

SATURDAY 28 DECEMBER 2024**SAT 00:00 Midnight News (m00268y3)**

National and international news from BBC Radio 4

SAT 00:15 Bunk Bed (m0013jfc)

Series 9

2. Peter Curran, Patrick Marber and Simpson's star Harry Shearer reflect on life's wonder and woes

The Simpsons' Harry Shearer relives working show business at seven years old with Mel Blanc, the voice of Bugs Bunny, Daffy Duck and scores of other cartoon characters.

Produced by Peter Curran

A Foghorn Company production for BBC Radio 4

SAT 00:30 The Dead of Winter by Sarah Clegg (m00268vx)

Episode 5: The Christmas Witches

When we think about Christmas, we probably picture mangers, glowing fireplaces, carol singers and snow-covered hills. But behind all this, there's something much darker lurking in the shadows.

In her new book, *The Dead of Winter*, Sarah Clegg peels back the wrapping paper of modern Christmas to reveal the creepy creatures and customs hiding underneath. Beyond the jollity and bright enchantment of the festive season, there lurks a darker mood - one that has found expression over the centuries in a host of strange and unsettling traditions.

Cambridge-trained historian Sarah delves deep into the folklore of the Christmas season in Europe, detailing the way its terrifying past continues to haunt and entertain us now in the 21st Century. She experiences many of these traditions first-hand joining wassailing celebrations in Wales and attempting a Swedish Year Walk. She also explores the tension between darkness and light that lies at the heart of winter celebrations and argues that we need both the comforting glow of the hearth and the thrilling chill of ghost stories.

In this episode, mingling with the candle-crowned young witches of Finland's St. Lucy Festival, the author captures the revelry at the heart of the winter madness.

Reader: Fenella Woolgar

Producer: Pippa Vaughan

Abrider: Elizabeth Burke

Executive Producer: Jo Rowntree

A Loftus Media production for BBC Radio 4

SAT 00:48 Shipping Forecast (m00268y5)

The latest weather reports and forecasts for UK shipping

SAT 01:00 Selection of BBC World Service Programmes (m00268y7)

BBC Radio 4 joins the BBC World Service.

SAT 05:20 Shipping Forecast (m00268y9)

The latest weather reports and forecasts for UK shipping

SAT 05:30 News Briefing (m00268yc)

The latest news from BBC Radio 4

SAT 05:43 Prayer for the Day (m00268yf)

A spiritual comment and prayer to start the day Krish Kandiah

SAT 05:45 Something to Declare (m00268x2)

How to Take a Break

Jack Boswell explores Sweden's cherished tradition of fika and its lessons on the art of taking a break.

Joining him is Anna Brones, author of *Fika: The Art of the Swedish Coffee Break*, who shares how this ritual goes beyond coffee and pastries to create intentional moments of connection and reflection. Anna explains how fika encourages us to pause, savour a sweet treat, and enjoy meaningful conversations - whether with colleagues, friends, or family.

Reine Eriksson, CEO of a Swedish telecommunications company, adds insight into how fika transforms workplaces, fostering creativity and collaboration. He reveals how this simple practice, embedded in Swedish culture, builds stronger relationships and a positive work environment by creating a level playing field, where all voices are heard.

Together, Jack and his guests uncover the roots of fika - from

its social dimension, to its modern global appeal as a counterbalance to our fast-paced lives. They reflect on how fika's emphasis on connection can combat isolation, nurture creativity, and remind us of the joy in everyday moments.

This episode celebrates fika as more than a coffee break - it's a philosophy that shows how taking time for others and ourselves can enrich our lives.

Host: Jack Boswell

Producer: Emma Crampton

Senior Producer: Harry Stott

Executive Producer: Sandra Ferrari

Production Coordinator: James Cox

Audio Supervisor: Tom Biddle

Sound Editor: Alan Leer and Lizzy Andrews

A Message Heard production for BBC Radio 4

SAT 06:00 News and Papers (m002690w)

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

SAT 06:07 This Natural Life (m00268jq)

Martin Clunes

Martin Clunes is best known for his roles in the long-running TV series *Doc Martin* and the 1990s sitcom *Men Behaving Badly*. He's also known as an animal lover, but few people are aware of the wider importance of nature for him. In this programme Martha Kearney travels to his Dorset farm to meet Martin and find out more about his love of the natural world. She learns of the sanctuary it provides for him from the hectic life of an actor. Together they take his five dogs for a walk, including the retired guide dog Martin gave a home to after hearing about her on a radio programme. He introduces Martha to his horses, as he prepares one of them for a show the next day, chatting to her while on his hands and knees shampooing the horse's fetlocks. He explains how horses were the reason why he came to buy a farm by chance.

Producer: Emma Campbell

SAT 06:30 Farming Today (m002690y)

28/12/24 The bogs of the Flow Country - a peatland that is now a World Heritage Site.

The biggest peat bog in Europe, in Caitness and Sutherland, has become a UNESCO World Heritage site, putting it on a par with Tanzania's Serengeti and the Eiffel Tower. It's the first such designation for a peatland site, and is expected to have an impact on the local economy, boosting tourism and peatland restoration work. What is so interesting and important about this vast wet desert of undulating brown hills in the UK's far north? Is the new tag helping the region, or as some fear, hindering development? Richard Baynes has been talking to those who live and work in the wild natural world of the Flow Country.

Produced and presented by Richard Baynes.

SAT 06:57 Weather (m0026910)

The latest weather reports and forecast

SAT 07:00 Today (m0026912)

Simon Jack and Sean Farrington are joined by Professor Irene Tracey, Vice Chancellor of the University of Oxford, as she guest edits Today.

Professor Tracey, a neuroscientist, will take hope and kindness as a theme as she reflects on her own research field in understanding and treating pain. Her programme will also look at the broader role that Universities play in society.

SAT 09:00 Saturday Live (m0026914)

Tiffany Murray, Sam Oladeinde, Mared Pugh-Evans, Sophie Ellis-Bextor

Tiffany Murray grew up watching legendary rock stars eat her mother's food...David Bowie, Freddie Mercury, Ozzie Osbourne and Siouxsie Sioux, to name but a few. She shares what it was like to grow up at the iconic Rockfield Studios.

Actor Sam Oladeinde gave up a career in law to become Aaron Burr, Sir, in the UK and Ireland tour of Hamilton. But what has he taken from his previous profession into life on the stage.

Mared Pugh Evans is the seventh official harpist to His Majesty the King, her sound is so sublime it could summon the angels but she's also an innovator...and passionate music evangelist for in the community.

All that, plus the Inheritance Tracks of Sophie Ellis Bextor as

she prepares to sing us into the New Year.

Presenters: Nikki Bedi and Huw Stephens

Producer: Ben Mitchell

SAT 10:00 Curious Cases (m0024050)

Series 1

13. The Fastest Fly

The buzz of a fly hovering just above your head has got to be one of the most irritating sounds around, but this week we try to work out just how fast they could be flying. Could a claim horseflies reach speeds of up to 90 mph possibly be true, and Dara wants to know if this is what makes them so difficult to swat?

Entomologist Erica McAlister is better known as the 'fly lady' and speaks up in defence of these tiny creatures, explaining there are 7,000 known species in the UK alone. Which makes it all the more shocking there are several that don't have wings.

For Professor Graham Taylor the question of speed comes down to a simple calculation, and the team try to work out whether a horsefly beats its wings fast enough relative to its size to travel so rapidly. He explains horseflies aren't clever, but scientists are interested in their simple brains and are studying them to use as models for drones and mini robots.

Contributors:

Dr Erica McAlister, Natural History Museum
Professor Graham Taylor, Oxford University

Producer: Marijke Peters

Executive Producer: Alexandra Feachem

A BBC Studios Audio Production

SAT 10:30 Rewinder (m0026917)

Mystery Voices and the Millennium Bug

Greg James searches through the BBC Archive to track down audio gems, using listener requests, overlooked anniversaries and current stories to guide the way.

It's 25 years since the world braced itself for the arrival of the Millennium Bug, so Greg goes off in search of how we managed to escape with our lives - and toasters - intact. When midnight strikes, will Peter Snow and The Corrs be swallowed up by the BBC's giant Bug Watch screen?

Listener emails to the Rewinder inbox send Greg on the trail of Mystery Voices and Michael Bond, creator of Paddington and finds out how the BBC tied itself in knots trying to find a real life bear for the lead role.

And in the year when darts prodigy Luke Littler was searched more on Google than the King and Prime Minister, Greg steps up to the oche on board HMS versatile in 1941 as it takes a barrage of German bombs.

Producer: Tim Bano

An EcoAudio certified production

SAT 11:00 On Your Farm (m0022c06)

On Your Farm at 60

Sixty years ago a new weekend farming programme was launched by the BBC. On Your Farm started with an early morning outside broadcast from a family farm in Rutland as the day's harvesting got underway in the surrounding fields. To mark the programme's diamond anniversary, Vernon Harwood visits that same farm at Barrowden to check on today's harvest and discover what's changed over the past six decades. In 1964 Rowland and Dennis Tyler described themselves as traditional arable and sheep farmers but in 2024 is that the case for Dennis' sons, Richard and Charles?

On Your Farm was created by producer Anthony Parkin as a way for the nation to eavesdrop on farmers discussing the highs and lows of their industry. Parkin always considered it to be "a breath of fresh farm air" but the national newspapers preferred to call his regular breakfast table debates "Bacon and Eggs Radio". The first programme was introduced by David Richardson, a Norfolk pig and arable farmer who went on to host hundreds of editions over the following two decades. "I happened to be in the right place at the right time, I suppose," says David, who shares his memories in this anniversary episode. "I learned on the job, I liked asking questions and that's really what broadcasting is all about."

On Your Farm was described by the former Sunday Times columnist, Paul Donovan, as "one of radio's great treats." It once claimed to have Radio 4's catchiest theme tune and the programme even had a spin-off recipe book called 'The Best of

Breakfasts'. Now as it enters its seventh decade, On Your Farm remains a weekend must-listen, the perfect accompaniment to bacon and eggs, and it's still doing what it does best – eavesdropping.

Produced and presented by Vernon Harwood

SAT 11:30 From Our Own Correspondent (m002691b)
A Song for Valentina

Kate Adie presents stories from Russia, Mayotte, Liechtenstein and France.

BBC Russia editor Steve Rosenberg is regarded as a 'propagandist' by some Russians, but a song he wrote about a Russian friend seemed to thaw the ice, and unexpectedly struck a chord with fellow Muscovites.

France held a day of national mourning this week in tribute to those who died after Cyclone Chido devastated the remote Indian Ocean territory of Mayotte earlier this month. Mayeni Jones describes the challenges of trying to reach the island when she was deployed there, and meets those affected by the storm.

Liechtenstein lays claim to being one of the worst football teams in the world. It was recently on a 40-game losing streak, until it recently faced Hong Kong on its home turf. Jacob Panons - a loyal supporter of the Hong Kong team - witnessed the stand-off between the two minnows.

Thanks to his Christmas stories, Charles Dickens is often associated with this time of year. But our Paris correspondent, Hugh Schofield, has come to discover more about another passion in the Victorian novelist's life – his love of France.

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

SAT 12:00 News Summary (m002691d)
The latest national and international news from BBC Radio 4.

SAT 12:04 Money Box (m002691g)
The Cost of Having a Pet

There are 36 million pets in the UK, which doesn't include fish and other aquatics, and the cost of owning one can add up.

One of the biggest bills a pet owner can face is the price of taking their animal to the vet.

The Competition and Markets Authority launched an investigation earlier this year into whether people are paying too much and whether they are getting information about treatment options. It says the 'unprecedented response' it's had shows the strength of feeling.

Aside from that, there's the general cost of care like food and heating bills.

This week Felicity Hannah is joined by Dr. Elizabeth Mullineaux, dog owner, vet and current president of the British Veterinary Association and by Lisa Webb, dog and cat owner and senior lawyer at the consumer organisation Which?

We also hear from an award winning dog breeder, a cat and rabbit rescue centre and even head to a dog Christmas party - although we must point out, a pet is for life, not just for the festive season.

Presenter: Felicity Hannah
Producer: Sarah Rogers
Editor: Jess Quayle

(This episode was first broadcast on Saturday the 28th of December 2024).

SAT 12:30 The Naked Week (m00268b2)
Series 1

The Naked Christmas Week: Books, Trump, and When Is Bins?

Landing slap-bang in the no-man's land between Christmas and New Year, the Naked Week team will be heading out of the trenches to challenge the news to a game of football. This week, we find out which of the year's political memoirs passes our special test, and we ask the big Christmas question 'When Is Bins?'

Expect festive advice, guests full of joy and wonder, and a little drummer boy (budget depending), as the show sticks its hand into all the Christmas current affairs, pulls out a bag of news-giblets and stuffs the airwaves with irreverent features, mischievous set-pieces and more jokes than you can shake a seasonal stick at.

Presenter of Presents: Andrew Hunter Murray

Chief Christmas Correspondent: Amy Hoggart

Written by:
Jon Holmes
Jason Hazeley
Katie Sayer
Sarah Dempster
Gareth Ceredig
Adam Macqueen
Louis Mian

Produced by Jon Ho-ho-ho-Holmes.

Production Team: Katie Sayer, Phoebe Butler, Laura Grimshaw, Jerry Peal, Tony Churnside.

An unusual production for BBC Radio 4

SAT 12:57 Weather (m002691j)
The latest weather forecast

SAT 13:00 News and Weather (m002691i)
The latest national and international news and weather reports from BBC Radio 4

SAT 13:10 The Today Podcast (m00268xq)
News Review of the Year 2024

Amol Rajan and Nick Robinson are joined by Today programme colleague Justin Webb to discuss a bumper election year that saw the UK elect a new prime minister and the US re-elect a president. Plus, Emma Barnett looks back at her first few months as a Today presenter and Garry Richardson returns to pick out his sporting moments of 2024.

To get Amol and Nick's take on the biggest stories and insights from behind the scenes at the UK's most influential radio news programme make sure you subscribe to The Today Podcast on BBC Sounds. That way you'll get an alert every time we release a new episode, and you won't miss our extra bonus episodes either.

GET IN TOUCH:

* Send us a message or a voice note via WhatsApp to +44 330 123 4346

* Email today@bbc.co.uk

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

This episode was made by Lewis Vickers with Nadia Gyane and Grace Reeve. The technical producers were Ben Andrews and Mike Regaard. The editor is Louisa Lewis. The executive producer is Owenna Griffiths.

SAT 14:00 The Infinite Monkey Cage (m0025dvv)
Series 31

An Unexpected History of the Body

Brian Cox and Robin Ince uncover the unexpected history of the body in the archives of the Royal Society with special guests Prof Helen King, Sir Mark Walport, Keith Moore and Ed Byrne. Together they dissect some of the most surprising and peculiar beliefs that have been held about the body over the last 500 years, from wandering-womb hypotheses to tobacco-ena resuscitations. They unearth how scientific discoveries have often originated from brave individuals, willing to volunteer their own bodies in the pursuit of science. Our panellist Sir Mark Walport has continued in this tradition of self-experimentation, and has with him x-rays of his own faeces for show and tell!

Producer: Melanie Brown
Executive Producer: Alexandra Feachem
Researcher: Olivia Jani

BBC Studios Audio Production

SAT 14:45 The Archers (m00268xl)
Alice invites Brian to join her, Martha and Chris at Ambridge View. As Brian admires the garden layout he and Alice reminisce about their old home. The garden was Jennifer's pride and joy. Kate's efforts on Christmas Day has made Brian realise you don't have to do Christmas the same way every year. As Brian observes how well Alice is doing, they discuss the

potential new job on offer. Alice is tempted but despite the allure, staying at the Stables will give her more control over rebuilding her relationship with Martha. And she really loves the work.

Joy brings Rochelle to the Bull. Jolene offers them all champagne on the house to say congratulations, but Joy hurriedly stops Jolene saying any more. She quietly explains the non-proposal to Jolene, who realises Rochelle's arrival scuppered Joy's plan. Jolene agrees to bring the bubbly over and just say congrats on Mick and Joy moving in together. Over lunch, Rochelle finds out more about Mick and Joy. She also realises Joy has talked her up to Jolene about her majorette days. When Joy's away from the table Mick and Rochelle start to bond. He feels lucky to have Joy; Rochelle feels that Joy is also a lucky woman. Mick encourages Rochelle to stick around, as Joy would love it. Joy returns and presses Rochelle on her lack of news. Rochelle agrees to stay around only if Joy stops asking questions. She just wants to enjoy a Christmas together like they used to. Of course they can, agrees Joy.

SAT 15:00 The Ambridge Mystery Plays (m00132cg)
Episode 2

2/2 The Passion

Queen of Ambridge amateur theatricals, Lynda Snell, takes charge of this adaptation of the Mediaeval dramas. Join the cast of The Archers for the second part of this unique promenade production around Ambridge, portraying the life of Jesus from baptism through to the Resurrection.

Adapted by Nick Warburton
Director Kim Greengrass
Executive Editor Jeremy Howe
Technical Producers Andy Partington & Vanessa Nuttall
Production Coordinators Sally Lloyd & Andrew Smith

Jesus James Cartwright
Mary Alison Dowling
John the Baptist Ian Pepperell
Peter Charlotte Martin
John Nick Barber
Andrew Ryan Kelly
Judas Ian Pepperell
Caiaphas Paul Copley
Annas Katie Redford
Pontius Pilate Nick Barber
Malchus Alison Dowling
1st Torturer Annabelle Dowler
2nd Torturer Charlotte Martin
1st Soldier Katie Redford
2nd Soldier Ian Pepperell
Mary Magdalene Annabelle Dowler
Joseph of Arimathea Paul Copley

Other parts played by members of the company.

A BBC Audio Drama Birmingham production.

SAT 16:00 Woman's Hour (m002691n)
Weekend Woman's Hour: Michelle Yeoh, SEND system, Friends 30th Anniversary, Living in a van

Oscar-winning Michelle Yeoh's career has spanned four decades. Starting out as a martial arts actor, she became a key figure in the Hong Kong action scene. But it was her role in James Bond film Tomorrow Never Dies that catapulted her into Hollywood. She's since starred in many hits including Crouching Tiger, Hidden Dragon and the multi-Oscar winning movie - including for her own performance - Everything Everywhere all At Once. Now, she's in the film adaptation of the musical Wicked. She joined Nuala McGovern live in the studio to discuss it.

We look back at a special programme, that came live from the Radio Theatre in Broadcasting House in London, looking at the support for children with Special Educational Needs and Disabilities – or SEND as it's often known in England. Nuala heard from guest panellists including Kellie Bright, an actress in EastEnders but also a mum to a child with SEND, Katie, who is 17 and says she was completely failed by the SEND system, and the Minister for School Standards, Catherine McKinnell.

On 22 September 1994, the American TV show Friends premiered on NBC and the characters Monica, Rachel, Phoebe, Joey, Chandler and Ross became household names. To celebrate its 30th anniversary, Anita spoke to one of the show's writers and producers, Betsy Borns and the journalist Emma Loffhagen about why the show still resonates today.

We hear from listener Siobhan Daniels. She wrote to us on Instagram: 'I would love you to talk about van life and an alternative way of living.' Siobhan is 65 years old and after selling her home and possessions has lived in her motorhome for the last five years.

Preterm birth is the leading cause of neonatal deaths in the UK. Last month the House of Lords Preterm Birth Committee

published a report calling on the government to do more to reduce the risks of babies being born prematurely and to improve the lives of those families who are affected. Anita discussed the proposed changes with Nadia Leake, who gave birth to twins eleven years ago at just 22 weeks and is the author of 'Surviving Prematurity.'

Corinne Bailey Rae's latest album is a complete departure from her previous work. Black Rainbows is inspired by a trip to Stony Island Arts Bank, a Chicago-based archive of black art and culture. The record spans punk, rock, experimental jazz, electronica and more. She joined Anita for a very special performance live from the Woman's Hour Glastonbury picnic table back in the summer.

Presenter: Anita Rani
Producer: Annette Wells
Editor: Emma Pearce

SAT 17:00 PM (m002691q)

Ukrainians hope for a New Year prisoner exchange

We hear from Ukrainian POWs who have spent their first Christmas freed in two years. Plus, 80 years since its Broadway debut, we celebrate Bernstein's musical On The Town.

SAT 17:30 Sliced Bread (m0020xzb)

DNA Ancestry Tests

Listener Chris from Suffolk recently took a DNA ancestry test, and after getting some interesting results back, he wondered how accurate they really were?

Greg Foot finds out by taking two tests himself – and has the results and his family tree revealed to him by DNA Genealogist from Finding Families, Louise Baldock.

He also speaks to Professor of Genetics at Leicester University Mark Jobling to find out what these companies are looking for, what they can or can't determine from our DNA in terms of where we came from, and asks the question – is sharing our DNA with these companies safe?

All of the ideas for our investigations come from you, our listeners, and we're always on the lookout for more. If you have seen a wonder product that claims to make you happier, healthier or greener, and want to know if it is SB or BS, then please do send it over on email to sliced.bread@bbc.co.uk or drop us a message or voice note on WhatsApp to 07543 306807.

PRESENTER: Greg Foot

PRODUCER: Kate Holdsworth

SAT 17:54 Shipping Forecast (m002691v)

The latest weather reports and forecasts for UK shipping

SAT 17:57 Weather (m002691z)

The latest weather reports and forecast

SAT 18:00 Six O'Clock News (m0026923)

A rare apology from Vladimir Putin for the Azerbaijan Airlines plane crash.

SAT 18:15 Loose Ends (m0026927)

Wayne Sleep, Ben Miller, Rosalind Eleazar, Lou Conran, The Lottery Winners, Stuart Maconie

Wayne Sleep, Ben Miller, Rosalind Eleazar and Lou Conran join Stuart Maconie for this week's Loose Ends, with music from The Lottery Winners.

Dance icon Wayne Sleep waltzes in to tell us stories of his life - all detailed in his new autobiography, Just Different. Tales of his friendships with Princess Diana, Freddie Mercury, David Hockney and fellow ballet legend Rudolf Nureyev intermingling with insights into his working-class upbringing and the difficulties of trying to make it as the shortest principal dancer ever to get into the Royal Ballet. Told he would always have to spin twice as fast and jump twice as high to succeed, Stuart hears all about the trials, tribulations and backstage gossip that make up Wayne's world.

With notable appearances in Slow Horses, Howards End, Rellik and the Personal History Of David Copperfield, as well as striding such prestigious stages as the Royal Court and the National Theatre, Rosalind Eleazar is set to return to the small screen this New Year. Starring in the Netflix production of Harlan Coben's Missing You, filmed across the north west of England, she's here to tell us all about her new role as Detective Kat Donovan.

Award-winning comedian and writer Lou Conran has been storming stages up and down the country since 2005 with her innate brand of sharp wit and honest and open humour. 2025 will see her twenty year anniversary as a performer and off the back of a sold out UK tour, she's about to embark on a tour of New Zealand, and joins Stuart to tell us about the year ahead.

The actor and comedian Ben Miller is of course known for The Armstrong & Miller Show, the Johnny English and Paddington films, Death in Paradise, Bridgerton - but over recent years has turned his hand to writing children's books. From his Elf series to the recent The Night I Met Father Christmas, he joins Stuart to talk about his new character – Robin Hood...aged 10¾. And we'll hear all about his new TV series Austin which will be on our screens in 2025.

Robbie Williams, Noel Gallagher, Boy George, Shaun Ryder and Frank Turner are just some of the huge names The Lottery Winners have in their phonebook. Formed in the mining town of Leigh 15 years ago, The Lottery Winners set out to work the UK gig circuit and perfect their now acclaimed stagecraft. And it all paid off when their last album went to No.1 in the UK. Their fourth original album KOKO is due out in February with a tour closely following...and another one with Robbie Williams following that! They join Loose Ends to play two songs - Superpower and Worry.

Presenter: Stuart Maconie
Producer: Elizabeth Foster
Production Co-ordinator: Lydia Depledge-Miller

SAT 19:00 Profile (m002692c)

Ruth Jones

Oh! What's occurin'? Good question...

This week's Profile, with Stephen Smith, is focusing in on a woman born in Bridgend in south Wales, who loved to participate in musical theatre as a child – and went on to create one of Britain's best-loved sitcoms.

With a degree in drama under her belt from the University of Warwick, Ruth Jones initially found work at BBC Wales in both TV and radio comedy. She soon branched out into theatre, before gaining a role in the popular ITV series Fat Friends.

It was there that she would work with James Corden for the first time. But not the last. The pair went onto create BBC Three hit, Gavin & Stacey in 2007. Seventeen years on, the sitcom has just provided us with one last trip to Barry Island and Billericay.

So grab a chicken bhuna, lamb bhuna, prawn bhuna, mushroom rice, bag of chips, keema naan, nine poppadoms and listen to this episode of Profile on the woman known for her iconic role as Nessa.

Production Team

Producers: Ben Cooper and Diane Richardson
Editors: Ben Mundy and Sarah Wadeson
Sound: John Scott
Production Co-ordinator: Maria Ogunde

Credits

Gavin & Stacey 2008 Christmas Special: BBC / Baby Cow Productions
Little Britain: BBC
Barry Islands In The Stream: BBC / Comic Relief / Mercury Records

SAT 19:15 Punt & Dennis: Route Masters (m0023zjh)

Series 1: From Beer to Eternity

10 – From Flying Reindeers to Eternity

This series of Route Masters has seen Steve Punt and Hugh Dennis make a grand journey from Beer to Eternity. In this festive finale, they reach their end goal, with stop-offs including flying reindeer, Quality Street, Home Alone and Christmas Island.

They're joined in this extended special by Zoe Lyons, who not only helps find random connections of her own, but gets to judge whether Steve or Hugh's final link is the most impressive.

Written and hosted by Steve Punt and Hugh Dennis
With Zoe Lyons
Produced by Victoria Lloyd
Mixed by Jonathan Last

A Listen production for BBC Radio 4

SAT 20:00 Archive on 4 (m002692h)

The Dome

Paul Merton explores the extraordinary story of the Millennium Dome, from its initial conception to its grand opening on January 1st, 2000. Along the way, he provides valuable insights into the British politics, culture, and national identity of the late 1990s.

In Y2K-era Britain, the Millennium Dome stood as an iconic time capsule of big dreams, substantial budgets, and the dawning of a new century.. The programme offers a wry retrospective on the ambitious and controversial creation of the Dome.

Through a blend of archive recordings from the 1990s as well as new interviews, Paul revisits the political wrangling, soaring visions, and public scepticism that defined this monumental project.

From the optimism of Tony Blair's government to the biting critiques of the media, Paul unpacks the highs and lows of Britain's most audacious turn-of-the-millennium statement, not only recounting the history of the Millennium Dome but also reflecting on what it reveals about the political and cultural climate of late 20th-century Britain.

A Yada Yada Audio and Up and Away Studios production for BBC Radio 4

SAT 21:00 Pick of the Year (m00268sx)

Pick of the Year 2024

As the year begins to draw to a close, veteran sports broadcaster Garry Richardson selects some of the best pieces of audio across the BBC in 2024. From classic comedy with Michael Palin, to jaw-dropping interviews with a pair of twins about facing off a crocodile, as well as a rendition of the Hokey Cokey that you've never quite heard before. Plus, we look back at the life of the late broadcaster Dr Michael Mosley and revisit some of the news stories of the year, portrayed by Radio 4 in a different light.

With thanks to all the Pick of the Week presenters of 2024.

Presenter: Garry Richardson
Producer: Anthony McKe
Production Co-ordinator: Jack Ferrie

A BBC Audio Northern Ireland production for BBC Radio 4.

SAT 22:00 News (m002692p)

The latest national and international news from BBC Radio 4

SAT 22:15 The Food Programme (m00268vs)

The Dickens Effect: How the Writer Influenced Food at Christmas.

Dan Saladino explores the impact a Christmas Carol and other Charles Dickens novels have had on festive eating, with food historian Ivan Day and food writer Penelope Vogler.

Produced and presented by Dan Saladino.

SAT 23:00 Wing It (m00268bw)

Series 1

4. The Cage of Curiosities

In the series 1 finale, Alasdair Beckett-King gets the players to display the importance of 'remembering your Club Card', 'reading the room at a dance lesson', and 'what you need to be willing to do to get on the property ladder.'

"No Script. No Prep. No Clue."

Presented by Alasdair Beckett-King.

Starring Monica Gaga, Steen Raskopoulos, Amy Hoggart, and Thomas Mayo.

Devised by Shoot From The Hip

Producer: Sam Holmes
Executive Producer: James Robinson
Production Co-ordinator: Becky Carewe-Jeffries
Sound Editor: Joe Bayley

A BBC Studios Audio Production for Radio 4

SAT 23:30 Brain of Britain (m00268td)

The 2024 Final

(17/17)

For the four competitors in today's edition it has all been leading up to this, as they line up to find out which of them will become Brain of Britain 2024. The winner becomes the 71st

official Brain of Britain champion since the title was inaugurated in the 1950s. Russell Davies tests them with questions on science, cinema, history, art, the natural world, and music with a distinctly seasonal ring for this festive Final.

The Finalists are:

Andrew Fanko from Market Harborough in Leicestershire
Anthony Fish from Pontypool in south Wales
Alan Gibbs from St Helens in Lancashire
Tim Hall from Kidlington in Oxfordshire.

The Brains will also be asked to tackle a pair of challenging questions set for them by last year's Brain of Britain champion.

Brain of Britain is a BBC Studios Audio production.

Assistant Producer: Stephen Garner
Producer: Paul Bajoria

SUNDAY 29 DECEMBER 2024

SUN 00:00 Midnight News (m002692t)

The latest news and weather forecast from BBC Radio 4.

SUN 00:15 Take Four Books (m00268t8)

Nick Harkaway

Take Four Books, presented by James Crawford, speaks the writer and son John Le Carré - Nick Harkaway - about his new book *Karla's Choice* and its connections to three other literary works. The books Nick Harkaway chose were: *Tinker Tailor Soldier Spy* by John Le Carré (1974); *The Garden of Evening Mists* by Tan Twan Eng (2011); and *The Passion* by Jeanette Winterson (1987).

Producer: Dominic Howell

Editor: Annie Maguire

This was a BBC AUDIO SCOTLAND PRODUCTION

SUN 00:48 Shipping Forecast (m002692y)

The latest weather reports and forecasts for UK shipping

SUN 01:00 Selection of BBC World Service Programmes (m0026932)

BBC Radio 4 joins the BBC World Service.

SUN 05:20 Shipping Forecast (m0026936)

The latest weather reports and forecasts for UK shipping

SUN 05:30 News Briefing (m002693b)

The latest news from BBC Radio 4

SUN 05:43 Bells on Sunday (m002693g)

The Breslin Tower at the University of the South in Sewanee, Tennessee, America.

Bells on Sunday comes from the Breslin Tower at the University of the South in Sewanee, Tennessee, America. There are some 7000 towers with English style full circle rings around the world and only forty eight in the United States. In 2004 a ring of eight bells cast at Whitechapel foundry in London was installed in the University's Breslin Tower. The tower was built in 1886 and is modelled after the tower of Magdalen College Chapel in Oxford. The tenor bell weighs eleven and a quarter hundredweight and tuned to the note of G. We hear them ringing Yorkshire Surprise Major by members of the North American Guild of Change Ringers.

SUN 05:45 In Touch (m00268gg)

Christmas Eve: With Chris McCausland and Betsy Griffin

What a year it has been for blind comedian Chris McCausland. Having just been crowned Strictly Come Dancing's 2024 winner, Chris joins the In Touch team for a very special Christmas edition of the programme, co-hosted by 11-year-old author and YouTube star Betsy Griffin.

Presenter: Peter White

Producer: Beth Hemmings

Production Coordinator: David Baguley

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

SUN 06:00 News Summary (m002696w)

The latest national and international news from BBC Radio 4

SUN 06:05 Beyond Belief (m00268ph)

Blue Christmas

Mona Siddiqui and guests hear from Rev Denzil Larbi. He reflects on his cousin, Elianne Andam, who was 15 when she was fatally stabbed at a bus stop in Croydon, South London, in September 2023. He discusses their Christmases together and how the family mark Christmas without her.

The panel of guests explore the complexities that often come with religious festivals especially those that come with an expectation of jollity.

Do religions do enough for those who are grieving or isolated at times of collective merriment? Should religious leaders and communities be more responsible and nuanced in their approach? And, are some religions better at dealing with grief than others?

To discuss Mona is joined by Jasvir Singh, from the Department of Theology and Religion at Birmingham University, Chair of City Sikhs, and the founder and Chair of the British Sikh Report, the Revd Lucy Winkett, Rector of St James's, Piccadilly, and Priest-in-Charge of St Pancras's Church, Euston Road, and Remona Aly, British Muslim journalist, commentator and broadcaster with a focus on faith, identity and lifestyle.

Producer: Alexa Good

Assistant Producer: Linda Walker

Editor: Tim Pemberton

SUN 06:35 On Your Farm (m002696y)

Dairy Goats

On a small farm in West Wales, a love affair with raising goats has become a big business producing kefir, a drink made up of proteins, sugars and bacteria. Alun Beach went to visit the farm, run by husband and wife Richard and Shann Jones, with a small workforce including milker Ellie Ludgate.

Produced by Alun Beach.

SUN 06:57 Weather (m0026970)

The latest weather reports and forecast

SUN 07:00 News and Papers (m0026972)

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

SUN 07:10 Sunday (m0026974)

'Coolcation' pilgrimages; The Catholic author who inspired *Wicked*; Faith in Space

In this last 'Sunday' of the year, Emily Buchanan looks back at 2024 and forward to 2025.

2024 has been a record breaking year for one of the world's busiest pilgrimage routes - the Camino de Santiago de Compostela in Spain. The rising numbers of pilgrims, as well as the soaring summer temperatures, mean more people are considering 'coolcation' pilgrim trails in countries like Norway. Will they catch on?

'Wicked' has been one of the biggest movies of the year. Emily speaks to Gregory Maguire, the Catholic writer whose novel inspired the hit stage musical and new start-studded film. What was it like writing the backstory of the notoriously evil Wicked Witch of the West?

And astronaut Barry 'Butch' Wilmore will be seeing in the New Year in space, having been stranded on the International Space Station since June. He won't return until well into 2025, and worshippers at his Baptist Church in Pasadena, Texas have been keeping a close watch on the situation.

Presenter: Emily Buchanan

Producers: Dan Tierney and Saba Zaman

Editor: Tim Pemberton.

SUN 07:54 Radio 4 Appeal (m002693f)

The Mango Tree

Actress and comedian Jennifer Saunders makes the Radio 4 Appeal on behalf of The Mango Tree charity.

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 'The Mango Tree'.

- Cheques should be made payable to 'The Mango Tree'.
- You can donate online at bbc.co.uk/appeal/radio4

Registered Charity Number: 1095767. If you'd like to find out more about the charity's work visit [*https://themangotree.org/](https://themangotree.org/)
*The BBC is not responsible for content on external websites

SUN 07:57 Weather (m0026976)

The latest weather reports and forecast

SUN 08:00 News and Papers (m0026978)

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

SUN 08:10 Sunday Worship (m002697b)

Notre-Dame de Paris

Earlier in December the Cathedral of Notre-Dame in Paris opened its doors for the first time since the devastating fire of April 2019. In this season of Christmas, French theologian and Anglican priest Rev Dr Isabelle Hamley reflects on the cultural, historical and theological significance of one of the world's most famous religious buildings.

Producer: Andrew Earis

SUN 08:48 A Point of View (m00268xs)

On Resolutions

Megan Nolan rediscovers a childhood diary with her first New Year's Resolutions.

She was fascinated and appalled, she says, by what she read: The final resolution, underlined, read simply 'be a better person!'

These days, Megan looks on self-improvement in a rather different way - less an attempt at perfection and more 'an attempt to courageously embrace living in all its chaos.'

Producer: Adele Armstrong

Sound: Peter Boshier

Production coordinator: Gemma Ashman

Editor: Richard Fenton-Smith

SUN 08:58 Tweet of the Day (m002697d)

Anneka Rice on the Canada Goose

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.

Broadcaster Anneka Rice enjoys watching Canada geese flying to and from their feeding areas near to her home. Geese have a number of words associated with their flight, however when flying very close together the collective name is a plump - a plump of geese. To help reduce wind drag on an individual bird as they fly geese will regularly change the lead bird at the head of the flock, which as Anneka suggests reminds her of classic banter from early flying squadrons.

Producer: Andrew Dawes for BBC Audio Bristol

Studio engineer : Ilse Lademann

SUN 09:00 Broadcasting House (m002697g)

The government prepares parents for private school fees VAT

The Education Secretary says the upcoming tax rise has been welcomed. Plus we look back on the year that was 2024, and 25 years of Putin in power.

SUN 10:00 Desert Island Discs (m002694v)

Marianela Núñez, ballerina

Marianela Núñez is a Principal dancer of the Royal Ballet and Opera. Born in Argentina in 1982, Marianela knew she wanted to be a ballet dancer from the age of five and joined the Teatro Colón Ballet School in Buenos Aires when she was eight.

She dedicated herself to becoming a professional ballerina and had the full support of her parents despite having to leave home at fifteen to join the Royal Ballet in the UK. After spending a year at the Royal Ballet School and learning English from watching episodes of Friends, she joined the corps de ballet and worked her way up the company to become Principal Dancer. She has danced the lead roles in the ballet repertoire on the London stage and around the world as a guest artist. In 2018, she celebrated her 20th anniversary with the Royal Ballet with a performance of lead roles in Giselle, The Winter's Tale, Manon, Marguerite and Armand, and Swan Lake in her anniversary year. Director of The Royal Ballet Kevin O'Hare called her "one of the greats of her generation". Marianela has many awards for her dancing including the

Laurence Olivier Award for Outstanding Achievement in Dance in 2013. She lives in London with her two cats.

DISC ONE: Adios Nonino ("Goodbye Grandad") - Astor Piazzolla
DISC TWO: Hoy Puede Ser Un Gran Dia ("Today Could Be a Great Day") - Joan Manuel Serrat
DISC THREE: Dancing Queen - ABBA
DISC FOUR: Don't Stop Me Now - Queen
DISC FIVE: Tchaikovsky: The Sleeping Beauty, Op. 66, TH 13 / Act 1: 8a. Pas d'action: Introduction (Andante) - Adagio ("Rose Adagio") Performed by The Orchestra of the Royal Opera House, Covent Garden, conducted by Mark Ermler
DISC SIX: Adam: Giselle / Act 2: Lever du soleil et arrivée de la cour. Performed by The Orchestra of the Royal Opera House, Covent Garden, conducted by Richard Bonyngue
DISC SEVEN: Count on Me - Bruno Mars
DISC EIGHT: I Can See Clearly Now - Johnny Nash

BOOK CHOICE: The Collected Works of Jorge Luis Borges
LUXURY ITEM: A cashmere blanket
CASTAWAY'S FAVOURITE: Tchaikovsky: The Sleeping Beauty, Op. 66, TH 13 / Act 1: 8a. Pas d'action: Introduction (Andante) - Adagio ("Rose Adagio") Performed by The Orchestra of the Royal Opera House, Covent Garden, conducted by Mark Ermler

Presenter Lauren Laverne
Producer Sarah Taylor

SUN 11:00 The Archers Omnibus (m002697j)

WRITER: Avin Shah
DIRECTOR: Jess Bunch
EDITOR: Jeremy Howe

Brian Aldridge.... Charles Collingwood
Jolene Archer.... Buffy Davis
Kenton Archer.... Richard Attlee
Alice Carter.... Hollie Chapman
Mick Fadmoor.... Martin Barrass
Alan Franks.... John Telfer
Eddie Grundy.... Trevor Harrison
Will Grundy.... Philip Molloy
Jakob Hakansson.... Paul Venables
Joy Horville.... Jackie Lye
Paul Mack.... Joshua Riley
Kate Madikane.... Perdita Avey

SUN 12:15 Profile (m002692c)

[Repeat of broadcast at 19:00 on Saturday]

SUN 12:30 I'm Sorry I Haven't A Clue (m002689w)

Series 82

Episode 3

The nation's favourite wireless entertainment pays a visit to the Anvil Theatre in Basingstoke. Marcus Brigstocke and Henning Wehn take on Miles Jupp and Rachel Parris, with Jack Dee in the chair. Colin Sell provides piano accompaniment.

Producer: Jon Naismith
A Random production for BBC Radio 4

SUN 12:57 Weather (m002697l)

The latest weather forecast

SUN 13:00 The World This Weekend (m002697n)

What will Trump's return mean for the UK economy in 2025?

Looking ahead to Donald Trump's return to the White House, Ben Chu examines what the economic impact on the UK might be. He speaks to trade expert David Henig, economist Mohamed El-Erian, journalist Anne McElvoy and we hear from the former British Ambassador to Washington, Lord Darroch.

SUN 13:30 Whisky Galore No More? (m0026jv5)

The Scotch whisky industry is facing growing pressure, both domestically and internationally.

The golden elixir accounts for over 70% of Scotland's food and drink exports, and is a major tourist draw across the country. But with increasing production costs, changing drinking habits, and a challenging international market, have the good times run dry?

Kirsty Wark visits the makers and sellers of Scotland's national drink, investigates the concern of whisky lochs, and asks "what is the future of the dram?"

Presented by Kirsty Wark
Produced by Emily Esson

A BBC Audio Scotland production.

SUN 14:00 Gardeners' Question Time (m00268x4)

From the Archives: Christmas

Peter Gibbs digs, rakes and mulches through the GQT archive to uncover some much needed gardening advice, providing you with knowledge to aid you in the new year.

It's the most wonderful time of the year and the perfect period to get ahead with maintaining your garden during the harsh winter months to come.

GQT's various horticultural experts from over the years share their tips and knowledge on what to do with wonky veg, what to do with an Amaryllis bulb after it's finished flowering, and which plants are deer proof.

Later, we listen back to when Chris Beardshaw visited Tenby Wells to learn all about mistletoe, its origins and the significance it has on the festive period.

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

A Somethin' Else production for BBC Radio 4

SUN 14:45 Opening Lines (m002697s)

Miss Happiness and Miss Flower

In the series that takes a look at books, plays and stories and how they work, John Yorke takes a look at Rumer Godden's children's book Miss Happiness and Miss Flower, with the help of Dame Jacqueline Wilson.

We meet two tiny Japanese dolls - Miss Happiness and Miss Flower - delivered as a Christmas present. They are strangers in a strange land, subject to social forces and customs they don't recognise, desperately trying to find a way to fit in. The same is true of Nona - the eight-year-old protagonist who receives the dolls and takes them into her care. For all of them it's a tale of not belonging, of wishing and hoping, and working out just how to fit in.

John Yorke has worked in television and radio for 30 years and shares his experience with Radio 4 listeners as he unpacks the themes and impact of the books, plays and stories that are being dramatised in BBC Radio 4's Sunday Drama series. As former Head of Channel Four Drama and Controller of BBC Drama Production he has worked on some of the most popular shows in Britain - from EastEnders to The Archers, Life on Mars to Shameless. As creator of the BBC Writers Academy, he's trained a generation of screenwriters - now with over 70 green lights and thousands of hours of television to their names. He is the author of Into the Woods, the bestselling book on narrative, and he writes, teaches and consults on all forms of narrative - including many podcasts for R4.

Contributors:
Dame Jacqueline Wilson, legendary children's author and former Children's Laureate.
Rumer Godden, author, discussing her work and writing process in an archive interview

Credits:
Miss Happiness and Miss Flower by Rumer Godden, 1961
Desert Island Discs, 1996. Desert Island Discs was presented by Sue Lawley and created by Roy Plomley.
Rumer Godden: International and Intermodern Storyteller, 2010

Producer: Laura Grimshaw
Executive Producer: Caroline Raphael
Readings: Ruth Sillers
Production Hub Coordinator: Nina Semple
Sound: Sean Kerwin
A Pier production for BBC Radio 4

SUN 15:00 Drama on 4 (m002697v)

Miss Happiness and Miss Flower

'Is it another country?' asked Miss Flower, and she cried, 'Oh, no one will understand us!' But Miss Happiness was more hopeful and more brave. 'I think they will,' she said.

Rumer Godden's beloved children's Christmas classic is dramatised by Kate Clanchy.

Starring Sudha Bhuchar, Haruka Kuroda, Lydia Wilson and Togo Igawa.

Set in the 1950s, Miss Happiness and Miss Flower shows, in tender miniature, a nervous post-war Britain squaring with its colonial past and making a space for difference.

No one had asked Nona if she wanted to be sent from India to live with her uncle and aunt in chilly, grey Topmeadow. Then, on the fifth day of Christmas, a mysterious late present arrives - two antique Japanese dolls - and Nona decides they need their own specially made Japanese dolls house. As Nona learns to reach out to those around her, even envious cousin Belinda will have to succumb to the dolls' magic and learn new ways - or will she?

Narrator Sudha Bhuchar
Miss Happiness Haruka Kuroda
Miss Flower Yuriri Naka
Mother Lydia Wilson
Mr Twilfit Togo Igawa
Nona Niti Rowdur
Belinda Astrid Palfreeman
Tom Samuel Logan
Melly Florrie-May Wilkinson

With specially composed and performed koto music by Melissa Holding.

Production Co-ordinator: Sarah Tombling
Sound Designer: David Thomas

Director / Producer: Amber Barnfather

A Flare Path production for BBC Radio 4

SUN 16:00 Take Four Books (m002697x)

Rachelle Atalla

Presenter James Crawford speaks to the writer Rachelle Atalla about her new novel, The Salt Flats, and explores its connections to three other literary works. The books that Rachelle chose were: Women With Men by Richard Ford (1997); Wake In Fright by Kenneth Cook (1961); and Oryx And Crake by Margaret Atwood (2003).

Producer: Dom Howell
Editor: Annie Maguire
This was a BBC Audio Scotland production.

SUN 16:30 Counterpoint (m002697z)

Series 38

Heat 1, 2025

(1/13)

The quest for Britain's musical mastermind of 2025 gets under way, with the first of this year's contests coming from London's Radio Theatre. Paul Gambaccini puts questions to three music lovers hoping to be in with a chance of becoming the 38th Counterpoint champion. The questions cover everything from Bach to Bob Marley, Puccini to Pet Shop Boys, classical ballet to Spandau Ballet. The competitors also have to select a topic on which to answer specialist questions, without having had any warning of the categories on offer.

Appearing in Heat One are
Antony Cruddas from Gosport in Hampshire
Charlotte Martyn from Bath
Rebecca Pasha from Buckinghamshire.

Counterpoint is a BBC Studios Audio production for Radio 4.

Assistant Producer: Stephen Garner
Producer: Paul Bajorja

SUN 17:00 Witness History (w3ct5yfn)

Dinner for One: How an English comedy became a German tradition

Every New Year's Eve, millions of Germans turn on their TVs to rewatch an old favourite - the comedy Dinner for One.

The black and white sketch is in English and features a British cast but is virtually unknown in the United Kingdom.

The two-hander starts with butler James laying a table for five people for dinner.

Then Miss Sophie arrives. It's her 90th birthday and she wants to celebrate with four friends: Sir Toby, Admiral von Schneider, Mr Pomeroy, and Mr Winterbottom.

The only problem is they're all dead so James must impersonate the guests - and drink on their behalf - with hilarious results.

The late German entertainer Peter Frankenfeld first saw the show in the theatre during a trip to Blackpool.

He wanted to record it in Germany but Freddie Frinton, who played the butler and owned the copyright to the show, initially refused to take part because of his experiences during World War Two.

Peter's son Thomas Frankenfeld tells Vicky Farncombe how his father's own war story, involving snipers and a Nazi surgeon, persuaded Freddie to change his mind.

The programme is now shown on TV every New Year's Eve in places including Germany, Scandinavia and Switzerland.

"We watch it every year," says Thomas. "It's really funny. Still after all this time."

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: Dinner for One. Credit: Getty Images)

SUN 17:10 On the Run (m0023g63)
At Their Feet

Writer, Poet and Runner Helen Mort tracks a history of running, from prehistoric times to present day to chart the development of humanity's relationship with running.

In this episode, Helen examines the role running played in societies from Europe's Dark Ages to the early 20th century. She'll be finding out who the runners were, what inspired them to run, and the impact it made on their social status.

Helen will discover the surprising religious origins of Britain's modern-day position in global athletics. She'll chart the ups and downs of the participation and perception of women runners. And she'll learn how 17th century foot messengers became a powerful tool in the struggle between indigenous North Americans and European colonisers.

Interviewees:

Neil Baxter - Sociologist and running historian
Sam Edwards - Historian, Loughborough University
Bill Hillmann - Bull runner and writer
Katie Holmes - Women's running historian
Dustin Martin - Executive Director of Wings of America
Peter Radford - Olympian and sports historian
Roger Robinson - Runner and author of 'Running in Literature'

Thanks to Thor Gotaas, author of 'Running: A Global History'

Producer: Becca Bryers

SUN 17:54 Shipping Forecast (m0026983)

The latest weather reports and forecasts for UK shipping

SUN 17:57 Weather (m0026985)

The latest weather reports and forecast

SUN 18:00 Six O'Clock News (m0026987)

A South Korean passenger jet has crash-landed -- killing almost everyone on board.

SUN 18:15 Pick of the Week (m0026989)

Listeners' Special - Anita Anand

This week, Anita may be in the presenting chair but all of the picks are chosen by you over the course of 2024. From hot sauce hijinks on The World Tonight to impersonations of short-lived political appointments, we reveal the programmes that you loved and lauded - including some clips that Pick of the Week never got the chance to play. As well as this crowdsourced curation, Anita is joined by some special guests to help showcase what listeners' said was their audio highlights of the year.

Presenter: Anita Anand

Producer: Anthony McKee

Production Co-ordinator: Jack Ferrie

A BBC Audio Northern Ireland production for BBC Radio 4. If you've been affected by some of the issues featured in this programme, details of organisations offering information and support are available at bbc.co.uk/actionline

SUN 19:00 The Archers (m002698e)

Susan and Neil catch up with Emma and commiserate that George didn't get in touch over Christmas. Susan invites Emma, Ed and Keira over for New Year but Emma turns it down, as well as the next option, lunch today at the Bull. A dejected Susan speculates to Neil that Emma thinks it's their fault George won't accept visitors. But Emma avoiding them isn't good, surely. Emma apologises. She feels hopeless and explains why she can't celebrate with her family at New Year without George there. Susan and Neil remind Emma how much they love her and she thanks them and reciprocates.

Joy wants to have a proper chat with Rochelle, who she's worried about. But Rochelle doesn't want to rake up the past. They're interrupted by a visit from Lynda. She takes an instant liking to Rochelle, who tells that quite a few people seem to have heard a lot about her, courtesy of proud Joy. Lynda stops for a cup of tea, keen to learn everything about Rochelle. Lynda gushes about Joy who does the same about Lynda and her community role and achievements. Lynda's popped round to request two tickets for the panto Joy's organising. But when she hears where it's being held, changes her mind as she's not a fan of the venue. Lynda realises that Joy hasn't shown Rochelle the local sights yet, so takes it upon herself. As they explore, Lynda finds out a bit about Rochelle who'd enjoyed meeting her mum's friends. Rochelle reckons Joy's really landed on her feet moving to Ambridge.

SUN 19:15 Illuminated (m002698f)

My Night With Tracy - How the Darwin Cyclone Made a Man of Mike Thomson

What drives us? What makes us who we are? For one of the BBC's most experienced foreign correspondents, the multi-award-winning Mike Thomson, it was a near-death experience in Australia's worst natural disaster this century. Having been kicked out of school at 17 for refusing to cut his hair, Mike opts to go travelling. With an older family friend, Mick Kendall, he journeys overland from Ivybridge in Devon to Australia's 'top end' via Turkey, Afghanistan, India, Burma and Indonesia. Mike arrives in Darwin in December 1974. However, the search for fun and adventure with Mick and their new friend, Daryl Johnson, turns to terror when an "evil wind" known as Cyclone Tracy strikes on Christmas Eve and flattens the city in one night. For days Mike's parents think their youngest child is "presumed dead" His name is on a list of casualties when in fact Mike was being well looked after as a refugee and evacuated to a farm in Western Australia. Why the confusion? Who is this "other" Thomson? Now, 50 years on, Mike returns to Darwin to answer these questions and search for the two friends who helped him through the ordeal that shaped him.

For more stories like this, search for Illuminated on BBC Sounds. It was produced by Ed Prendeville for BBC Audio Wales and Jane Ray for Cat Flap Media. Sound design is by John Wakefield, original music by Ben Goodman. This edition of ILLUMINATED was written and presented by Mike Thomson.

With thanks to Rod Louey-Gung on behalf of the Northern Territories Museum for use of their archive.

SUN 19:45 Just One Thing - with Michael Mosley (m001ryhr)
Embrace the Rain

Get that broolly out! It may feel deeply counter-intuitive - but rainy days could offer a host of health and mood-lifting benefits. Rain improves air quality, literally washing fine particulate pollution away, and rainfall also releases Geosmin, a fragrant compound which is linked with relaxation and increased serotonin levels. What's more, Professor Michael Terman, from Columbia University in New York, introduces Michael to negative air ions created after rainfall. He is researching how high levels of negative ions could potentially reduce stress, stave off depression and maybe even boost your immune system. Meanwhile, our volunteer Dennis steps outside and embraces the rain.

New episodes will be released on Wednesdays, but if you're in the UK, listen to new episodes, a week early, first on BBC Sounds: bbc.in/3zqa6BB

Producer: Nija Dalal-Small
Science Producer: Catherine Wyler
Assistant Producer: Gulnar Mimaroglu
Trainee Assistant Producer: Toni Arenyeka
Executive Producer: Zoe Heron

A BBC Studios production for BBC Sounds / BBC Radio 4.

SUN 20:00 Feedback (m00268jy)

Interview of the Year

Andrea Catherwood announces the results of Feedback's Interview of The Year.

"It's been a long process, beginning right back in January," says Andrea. "We've been asking you all year to tell us about exceptional interviews anywhere on BBC Radio or podcasts that have really stopped you in your tracks, made you think again about something or showed off the exceptional skill of an interviewer."

From listener suggestions and comments, the Feedback team compiled a short list of ten interviews, which was then handed to a jury made up of Feedback listeners to decide on the winners. They were asked to base their scores on insight, impact and interviewer skill.

In this programme, we'll hear extracts from all ten shortlisted interviews, speak to the top three finalists, and at the end of the programme, Andrea will reveal the listeners choice of the overall winner of The Feedback Interview of the Year.

Producers: Rebecca Guthrie and David Prest
Judging panel co-ordinator: Mike Hally
A Whistledown Scotland production for BBC Radio 4

SUN 20:30 Last Word (m00268x8)

Nikki Giovanni, Gerd Heidemann, Cherry Hill, Sir Richard Carew Pole

John Wilson on Nikki Giovanni, a leading poet in the 1960s Black Arts Movement who is hailed as one of the most important artist-intellectuals of the 20th century.

Gerd Heidemann, the German journalist who found himself at the centre of one of the greatest journalist scandals of the 20th century, the Hitler diaries hoax.

Cherry Hill, the award-winning model engineer who created detailed, functioning scaled-down models of Victorian traction engines.

Sir Richard Carew Pole, the aristocrat who was a driving force behind the creation of Cornwall's Eden Project and Tate St Ives.

Producer: Ed Prendeville

Archive:

Industrial Nation, BBC Two, 2003; Heidemann arrested, BBC News, 1983; Forged Hitler diaries, Newsnight, BBC Two, 1985; Nikki Giovanni, Front Row, BBC Radio 4, 2024; Nihal Arthanayake: Sara Cox and Nikki Giovanni, BBC Radio 5 Live, 2024; Going to Mars: The Nikki Giovanni Project, HBO, 2023; Nikki Giovanni and James Baldwin: A Conversation, Soul!, 1971, Uploaded to Youtube 09.09.2022; The Black Woman, Stan Lathan, Indiana University Libraries Moving Image Archive, 1970, Uploaded to Youtube 30.09.2017; Nikki Giovanni Interviewed And Reads "Revolutionary Dreams"- February 1974, SMU Jones Film, Uploaded to Youtube 1 1.10.2023; Opening of the new Tate Gallery in St Ives, Cornwall, The Late Show, BBC, 1993; Prince of Wales officially opens new Tate Gallery in St Ives, Cornwall, BBC News, 1993; Upcoming opening of the Eden Project, BBC News, 2001; The Karen Hunter Show, SiriusXM Urban View (1993), Internet Archive, 12/05/2017

SUN 21:00 Money Box (m002691g)

[Repeat of broadcast at 12:04 on Saturday]

SUN 21:25 Radio 4 Appeal (m002693f)

[Repeat of broadcast at 07:54 today]

SUN 21:30 From Our Own Correspondent (m002691b)

[Repeat of broadcast at 11:30 on Saturday]

SUN 22:00 Short Cuts (m00268zb)

Earth

A friendship forged working the land, memories of volcanic eruptions from 800,000 years ago frozen in Antarctica's ice cores, and the importance of wild, patient gardens. Short documentaries presented by Josie Long that rise up from the earth.

Wintering
Music by Jules Bradley
Produced by Jules Bradley

Melt Tones
Featuring Dr Dieter Tetzner
Produced by Anton Spice

Sue's Garden
Featuring Sue Trolle
Music by Sóley
Produced by Rikke Houd

Produced by Andrea Rangelcroft
Curated by Axel Kacoutié, Eleanor McDowall and Andrea Rangelcroft
A Falling Tree production for BBC Radio 4

SUN 22:30 Echo (m002698h)
Elephants never forget.

Through the 1970s and 1980s, elephant populations were mercilessly persecuted. But one individual would rise to stardom.

Echo, the bold and fiercely loyal matriarch, was fitted with a radio collar by Cynthia Moss in 1974, embarking on a 50-year journey that has revolutionised not only our understanding of elephants but also that of wildlife research itself.

At the heart of Echo's world, where the lines between humanity and the animal kingdom blur, unearth the universal language of emotion.

Elephants remember, as should you.

Photo credit: Martyn Colbeck

Sound effects: ElephantVoices ethogram

SUN 23:00 In Our Time (m00268hz)
Vase-mania

Melvyn Bragg and guests discuss eighteenth century 'vase-mania'. In the second half of the century, inspired by archaeological discoveries, the Grand Tour and the founding of the British Museum, parts of the British public developed a huge enthusiasm for vases modelled on the ancient versions recently dug up in Greece. This enthusiasm amounted to a kind of 'vase-mania'. Initially acquired by the aristocracy, Josiah Wedgwood made these vases commercially available to an emerging aspiring middle class eager to display a piece of the Classical past in their drawing rooms. In the midst of a rapidly changing Britain, these vases came to symbolise the birth of European Civilisation, the epitome of good taste and the timelessness that would later be celebrated by John Keats in his Ode on a Grecian Urn.

With

Jenny Uglow
Writer and Biographer

Rosemary Sweet
Professor of Urban History at the University of Leicester

And

Caroline McCaffrey-Howarth
Lecturer in the History of Art at the University of Edinburgh

Producer: Eliane Glaser

Reading list:

Viccy Coltman, *Fabricating the Antique: Neoclassicism in Britain 1760–1800* (University of Chicago Press, 2006)

David Constantine, *Fields of Fire: A Life of Sir William Hamilton* (Phoenix, 2002)

Tristram Hunt, *The Radical Potter: Josiah Wedgwood and the Transformation of Britain* (Allen Lane, 2021)

Ian Jenkins and Kim Sloan (eds), *Vases and Volcanoes: Sir William Hamilton and his Collection* (British Museum Press, 1996)

Berg Maxine, *Luxury and Pleasure in Eighteenth-Century Britain* (Oxford University Press, 2005)

Iris Moon, *Melancholy Wedgwood* (MIT Press, 2024)

Rosemary Sweet, *Grand Tour: The British in Italy, c.1690–1820* (Cambridge University Press, 2012)

Jenny Uglow, *The Lunar Men: The Friends who Made the Future* (Faber and Faber, 2003)

In Our Time is a BBC Studios Audio production

SUN 23:45 Short Works (m00268x6)
Shopping All the Way by Karen Quinn

An original short story commissioned by BBC Radio 4 from the writer Karen Quinn. Read by Beccy Henderson.

Karen Quinn is an award winning writer and educator based in Donegal. She is one of BBC Writersroom's Belfast Voices 2022. She was longlisted for the Mammoth Screen TV Writer's Award 2021, and twice shortlisted for the Sir Peter Ustinov Television Scriptwriting award run by the International Emmy Committee, in both 2014 and 2015. She was also the winner and recipient of the Northern Ireland Comedy Writers programme in 2016, organised by Grand Scheme Media, and a shortlisted writer and director for Jameson First Shot 2016. She has toured her writing both nationally and internationally. She is also a published children's writer, with her work broadcast on television and published in short story collections. At the moment, she is completing her PhD in Creative Writing with Ulster University.

Writer: Karen Quinn
Reader: Beccy Henderson.
Producer: Sylvie Conway

A BBC Audio Northern Ireland Production for BBC Radio 4.

MONDAY 30 DECEMBER 2024

MON 00:00 Midnight News (m002698k)
The latest news and weather forecast from BBC Radio 4.

MON 00:15 Crossing Continents (m00268qj)
Poland's Ghosts, Ukraine's Heroes

Ukraine and Poland are neighbours and close allies in today's conflict with Russia. But the ghosts of victims of an earlier war have returned to divide them. Tens of thousands of Poles were murdered by Ukrainians in Volhynia, in what's now western Ukraine, in 1943. Most of the victims still lie in unmarked graves, and Ukraine has only just lifted a ban on exhuming the bodies.

That followed heavy diplomatic pressure by Poland, which threatened to block moves towards Ukrainian integration with the EU unless the ban were lifted.

But Poland's demand has stirred a controversy inside Ukraine about one of the darkest periods of its history. Ukrainian nationalists who were involved in the massacre - and their leader Stepan Bandera - are regarded by many Ukrainians as heroes.

Reporter Tim Whewell travels through Poland and western Ukraine to try to find out what really happened in 1943, and ask whether Poland and Ukraine can ever lay a fiercely-contested history to rest. And can the record of Ukraine's Second World War nationalists be openly discussed without giving a propaganda victory to Russia, which has tried to use the subject to vilify Ukraine?

Produced and presented by Tim Whewell
Sound mix: Rod Farquhar
Research by Grzegorz Sokół, Taras Shumeiko and Serhiy Solodko
Translation by Eugenia Maresch, Grzegorz Sokół and Serhiy Solodko
Production co-ordinator: Gemma Ashman
Editor: Penny Murphy

Wild bird recordings by Izabela Dłużyk
"Lecieli Żurawie" (Cranes Were Flying) sung by Franciszka Bydychaj
"Ave Maria" from "Kres Kresów" oratorium, composer Krzesimir Dębski
"Siadła Hanula Na Posażefiku" (Hanula Sat on her Dowry) sung by Olga Kozieł and Anna Jurkiewicz, of the "Wolyn w Pieśniach" ("Volhynia in Song") project

MON 00:45 Bells on Sunday (m002693g)
[Repeat of broadcast at 05:43 on Sunday]

MON 00:48 Shipping Forecast (m002698m)
The latest weather reports and forecasts for UK shipping

MON 01:00 Selection of BBC World Service Programmes (m002698p)
BBC Radio 4 joins the BBC World Service.

MON 05:20 Shipping Forecast (m002698r)
The latest weather reports and forecasts for UK shipping

MON 05:30 News Briefing (m002698t)
The latest news from BBC Radio 4

MON 05:43 Prayer for the Day (m002698w)

A spiritual comment and prayer to start the day with Krish Kandiah.

MON 05:45 Farming Today (m002698y)
30/12/24 - The Otter Estuary

Sarah Swadling is on the Otter estuary in Devon where the clock has been turned back 200 years to tackle climate change challenges of the present, and of the future. The sea has been allowed back onto farmland that had been reclaimed during the Napoleonic war era. The result is a new salt marsh and mudflat nature reserve. It's hoped letting the estuary return to its natural course will reduce the risk of flooding for homes and businesses. As Sarah hears, the ambitious project also meant raising a road, moving the local cricket club, and making an historic landfill safe. She asks the landowner, Clinton Devon Estates, how they weighed up climate change mitigation against food security, in deciding to flood the farmland.

Produced and presented by Sarah Swadling.

MON 05:57 Weather (m0026990)
Weather reports and forecasts for farmers

MON 06:00 Today (m00269bl)
Emma Barnett and Amol Rajan hear from Baroness Floella Benjamin, in this guest edited episode of Today.

After being awarded the BAFTA fellowship this year for her contribution to television, Baroness Floella Benjamin OM DBE will focus on the importance of childhood for her programme. Her guest edit also looks at the impact of children moving away from consuming content from public service broadcasters to unregulated online platforms.

MON 09:00 Start the Week (m00269bn)
Human intelligence and imagination

Tom Sutcliffe and guests discuss how we solve problems and imagine the future. While many people now point to the potential of AI, the prize winning writer Naomi Alderman is interested in the messy magic of human thinking. In the forthcoming BBC Radio 4 series, Human Intelligence she tells the stories of the people – with all their ingenuity and foibles – who built the modern world.

Across history human cultures have devised a wide range of practices to understand, and discover, the mysteries of the past, present and future. The exhibition Oracles, Omens and Answers (at the Bodleian Library, Oxford, until April 2025), co-curated by Dr Michelle Aroney showcases the art of divination. From the use of cards, beads and spiders, to studying the stars, weather and palm lines people have sought ways to clarify and predict the world around them.

Human imagination is not just the tool of fiction writers, but something that's vital to navigate the world; to reminisce, anticipate and plan for the future. But how does it work? The neurologist Adam Zeman explores the very latest scientific studies in the world of the imagination, in his new book, *The Shape of Things Unseen*.

Producer: Katy Hickman

MON 09:45 Dementia: Unexpected Stories of the Mind (m001kxft)
Jo

In the last episode of their series uncovering rare dementias, neurologist Jules Montague and William Miller meet Jo, who has primary progressive aphasia (PPA). A novelist, she is losing her ability to speak, read and write.

PPA (previously called semantic dementia) usually affects people in their 50s and 60s. This condition erodes vocabulary. People with PPA have difficulty finding the right word. They also lose knowledge of what words mean and what objects are for.

Details of organisations offering information and support with dementia are available at the BBC Action Line here: <https://www.bbc.co.uk/programmes/articles/1Y8B7y39T07GnTIMSLPJG2S/information-and-support-dementia>

Producer: Eve Streeter
Original music: A Brief Encounter by Max Walter
A Raconteur production for BBC Radio 4

MON 10:00 Woman's Hour (m00269bq)
Joan Smith, Parenting adult children, Dolly Parton musical

'Unfortunately, she was a Nymphomaniac' – that's the title of a

new book written to debunk the misogynist myths of Imperial Rome and to put the record straight about the lives and fates of Roman women. Its author, the journalist Joan Smith, joins Clare McDonnell to give us a fresh perspective on the ancient world.

Many people will have visited or been visited by their adult children over the holidays. Being a parent to adult children, as well as being the adult child, can be complicated. What are the pitfalls? How can we ensure that relationship stays strong? Clare is joined by psychotherapist Dr Julia Samuel and actor and author Helen Lederer to discuss.

Nearly half the world's population had major elections in 2024, but it was also a year that saw the slowest rate of growth in female representation for 20 years. The BBC has crunched the numbers from 46 countries and found that in nearly two-thirds of them the number of women elected fell. BBC Population Correspondent Stephanie Hegarty explains the findings.

New Dolly Parton musical Here You Come Again is packed with the biggest and most rhinestoned hits from the country legend, and is currently playing at the Riverside Studios in London before it heads on tour across the UK next month. Actress Tricia Paoluccio joins Clare to discuss what it's like becoming Dolly in the show – and gives a special live performance in the studio.

Presenter: Clare McDonnell
Producer: Lottie Garton

MON 11:00 The Patch (m00269bs)
Gendros, Swansea

One random postcode and a story you probably haven't heard before.

Today, the random postcode generator lands producer Polly Weston in an industrial estate in Gendros, Swansea. Gendros sits outside the centre of Swansea, on the main road out to the M4. The industrial estate looks just like any other. McDonalds, Home Bargains, Costa and Matalan. But just behind there, are a whole row of independent businesses, with pounding house music drifting out of one of the units, from **5am** until **10pm** every day.

It's called The Ware-House gym. Opened in 2021, inspired by the clubs of Ibiza, its Instagram feed looks a little... intimidating. But on Polly's first visit, the manager Hayley - "I'm a hugger, I don't do shaking hands" - is insistent there's more to it than its image. Astonishingly, she says members are in here 80 times a month, nearly three times a day, "and it's very unusual for people to be in here less than twice a day".

How is that possible? And who is here? Polly arrives at **5am**, to bear witness to a day in the life of the gym.

Inside are parallel stories of the struggles of modern life, of ritual, and of how this city's culture has radically changed. Owner Chris Ware was a professional boxer and doorman in the heyday of Swansea's most famous nightclub, Escape. Eighteen years ago he realised the club was empty during the daytime, and so he started fitness classes in there, using the sound system. "It's dark so no one can see you, loud so no one can hear you." All those big clubs have gone now. The world famous Kingsway where they all sat is set to be developed into offices. But the embers of those old days can be found here, at **5.30am** on a Monday, in an industrial unit behind Home Bargains.

"For a lot of people here, this is our church now" - but what does that really mean?

Produced and presented in Bristol by Polly Weston
Editor: Chris Ledgard
A BBC Audio Bristol production

MON 11:45 Raising Hare by Chloe Dalton (m00269bv)
A Winter Leveret

Raising Hare is Chloe Dalton's memoir of caring for an abandoned leveret – and how the bond that grows between them changes her perspective on life.

Lockdown leads Chloe away from her demanding London job as a political advisor and back to the countryside of her childhood, where she stumbles across a lone baby hare - defenceless on an open country road. Against her better judgment, she feels compelled to take the tiny creature in and give it a chance at survival.

In the weeks and months that follow, a bond grows between hare and human as Chloe cares for the animal and prepares for it to return to the wild - the outcome she had always planned. The story grants us a rare insight into the lives of these elusive creatures, once thriving in the UK and now increasingly dwindling as their habitats recede and man-made threats advance.

In this first episode, Dalton discovers the tiny creature that will set her life on a different course. Offering it a makeshift nest in her spare room and muddling through bottle feeds with kitten formula, she shelters the leveret as it grows.

Read by Lisa Faulkner
Produced and abridged by Jo Rowntree and Heather Dempsey
Sound Design by Dan King

A Loftus Media production for BBC Radio 4

Illustration by Denise Nestor

This is an EcoAudio certified production.

MON 12:00 News Summary (m00269bx)
The latest national and international news from BBC Radio 4.

MON 12:04 The Reith Lectures (m0025cmg)
Gwen Adshead - Four Questions about Violence

Is Violence Normal?

In her 2024 Reith Lectures, Dr Gwen Adshead, addresses four questions that she has most commonly faced in her work as a therapist with violent perpetrators in secure psychiatric units and prisons:

Is Violence normal?
What is the relationship between trauma and violence?
Is there such a thing as Evil?
Can we change violent minds?

In this first lecture, using data and real-life stories from nearly 40 years' experience as a forensic Psychiatrist working inside institutions such as Broadmoor, she asks if violence is normal.

Is violence unnatural? Or is it normal because, deep down, we are all capable of cruelty and can experience, even briefly, the urge to hurt others? What then are the tipping points, what are the factors that drive some to kill?

The programme was recorded at Broadcasting House in London in front of an audience and is presented and chaired by Anita Anand.

Producer: Jim Frank
Editor: Clare Fordham

MON 12:57 Weather (m00269c0)
The latest weather forecast

MON 13:00 World at One (m00269c2)
British teenager begins his year long sentence in Dubai.

Marcus Farkana has abandoned his appeal over sex conviction and has been taken to a Dubai prison. We hear his hopes of a pardon. And one of Jimmy Carter's close friends pay tribute to the former President.

MON 13:45 My Poetry and Other Animals (m00269c4)
Flies and Crickets

Insects are often seen as pests, rather than poetic. Is it possible to write a poem that does flies or crickets justice?

In this episode, Simon Armitage, the poet laureate asks whether fruit flies get lonely and whether crickets have character - as he continues to explore what it means to capture other creatures in poetry.

In this episode Simon meets crickets at Queen Mary University of London (in the Chittka Bee Lab), and gets to know the fruit flies in a poem by Imtiaz Dharker.

Contributors:
Imtiaz Dharker shares extracts from her poem 'The Host' from 'Shadow Reader'
Philosopher Jonathan Birch is a Professor at the London School of Economics, working on animal sentience, and the relation between sentience and welfare.
Dr Sarah Skeels is a zoologist at Queen Mary University of London
Crickets at the Chittka Bee Lab

The haiku in this episode are all translations into English of haiku by the Japanese poet Kobayashi Issa

Produced by Faith Lawrence
Mixed by Sharon Hughes (Shush)

MON 14:00 The Archers (m002698c)
[Repeat of broadcast at 19:00 on Sunday]

MON 14:15 Hennikay (m00269c6)
Series 2

3. The Jet Set

Bill Bailey stars as Guy Starling, a middle aged man who, after 45 years, and for reasons quite unknown to him, is suddenly revisited by his imaginary childhood friend, Hennikay.

Tony's big brother is getting married. Again. And Tony, as the best man, has arranged a big, drunken, debauched stag do in Ibiza and invited Guy along. And even though Guy has never met Tony's big brother, Tony is Guy's boss and so Guy has to accept.

And where Guy goes, Hennikay, his 11 year old imaginary friend from 1976, goes too. And even though Hennikay doesn't know anything about drinking, debauchery or Ibiza, he is wildly excited at the thought of going anywhere on an aeroplane. Because to a 1970s schoolboy, nothing can be more exotic than joining the Jet Set of intercontinental sophistication, full of smartly uniformed pilots and cool sexy air hostesses.

Guy tries to warn him about the modern horrors of budget air travel but Hennikay is not put off. Flying in an aeroplane for the first time is the most exciting thing in the whole world to him.

Except, the stag do never takes off. An increasing series of disasters leave the party stranded in the airport and it looks like Hennikay is never going to fulfil his childish dream of joining the Jet Set.

Bill Bailey stars in the second series of this this warm, funny look at childhood, adulthood and the follies of modern life.

Written by David Spicer

Guy: Bill Bailey
Hennikay: Max Lester
Tony: Tony Gardner
Dom: Marcus Brigstocke

Producer: Liz Anstee
A CPL production for BBC Radio 4

MON 14:45 Marple: Three New Stories (m001g9kl)
Miss Marple's Christmas by Ruth Ware

Miss Marple's Christmas (Part 1)

Agatha Christie's iconic detective is reimagined for a new generation with a murder, a theft and a mystery where nothing is quite what it seems.

Miss Marple's Christmas by Ruth Ware
All Miss Marple wants for Christmas is a quiet, peaceful celebration. Accepting her friend Dolly Bantroy's invitation to Gossington Hall puts paid to that. A crime will be committed and as the guest list grows, the mystery deepens.

Read by Georgie Glen
Abridged and produced by Eilidh McCreadie

Almost 50 years since the publication of Agatha Christie's last Miss Marple novel, 'Marple: Twelve New Stories' is a collection of ingenious stories by acclaimed authors who also happen to be Christie devotees.

MON 15:00 Great Lives (m00269c8)
Pen Hadow nominates Sir Peter Scott

"Make the boy interested in natural history," wrote Captain Scott from his tent in the Antarctic. He was talking about his son, three year old Peter Scott, whom he never saw again and who went on to found the Wildfowl and Wetland Trust and campaign against the hunting of whales. The son also designed the panda logo for the World Wide Fund for Nature and was its first chairman. David Attenborough called Scott the patron saint of conservation and he appears in this programme. Nominating him in studio is the adventurer Pen Hadow, whose father knew Scott and with whom he shared a nanny. The programme also features two of Scott's children, Dafila and Falcon, as well as some rarely heard archive.

From his early years as an arctic adventurer, Pen Hadow has developed into an ardent conservationist with the 90 North Foundation. He describes this programme as an enormous responsibility and wonders why Sir Peter Scott, the founder of Slimbridge, is not better known today.

The producer for BBC Audios Studio in Bristol is Miles Warde

MON 15:30 History's Heroes (m00269cb)
History's Youngest Heroes

History's Youngest Heroes: 4. Audrey Hepburn's Teenage

Resistance

Before she became a Hollywood star, how did the young Audrey Hepburn take on the Nazis in the Netherlands?

Nicola Coughlan shines a light on extraordinary young people from across history. Join her for 12 stories of rebellion, risk and the radical power of youth.

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

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

MON 16:00 Whisky Galore No More? (m0026jv5)
 [Repeat of broadcast at 13:30 on Sunday]

MON 16:30 Rewinder (m0026917)
 [Repeat of broadcast at 10:30 on Saturday]

MON 17:00 PM (m00269cd)
 Russia and Ukraine swap hundreds of prisoners

Russia and Ukraine swap hundreds of prisoners, in a deal brokered by the United Arab Emirates. We ask what the deal tells us about the state of the war as it nears its three-year mark.

Also: as the Welsh government presses ahead with its plan for a visitor tax, we hear a dispatch from the Pembrokeshire coast.

In South Korea, relatives wait for answers on their loved ones following the Jeju Air plane crash - thought to be caused by a bird strike. We speak to one pilot about his own memories of flying into birds.

And as the world's top chess player is given the green light to wear jeans to tournaments, we ask whether a pair of denims is now considered smart.

MON 18:00 Six O'Clock News (m00269cg)
 Ukraine and Russia exchange hundreds of prisoners of war

MON 18:15 The Wombles to the Rescue (m00269cj)
 Episode 6: Cousin Botany's Secret

The Wombles live under Wimbledon Common, and it is their special responsibility to 'tidy up' everything that untidy human beings leave behind.

In this series, the Wombles are back at their old burrow underneath Wimbledon Common. There's a Womble world shortage of 'this and that' and Great Uncle Bulgaria is called over to America to attend a crisis summit. Back home, a visit from Cousin Botany is full of surprise and new invention.

Full of fun and warmth, with an underpinning environmental message, The Wombles to the Rescue is based on the original books by Elisabeth Beresford, performed by Richard E Grant, directed by Johnny Vegas and nestled in a new soundscape for all the family to enjoy.

Episode 6: Cousin Botany's Secret
 Tomsk has an idea and The Wombles put a new plan into action.

Cast and Credits:
 Performed by..... Richard E Grant
 Written by..... Elisabeth Beresford
 Abridged by..... Sally Harrison and Susan Vale
 Script Consultant..... Kate Robertson
 With thanks to..... Marcus Robertson

Music: The Wombling Song, composed and recorded by Mike Batt

Produced by..... Sally Harrison
 Sound Engineer..... Wilfredo Acosta
 Sound Designer..... Alisdair McGregor
 Directed by..... Johnny Vegas

A Woolyback Productions and Mrs Mellor's Cellar collaboration for BBC Radio 4 and BBC Sounds

MON 18:30 I'm Sorry I Haven't A Clue (m00269cl)
 Series 82

Episode 4

The antidote to panel games pays a return visit to the Anvil Theatre in Basingstoke. Marcus Brigstocke and Henning Wehn take on Miles Jupp and Rachel Parris with Jack Dee in the chair. Colin Sell attempts piano accompaniment.

Producer: Jon Naismith
 A Random production for BBC Radio 4

MON 19:00 The Archers (m00268z6)
 Pat senses things are tense between Helen and Tom and Natasha over the sale of the Beechwood house and her living arrangements. Pressed on her long-term plans, Helen sees herself and the boys living in the Bridge Farm farmhouse – she wants both boys to grow up farming. Pat points out Tom may have a similar vision for his own children. They discuss the subject of Pat and Tony properly retiring, and potentially making way for Helen. Helen doesn't want them to feel she's edging them out, and apologises for bringing up the subject. When she's gone, Pat and Tony admit to one another that they knew this conversation was coming, from one of their children, but feel rather shell-shocked and discuss what they might do. Tony still dreams of building an eco-house, and Pat insists she isn't past it herself.

Rex picks up Rochelle in his taxi and quickly realises who she is when she mentions Beechwood – she wryly comments that he's probably heard lots about her. At Joy's they get chatting as Rex waits to catch up with Mick and Joy about coming to his narrow boat party tomorrow. Rochelle is also pleased to be invited. Joy's concerned about Rochelle, turning up after so long and acting like everything's normal, when they know it's not. But Rochelle won't engage. Later, Joy presses Rochelle on how she should be trying to make things right with her kids, but all Rochelle cares about is that they are fine, with their Dad, and she doesn't want to go there.

MON 19:15 Front Row (m00269cn)
 Bradford UK City of Culture 2025

As Bradford limbers up for its year as UK City of Culture, in a special edition of Front Row, Nick Ahad meets:

Steven Frayne, the award-winning Bradford-born magician formerly known as Dynamo. Frayne's magic skills have brought him success in arenas and television studios worldwide and his biography Nothing is Impossible: My Story became a bestseller. He returns to Bradford in the ultimate homecoming gig as co-creator of RISE - the opening show for Bradford's year as UK City of Culture.

The 2022 documentary film, A Bunch of Amateurs, charmed critics and audiences alike. This portrait of one of the oldest amateur film societies in the world, Bradford Movie Makers, was the work of filmmaking duo Kim Hopkins and Margareta Szabo. On the set of their latest project, The Local, about another Bradfordian institution, the Jacob's Well pub, one of the oldest Beerhouses in Bradford, they discuss capturing the spirit of the community who walk through the pub doors.

Shanaz Gulzar is the Creative Director of Bradford 2025 and she's also the curator of one of the year's public art events, Wild Uplands. She talks about her vision for celebrating culture in her home city, and the four visual artists that she's selected to create work in the moors landscape she grew up with.

RISE co-creator and theatre director Kirsty Housley is known for the innovation that she brings to the stage in a wide variety of acclaimed productions including for the National Theatre. In poems such as BFD, poet, playwright, and cultural mentor Kirsty Taylor, has turned her home city into alluring verse. Kirsty H and Kirsty T talk about their work on RISE to create an opening show that reflects Bradford to its people and the rest of the world.

Presenter: Nick Ahad
 Producer: Ekene Akalawu

MON 20:00 The Briefing Room (m00268jx)
 Why we need to care about the Arctic

The Arctic is going through changes to its climate, economics and geo-politics. What does it mean for the region and the rest of the world?
 The fact that glaciers are melting and the white landscape is turning green is bad for climate change but could it also bring economic benefits?

Guests:
 Jennifer Spence, director of the Arctic Initiative at the Belfer Center for Science and International Affairs at the Harvard Kennedy School.
 Heidi Sevestre, glaciologist and member of one of the Working Groups to the Arctic Council.
 Heather Conley, senior advisor to the German Marshall Fund's (GMF) board of trustees.
 Pavel Devyatkin is a Senior Associate and Leadership Group

member at The Arctic Institute.

Presenter: David Aaronovitch
 Producers: Charlotte McDonald, Kirsteen Knight and Beth Ashmead Latham
 Sound engineer: Rod Farquhar
 Editor: Richard Vadon
 Production Co-ordinator: Gemma Ashman

MON 20:30 BBC Inside Science (m00268jz)
 Board Game Science

It's that time of the year when many of us are at home with friends and family, losing track of time, eating leftovers, and, of course, playing games.

This festive season, we look at the science of games and, of course, play some ourselves.

It's presenter Marnie Chesterton versus producer Florian Bohr at Marnie's kitchen table.... Who will win the Inside Science games special?

Irving Finkel from the British Museum tells Marnie about the Royal Game of Ur, one of the most ancient board games which is strikingly similar to more modern examples of race games. Also, why we play games with author and neuroscientist Kelly Clancy, and why we struggle to comprehend the randomness of dice with author Tim Clare.

To finish it off, mathematician Marcus du Sautoy explains the geometry behind the game Dobble and leaves listeners with a Christmas puzzle: Can you figure out the symbols on the two missing Dobble cards?

If you think you've found the solution, please email insidescience@bbc.co.uk

Presenter: Marnie Chesterton
 Producers: Florian Bohr
 Editor: Martin Smith
 Production Co-ordinator: Jana Bennett-Holesworth

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

MON 21:00 Start the Week (m00269bn)
 [Repeat of broadcast at 09:00 today]

MON 21:45 Mythical Creatures (m0011qzr)
 9. Banshees

Fantasy writer Rhianna Pratchett takes us across an enchanted British Isles to discover mythical creatures that lurk in all corners of the land. She uncovers what they can tell us about our history, our world and our lives today.

In this episode, Rhianna is on a quest to find out about an Irish death omen, The Banshee. Rhianna explores the importance of this creature's cry, the significance of her haggish female form, and why the belief of her remains strong today.

Storyteller: Liz Weir
 Other Contributors: Dr. Kelly Fitzgerald, Sharon Blackie

Presenter: Rhianna Pratchett
 Producers: Lorna Skingley and Sarah Harrison
 Executive Producer: Mel Harris
 Production Manager: Nikki Cannon
 Original Music by Ben MacDougall
 Sound Design and Mixing: John Scott

A 7digital production for BBC Radio 4

MON 22:00 The World Tonight (m00269cq)
 Hogmonay celebrations cancelled amid UK-wide weather warnings

The traditional Hogmonay celebrations in Scotland's capital have been cancelled as wind, rain and snow are forecast to batter the UK in the coming days. Yellow weather warnings are in place between Monday and Thursday, while flood alerts and flood warnings - including a rare severe flood warning - are in place across Scotland.

Grief is turning to anger for families of those who died in South Korea's worst ever plane crash. They're demanding more communication from the authorities.

And we reflect on a quarter of a century of Vladimir Putin in charge of Russia, as New Year's Eve marks the anniversary of his takeover.

MON 22:45 Seaborne by Nuala O'Connor (m00269cs)
Episode One

Bestselling and award-winning Irish author Nuala O'Connor returns with the intimate and thrilling portrayal of the life of 18th-century pirate, Anne Bonny. Shortlisted for Novel of the Year at The An Post Irish Book Awards 2024.

1703, Kinsale, County Cork. Anne Coleman is the illegitimate child of a local lawyer and his maid; disguised as 'Anthony' to protect reputations, the mask suits Anne just fine. But, fixated on boats and the sea, she struggles to fit in, and her devoted mother fears for her fiercely independent and impulsive daughter.

When their secrets are exposed, the family emigrates to the new colony of Carolina, but this fresh start will bring devastating loss and stifling responsibilities. Lonely and transgressive, Anne finds comfort only with Bedelia, servant and intimate friend. However her craving for the sea-wandering life and a misjudged marriage to young Gabriel Bonny will compel Anne to take to the sea again, this time around the islands of the Caribbean, famous for plunder and piracy.

The Author

Nuala O'Connor is a novelist, short story writer and poet, and lives in County Galway with her family. She is the author of four previous novels and six short story collections. She has won many prizes for her short fiction including the Francis MacManus Award, the James Joyce Quarterly Fiction Contest and the UK's Short Fiction Journal Prize. Nuala's work has also been nominated for numerous prizes including the Edge Hill Short Story Prize, the Kerry Group Irish Novel of the Year Award and the International Dublin Literary Award.

Reader: Ayoola Smart
Author: Nuala O'Connor
Abridger: Rowan Routh
Producer: Michael Shannon

A BBC Audio Northern Ireland Production for BBC Radio 4.

MON 23:00 Limelight (m001b4fs)
Exemplar - Series 1

Exemplar - Episode 1

A modern day thriller set in the North East of England. Starring Gina McKee as Jess, a lone wolf scientist with a troubled past whose passion for sound makes her the UK's leading audio forensic examiner. Together with her new trainee, Maya, she undertakes a different sound challenge in every episode.

In Episode 1 Jess attends the scene of a young woman's apparently accidental death to create an audio exemplar to match a recording from a voice activated speaker. Mysterious voice messages about the past from her mother Judith add to the tension.

Exemplar is rooted in factual research and based on an idea from Ben and Max Ringham, and written by Ben Ringham, Max Ringham and Dan Rebellato.

Exemplar: an audio recording made by a forensic analyst to recreate the precise audio conditions of a piece of evidence in a criminal or civil case

Jess Gina McKee
Maya Shvorne Marks
Aoife Fenella Woolgar
Judith Barbara Marten
Nathalie Chetna Pandya
Dylan Don Gilet

Writers: Ben and Max Ringham, with Dan Rebellato
Showrunner: Dan Rebellato
Audio forensic consultant: James Zjalić
Sound recordist: Alisdair McGregor
Studio assistant: Oyin Fowowe
Production coordinator: Darren Spruce
Sound design: Lucinda Mason Brown and David Chilton
Original music/Sound consultants: Ben and Max Ringham
Directors: Polly Thomas and Jade Lewis
Executive producer: Joby Waldman

A Reduced Listening production for BBC Radio 4.

MON 23:30 Now You're Asking with Marian Keyes and Tara Flynn (m00269cv)
The Upstairs Neighbour Problem

Neighbours - you can't live with 'em and you can't live without 'em. This week, one of our askers is having trouble with the mysterious noises from upstairs, another is feeling increasingly awkward when sex scenes pop up on tv, while a third is toying with the idea of an affair with an old flame.

All this while Marian has fun with her new metal measuring tape. Truly, all walks of life are given the Marian and Tara treatment once again.

We are always looking for situations Marian and Tara can get stuck into. Everything gets read and considered. We can't include all the questions but do our best to provide as wide a cross-section as we can.

Have you got a problem you want Marian and Tara to solve? Email: marianandtara@bbc.co.uk.

Producer: Steve Doherty.
A Giddy Goat production for BBC Radio 4 and BBC Sounds

TUESDAY 31 DECEMBER 2024

TUE 00:00 Midnight News (m00269cx)
National and international news from BBC Radio 4

TUE 00:15 Between the Ears (m001wzsm)
Henry Mancini

An immersive dive into the life and music of one of the greatest film music composers of all time: Henry Mancini, who was born 100 years ago this year.

Mancini is one of the great icons of film music. His scores for movies like *Breakfast at Tiffany's* and *The Pink Panther* or TV shows like *Peter Gunn*, not only brought him Academy Awards and a glittering career, but featured songs and themes that have become instantly hummable classics in their own right away from the screen.

Alongside these seminal hits like *Moon River* or *Days of Wine and Roses*, and a reputation for 'cool jazz' Mancini was actually one of the most versatile composers in Hollywood. He pushed the artform in new directions and inspired some of the biggest names in film music today, from John Williams to Quincy Jones.

This *Between the Ears* tells Henry Mancini's story from his early life as the son of Italian immigrants in Pittsburgh where he was first handed a flute by his father, through his years as a musician in the Big Bands, learning the film trade at Universal Pictures, and eventually to composing some of the most recognisable music on film.

With recordings of Mancini himself from the BBC Archives, we also hear from his daughter Monica Mancini and son in law Gregg Field, both professional jazz musicians, film historian Jon Burlingame and pianist Tom Poster.

Producer: Hannah Thorne
Sound engineer: Callum Lawrence
For BBC Audio

Archive: Parkinson, The Songwriters, The Great Mancini, Wogan, Film Night: Henry Mancini,
Film clips: Peter Gunn (Spartan, 1958), *Breakfast at Tiffany's* (Paramount, 1961), *Days of Wine and Roses* (Jalem Productions, 1962), *Two for the Road* (Stanley Donen, 1967), *Mr Lucky* (Spartan, 1959), *Pink Panther* (The Mirisch Company, 1963), *The Glenn Miller Story* (Universal, 1956), *Creature from the Black Lagoon* (Universal, 1954)
With thanks to the Mancini family and Rhiannon Neads

TUE 00:48 Shipping Forecast (m00269cz)
The latest weather reports and forecasts for UK shipping

TUE 01:00 Selection of BBC World Service Programmes (m00269d1)
BBC Radio 4 joins the BBC World Service.

TUE 05:20 Shipping Forecast (m00269d3)
The latest weather reports and forecasts for UK shipping

TUE 05:30 News Briefing (m00269d5)
The latest news from BBC Radio 4

TUE 05:43 Prayer for the Day (m00269d7)
A spiritual comment and prayer to start the day with Krish Kandiah.

TUE 05:45 Farming Today (m00269d9)
31/12/24 - The Derby Tup

The Derby Tup is a traditional Derbyshire agricultural folk song, performed at Christmas. It tells the story of a farmer, his wife (Our Owd Lass), their son and a giant tup - the ram used

for breeding. The sheep's reared, sheared and eventually butchered.

We hear from a group of performers who've kept this old "mumming play" tradition alive. Matthew Headley Stoppard is a Leeds-based folk poet who performs it every year with his wife and sons.

Its exact date of origin is unknown, but it was performed regularly throughout the 1800s in North East Derbyshire and South Yorkshire, an area that was, and still is, hugely reliant on sheep farming. Originally children would visit remote farmhouses and ask for pocket money. It later became a regular Christmas fixture at pubs and working men's clubs

Local folklorist Richard Bradley explains the origins of the play and its link with the cultural significance and history of sheep farming. While sheep farmers Andrew Beresford and Siobhan Lucas, of Pinfold Farm on the Derbyshire-Nottinghamshire border, offer their insight as modern day sheep farmers in the area and memories of their own festive traditions.

Farming Today was produced and presented by Nina Pullman.

TUE 06:00 Today (m00268yk)
Closing this year's Guest Edit series is Dame Laura Kenny, Team GB's most successful female Olympian who retired earlier this year.

Her programme explores the impact elite sport has on women's bodies, including a look at the issue of fertility. She also discusses female leadership in sport and the provision of PE in schools.

The Guest Edit series was edited by Louisa Lewis, assisted by Laura Cooper, Jack Evans, Jade Lauriston, David Pittam and Jasmine Davies.

TUE 09:00 Young Again (m00268ym)
20. Pete Doherty

Kirsty Young asks the rock star Pete Doherty what advice he would give his younger self.

Doherty became famous in the 2000s with The Libertines, the band he formed and fronted alongside fellow singer and guitarist Carl Barât. He became notorious as his own drug addictions led to break ups with the band and numerous arrests. He reflects on a childhood spent moving around the world following his father's postings in the British Army, the beginnings of The Libertines, the lows of addiction, and the family life he now lives in France.

A BBC Studios Audio production.

TUE 09:30 All in the Mind (m00268yp)
Future Thinking

In the second of two special holiday episodes Claudia Hammond and an expert panel of psychologists look to the future.

A new year is upon us, a time when we often find ourselves reflecting on the year gone by and thinking about what comes next. Thinking about the future comes so naturally to most people that we don't realise what a complicated - and essential - skill it is.

Catherine Loveday, Professor of Cognitive Neuroscience at the University of Westminster, explains how our ability to mentally time travel into the future is useful for everyday tasks as well as fundamental to shaping our identity.

Daryl O'Connor, Professor of Psychology at the University of Leeds, discusses how thinking about the future motivates us in the present.

And Peter Olusoga, Senior Lecturer in Psychology at Sheffield Hallam University, describes how professional sportspeople use visualisation and future thinking to improve sporting success - and what the rest of us can learn from that.

Together they discuss how we hold ideas of the future in mind, whether unbounded optimism is the best way ahead - or not, and how to science-proof our favourite future planning at this time of year - new year's resolutions.

If you are suffering distress or despair and need support, including urgent support, a list of organisations that can help is available at bbc.co.uk/actionline.

Presenter: Claudia Hammond
Producer: Lorna Stewart
Content Editor: Holly Squire
Studio Manager: Emma Harth
Production Co-ordinators: Siobhan Maguire and Andrew Rhys

Lewis

TUE 10:00 Woman's Hour (m00268yr)

Beth Moran on fostering, Theo Bleak, Dating someone a similar age to your children

What's it like fostering in your 40s? Author Beth Moran had three children in her twenties but decided to take up fostering once they flew the nest. Her new novel *It Had To Be You* is inspired by her experiences of fostering thirteen children in five years.

Singer-songwriter Theo Bleak has received huge acclaim recently for her raw lyrics and soaring melodies. As well as supporting Suede, Noel Gallagher's *High Flying Birds* and Joesef on tour, her debut LP *Pain* was also nominated for Scottish Album of the Year. Theo performs her latest single *You Said You'd Feel It All Again* live in the Woman's Hour studio.

The director Sam Taylor-Johnson was 42 when she met husband to be Aaron Taylor-Johnson, who was 18 at the time. They recently made a red carpet appearance with her two eldest daughters and the hashtag #SameAgeAsStepDaughter became a TikTok trend. Clare McDonnell is joined by Alexandra who was her husband's third wife and at 30 had stepdaughters of 26 and 20 from his first two marriages. She joins Clare McDonnell, along with parenting expert and family psychologist Anna Mathur.

Presenter: Clare McDonnell
Producer: Laura Northedge

TUE 11:00 Add to Playlist (m00268xn)

Seckou Keita, Tess Tyler and Nick Patrick, from *Prince to Kings*

Kora player and composer Seckou Keita and screen composer Tess Tyler join Anna Phoebe and Jeffrey Boakye as they add five more tracks to the playlist, taking us from bootlegs to Africa's biggest-selling single, via an early classic video game. They are joined by the British producer Nick Patrick, the man behind two of the tracks in today's playlist.

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

The five tracks in this week's playlist:

Cindy C. by Prince
Donkey Kong Country by David Wise
La Primavera by Ottorini Respighi
Yeke Yeke by Mory Kanté
No Volvere by the Gipsy Kings

Other music in this episode:

Sallisaw Blue by John Moreland
You Got The Love by The Source Ft. Candi Staton
Interactive by Prince
Winter Tundra from *Lego Worlds* soundtrack by Tess Tyler and Rob Westwood
Jungle Groove from *Donkey Kong Country* by David Wise
Two Tribes by Frankie Goes to Hollywood
Yeke Yeke (original version) by Mory Kanté

TUE 11:45 Raising Hare by Chloe Dalton (m00268yt)

Little Hare

Raising Hare is Chloe Dalton's memoir of caring for an abandoned leveret – and how the bond that grows between them changes her perspective on life.

Lockdown leads Chloe away from her demanding London job as a political advisor and back to the countryside of her childhood, where she stumbles across a lone baby hare - defenceless on an open country road. Against her better judgment, she feels compelled to take the tiny creature in and give it a chance at survival.

In the weeks and months that follow, a bond grows between hare and human as Chloe cares for the animal and prepares for it to return to the wild - the outcome she had always planned. The story grants us a rare insight into the lives of these elusive creatures, once thriving in the UK and now increasingly dwindling as their habitats recede and man-made threats advance.

In this second episode, the leveret is fast growing into a little hare, each day bringing a new discovery for Dalton about the habits, history, and necessary care of these mysterious animals. She also finds out, to her own exhaustion, just how fast a hare can run.

Read by Lisa Faulkner

Produced and abridged by Jo Rowntree and Heather Dempsey
Sound Design by Dan King

A Loftus Media production for BBC Radio 4

Illustration by Denise Nestor

This is an EcoAudio certified production.

Find all the latest books at the bottom of the Sounds homepage. Just click on the Books collection.

TUE 12:00 News Summary (m00268yx)

The latest national and international news from BBC Radio 4.

TUE 12:04 The Reith Lectures (m002514d)

Gwen Adshead - Four Questions about Violence

Aren't they all evil?

In her second Reith Lecture, Dr Gwen Adshead asks if there's such a thing as "evil"? In a career spanning nearly 40 years the forensic psychiatrist has heard many of her patients ask: "I have done evil things but does that make me evil."? Dr Adshead says that we have often confused "evil" with mental illness. She argues that we all have capacity for "evil" and says we need to find ways to cultivate societal and individual "goodness." The programme is recorded at the V&A in Dundee in front of an audience. The Reith Lectures are presented and chaired by Anita Anand. Producer: Jim Frank
Editor: Clare Fordham

TUE 12:57 Weather (m00268z0)

The latest weather forecast

TUE 13:00 World at One (m00268z2)

Six babies freeze to death in Gaza

The UN meanwhile warns that Gaza's healthcare system is on the 'brink of total collapse'. We speak to a doctor about the work being done to treat people on the ground. Plus: we introduce the youngest and oldest recipients of 2025's New Year's Honours.

TUE 13:45 My Poetry and Other Animals (m00268z4)

Dogs

Humans have long written poetry about dogs - but why? Is it their loyalty? The joy they take in the world? And what can a dog teach a poet about writing a poem?

The Poet Laureate Simon Armitage meets Denver the French Bulldog to find out, along with Denver's close companion, the poet Helen Mort.

Emily Wilson, translator of *The Odyssey*, talks to Simon about one of the most famous dogs in literary history.

Contributors:

Denver the French Bulldog
Helen Mort
Emily Wilson - Professor in the Department of Classical Studies at the University of Pennsylvania

Produced by Faith Lawrence
Mixed by Sharon Hughes (Shush)

TUE 14:00 The Archers (m00268z6)

[Repeat of broadcast at 19:00 on Monday]

TUE 14:15 Drama on 4 (m00268z8)

Skip

A tragi-comedy about refusing - or at least delaying - the inevitable. Written by and starring Amelia Bullmore.

Lizzie is shocked by the collapse and decay she finds when she returns to her childhood home but, refusing to be daunted, she resolves to get on top of it. Several skips later, the house and her past have got on top of her. Lacking sleep and immersed in the detritus of her youth, she starts to behave strangely, attracting the attention of the neighbours.

Lizzie Amelia Bullmore
Ewan Justin Salinger
Neil/Steven/Alasdair Stuart McQuarrie
Sadie/Sarah/Margaret Tracy Wiles

Writer: Amelia Bullmore

Director: Mary Peate
Sound Designer: Eloise Whitmore
Producer: Jessica Dromgoole

A Hooley production for BBC Radio 4

Distinguished actor Amelia Bullmore is also an award-winning playwright. She is best known for her TV acting roles in comedies like *I'm Alan Partridge* and *British Olympics* comedy *Twenty Twelve*, as well as for dramas like *Scott and Bailey*, *Vienna Blood* and most recently BBC TV's *The Jetty*. She has just finished filming *Series 2 of The Buccaneers* for Apple TV and is currently filming *Sally Wainwright's* much-anticipated BBC TV drama series *Riot Women*. She has written for radio, stage and television (including *Traces* and *Scott and Bailey* for Red). Her Radio 4 drama *County Lines* won the Audio Drama Award for Best Single Drama in 2018.

TUE 15:00 Short Cuts (m00268zb)

[Repeat of broadcast at 22:00 on Sunday]

TUE 15:30 Beyond Belief (m00268zd)

The Religion of Detection

Giles Fraser and guests hear from authors of detective fiction, Kate Charles and Martin Edwards, on the subtle ways they weave faith into the crime puzzles in their novels.

Why is religious detective fiction so popular in our increasingly secular society? Did the detective replace the priest as the one who looked into the mysteries of life and battled with good and evil? Why do religion and detective fiction share so many noble pursuits in common? And, what is it about the detective genre that lends itself to such deep ethical and spiritual questions?

To explore Giles is joined by:

James Runcie, author of numerous books, including *The Grantchester Mysteries*, a series of six detective novels featuring the clerical detective Sidney Chambers. He is a Fellow of the Royal Society of Literature and a member of both the Crime Writer's Association and The Detection Club.

Ausma Khan, author of the *Blackwater Falls* crime series and the founder of the Muslim Writers Index.

Dror Mishani the author of the *Avraham Avraham* detective series that has been turned into a TV series by David E. Kelley. He is a literary scholar, specialising in the history of crime fiction, and the head of the creative writing program at Tel Aviv University.

Producer: Alexa Good
Assistant Producer: Linda Walker
Editor: Tim Pemberton

TUE 16:00 What a Shocker! (m00268zg)

This year it will be 30 years since the death of performance artist, Leigh Bowery. Yet his influence on popular culture remains. From Alexander McQueen, RuPaul and Lady Gaga – he has inspired many of popular culture's most recognised and feted. He died of an AIDS related illness on New Year's Eve in 1994.

Nick Grimshaw plunges into the colourful, sensuous, and downright outrageous world of Leigh Bowery. From bottomless trousers to live "births" on stage, Leigh was a giant of a man who knew how to shock and enjoyed doing it. He was a fixture of the 80's club scene and his flamboyant and body-contorting costumes and his ability to shock continues to resonate.

Leigh knew no boundaries – his vision was limitless. The costumes he designed and the acts he performed for his trips to cult nightclub, Taboo, are the stuff of legend, so much so that it was turned into a stage musical. He was also immortalised many times by the artist Lucian Freud who captured Leigh's bulk and beauty in his distinctive and raw paintings.

Nick Grimshaw speaks to those who knew and collaborated with him. Singer Boy George, dancer and choreographer Michael Clark, writer and fashion critic Charlie Porter and Leigh's best friend and biographer Sue Tilley.

Boy George tells us about his first encounter with Leigh Bowery and how his work influenced him. Sue Tilley describes some of his most outrageous performances – you had to be there. Michael Clark talks about the controversial costume that spelt the end of his creative partnership with Leigh. And Charlie Porter argues that Bowery's work should have been taken more seriously at the time and explains how Leigh wanted to break the stigma of AIDS.

Leigh wanted to be famous and his wish has come true. His influence on fashion and club life can be seen in an exhibition 'Outlaws: Fashion Renegades of 80's London' at the Fashion and Textile Museum in London and in 2025 his life and work will

be celebrated at Tate Modern.

From Freud to fashion, performance art, sexual identity and gender politics, this programme re-examines an artist who defied category and whose legacy resonates today.

Presenter: Nick Grimshaw
Producer: Belinda Naylor

TUE 16:30 The Life Scientific (m00268zj)

Tim Peake on his journey to becoming an astronaut and science in space

What's it like living underwater for two weeks? What's the trickiest part of training to be an astronaut? What are the most memorable sights you see from space?
Several extreme questions, all of which can be answered by one man: Major Tim Peake.

After a childhood packed with outdoor adventures, via the Cub Scouts and school Cadet Force, Tim joined the British Army Air Corps and became a military flying instructor then a test pilot; before eventually being selected as a European Space Agency (ESA) astronaut.

In 2015, Tim became the first British ESA astronaut to visit the International Space Station. Over the course of a six-month mission, he took part in more than 250 scientific experiments and worked with more than two million schoolchildren across Europe.

In a special New Year's episode recorded in front of an audience at London's Royal Society, Professor Jim Al-Khalili talks to Tim about his lifelong passion for adventure, the thrill of flight and why scientific experiments in space are so important.

Presented by Jim Al-Khalili
Produced by Lucy Taylor

TUE 17:00 PM (m00268zl)

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

TUE 18:00 Six O'Clock News (m00268zm)

The Radio2 DJ Johnnie Walker has died at the age of 79.

TUE 18:15 The Wombles to the Rescue (m00268zq)

Episode 7: Remember You're a Womble

The Wombles live under Wimbledon Common, and it is their special responsibility to 'tidy up' everything that untidy human beings leave behind.

In this series, the Wombles are back at their old burrow underneath Wimbledon Common. There's a Womble world shortage of 'this and that' and Great Uncle Bulgaria is called over to America to attend a crisis summit. Back home, a visit from Cousin Botany is full of surprise and new invention.

Full of fun and warmth, with an underpinning environmental message, The Wandering Wombles is based on the original books by Elisabeth Beresford, performed by Richard E Grant, directed by Johnny Vegas and nestled in a new soundscape for all the family to enjoy.

Episode 6: Remember You're A Womble

The rain arrives and starts to fill the tanks of the new underwater plant farm. Madame Cholet rustles up a delicious new recipe and the rest of the burrow is humming with excitement at the return of Great Uncle Bulgaria and Bungo.

Cast and Credits:

Performed by..... Richard E Grant
Written by..... Elisabeth Beresford
Abridged by..... Sally Harrison and Susan Vale
Script Consultant..... Kate Robertson
With thanks to..... Marcus Robertson

Music: The Wombling Song, composed and recorded by Mike Batt

Produced by..... Sally Harrison
Sound Engineer..... Wilfredo Acosta
Sound Designer..... Alisdair McGregor
Directed by..... Johnny Vegas

A Woolyback Productions and Mrs Mellor's Cellar collaboration for BBC Radio 4 and BBC Sounds

TUE 18:30 Ahir Shah's Seven Blunders of the World (m00268zs)

Episode 1

Inspired by an email from his 74 year-old father, comedian Ahir Shah introduces us to the The Seven Blunders of the World.

In 1925, Mahatma Gandhi published an article in the journal Young India, outlining what he called the Seven Social Sins. They were wealth without work, pleasure without conscience, knowledge without character, commerce without morality, science without humanity, religion without sacrifice, and politics without principle.

One hundred years on, the world is a very different place (this was written on a computer, for crying out loud!). Yet, Ahir reckons Gandhi's century-old list of the great societal blunders still feels relevant today. Could they teach us anything going forward?

Join Ahir (and sometimes his dad, who started this whole thing), as he explores these seven blunders through his trademark combination of philosophical inquiry, political vigour and sweet gags.

Created and Performed by Ahir Shah
Additional Material by Glenn Moore
Cast: Vikram Shah and Meera Syal
Producers: Daisy Knight and Jules Lom
An Avalon production for BBC Radio 4

TUE 19:00 The Archers (m00268zw)

On New Year's Eve Susan and Neil contemplate an early night, but they're interrupted by a call – a sow has got out at Berrow. Neil's had a drink, so Hannah picks him up to go over and sort it. Later, Hannah jokes about her lack of a social life and accepts an invitation to stay for a drink with Susan and Neil. They get on famously and see in the New Year. They discuss their family troubles, including Hannah's mum's illness, and Susan shares how Emma's struggling. But this evening has been lovely, and they raise a toast to friends, and a brighter 2025.

Rochelle heads to Rex's narrowboat party and give apologies for Joy and Mick. Rochelle meets Kirsty and assumes she and Rex are an item, but Kirsty sets her straight. She's heard all about Rochelle and praises Joy, prompting Rochelle to mention her dream childhood. Rex and Rochelle get chatting about their dads leading Rochelle to describe when her walked out on them when she was a teenager – her mum fell to pieces.

Rochelle gets a lift home from Lynda and Kirsty feels for Rex, asking him if anything happened with Rochelle. When she wonders what he interested, Rex says no, citing various reasons, but Kirsty encourages cautious Rex to ask Rochelle out. Kirsty's resolution is to grab life with both hands, and he should do the same. She loves Rex and he says the same to her – both agreeing that they mean that as friends.

TUE 19:15 Front Row (m00268zy)

Front Row Hogmanay live from Glasgow

Kirsty Wark hosts a Hogmanay edition live from Glasgow. Featuring performances by The Bluebells and piper Malin Lewis. Plus Alan Cumming; Scotland's new Makar, Peter Mackay; and an exploration of representations of New Year in cinema, literature and poetry.

TUE 20:00 Air Ambulance (m0026900)

Welcome aboard Helimed 21, the Helicopter Emergency Medical Service, run by Air Ambulance Charity Kent Surrey Sussex.

Summer is the busiest time of year for KSS, and today is no exception.

Join Dr Kevin Fong with his fellow medics and pilots as they race to serious incidents across their nearly 3000 square mile patch. With unique access and using a suite of carefully tailored microphones, hear first-hand how medics and pilots at the cutting edge of their professions deal with the worst days of their patients' lives. Real events, real decisions, in real time.

After being trapped in his car for over an hour following a collision, patient Will is in a bad way. A South East Coast Ambulance paramedic who used to work for HEMS is first on scene. As Will's condition deteriorates despite her expert efforts, she calls her for the help of KSS. They rush to the scene and she passes the baton in the chain of survival. But Will is still going downhill - it's clear he's been critically injured. Even flying the emergency room service to him, as KSS does thousands of times each year, may not be enough to save his life.

When a case is this serious, every decision is a balance of benefits and risks, all with high stakes. From careful diagnosis of multiple serious injuries to delivering a blood transfusion, we hear how the KSS medical team weigh up the available choices in their attempt to save Will.

If you've ever seen an air ambulance whirring overhead and wondered where they're going - this is a story for you.

With thanks to Air Ambulance Charity Kent Surrey Sussex, South East Coast Ambulance and Royal Sussex County Hospital.

Presenter: Dr Kevin Fong
Producer: Jen Whyntie
Executive Producer: Rami Tzabar
A TellTale Industries production for BBC Radio 4

TUE 20:40 In Touch (m0026902)

Living Through War: A Year On

Last year, we heard from two blind women about their experiences of living through the latest conflict between Israel and Hamas. In Touch has invited them back, just over a year on, to hear how their lives have been impacted since the war began. Dalal Al-Taji is from Khan Yunis in the south of the Gaza Strip and Heather Stone lives in the northern area of Tel Aviv in Israel. They speak frankly about how their lives have changed dramatically over the past year and how they are dealing with the uncertainties of being blind amongst war.

Presenter: Peter White
Producer: Beth Hemmings
Production Coordinator: David Baguley

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

TUE 21:00 Crossing Continents (m0026904)

The human cost of developing Cambodia's Angkor wonder

Tourists are flooding to Cambodia's "8th wonder of the world", the ancient temple complex at Angkor. But the rapid expansion of the site comes at a terrible cost, as tens of thousands of people are ousted. The authorities call some "illegal squatters" and claim others volunteered to leave. But human rights groups say the evictions are forced, illegal and target families who've worked the land for generations. Many say they're now debridden and struggling to survive. Jill McGivering travelled to Angkor to meet those at the heart of the crisis.

Produced by Caroline Finnigan
Mixed by David Smith
Production Coordinator Gemma Ashman
Editor Penny Murphy

TUE 21:30 Comb 'n' Paper (m0026819)

A piano consists of around 10,000 moving parts. It can take years to make a violin. The comb 'n' paper simply requires...some paper and a comb. The paper should ideally be Izal, or to give it its full title, Izal Medicated Toilet Tissue. You really want a good Scottish comb, from Aberdeenshire, where the comb-making industry once thrived. But as Ian Sansom goes into intensive training for the 2024 World Paper and Comb Championships, he discovers that actually playing what might be our silliest and most spontaneous musical instrument, isn't as easy as he remembers.

Producer: Conor Garrett
Editor: Philip Sellars
Production Coordinator: Shan Pillay
With special thanks to the Imaginary Kazoo Orchestra

A BBC Studios Audio production for Radio 4

TUE 22:00 The World Tonight (m0026906)

What will 2025 bring for Syria?

Syria's de facto leader says he'll host a national dialogue conference in the new year bringing together the country's various political factions and society groups. As the country emerges from a 13-year civil war, we look ahead to what 2025 could bring.

The New Years Honours list has prompted a backlash as Sadiq Khan was awarded a knighthood. The Conservatives called it a "reward for failure".

And we speak to the DJ who will open a 35-hour New Year's rave at the legendary Berlin techno club Watergate, which is closing amid rising costs.

TUE 22:45 Seaborne by Nuala O'Connor (m0026908)

Episode Two

Bestselling and award-winning Irish author Nuala O'Connor returns with the intimate and thrilling portrayal of the life of 18th-century pirate, Anne Bonny. Shortlisted for Novel of the Year at The An Post Irish Book Awards 2024.

1703, Kinsale, County Cork. Anne Coleman is the illegitimate child of a local lawyer and his maid; disguised as 'Anthony' to protect reputations, the mask suits Anne just fine. But, fixated on boats and the sea, she struggles to fit in, and her devoted mother fears for her fiercely independent and impulsive daughter.

When their secrets are exposed, the family emigrates to the new colony of Carolina, but this fresh start will bring devastating loss and stifling responsibilities. Lonely and transgressive, Anne finds comfort only with Bedelia, servant and intimate friend. However her craving for the sea-wandering life and a misjudged marriage to young Gabriel Bonny will compel Anne to take to the sea again, this time around the islands of the Caribbean, famous for plunder and piracy.

The Author

Nuala O'Connor is a novelist, short story writer and poet, and lives in County Galway with her family. She is the author of four previous novels and six short story collections. She has won many prizes for her short fiction including the Francis MacManus Award, the James Joyce Quarterly Fiction Contest and the UK's Short Fiction Journal Prize. Nuala's work has also been nominated for numerous prizes including the Edge Hill Short Story Prize, the Kerry Group Irish Novel of the Year Award and the International Dublin Literary Award.

Reader: Ayoola Smart
Author: Nuala O'Connor
Abridger: Rowan Routh
Producer: Michael Shannon

A BBC Audio Northern Ireland Production for BBC Radio 4.

TUE 23:00 Loose Ends (m002690c)

Loose Ends Lounge: Belle & Sebastian, Dexys, Nerina Pallot, Roddy Woomble, Dee C Lee, The Zutons

In the second of two special programmes, Clive Anderson showcases some of the best Loose Ends music sessions from the past year. With performances from Belle & Sebastian, Dexys, Dee C Lee, Roddy Woomble, Nerina Pallot and The Zutons.

Presenter: Clive Anderson
Producer: Elizabeth Foster
Production Co-ordinator: Lydia Depledge-Miller

WEDNESDAY 01 JANUARY 2025

WED 00:00 Midnight News (m002690f)

National and international news from BBC Radio 4

WED 00:15 Illuminated (m00268v4)

Ceefax Strikes Back... with Count Binface

Ceefax has just reached its 50th birthday, and to celebrate this unique golden anniversary, the BBC's once-mighty teletext news service is receiving the greatest gift of all - the gift of life, courtesy of the greatest novelty politician in the omniverse, Count Binface.

For eight years, Binface has pledged in his election manifestos to bring back Ceefax and now, at last, the BBC is granting his wish. With just one small hitch - it's on the radio. Still, you've got to start somewhere.

Featuring the stellar talents of Rory Bremner, Emma Clarke and Jon Harvey, get ready for an aural event like no other, with the unlikely return to the airwaves of the much-missed Ceefax. Or should that be Hearfax?

Starring: Rory Bremner, Emma Clarke, Leah Marks and Jon Harvey
And introducing Ceefax, 4-Tel and The Oracle

Script Writers: Jon Harvey and Matthew Crosby
Sound Design: Tony Churnside
Producer: Jon Harvey
Illustration: Dan Farrimond
Executive Producer: Eloise Whitmore

A Naked production for BBC Radio 4

WED 00:48 Shipping Forecast (m002690h)

The latest weather reports and forecasts for UK shipping

WED 01:00 Selection of BBC World Service Programmes (m002690k)

BBC Radio 4 joins the BBC World Service.

WED 05:20 Shipping Forecast (m002690m)

The latest weather reports and forecasts for UK shipping

WED 05:30 News Briefing (m002690p)

The latest news from BBC Radio 4

WED 05:43 Prayer for the Day (m002690r)

A spiritual comment and prayer to start the day with Krish Kandiah.

WED 05:45 Farming Today (m002690l)

01/01/25 Crofters and the ancient Calanais Standing Stones

The Calanais Standing Stones on the west side of the Isle of Lewis date back 5000 years, and predate Stonehenge. The Neolithic monument, which was used for rituals and astronomical observation, stands on raised land above a crofting township and attracts an ever-growing number of visitors.

A new £10 million visitor centre is in construction, but it won't be complete in time for the additional crowds who are expected to arrive in 2025 to view a lunar standstill over the stones, a phenomenon that occurs only every 18.6 years.

Nearby crofters raise animals and work the land as they have done over the millennia. Some have lived here all their lives and take the stones for granted, while others have travelled hundreds of miles to make their home beside them. We hear from both viewpoints and from prehistoric archaeologist Alison Sheridan

Produced and presented by Nancy Nicolson

WED 06:00 Air Ambulance (m0026900)

[Repeat of broadcast at 20:00 on Tuesday]

WED 06:45 Raising Hare by Chloe Dalton (m0026993)

Independence

Raising Hare is Chloe Dalton's memoir of caring for an abandoned leveret – and how the bond that grows between them changes her perspective on life.

Lockdown leads Chloe away from her demanding London job as a political advisor and back to the countryside of her childhood, where she stumbles across a lone baby hare - defenceless on an open country road. Against her better judgment, she feels compelled to take the tiny creature in and give it a chance at survival.

In the weeks and months that follow, a bond grows between hare and human as Chloe cares for the animal and prepares for it to return to the wild - the outcome she had always planned. The story grants us a rare insight into the lives of these elusive creatures, once thriving in the UK and now increasingly dwindling as their habitats recede and man-made threats advance.

In the third episode, the hare's burgeoning independence continues to grow along with its young body. New rhythms in their curious relationship come to the fore, as the hare ranges further into the wild and Dalton begins to return to the city for work. She begins to feel the change of perspective that her four legged lodger has brought her in her professional and personal life.

Read by Lisa Faulkner
Produced and abridged by Jo Rowntree and Heather Dempsey
Sound Design by Dan King

A Loftus Media production for BBC Radio 4

Illustration by Denise Nestor

This is an EcoAudio certified production.

Find all the latest books at the bottom of the Sounds homepage. Just click on the Books collection.

WED 07:00 Today (m0026995)

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

WED 09:00 The Shipping Forecast: A Beginner's Guide (m0026997)

As Radio 4 marks one hundred years of the Shipping Forecast on the BBC, Paddy O'Connell guides us through the history and meaning of 'The Ships'.

From The Royal Charter Storm of the mid 19th Century, to the future of the forecast itself, he'll explore why the Shipping

Forecast began, how it's evolved and what it actually all means. Along the way he'll meet people who read it, write it and use it, and discover why this is still an important piece of information, and not just something to be found on tea towels and mugs. Contributors include the historian Peter Moore, Dr Catherine Ross from the National Meteorological Library and Archive, Met Office Senior Weather Forecaster Craig Snell, R4 Continuity Announcers Caroline Nicholls and Viji Alles, and the author & sailor Nic Compton.

Produced by Luke Doran

WED 09:30 Soul Music (m0026999)

Sailing By

Written in 1963, 'Sailing By' by Ronald Binge was chosen by the BBC as the musical interlude to be played every night before the Shipping Forecast. These are the stories of some of the people for whom this piece has a powerful emotional connection.

After Cyrilene Tollafeld's parents left Barbados for the UK, Cyrilene heard 'Sailing By' whilst cuddling up to her Grandmother and her cousins during hurricane warnings. Writer Henrietta McKervey spent a night in Fastnet lighthouse and listened to 'Sailing By' as she drifted off to sleep. Having spent years of his life out at sea, Captain Harry McClenahan marvels at how the piece mirrors the rises and falls of the sea. Chris Binge would interrupt his Dad whilst he was composing at the piano in his music room, the air thick with cigarette smoke, and says whenever people find out who his father was it's 'Sailing By' that they know. Helen Harrison conducted the piece at a concert in Blackpool and at the piano she unpacks the musicality and orchestration of the piece. The best part of Jane Heiserman's day is the hour in the evening when she and her adult son, who has autism and lives at home, study together. 'Sailing By' became a firm favourite of theirs when they were looking for music as part of a module on the Intertropical Convergence Zone. She says it brings a sense of calm to their day and serves as confirmation that everything is going to be alright.

With recordings of 'Sailing By' by The Perry/Gardner Orchestra, Helen Harrison, Dave Spooner (Ronald Binge's Grandson) and Baked A La Ska.

Producers: Maggie Ayre and Toby Field
Technical Producer: Ise Lademann
Editor: Emma Harding

Soul Music is a BBC Audio Bristol production for BBC Radio 4.

WED 10:00 Woman's Hour (m002699c)

Walking: A Woman's Hour Special

On the first day of 2025, Nuala McGovern explores all things women and walking in this special programme.

Comedian and author Miranda Hart joins her to discuss how her battle with chronic illness gave her a new appreciation for getting outdoors and walking, following 10 years out of the spotlight with chronic fatigue.

How can getting outdoors and walking impact us? Qualified GP Dr Lucy Loveday has developed a 'Nature Toolkit' and 'green prescription' to look at how we can support our mental and physical health by getting outdoors. She joins Nuala alongside Rhiane Fatimikum, founder of Black Girls Hike, to discuss how we can harness the power of nature at different stages of our lives and tackle barriers to getting outdoors.

From writer Nan Shepherd to 18th-century poet Elizabeth Carter – women have been wandering and taking inspiration from nature for centuries. Kerri Andrews, author of Wanderers: A History of Women Walking, tells Nuala about the history of walking as inspiration. And musician Fiona Soe Paing joins us to share her latest project – Sand, Silt, Flint – reimagining traditional folk stories using field recordings from the natural world.

One of our listeners got in touch to tell us about Blaze Trails – a community with over 70 free parent and baby walking groups across the UK, encouraging mothers to get outdoors and go walking. Their walks aim to help women connect with nature, with their babies, and with other families. Nuala headed to Staffordshire to meet them.

Presenter: Nuala McGovern
Producer: Erin Downes

WED 11:00 The Shipping Postcards (m00269rf)

Episode 1

To mark the centenary of broadcasting of the Shipping Forecast, members of the Radio 4 Continuity team, the voices

of the on-air forecast, leave the Radio 4 studio behind and travel the UK visiting some of the iconic areas we only know by their official descriptions on the daily forecast. Lundy, Dogger, Forth, Irish Sea, Wight. They meet the residents, sailors, fishermen, radio lovers and many others who live and work on the coastal areas – and who have a connection to the Shipping Forecast. And in between these littoral journeys we hear from other members of the continuity team about the art of reading the forecast in its familiar and clear delivery. Plus a selection of public figures explain what the Shipping Forecast means to them – and take the unexpected chance to read it on air.

WED 12:00 News Summary (m002699f)

The latest national and international news from BBC Radio 4.

WED 12:03 Shipping Forecast (m0026rpf)

The latest weather reports and forecasts for UK shipping

WED 12:12 The Shipping Postcards (m0026rpf)

Episode 2

To mark the centenary of broadcasting of the Shipping Forecast, members of the Radio 4 Continuity team, the voices of the on-air forecast, leave the Radio 4 studio behind and travel the UK visiting some of the iconic areas we only know by their official descriptions on the daily forecast. Lundy, Dogger, Forth, Irish Sea, Wight. They meet the residents, sailors, fishermen, radio lovers and many others who live and work on the coastal areas – and who have a connection to the Shipping Forecast. And in between these littoral journeys we hear from other members of the continuity team about the art of reading the forecast in its familiar and clear delivery. Plus a selection of public figures explain what the Shipping Forecast means to them – and take the unexpected chance to read it on air.

The Shipping Postcards are produced by Sara Jane Hall & Julian May
My Shipping Forecast is produced by Stuart Ross, Chris Pearson and Mark Lee

WED 12:57 Weather (m002699h)

The latest weather forecast

WED 13:00 World at One (m002699k)

Forty-five minutes of news, analysis and comment.

WED 13:45 My Poetry and Other Animals (m002699m)

Fish

Can an astonishing fish help the Poet Laureate write an animal poem?

Simon Armitage meets Feargal Sharkey, pop star, fisherman, and river campaigner - as well as the poet Daljit Nagra - and explores one of the most remarkable poems ever written about a fish, by the American poet Elizabeth Bishop.

Contributors:

Feargal Sharkey

Daljit Nagra

The trout of Amwell Magna Fishery

Featuring 'The Fish' by Elizabeth Bishop

Produced by Faith Lawrence

Mixed by Sharon Hughes (Shush)

WED 14:00 The Archers (m00268zw)

[Repeat of broadcast at 19:00 on Tuesday]

WED 14:15 Solomon Browne (m0012plp)

40 years on, the dramatic story of the Penlee lifeboat disaster.

Mousehole, 19th December 1981. The famous Christmas harbour lights illuminate the fishing village in this quiet corner of Cornwall. But a storm is coming and the events of this night will leave a mark on the community that will never fade.

40 years after the Penlee lifeboat disaster, Solomon Browne is a poetic, drama-documentary, weaving together monologue, recorded testimonies and the genuine radio communications from the disaster. Written by Newlyn resident Callum Mitchell, the programme was made in Cornwall, with the help of some of the family members of the men lost.

The result is both a celebration and memorial to the men of the lifeboat – Solomon Browne: Trevelyan Richards, Stephen Madron, Nigel Brockman, John Blewett, Charles Greenhaugh, Kevin Smith, Barrie Torrie and Gary Wallis.

Helping us tell their story are:

Neil Brockman, son of Nigel Brockman. Neil was 17 at the time and also a member of the lifeboat crew, alongside his dad. Jane Torrie is the sister of Barrie Torrie. The night of the disaster she was busy babysitting her brother's two children, as he set out into the storm. Jo Payne, is the daughter of Charlie Greenhaugh, member of the lifeboat crew and also landlord of the Ship Inn that overlooks Mousehole's harbour. And Baden Madron, brother of Stephen Madron.

The Penlee lifeboat disaster was a tragedy that tore the village of Mousehole apart, days before Christmas, but through the darkness of the storm, shines the light of a coastal community intent on remembering the bravery of its lost neighbours.

Callum Mitchell is a writer from West Cornwall. He was Assistant Director on Mark Jenkin's BAFTA-winning film Bait (Early Day Films/BFI), as well as the forthcoming Enys Men (Bosena/Film 4). Callum is an Associate Artist at Hall For Cornwall and was the recipient of the Nick Darke Talent Award 2020. He has spent the past year on attachment as part of the BBC Writersroom Cornish Voices programme. Solomon Browne is his first work for radio.

Solomon Browne by Callum Mitchell

The Voices: Jo Payne, Baden Madron, Jane Torrie and Neil Brockman

The Narrator: Callum Mitchell

Music by Edward Norris

Sound design by Nigel Lewis

Calm in the Sea performed by Mousehole Male Voice Choir

A BBC Cymru Wales Production

Directed by James Robinson

WED 15:00 Illuminated (m002699p)

The Shipping Forecast: A Haven

It's the most intimate moment of the Radio 4 schedule: The late-night Shipping Forecast, a prelude to the close-down of the station, read every night at 00:48. But who is really listening along, and why? Guided by Radio 4 Announcer Al Ryan, we'll cross the world to meet the people who find comfort in this unique broadcast for a variety of reasons.

Produced by Luke Doran

WED 15:30 Poetry Please (m0025c6f)

The Shipping Forecast: Poetry Please

Poetry Please celebrates 100 years on our airwaves for the Shipping Forecast, or what could also be considered that little slice of accidental nonsense poetry we get to tune into twice a day.

Roger McGough is joined by fellow poet and Liverpoolian Paul Farley to share poems inspired by, reminiscent of, or relating to the Shipping Forecast. The pair chat about what makes those gale warnings and sea area names so poetic, and why the Forecast's mantra-like quality lends itself to being a muse. Featuring well-loved classics by Seamus Heaney and Carol Ann Duffy, evocative works from Sylvia Plath, AC Bevan and Wendy Cope, and a couple from Paul and Roger.

Produced by Eliza Lomas in Bristol.

WED 16:00 The Media Show (m0026942)

PR v journalism, Post Office drama one year on, predictions for 2025

A New Years Day programme where we look forward and back. The Media Show teams up with Radio 4's crisis communications podcast, When it Hits the Fan, to discuss what the big stories of the year tell us about how journalists and PR professionals interact. It's a year since the hugely influential ITV drama Mr Bates vs The Post Office brought the plight of hundreds of sub-postmasters and mistresses wrongly accused of fraud into our living rooms. We hear how those affected have approached their relationship with the media since then. Plus we assemble a panel of media experts to get their predictions of major trends we'll see in 2025.

Guests: David Yelland and Simon Lewis, presenters, When it Hits the Fan; Rebekah Foot, Chair, Lost Chances; Madhumita Murgia, AI Editor, FT; Charlotte Tobitt, UK Editor, Press Gazette; Rebecca Jennings, Senior correspondent, Vox

Presenters: Katie Razall and Ros Atkins

Producer: Simon Richardson

WED 17:00 PM (m002699r)

10 dead after man drives a pickup truck into new year's crowds in New Orleans

The FBI are investigating the vehicle attack in New Orleans as

an 'act of terror'. Ten people were killed, and dozens are in hospital; we have the latest from the scene. A major incident has been declared following flooding in Greater Manchester. And a look into the Prime Minister's inbox.

WED 18:00 Six O'Clock News (m002699t)

The FBI is investigating after a pickup truck was driven into a crowd of people celebrating the New Year in the US city of New Orleans.

WED 18:15 My Shipping Forecast (m0026rpn)

As part of Radio 4's marking of 100 years of broadcasting the Shipping Forecast, leading fans of radio explain what the Shipping Forecast means to them – and take the chance to finally read it on air

WED 18:30 ReincarNathan (m001f4ys)

Series 3

Wolf

Nathan Blakely was a popstar. But he was useless, died, and was reincarnated. The comedy about Nathan's adventures in the afterlife returns for a third series, starring Daniel Rigby, Ashley McGuire and guest-starring Mike Wozniak.

In the first episode of the new series, Nathan is brought back to life as the leader of a wolf pack. But there's a catch - his pack are rubbish and aren't brave enough to kill anything. Can Nathan transform them into ruthless hunters? And will he ever it make it back to human again?

Cast:

Ashley McGuire - Carol

Daniel Rigby - Nathan

Hammed Animashaun - Bull Elk

Tom Craine - Sniffly Ian

Henry Paker - Lupo

Freya Parker - Wolverina

Mike Wozniak - Wolmenides

Writers: Tom Craine and Henry Paker

Producer: Harriet Jaime

Sound: Jerry Peal

Music Composed by: Phil Lephed

A Talkback production for BBC Radio 4.

WED 19:00 The Archers (m0026931)

Hannah and Neil check the fixings in the pig field and reflect on last night. Neil opens up about family tensions with George in prison. Hannah asks whether Neil always knew he wanted kids, and he shares some personal information about his own origins. He was left on a baker's doorstep as a baby and ended up in several care homes before being fostered by a lovely couple. It was a safe warm place, with lots of children coming and going and Neil has fond memories of hearing 'The Shipping Forecast' on the radio in the kitchen. When he left school he became a farming apprentice in Ambridge and could afford his own digs. Both of his foster parents have since died and Neil never met his biological mother. Nelly Bannister, the woman at the bakery who scooped him up used to check in on him as a kid, and since then he's often thought of her. Over a break and Christmas cake, Neil reflects on how content he is with his life and how it's turned out.

Rex visits a hungover Kirsty to discuss their next move with the beavers and rewilding – Kirsty clearly forgot agreeing to this in the early hours of this morning! Rex explains the complicated licencing process for a beaver enclosure – as well as a high cost over five years. Rex suggests a brisk walk and hopeful. When Rex jokes about just releasing a few beavers, Kirsty says that's it! Forget the red tape and just go for a wild release.

WED 19:15 Front Row (m002699w)

Front Row on the Shipping Forecast, at the Cutty Sark

Samira Ahmed presents Front Row's contribution to Radio 4's New Year's Day celebration of the Shipping Forecast, marking a century since the BBC began broadcasting it. This edition of the arts programme explores how the Shipping Forecast inspires musicians, writers, artists of all kinds, and how it has become a powerful presence in the psyche of the nation, even among people with no connection to the sea. There is an irony here: the forecast is factual, devoid of metaphor, yet it moves millions emotionally.

Recorded in front of an audience at Britain's most famous ship, the Cutty Sark, Samira's guests are novelist Meg Cloutier, author of The Shipping Forecast: Celebrating 100 Years; musicians Lisa Knapp and Gerry Diver; poets Sean Street and Zaffar Kunial; and Paddy Rodgers, Director of Royal Museums, Greenwich. They discuss the inspirational quality of

the Shipping Forecast - the litany of names of sea areas, its rhythms, the factual yet evocative vocabulary of atmospheric and sea states, and how this vital information, demanding attention, has become a national lullaby.

Sean Street, Britain's first Professor of Radio and author of several books about sound, considers the Shipping Forecast as a sound work, and reads his poem, Shipping Forecast, Donegal. Lisa Knapp performs, accompanied by Gerry Diver, her song 'Shipping Song' and 'Three Score and Ten', written by William Delf, a Grimsby fisherman, after a disastrous storm in 1889. There are two world premieres, commissioned by Front Row, an audio piece by the sound designer, Ross Burns, and a poem by Zaffar Kunial. And some quirky Shipping Forecast moments such as Alan Bennett reading it and Charlotte Green assaying the Forecast - in Arabic.

Presenter: Samira Ahmed
Producer: Julian May

WED 20:00 Archive on 4 (m0026rpp)
The Shipping Forecast: Shipshaped

The Mary Rose, The Mayflower, The Cutty Sark, The Golden Hind, The Victory, The Fighting Temeraire...

As a nation we are defined by the sea that surrounds these islands, and the sailing ships that left our shores. Some remain preserved in museums as monuments to a lost age, now that the 'age of sail' has long since passed. Nobody in the British Isles lives more than seventy miles from the sea. However much we might feel landlocked, what came from the sea shaped these islands: our ports, our towns and cities, the law, trade, politics, the economy, art and literature, even our dreams.

To mark 100 years of the Shipping Forecast, the historian Jerry Brotton explores the sea shapes left in the land. He asks, where are the traces of this lost world and how have we been defined by our maritime past, now that the sailing ships are gone? How are we ship shaped?

Using archive to find resonances in the modern world and including contributions from Aditi Anand, Andrea Clarke, Louise Devoy, Corinne Fowler, Katherine Gazzard, Richard Hamblin, Rebecca Higgitt, Laura Howarth, Aaron Jaffer, Andrew Lambert, David Olusoga, Philip Pearson, Fariha Shaikh, James M. Turner and Chris Wilson.

Featuring music from the London Sea Shanty Collective.

Producer: Melissa FitzGerald
Development producer: Eliane Glaser
Sound design: Tony Churnside

A Zinc Audio production for BBC Radio 4

WED 21:00 The Life Scientific (m00268zj)
[Repeat of broadcast at 16:30 on Tuesday]

WED 21:30 All in the Mind (m00268yp)
[Repeat of broadcast at 09:30 on Tuesday]

WED 22:00 The World Tonight (m002699y)
Death toll in New Orleans attack rises to 15

The FBI says it doesn't believe the man who rammed his car into a throng of people in New Orleans before opening fire on police was solely responsible for the attack. The suspect has been identified as a 42-year-old US citizen from Texas, Shamsud-Din Jabbar. While we were on air it was confirmed the death toll from the attack has risen to 15.

As Ukraine ends a transit agreement allowing Russia to pipe gas through the country, we explore where Europe will look for future supplies.

And 2025 marks 250 years since the birth of Jane Austen. With events planned around the world to mark the anniversary, we look at the enduring appeal of her novels.

WED 22:45 Seaborne by Nuala O'Connor (m00269b0)
Episode Three

Bestselling and award-winning Irish author Nuala O'Connor returns with the intimate and thrilling portrayal of the life of 18th-century pirate, Anne Bonny. Shortlisted for Novel of the Year at The An Post Irish Book Awards 2024.

1703, Kinsale, County Cork. Anne Coleman is the illegitimate child of a local lawyer and his maid; disguised as 'Anthony' to protect reputations, the mask suits Anne just fine. But, fixated on boats and the sea, she struggles to fit in, and her devoted mother fears for her fiercely independent and impulsive daughter.

When their secrets are exposed, the family emigrates to the new colony of Carolina, but this fresh start will bring devastating loss and stifling responsibilities. Lonely and transgressive, Anne finds comfort only with Bedelia, servant and intimate friend. However her craving for the sea-wandering life and a misjudged marriage to young Gabriel Bonny will compel Anne to take to the sea again, this time around the islands of the Caribbean, famous for plunder and piracy.

The Author
Nuala O'Connor is a novelist, short story writer and poet, and lives in County Galway with her family. She is the author of four previous novels and six short story collections. She has won many prizes for her short fiction including the Francis MacManus Award, the James Joyce Quarterly Fiction Contest and the UK's Short Fiction Journal Prize. Nuala's work has also been nominated for numerous prizes including the Edge Hill Short Story Prize, the Kerry Group Irish Novel of the Year Award and the International Dublin Literary Award.

Reader: Ayoola Smart
Author: Nuala O'Connor
Abridger: Rowan Routh
Producer: Michael Shannon

A BBC Audio Northern Ireland Production for BBC Radio 4.

WED 23:00 Sea Like a Mirror (m00269b2)
An atmospheric gathering storm of a documentary exploring the extraordinary history of the Beaufort Scale - a system designed to help find language for the wind.

Sea like a mirror
Whistling heard in telegraph wires
Umbrellas used with difficulty...

In this programme we climb to the top of a lighthouse in the Outer Hebrides, labelled the windiest point in Britain by the Guinness Book of Records, and travel deep into the Met Office archives. With contributions from the writer Scott Huler, author of *Defining the Wind*; Ruairidh Macrae, the retained lighthouse keeper for the Butt of Lewis and Eilean Glas lighthouses in the Outer Hebrides; Catherine Ross, the library and archive manager at the Met Office; and John Morales, a hurricane specialist and meteorologist with 40 years experience in the field.

The Beaufort scale is read by Charlotte Green
Original music composed by Jeremy Warmesley, with additional music by Eleanor McDowall
Mix by Mike Woolley

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

WED 23:30 Soul Music (m0026999)
[Repeat of broadcast at 09:30 today]

THURSDAY 02 JANUARY 2025

THU 00:00 Midnight News (m00269b4)
National and international news from BBC Radio 4

THU 00:15 Illuminated (m002699p)
[Repeat of broadcast at 15:00 on Wednesday]

THU 00:48 Shipping Forecast (m00269b6)
The latest weather reports and forecasts for UK shipping

THU 01:00 Selection of BBC World Service Programmes (m00269b8)
BBC Radio 4 joins the BBC World Service.

THU 05:20 Shipping Forecast (m00269bb)
The latest weather reports and forecasts for UK shipping

THU 05:30 News Briefing (m00269bd)
The latest news from BBC Radio 4

THU 05:43 Prayer for the Day (m00269bg)
A spiritual comment and prayer to start the day with Krish Kandiah.

THU 05:45 Farming Today (m00269bj)
02/01/25 - Gene edited indoor tomatoes, rural crime, chemical free dairy cleaning

Cleaning and disinfecting dairy milking equipment, whether

robotic or manual, uses large amounts of energy and significant quantities of chemicals. It's a necessary but expensive process. So farmers are watching with interest the team developing a system that claims to do away with both those things. Scientists at the UK Agri-Tech Centre are collaborating with a company called Oxitech on a method that uses electricity and oxygen instead.

Theft of machinery, fly tipping, cattle rustling, hare coursing; these are all crimes farmers might have to face. Even though budgets are tight, some police forces have been bolstering their rural teams to help combat crime in the countryside. One area which has seen an increase in resources is Warwickshire. Our reporter joins officers there out on patrol.

For the first time gene-edited tomato plants have been developed specifically for a vertical farm operation, where they have to produce a significant amount of fruit, from a very small plant, adapted for growing under artificial light. The miniaturised version of the gardener's favourite, Ailsa Craig, has been developed by Phytoform Labs at Rothamsted Research, but they are still at the development stage so not on supermarket shelves.

Presented by Anna Hill and produced by Beatrice Fenton.

THU 06:00 Today (m002691t)
News and current affairs, including Sports Desk, Weather and Thought for the Day.

THU 09:00 In Our Time (m002691y)
Slime Moulds

Melvyn Bragg and guests discuss slime mould, a basic organism that grows on logs, cowpats and compost heaps. Scientists have found difficult to categorise slime mould: in 1868, the biologist Thomas Huxley asked: 'Is this a plant, or is it an animal? Is it both or is it neither?' and there is a great deal scientists still don't know about it.

But despite not having a brain, slime mould can solve complex problems: it can find the most efficient way round a maze and has been used to map Tokyo's rail network. Researchers are using it to help find treatments for cancer, Parkinson's and Alzheimer's disease, and computer scientists have designed an algorithm based on slime mould behaviour to learn about dark matter. It's even been sent to the international space station to help study the effects of weightlessness.

With

Jonathan Chubb
Professor of Quantitative Cell Biology at University College, London

Elinor Thompson
Reader in microbiology and plant science at the University of Greenwich

And

Merlin Sheldrake
Biologist and writer

Producer: Eliane Glaser

In Our Time is a BBC Studios Audio production

THU 09:45 Strong Message Here (m0027012)
Listeners' Strong Messages

Comedy writer Armando Iannucci and journalist Helen Lewis decode the utterly baffling world of political language.

This week, Helen and Armando are delving into the email inbox to find out which political phrases have been driving our listeners to distraction.

Strong Message here will be back on the 16th January at **9.4 5am** on Radio 4 and then head straight to BBC Sounds for an extended episode.

Have you stumbled upon any perplexing political phrases you need Helen and Armando to decode? Email them to us at strongmessagehere@bbc.co.uk

Sound Editing by Charlie Brandon-King
Production Coordinator - Katie Baum
Executive Producer - Pete Strauss

Produced by Gwyn Rhys Davies. A BBC Studios Audio production for Radio 4.
An EcoAudio Certified Production.

THU 10:00 Woman's Hour (m0026922)

Rape Crisis at 50, Extroverted kids/introverted parents, Atlantic Ocean rowers

In 1974, a group of around 40 women met in London to discuss the ongoing rape crisis and what to do about it. That meeting eventually led to the establishment of the UK's first ever Rape Crisis centre, which opened its doors and helpline on 15 May 1976. Since then, an entire network of Rape Crisis centres has been established by passionate groups of women around the country. Kylie Pentelow is joined by Dr Kate Cook, co-author of Rape Crisis: Responding to Sexual Violence, and Lee Eggleston, long-standing chair on the board of Rape Crisis England and Wales and who works on the front line of a rape crisis centre.

Are you an introverted parent to extroverted children? Are they the life and soul of the party when you'd prefer to stay at home? Or are they always talking to random strangers when you'd prefer not to? This is the situation Grace Victory finds herself in. She tells Kylie how she manages two extroverted children, and psychologist Dr Tara Quinn-Cirillo joins to give tips.

There has been a rise in the number of children across England needing specialist treatment for severe mental health crisis, according to official NHS data analysed by the mental health charity YoungMinds. They found it shows a 10% increase in emergency, very urgent and urgent referrals for under-18s. There were 34,793 emergency, very urgent or urgent referrals to child and adolescent mental health services crisis teams between April and October 2024 that compared with 31,749 in the same six-month period in 2023. Kate Silverton, qualified child counsellor and author, joins Kylie.

Four women from Pembrokeshire in Wales are about to set off on an Atlantic rowing challenge that's been three years in the planning. They're set to break two world records along the way. 32-year-old Sophie Pierce will be the first person with cystic fibrosis to row any ocean and 70-year-old Janine Williams will be the oldest woman to complete this challenge. She's due to set a Guinness World Record. Along with Miyah and Polly, the women will spend 60 days together in a 10-metre-long ocean rowing boat to cross 3,200 miles unaided from Lanzarote to Antigua. Sophie and Janine speak to Kylie on the day before they leave for Lanzarote.

THU 11:00 This Cultural Life (m0026926)

Isabel Allende

Chilean author Isabel Allende became an international literary star after the publication of her 1982 debut novel *The House of the Spirits*, an epic family saga set amidst violent political upheavals. Since then she has written 21 novels and five works of non-fiction, and has sold over 80 million copies worldwide.

Isabel Allende tells John Wilson about her upbringing in Santiago and how, after her parents split, her grandfather became a hugely influential figure in her life, encouraging her love of storytelling. She recalls reading the classic Middle Eastern folktales *The Thousand and One Nights* aged 14 and explains how the themes of love, magic and fantasy, inspired her own fiction later in life.

Isabel also discusses her relationship with Salvador Allende, her father's cousin, who served as President of Chile for three years until he died during the coup of 1973. Having worked as a journalist and broadcaster, she felt increasingly unsafe under the rule of the military junta led by General Pinochet and fought refuge with her family in Venezuela. It was during a 13 year exile from her homeland that she began writing *The House of the Spirits*, initially as a series of letters to her elderly grandfather in Chile.

In 1992 Isabel Allende's daughter Paula tragically died aged 29 having fallen ill and been in a coma for a year. Isabel recalls how she channel her grief, and celebrated her daughter's life, in the bestselling memoir *Paula*.

Producer: Edwina Pitman

THU 11:45 Raising Hare by Chloe Dalton (m002692b)

Ultimate Trust

Raising Hare is Chloe Dalton's memoir of caring for an abandoned leveret – and how the bond that grows between them changes her perspective on life.

Lockdown leads Chloe away from her demanding London job as a political advisor and back to the countryside of her childhood, where she stumbles across a lone baby hare - defenceless on an open country road. Against her better judgment, she feels compelled to take the tiny creature in and give it a chance at survival.

In the weeks and months that follow, a bond grows between hare and human as Chloe cares for the animal and prepares for it to return to the wild - the outcome she had always planned. The story grants us a rare insight into the lives of these elusive

creatures, once thriving in the UK and now increasingly dwindling as their habitats recede and man-made threats advance.

In this penultimate episode, Dalton earns the creature's ultimate trust as she is let in on a phase of the animal's life that few humans have ever seen. The hare gives birth to three leverets of its own.

Read by Lisa Faulkner

Produced and abridged by Jo Rowntree and Heather Dempsey
Sound Design by Dan King

A Loftus Media production for BBC Radio 4

Illustration by Denise Nestor

This is an EcoAudio certified production.

Find all the latest books at the bottom of the Sounds homepage. Just click on the Books collection.

THU 12:00 News Summary (m002692g)

The latest national and international news from BBC Radio 4.

THU 12:04 The Reith Lectures (m0025vgy)

Gwen Adshead - Four Questions about Violence

Does Trauma Cause Violence?

How best do we understand how to manage powerful emotions such as rage, fear and shame? With very rare access, Forensic Psychiatrist Dr Gwen Adshead gives her third Reith Lecture inside HMP Grendon, where she talks to prisoners and staff, and asks the question: "Does trauma cause violence?"

Does being a victim of violence in some circumstances make you more likely to become a perpetrator of violence? Was WH Auden right when he wrote in 1939 "Those to whom evil is done do evil in return"?

The Reith Lectures are presented and chaired by Anita Anand.

Producer: Jim Frank

Editor: Clare Fordham

THU 12:57 Weather (m002692n)

The latest weather forecast

THU 13:00 World at One (m002692s)

Tories call for a full national inquiry into child sexual abuse

The Conservatives call for a full national inquiry into child sexual abuse after the Home Office turns down Oldham's request for a government-led inquiry.

THU 13:45 My Poetry and Other Animals (m002692x)

Unicorns and Dragons

Simon Armitage wants to know why we are captivated by unicorns and other fantasy animals.

Do they help us think about real animals, and can they help him write his new animal poem?

In this episode Simon looks for traces of unicorns at the Oxford University Museum of Natural History, and discovers that JRR Tolkien (author of *The Lord of the Rings*) once gave a lecture there, within which he ruminated on the connection between dragons and real animals, and gave advice about how to despatch a dragon if necessary.

Simon also wants to understand why a poem by the Bohemian poet Rainer Maria Rilke which features a unicorn, is so evocative, when he hardly describes the mythical creature. Can he glean something that might be useful for his own writing from this remarkable early 20th-century poem?

Contributors

Paul Smith - former Director of the Oxford University Museum of Natural History

Karen Leeder, Professor of German Language and Literature at the University of Oxford

Katherine Rundell - author of *'Impossible Creatures'*

John Holmes, Professor of Victorian Literature and Culture at the University of Birmingham

Kestrel - observed by Gerard Manley Hopkins

Owls of Yorkshire

Megalosaurus - from Stonesfield

Exhibition marking 200 years of dinosaur discovery - featuring the Megalosaurus itself - can be visited at the Oxford University Museum of Natural History:

<https://oumnh.ox.ac.uk/learn-oxfordshire-dinosaurs>

Produced by Faith Lawrence

Mixed by Simon Highfield

THU 14:00 The Archers (m0026931)

[Repeat of broadcast at 19:00 on Wednesday]

THU 14:15 Drama on 4 (m0026935)

The Bolt

Afternoon Drama by Tim Price, author of the National Theatre hit *Nye*.

Tensions flare in the North Wales climbing community when a steel bolt appears on a sea cliff in Anglesey. Rhodri, a passionate adventure climber is totally against using bolts, but he's desperate to get the first ascent on a new climbing route, one that could really change his fortunes, and the future of his marriage is dependent on raising enough money to qualify for a spouse visa.

CAST

Rhodri - Sion Eifion

Matilde - Norah Lopez Holden

Gwion - Dion Lloyd

Aubrey - Ian Dunnett Jnr

Emily - Lauren Morais

Dan - Nuhazet Diaz Cano

Josepa - Zoila Garman

Production Co-ordinators - Eleri McAuliffe and Lindsay Rees

Sound Design - Catherine Robinson

Directed by John Norton.

A BBC Audio Wales Production.

THU 15:00 This Natural Life (m0026939)

Professor Kathy Willis

Martha Kearney meets Kathy Willis, Professor of Biodiversity at Oxford University, at Kathy's local stamping ground of Port Meadow, the protected common land in the heart of Oxford, to hear about how her love of the natural world has shaped her life.

Growing up in London, Kathy has always been someone who spends a lot of time outdoors - whether in city parks, rural campsites or cycle trips abroad. Her mother instilled in her a deep respect for nature, teaching her the local names of plants from a young age. Kathy shares how she carried on this passion into her degree, and later PhD in palaeobotany at Cambridge. She's since researched how ecosystems help protect us from climate change and floods, and more recently has been exploring the relationship between nature and health in her book, *Good Nature*.

Kathy chats with Martha about the scientific evidence about why interacting with nature really does make you feel better, from sight, smell, sound and the hidden sense - your microbiome. They wander around this special, wintery meadow close to where Kathy lives, with its glorious open views stretching into the distance, and reflect on the myriad of benefits it brings to both humans and wildlife.

Producer: Eliza Lomas

THU 15:27 Radio 4 Appeal (m002693f)

[Repeat of broadcast at 07:54 on Sunday]

THU 15:30 Feedback (m002693k)

Feedback Forum

Andrea Catherwood presents the programme that hears your views on BBC audio.

This week, the first ever Feedback Forum brings together groups of keen listeners who enjoy all kinds of speech content. Radio 4 loyalists, together with younger listeners who don't own radios, and who get all their content "on-demand", share what they like and dislike from BBC Radio 4 and BBC Sounds.

There's a lot of enthusiasm for some of the network's long running favourites. In Our Time has been devoured by young and old listeners, who admire the 85 year old presenter, Melvyn Bragg, for his "sassiness" and authority.

The Archers, with its new timeslots, and podcast, generates strong emotions, with the sentencing of George Grundy gripping the group.

The arrival of Emma Barnett on the Today programme brings praise for a more informal and youthful approach, but also some irritation with what one person says is too much ongoing

enthusiasm for her new job.

Marianna Spring's library of content on conspiracies leads some in the group to consider their own listening, and there is a lively debate about whether a diet of pure "on-demand" content means algorithms pulling listeners into echo chambers.

2024 was a year of high audiences across all radio with Radio 4 attracting approaching 10 million listeners a week. But persuading the next generation to tune in is crucial to its long term future, so the production team ask some of the keen podcasters to try out some radio content. Find out if minds are changed in this special edition of Feedback.

Presenter: Andrea Catherwood
Producer: Marie Helly
Assistant Producer: Rebecca Guthrie
Executive Producer: David Prest

A Whistledown Scotland production for BBC Radio 4

THU 16:00 The Briefing Room (m002693m)
Is the push for the electric cars in trouble?

Encouraging everyone to make the change to electric vehicles has been a major part of government green and industrial policy for some time now. The government has announced a consultation on how to speed up the transition to electric cars and fade out the sale of petrol and diesel vehicles by 2030. The last Government had extended plans to ban the sale of new petrol cars to 2035. There are targets, there are mandates and there is scepticism about how quickly the transition is really happening.

So, as we enter 2025, what is the state of the country's move from petrol to electric? How do we compare with other countries and what does it say about the British car industry?

Guests:

Ginny Buckley, Editor-in-Chief and founder of electrifying.com
Ian Henry, Owner and Managing Director of Auto Analysis and visiting Professor in Automotive Business Strategy at Royal Holloway, University of London
David Bailey, Professor of Business Economics at the Birmingham Business School.

Presenter: David Aaronovitch
Producers: Charlotte McDonald, Kirsteen Knight and Beth Ashmead Latham
Sound engineers: Rod Farquhar
Editor: Richard Vadon
Production Co-ordinator: Gemma Ashman

THU 16:30 BBC Inside Science (m002693p)
The Science of Laughter

Why do we laugh more when we're with others? Are humans the only animals that laugh? Does 'laughter yoga' actually do anything? We're delving into the neurobiology, evolutionary history, and health effects of a good old chuckle.

Live from the Hay Festival Winter Weekend, Marnie Chesterton is joined by laughter expert and neuroscientist, Professor Sophie Scott, and an expert in making people laugh, comedian Miles Jupp, in this side-splitting panel show.

Presenter: Marnie Chesterton
Producer: Ella Hubber
Editor: Martin Smith
Production Co-ordinator: Jana Bennett-Holesworth

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

THU 17:00 PM (m002693r)

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

THU 18:00 Six O'Clock News (m002693t)

The FBI says the man who killed 14 people in New Orleans acted alone

THU 18:30 Michael Spicer: No Room (Omnibus) (m002693w)

4. Goose stepping with a hedge trimmer.

The Tims are tasked with solving gender inequality while another Westminster sex scandal comes to light. Is communicating with the dead better than Google? Probably.

Comedian Michael Spicer exposes the worst of modern life, politics and culture. No Room features an up-to-the-minute take

on current events, alongside character-filled sketches which brilliantly capture everything that provokes us.

Michael is famous for his Room Next Door government advisor character whose withering take downs of politicians have amassed more than 100 million views and helped keep his audience sane in fractured times.

This is an omnibus edition of episodes 8 and 10 from series one.

Writer, Performer and Co-Editor: Michael Spicer

Composer and Sound Designer: Augustin Bousfield

Producer: Matt Tiller

A Tillervision production for BBC Radio 4

THU 19:00 The Archers (m002693y)

Mick reckons Rex is keen on Rochelle and enthuses about it to Joy. She points out that Rochelle isn't as 'together' as she may seem, and awkwardly asks Rex not to pursue things with Rochelle. She's more vulnerable than she seems. Rex is confused but agrees.

Helen, Pat and Tony chat about Henry's birthday. Lee's stopping by to see him later. Meanwhile, Helen's anxious to check with her mum and dad that things are okay between them after their chat the other day about retirement. They reassure her that they are.

As Henry tends to Hero's the buck goat's hooves, Khalil admits to being jealous about not having any animals. As Henry gets distracted with chat about dormice at the rewilding, Khalil notices Hero's escaped. Henry goes to chase him. Lee manages to wrangle the errant goat, and Henry introduces him to Khalil. After Khalil heads home, Henry, feeling chuffed about getting two tickets to a superhero convention in the summer, invites Lee. But this forces Lee to admit to Henry that he won't be around – he's moving to San Francisco. Henry's mature about it and knows it's right for Lee to be with his kids. Lee's positive – Henry can come and visit when he's a bit older.

Henry shows Helen, Pat and Tony that he's totally fine, as he shares something he's been working on: a promotional plan for 'Bridge Farm Live in '25'. They're stunned and impressed – Helen knows that Henry's growing up, and her mum and dad herald the arrival of the next generation of farmers!

THU 19:15 Front Row (m0026940)

Review: Nosferatu, Lockerbie, Nickel Boys

Tom Sutcliffe is joined by the critics Bidisha and Peter Bradshaw to review the highlights of the week:

Nosferatu - Robert Eggers' remake of F.W Murnau's 1922 silent vampire classic, which was itself based on Bram Stoker's 1897 novel, *Dracula*.

Nickel Boys - the Golden Globe nominated adaptation of Colson Whitehead's novel about two African American boys sent to reform school.

Lockerbie - Sky's miniseries about the 1988 Lockerbie bombing and the subsequent search for truth, starring Colin Firth.

Presenter: Tom Sutcliffe
Producer: Timothy Prosser

THU 20:00 The Media Show (m0026942)

[Repeat of broadcast at 16:00 on Wednesday]

THU 21:00 Loose Ends (m0026927)

[Repeat of broadcast at 18:15 on Saturday]

THU 21:45 Mythical Creatures (m001tqzz)

10. Wulver

Fantasy writer Rhianna Pratchett takes us across an enchanted British Isles to discover mythical creatures that lurk in all corners of the land. She uncovers what they can tell us about our history, our world and our lives today.

In the final episode of the series, Rhianna explores the tale of a mysterious wolf-like creature in Shetland. This mythical beast is not all it might, at first, seem to be. Rhianna digs into the story and finds out what it could reveal about folklore – and ourselves – in the 21st century and what the future might hold for mythical creatures.

Storyteller: Graeme Johncock
Other Contributors: Catriona Macdonald, Dr Mary Bateman,

Mark Norman

Presenter: Rhianna Pratchett
Producers: Lorna Skingley and Sarah Harrison
Executive Producer: Mel Harris
Production Manager: Nikki Cannon
Original Music by Ben MacDougall
Sound Design and Mixing: John Scott

A 7digital production for BBC Radio 4

THU 22:00 The World Tonight (m0026944)

FBI: New Orleans attacker acted alone

The FBI says it now believes that Shamsud-Din Jabbar, who carried out Wednesday's deadly attack in New Orleans, was working alone. We speak to Peter Neumann, an expert on radicalisation, and hear from the high school principal of one of the victims of the attack.

Also on the programme: opposition parties in Scotland are calling for a big increase in funding for treatment services after it emerged that more than 1,500 drug-addicted babies have been born in recent years; and we speak to Britain's last certified repairer of the Perkins brailler – a typewriter still used for teaching blind children to read and write.

(Picture: A make shift memorial on Bourbon Street, New Orleans, 2 Jan 2024 Credit: DAN ANDERSON/EPA-EFE/REX/Shutterstock)

THU 22:45 Seaborne by Nuala O'Connor (m0026946)

Episode Four

Bestselling and award-winning Irish author Nuala O'Connor returns with the intimate and thrilling portrayal of the life of 18th-century pirate, Anne Bonny. Shortlisted for Novel of the Year at The An Post Irish Book Awards 2024.

1703, Kinsale, County Cork. Anne Coleman is the illegitimate child of a local lawyer and his maid; disguised as 'Anthony' to protect reputations, the mask suits Anne just fine. But, fixated on boats and the sea, she struggles to fit in, and her devoted mother fears for her fiercely independent and impulsive daughter.

When their secrets are exposed, the family emigrates to the new colony of Carolina, but this fresh start will bring devastating loss and stifling responsibilities. Lonely and transgressive, Anne finds comfort only with Bedelia, servant and intimate friend. However her craving for the sea-wandering life and a misjudged marriage to young Gabriel Bonny will compel Anne to take to the sea again, this time around the islands of the Caribbean, famous for plunder and piracy.

The Author

Nuala O'Connor is a novelist, short story writer and poet, and lives in County Galway with her family. She is the author of four previous novels and six short story collections. She has won many prizes for her short fiction including the Francis MacManus Award, the James Joyce Quarterly Fiction Contest and the UK's Short Fiction Journal Prize. Nuala's work has also been nominated for numerous prizes including the Edge Hill Short Story Prize, the Kerry Group Irish Novel of the Year Award and the International Dublin Literary Award.

Reader: Ayoola Smart
Author: Nuala O'Connor
Abridger: Rowan Routh
Producer: Michael Shannon

A BBC Audio Northern Ireland Production for BBC Radio 4.

THU 23:00 The Today Podcast (m0026948)

2025 Lookahead

Amol and Nick with their take on what to expect in 2025.

From a year of protest in the UK to what Donald Trump's return to the White House might mean for the world. Plus, some reasons to be cheerful, and former Today sports presenter Garry Richardson returns with a prediction about tennis star Novak Djokovic.

To get Amol and Nick's take on the biggest stories and insights from behind the scenes at the UK's most influential radio news programme, make sure you hit subscribe on BBC Sounds. That way you'll get an alert every time we release a new episode, and you won't miss our extra bonus episodes either.

GET IN TOUCH:

* Send us a message or a voice note via WhatsApp to +44 330 123 4346

* Email today@bbc.co.uk

Over the Christmas period we're bringing you extended

interviews with the Today programme's Christmas guest editors, so hit subscribe on BBC Sounds to make sure you get an alert every time we release a new episode.

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

This episode was made by Lewis Vickers with Nadia Gyane and Grace Reeve. Digital production was by Nadia Gyane. The technical producer was Ben Andrews. The editor is Louisa Lewis. The executive producer is Owenna Griffiths.

THU 23:30 What a Shocker! (m00268zg)
[Repeat of broadcast at 16:00 on Tuesday]

FRIDAY 03 JANUARY 2025

FRI 00:00 Midnight News (m002694b)
National and international news from BBC Radio 4

FRI 00:30 Bunk Bed (m00146cs)
Series 9

5. Peter Curran and Patrick Marber grapple in the dark with life's woes and wonders.

If human beings were allowed a strictly limited number of orgasms, how would that change our behaviour?

Produced by Peter Curran

A Foghorn production for BBC Radio 4

FRI 00:48 Shipping Forecast (m002694d)
The latest weather reports and forecasts for UK shipping

FRI 01:00 Selection of BBC World Service Programmes (m002694g)
BBC Radio 4 joins the BBC World Service.

FRI 05:20 Shipping Forecast (m002694j)
The latest weather reports and forecasts for UK shipping

FRI 05:30 News Briefing (m002694l)
The latest news from BBC Radio 4

FRI 05:43 Prayer for the Day (m002694n)
A spiritual comment and prayer to start the day with Krish Kandiah.

FRI 05:45 Farming Today (m002694q)
03/01/25 Breeding dairy cows for methane reduction, Pig social skills, Salt marsh restoration

How Hilda, a newborn dairy calf, has been bred to help tackle climate change.

Experts in animal behaviour and welfare are conducting experiments at Scotland's Rural College pig research unit aimed at finding practical solutions to some of the biggest challenges faced by the pig industry.
And the efforts being made to turn the tide of salt marsh decline.

Presented by Helen Mark and produced by Beatrice Fenton.

FRI 06:00 Today (m002694s)
News and current affairs, including Sports Desk, Weather and Thought for the Day.

FRI 09:00 Desert Island Discs (m002694v)
[Repeat of broadcast at 10:00 on Sunday]

FRI 10:00 Woman's Hour (m002694x)
Women's Rugby World Cup, Amy Gledhill, National Care Service, Russian ballet

This morning the Secretary of State for Health and Social Care, Wes Streeting, has proposed "a new National Care Service", as part of the government's plan to shake-up adult social care with

increased funding and an independent commission headed by crossbench peer Baroness Louise Casey. As adult social care is a predominantly female work force - and women make up the majority of people carrying out unpaid caring responsibilities - what impact could these changes have? Kylie Pentelow is joined by Melanie Williams, President of the Association of Directors of Adult Social Services and Helen Walker, Chief Executive of Carers UK.

The Women's Rugby World Cup is being held later this year in England. Whilst Scotland and Wales will be competing, England currently sit at the top of the world rankings - with many hoping this could be women's rugby's 'Lionesses moment'. To discuss whether this is likely and how best to ensure the tournament has a positive legacy, Kylie Pentelow is joined by Fi Tomas, women's sport reporter at the Telegraph, and Christina Philippou, an associate professor in accounting and sport finance at the University of Portsmouth.

Comedian Amy Gledhill is about to start a new residency at Soho Theatre in London with her award-winning solo show, *Make Me Look Fit On The Poster*. She joins Kylie to talk about writing autobiographical comedy, romance, bin bags... and why she is hoping her work will make people think as well as laugh.

Juhea Kim's first novel *Beasts of a Little Land* was set in Korea and covered the conflicts of the 20th Century. Her second novel, *City of Night Birds*, explores a wildly different subject, modern Russian ballet, and follows the story of talented ballerina Natalia as she finds fame and struggles to cope with the demands of international stardom. Juhea joins Kylie to discuss how her own experiences as a dancer inspired her novel.

Presenter: Kylie Pentelow
Producer: Rebecca Myatt

FRI 11:00 The Food Programme (m002694z)
Food Bank Nation

In the year 2000 there were barely any food banks in the UK but today there are nearly three thousand. So what's behind the sharp rise and how did it get to a point where the government says we have "a mass dependence" on food banks?

In this episode Jaega Wise tells the story of the food bank. She hears from those using the Bristol North West food bank. They talk openly about how the food bank helped turn their lives around. She also visits a "social supermarket" in south London where people on benefits are able to shop from donated stock cheaply.

Dr Andy Williams from Cardiff University discusses how the food bank model was imported from the United States where it had its roots in the Great Depression and Emma Revie of the Trussell Trust gives her view on why there has been such a surge in food bank usage.

Jaega also visits Middlesbrough where the former Prime Minister Gordon Brown is opening a "Multibank" - these are warehouses full of donated stock that includes food and other household goods. Gordon Brown talks about his ambition to open Multibanks all over the country to tackle the growing problem of food insecurity.

Presented by Jaega Wise
Produced for BBC Audio in Bristol by Robin Markwell

FRI 11:45 Raising Hare by Chloe Dalton (m002695I)
Secret Paths

Raising Hare is Chloe Dalton's memoir of caring for an abandoned leveret - and how the bond that grows between them changes her perspective on life.

Lockdown leads Chloe away from her demanding London job as a political advisor and back to the countryside of her childhood, where she stumbles across a lone baby hare - defenceless on an open country road. Against her better judgment, she feels compelled to take the tiny creature in and give it a chance at survival.

In the weeks and months that follow, a bond grows between hare and human as Chloe cares for the animal and prepares for it to return to the wild - the outcome she had always planned. The story grants us a rare insight into the lives of these elusive creatures, once thriving in the UK and now increasingly dwindling as their habitats recede and man-made threats advance.

In this final episode, the now-adult leveret ages, and its own young come and go. Chloe reflects on what she has learned during the course of what is, by now, years of living alongside the most secretive of woodland creatures.

Read by Lisa Faulkner
Produced and abridged by Jo Rowntree and Heather Dempsey
Sound Design by Dan King

A Loftus Media production for BBC Radio 4

Illustration by Denise Nestor

This is an EcoAudio certified production.

Find all the latest books at the bottom of the Sounds homepage. Just click on the Books collection.

FRI 12:00 News Summary (m0026953)
The latest national and international news from BBC Radio 4.

FRI 12:04 The Reith Lectures (m00260wl)
Gwen Adshead - Four Questions about Violence

Can we change violent minds?

In her final lecture, the forensic psychiatrist Dr Gwen Adshead, assesses how we deal with violent offenders and asks is it time for a re-think?

The UK has more than 70 people on whole life tariffs, at incredible expense - all to appease a sense of revenge, she says.

Dr Adshead assesses the effectiveness and impact of therapeutic interventions with offenders in prisons. And she asks if the public needs to change their minds about violent perpetrators.

The programme is recorded in Bergen, Norway - a country which has a long tradition of rehabilitating violent offenders.

The Reith Lectures are presented and chaired by Anita Anand.

Producer: Jim Frank
Editor: Clare Fordham
Sound Engineer: Neil Churchill
Production Coordinator: Brenda Brown
Additional Research by James Bonney and Debbie Richford

FRI 12:57 Weather (m0026956)
The latest weather forecast

FRI 13:00 World at One (m0026958)
Can there be consensus on social care?

England has a long history of failed social care reviews. Will Labour's save the sector? The Shadow Health Secretary, Edward Argar, discusses the odds of cross-party consensus. Plus, Phil 'The Power' Taylor on Luke Littler's chance to make darts history.

FRI 13:45 My Poetry and Other Animals (m002695b)
Birds and their ancestors

Will Simon Armitage finally finish his animal poem? In this episode he meets a dodo, a dinosaur, and one of the most remarkable poems ever written about a bird - 'The Windhover' by Gerard Manley Hopkins.

It's the 200th anniversary of the naming of the first dinosaur - the Megalosaurus - so Simon visits the Oxford University Museum of Natural History to reach back in time - to see if thinking about the ancestors of birds can help him get closer to what it means to be a human animal, trying to write about other animals in 2024.

Simon also turns to early drafts of Gerard Manley Hopkins' 'The Windhover' at the Bodleian Library at the University of Oxford for inspiration.

Contributors:
Professor Paul Smith, former director of the Oxford University Museum of Natural History
Rupert Read, Emeritus Professor of Philosophy at UEA and author of 'Why Climate Breakdown Matters'
Dr Emma Nicholls, Vertebrate Palaeontologist and Collections Manager, Oxford University Museum of Natural History
Kestrel - observed by Gerard Manley Hopkins
Owls of Yorkshire
Megalosaurus - from Stonesfield

Exhibition marking 200 years of dinosaur discovery featuring the Megalosaurus fossils - can be visited at the Oxford University Museum of Natural History:
<https://oumnh.ox.ac.uk/learn-oxfordshire-dinosaurs>

Produced by Faith Lawrence
Mixed by Simon Highfield

FRI 14:00 The Archers (m002693y)
[Repeat of broadcast at 19:00 on Thursday]

FRI 14:15 Limelight (m002695d)

Don't Listen to This

Don't Listen to This: Episode 2

By Anthony Del Col

Gripping psychological thriller, set in the world of competitive gaming (esports).

Esports psychologist, Cressida Yang is pulled back into the competitive gaming world. In the last couple of days, two esports players made contact with her just before they died. Cressida is unnerved and sets out to reveal the truth about what really happened. Taking matters into her own hands she visits the hotel where Khaan, one of the deceased players was staying. Can she uncover what is really going on here?

Cressida Yang..... Sophie Wu
 Blu_Devil Thaddea Graham
 Park Nikesh Patel
 Rooftop Jonny Weldon
 Oliver/Officer Patel Jaz Singh Deol
 Beckett Knox/Lars Persson Samuel James Ziggy..... Andi Bickers
 Teammate Dan 'Foxdrop' Wyatt
 Warstrm Ian Dunnett Jnr

Production co-ordinator- Pippa Day
 Assistant Technical Producer- Mike Etherden
 Technical Producer and Sound Designer- Sharon Hughes
 Director- Jessica Mitic
 Co-Producers- Nadia Molinari, Jessica Mitic, Lorna Newman

With thanks to Nimit Mankad, Anthony Wastella and Geoff Moore.

A BBC Studios Audio Production for BBC Radio 4.

FRI 14:45 Something to Declare (m002695g)

How to Tune into Your Surroundings

Jack Boswell explores the Parisian tradition of flânerie, the art of strolling aimlessly through city streets, discovering beauty in the everyday.

Joining him is Dr Aimée Boutin, a French literature professor and flânerie expert, who explains its origins in 19th-century Paris and how urban renewal gave rise to this mindful, poetic practice. Aimée shares how the flâneur engages all the senses to experience the city, describing it as a kaleidoscope of sights, sounds, and stories waiting to be uncovered.

Jack also takes to the streets of north London with Adélie, a Parisian friend, to explore how this timeless concept resonates today. Together, they wander through bustling crowds, soak in festive lights, and reflect on the joys of slowing down. A chance encounter with strangers highlights the connections that can emerge when we embrace the unexpected and open ourselves to the world around us.

This episode invites you to rediscover the simple, transformative act of walking - not to reach a destination, but to engage with your surroundings in a way that is both mindful and poetic.

Host: Jack Boswell
 Producer: Emma Crampton
 Senior Producer: Harry Stott
 Executive Producer: Sandra Ferrari
 Production Coordinator: James Cox
 Audio Supervisor: Tom Biddle
 Sound Editor: Alan Leer and Lizzy Andrews

A Message Heard production for BBC Radio 4

FRI 15:00 Gardeners' Question Time (m002695j)

Bristol: Stubborn plants, Wellbeing and Acers

What's the secret to growing Snowdrops? Which single plant or gardening activity instils a feeling of wellbeing in people? What are the do's and don'ts of planting Acers?

Kathy Clugston and a team of experts are in Bristol to answer gardening questions from a green fingered audience. Joining Kathy are garden designers Chris Beardshaw and Matthew Wilson, and house plants expert Anne Swithinbank.

Later in the programme, if you're unsure of what to do with your garden during the winter months, Matthew Pottage has an extensive list of jobs and tasks to help you get ahead in the new year.

Producer: Daniel Cocker
 Assistant Producer: Rahnee Prescod
 Executive Producer: Carly Maile

A Somethin' Else production for BBC Radio 4

FRI 15:45 Short Works (m002695i)

The Other Daughter by Fiona Williams

"I found you on a rock under a waterfall when I was out walking."

An original short story of Somerset, sea and mystery written by Fiona Williams and read by Clare-Hope Ashitey.

It's a retelling of the North Somerset folk tale The Sea Morgan's Baby, exploring ideas of difference and belonging.

Fiona Williams is the author of The House of Broken Bricks. She holds a BSc (Hons) in Biological Sciences from the University of Westminster and an MA with Distinction in Creative Writing from Bath Spa University. She is the winner of the 2021 Bridport Prize, Peggy Chapman-Andrews First Novel Award. Originally from South-East London, she now lives with her family on the Somerset Levels.

Produced for BBC Audio Bristol by Beth O'Dea.

FRI 16:00 Last Word (m002695n)

Jimmy Carter, Caroline Miller, Manmohan Singh, Jean Adamson

Kirsty Lang on

Former US President Jimmy Carter whose time in office between 1976 and 1980 was beset by economic and diplomatic crises.

Caroline Miller OBE, the former Chief Executive of Birmingham Royal Ballet who commissioned bold and experimental productions to great acclaim.

Former Indian Prime Minister Manmohan Singh – considered to be the architect of the country's economic liberalisation.

Children's author and illustrator Jean Adamson, whose Topsy and Tim books sold over 25 million copies around the world.

Producer: Catherine Powell

Archive:

Outlook, BBC World Service, 1976; Jimmy Carter, BBC One, 1976; Jimmy Carter, Today, BBC Radio 4, 1976; Jimmy Carter sworn in as US President, BBC Radio Archive, 1977; Keeping Faith, BBC Radio 4, 1982; Chantry Dance Interviews Caroline Miller OBE, Chantry Dance, Uploaded to YouTube **12.06.2020**; Analysis, BBC World Service, 2004; Walk The Talk with Dr Manmohan Singh, NDTV, Aired February 2004, Uploaded to YouTube **26.12.2024**; BBC News, 1984; BBC News at Ten, 2008; BBC News at Six, 2008; PM Dr. Manmohan Singh's press conference, Sansad TV, Uploaded to YouTube **03.01.2014**; Topsy and Tim's Christmas Eve, C'Beebies, 2014

FRI 16:30 The Future Seekers (m002695q)

As humans, we're drawn to the big questions: How does the universe work? What secrets does our planet hold? Even - why are we here? But these mysteries span billions of years - vast stretches of time that dwarf our short human lives.

So how can we understand timeless ideas with such limited time ourselves? And why ask a question when you know you're not going to live to see the answer?

Caroline Steel meets a group of people who spend their lives in two time zones. One, the normal heartbeat of humanity. The other, closer to eternity.

We meet Charles Cockell, an astrobiologist who spends a lot of time thinking about life on other planets. But his most exciting experiment lives in a wooden box under his desk. It's an experiment that will be bequeathed to future scientists, with a finish date in 2514. It'll help those scientists make observations that would not be possible in a single lifetime, but even that's not long enough for Charles. He has plans for an experiment that will continue for a billion years.

In Michigan, USA we meet Grace Fleming and a group of plant biologists tramping through snow under the cover of darkness, following a treasure map that was left for them 140 years ago. They're looking for a bottle of seeds that was buried by a 19th century scientist who knew he'd never get to see the results, which continue to be surprising and exciting today.

And in Queensland, Australia we meet Andrew White, a quantum physicist who found himself in charge of a century old experiment that tells us something visceral and fundamental about the nature of deep time.

These are the future seekers - humans of the past and present attempting to transcend the limitations of their own lifetimes.

Presenter: Caroline Steel

Producer: Ben Motley

FRI 17:00 PM (m002695s)

Flu and cold weather concerns for NHS

Cold weather and rising flu cases add to pressures on NHS. And the director of Better Man, the Robbie Williams biopic in which he's portrayed as a monkey.

FRI 18:00 Six O'Clock News (m002695v)

The Health Secretary, Wes Streeting, has defended the timeline.

FRI 18:30 The News Quiz (m002695x)

Best of The News Quiz 2024

A satirical smorgasbord of The News Quiz's best bits of the year. Covering international tensions, a UK general election, and of course the question on everyone's lips, what exactly was a 'Brat Summer'?

With Andy Zaltzman in the chair, full of whimsical animal metaphors and cricket stats, we'll hear highlights from the crème de la crème of British and international comedy and journalism to dissect the news. It's a chance to return to, and revel in, some of 2024's funniest moments, starring Ian Smith, Lucy Porter, Geoff Norcott, Alasdair Beckett-King, Mark Steel, Ria Lina, Simon Evans and Zoe Lyons, amongst others.

Come digest a dramatic year of news, along with the leftover turkey, as we say goodbye to 2024, goodbye to 14 years of Conservative rule, goodbye to short-lived presidential hopeful Kamala Harris, and goodbye to Earth's temporary second moon.

Written and presented by Andy Zaltzman

Producer: Sam Holmes
 Executive Producer: James Robinson
 Production Coordinator: Jodie Charman

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

FRI 19:00 The Archers (m002695z)

WRITER: Sarah McDonald Hughes
 DIRECTOR: Kim Greengrass
 EDITOR: Jeremy Howe

Helen Archer.... Louiza Patikas
 Henry Archer.... Blayke Darby
 Pat Archer.... Patricia Gallimore
 Tony Archer.... David Troughton
 Lee Bryce.... Ryan Early
 Chris Carter.... Wilf Scolding
 Neil Carter.... Brian Hewlett
 Susan Carter.... Charlotte Martin
 Rex Fairbrother.... Nick Barber
 Emma Grundy.... Emerald O'Hanrahan
 Joy Horville.... Jackie Lye
 Khalil Malik.... Krish Bassi
 Kirsty Miller.... Annabelle Dowler
 Hannah Riley.... Helen Longworth
 Lynda Snell.... Carole Boyd

FRI 19:15 Add to Playlist (m0026961)

Georgie Ward and Abel Selaoocoe round off the series

Georgie Ward, composer and keyboard player to the stars, and cellist and composer Abel Selaoocoe, head to the Add to Playlist studio to add the final five tracks of the series. Together with Jeffrey Boakye and Anna Phoebe, this episode takes us from a reinterpretation of a Bob Marley classic to a Sinatra father-and-daughter 'novelty' song via a ground-breaking aunt-and-niece double-act from Tanzania.

Add to Playlist returns for a new series on 27 Feb 2025

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

The five tracks in this week's playlist:

Redemption Song by the Kanneh-Masons
 Cold Light by Ishmael Ensemble
 The Feeling Begins by Peter Gabriel
 Mapendo by The Zawose Queens
 Somethin' Stupid by Frank and Nancy Sinatra

Other music in this episode:

Be the One by Dua Lipa, Live from the Royal Albert Hall
 Emmanuele by Abel Selaoocoe
 No Volvere by The Gypsy Kings

Redemption Song by Bob Marley
Bloom by Holyseus Fly
Somethin' Stupid by Robbie Williams and Nicole Kidman

FRI 20:00 Correspondents' Look Ahead (m0026963)
Looking Ahead to 2025

Jonny Dymond asks some of the BBC's best correspondents and editors to gaze into their crystal balls and predict what 2025 might have in store.

If 2024 was the year of elections, then 2025 will be the year the election winners try and deliver on their promises. Among them, British Prime Minister Sir Keir Starmer - what will Labour's priorities be this year? Also, how will Kemi Badenoch galvanise Conservatives in the face of Reform's growing momentum?

In the US, how will incoming president Donald Trump's second term differ to his first? Will he really follow through on threats to impose trade tariffs?

The panel also give their people and places to watch out for in the next 12 months.

Contributors:

Alex Forsyth, BBC Political Correspondent and presenter of BBC Radio 4's Any Questions.
Lyse Doucet, BBC Chief International Correspondent
Simon Jack, BBC Business Editor
Anthony Zurcher, North America Correspondent

Producer: Ben Carter
Sound engineer: James Beard
Editor: Richard Fenton-Smith

FRI 20:50 A Point of View (m0026965)
The Best I Can Do

Sara Wheeler explains why every week for several decades - despite knowing nothing about art - she has called in to London's National Gallery to look at the same two paintings.

'This habit of mine,' writes Sara, 'started by accident when I moved to London forty years ago' when she first set eyes on Botticelli's 'Portrait of a Young Man' and van Eyck's 'Portrait of a Man.'

'I have come to realise,' says Sara, the extraordinary power of 'familiarity, close contact and regular attention'.

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

FRI 21:00 The Verb (m0026967)
The Morecambe Poetry Festival

The Morecambe Poetry festival hosts Ian McMillan and the Verb at the Morecambe Winter Gardens, for a special recording with poets Pam Ayres, Raymond Antrobus and Henry Normal, three performers much-loved by audiences.

Pam Ayres takes us back to the beginning of her career with the first poem she ever performed live whilst working for the Royal Air Force. This preceded her memorable winning appearance on the TV talent show Opportunity Knocks.

Raymond Antrobus reads from a long sequence of poems written after he learned he was going to be a father. One of his poems describes the sign language his hearing son - born in 2021 - communicated with before he could speak. Raymond's own deafness was diagnosed when he was six.

Henry Normal has a long association with the Morecambe Poetry festival. He was involved in its creation and is almost its resident poet. He reads poems inspired by libraries saying he would not have become a writer were it not for free access to the wide world through the pages of books.

Produced by Susan Roberts

FRI 22:00 The World Tonight (m0026969)

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

FRI 22:45 Seaborne by Nuala O'Connor (m002696c)
Episode Five

Bestselling and award-winning Irish author Nuala O'Connor returns with the intimate and thrilling portrayal of the life of 18th-century pirate, Anne Bonny. Shortlisted for Novel of the

Year at The An Post Irish Book Awards 2024.

1703, Kinsale, County Cork. Anne Coleman is the illegitimate child of a local lawyer and his maid; disguised as 'Anthony' to protect reputations, the mask suits Anne just fine. But, fixated on boats and the sea, she struggles to fit in, and her devoted mother fears for her fiercely independent and impulsive daughter.

When their secrets are exposed, the family emigrates to the new colony of Carolina, but this fresh start will bring devastating loss and stifling responsibilities. Lonely and transgressive, Anne finds comfort only with Bedelia, servant and intimate friend. However her craving for the sea-wandering life and a misjudged marriage to young Gabriel Bonny will compel Anne to take to the sea again, this time around the islands of the Caribbean, famous for plunder and piracy.

The Author

Nuala O'Connor is a novelist, short story writer and poet, and lives in County Galway with her family. She is the author of four previous novels and six short story collections. She has won many prizes for her short fiction including the Francis MacManus Award, the James Joyce Quarterly Fiction Contest and the UK's Short Fiction Journal Prize. Nuala's work has also been nominated for numerous prizes including the Edge Hill Short Story Prize, the Kerry Group Irish Novel of the Year Award and the International Dublin Literary Award.

Reader: Ayoola Smart
Author: Nuala O'Connor
Abridger: Rowan Routh
Producer: Michael Shannon

A BBC Audio Northern Ireland Production for BBC Radio 4.

FRI 23:00 Uncanny (m002696f)
Uncanny Christmas

Christmas Special: Uncanny Live with Reece Shearsmith

Horror aficionado and creator of Inside Number 9 Reece Shearsmith joins Danny to discuss some brand-new listener cases, recorded live at the Royal Festival Hall at UncannyCon, a day-long festival devoted to all things supernatural.

Written and presented by Danny Robins
Editing and sound design: Charlie Brandon-King
Music: Evelyn Sykes
Theme music by Lanterns on the Lake
Commissioning executive: Paula McDonnell
Commissioning editor: Rhian Roberts
Produced by Danny Robins and Simon Barnard

A Baffleleg and Uncanny Media production for BBC Radio 4