are so good at efficiently conserving energy, why do so many of us find it so uncomfortable? Perhaps the answer lies in not trying to escape boredom at all, but embracing it, and its creative potential. Becky and Emily discover that it's only through boredom that we can tap in to an extraordinary set of neural processes known as 'The Default Mode Network', and access the most creative parts of our brains. Perhaps doing nothing is more exciting than we first thought.

Featuring Professor Dan Charbonneau, behavioral ecologist studying social insect behaviour at the University of Arizona, and Dr Sandi Mann, senior psychology lecturer at the University of Central Lancashire. Produced and presented by Emily Knight and Becky Ripley.

FRI 15:00 Gardeners' Question Time (m00244xf)

Horticultural programme featuring a group of gardening experts.

FRI 15:45 Short Works (m00244xb)

Swimming Lessons by Elly Griffiths

A warm and delicately moving story by the award-winning author of the Ruth Galloway thriller series. Read by Rosie Cavaliero.

Maggie has taken early retirement and left London to spend more time with her mother by the coast. After her city life as a doctor, she now faces her anxieties - while building her relationship with her not always easy mum.

Read by Rosie Cavaliero
By Elly Griffiths
Produced by Allegra McLroy

FRI 16:00 Last Word (m00244xk)

Weekly obituary programme telling the life stories of those who have died recently.

FRI 16:30 More or Less (m00244l3)

[Repeat of broadcast at 09:00 on Wednesday]

FRI 17:00 PM (m00244xm)

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

FRI 18:00 Six O'Clock News (m00244xp)

National and international news from BBC Radio 4

FRI 18:30 The News Quiz (m00244xr)

Series 115

Episode 8

Ian Smith steps in as guest host to skewer this week's news.

FRI 19:00 The Archers (m00244xt)

Writer: Sarah Hehir
Director: Peter Leslie Wild
Editor: Jeremy Howe

Brian Aldridge.... Charles Collingwood
Ben Archer.... Ben Norris
David Archer.... Timothy Bentinck
Ruth Archer.... Felicity Finch
Alice Carter.... Hollie Chapman
Chris Carter.... Wilf Scolding
Neil Carter.... Brian Hewlett
Ian Craig.... Stephen Kennedy
Clarrie Grundy.... Heather Bell
Emma Grundy.... Emerald O'Hanrahan
George Grundy.... Angus Stobie
Brad Horrobin.... Taylor Uttley
Azra Malik.... Yasmin Wilde
Jazzer McCreary.... Ryan Kelly
Stella Pryor.... Lucy Speed
Fallon Rogers.... Joanna Van Kampen
Lottie Summers.... Bonnie Baddoo
Rhea.... Shreya Lallu

FRI 19:15 Screenshot (m00244xw)

Vampires

This Halloween, Mark and Ellen take a look at one of cinema's most enduring monsters, the vampire.

FRI 20:00 Any Questions? (m00244xy)

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

FRI 20:50 A Point of View (m00244y0)

Naughtie on America

Episode 3

James Naughtie on America's restless search for meaning.

FRI 21:00 Free Thinking (m00244y2)

Producer: Lisa Jenkinson

FRI 22:00 The World Tonight (m00244y4)

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

FRI 22:45 The Ministry of Time by Kaliane Bradley (m00244y6)

Episode Ten

In the near future, a disaffected civil servant is offered a lucrative job in a mysterious new government ministry gathering expats from across history to test the limits of time-travel. Her role is to work as a 'bridge' - living with, assisting and monitoring the expat known as '1847', Commander Graham Gore, a member of John Franklin's doomed Arctic expedition.

Along with his fellow 'expats' - extracted from the Great Plague, the Battle of Naseby, the French Revolution and the Battle of the Somme - Gore must be introduced to the internal combustion engine, women's emancipation, computer dating apps, the smoking ban, and 21st Century cultural and social sensitivities. Among these are the narrator's ambivalent feelings about her own mixed-race heritage.

The role of a Bridge, she discovers, may be well-paid, but it's complex and difficult to navigate, particularly when the Victorian explorer sharing her living space is an attractive, infuriating, deeply sexy adventurer. When it becomes apparent that the very future is at stake, the job becomes both more complicated and more dangerous.

Episode 10: The only person in the room with a gun.

Kaliane Bradley is a British-Cambodian writer and editor who has won the 2022 Harper's Bazaar Short Story prize and the 2022 V S Pritchett Short Story Prize. The Ministry of Time is her debut novel, widely acclaimed as exciting, clever, funny and gripping - 'a little time-bomb of a book' according to the writer Francis Spufford. It was shortlisted for this year's Waterstones Debut Fiction Prize, and is a Sunday Times and New York Times best-seller. It also featured on Barack Obama's reading list this summer.

The reader is Aoife Hinds, known for her roles in TV's Derry Girls and Normal People.

Abridged and produced by Sara Davies
Production Co-ordinator: Sarah Tombling
Sound Designer: Matt Bainbridge
A Pier production for BBC Radio 4

FRI 23:00 Americast (m00244y8)

Join the Americast team for insights from across the US.

FRI 23:30 Today in Parliament (m00244yb)

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