

# TIMES 2

February 3 | 2020

On Monday

## Middle class and banged up

One man's gripping account of his  
stretch in Wandsworth prison





## Oh no, Sajid! You have broken the first rule of travelling by train

### Kevin Maher



**T**rains, trains, trains. It's all about trains nowadays. They are everywhere (except, typically, on the right platform at the appointed hour). Or at least they are the media subject du jour, courtesy of HS2, Northern Rail and the timely rebranding of trains as an eco-friendly travel solution to the climate crisis.

Enter the chancellor, Sajid Javid, who on Friday tweeted a cheery photograph, taken from inside a real-life train, of himself with the first secretary of state, Dominic Raab, and the secretary of state for international trade, Liz Truss, happily travelling, so said the post, "to cabinet meeting in north England with friends" (and, yes, Tarzan hope they come back from cabinet meeting in many moons with firewater and talking glass).

It was a peerless lesson in modern media optics. It said, "Look! We're on a train! We're hip. We're down with the kids. We love the environment. And, bonus point, we're going north. To visit north England. Where our voters live. In red-brick terraced houses next to smoky factories that make flat caps and pies."

The most troubling element of the picture to me, however, was the empty seat next to Javid. Specifically, it was the coffee cup and papers left, casually, on the table, in front of it. It was amateur-hour stuff. Because any seasoned traveller can tell you that you treat an empty train seat, especially an empty table seat, with near religious respect. You treat it as if a beloved family member has died there.

That means no coats, no bags, and definitely no coffee cups and other miscellaneous stationery on the table before it. It's just the rules. And it makes it so much easier when that wheezing woman with the five bags of

shopping, or that splenetic suit with the tattered briefcase, comes thundering down to the table-side and glares at the empty place and says, "Is there anyone sitting there?" when they really mean, "Move! You selfish bastard! Now!"

There is, you see, a world of twisted, weirdly resentful, and politically convoluted etiquette surrounding UK train travel (I say "UK" deliberately — last year I travelled by train from Switzerland to Italy to Germany to Belgium and it only became really weird once we crossed the Channel).

I try not, whenever possible, to come to work by train, but there's at least one day every week at this time of year, when the weather makes biking impossible (or impossibly dangerous). The lowlights, thus, of any trip usually include, first, if there's space, where to sit. Next to the kids on their phones? Embarrassing. Next to the young woman on her own? Creepy. Next to the boozier? No thanks. I'll just stand.

Then there are table wars. I'm on my laptop. You sit opposite me, and I pull it back, literally, a millimetre, just to show you that I've made the effort. But then you start reading your paper, which hangs over my laptop, while I

realise that the table stand I'm frustratedly tapping with the side of my foot is actually your leg. And so on.

There's the chivalrous-seat dilemma (do I offer a seat and risk being called an antiquated moron?). The noisy-social-media-feed dilemma (can you say, "Would it be possible to mute that?" without getting a punch in the face?). And the adjacent-toilet conundrum (do I warn everyone that they need to press the lock button or do I just kick back and wait for the big, blushing, seated reveal?).

Point being, the complexities of train travel transform every trip into a potential nightmare. Even one, I'd wager, to north England. With friends.



## A bad time for a flat battery

Much as I applaud Easyjet's recent announcement that it will begin testing eco-friendly battery-operated passenger planes within three years, I worry about some operational issues. How to, for instance, maximise battery power so that

the plane doesn't just stop mid-air, like a flat iPhone halfway through a *Game of Thrones* download?

I would suggest that the pilot uses "location services" as little as possible (that's a terrible battery drain). Screen brightness is also a killer (no

onboard lights?). And coldness too. Only fly in summer, and at low altitudes? And what if the plane has one of those batteries that says it's 99 per cent charged, but then drops to 15 per cent after one YouTube clip? Probably best to keep the plane on — ba-bum — flight mode.

## Porn, in our house? No chance

A survey from the British Board of Film Classification has found that teenagers are accessing porn through social media instead of using traditional "adult websites". I don't blame them. For years we've had seriously stringent "parental controls" on our household internet service, which means that any websites my children view will be strictly family-friendly.

I even boasted about it recently, when worried friends complained about how their children had accidentally accessed hardcore pornographic images online. I shook my head, patronising as anything, and said: "Oh my God, you should come and live here for a while. You literally can't get anything filthy on our internet. No porn at all. Nothing. No gang-bangs, no straight sex, no full-frontals, nothing at all!"

An awkward silence then descended on the room. Looks were exchanged. I then added: "Ahem, so I believe." My 18-year-old son, strolling through the room, winked at me and whispered: "Don't worry, Dad. I'll hit you up later."

# The A-listers'



## Film stars and models depend on her services, but she can't claim credit for Adele, Camila Goodis tells Ben Hoyle

**I** am lying on a contraption that resembles a torture instrument in the home of a woman known as the "Brazilian Body Wizard". "Are you flexible?" asks Camila Goodis, who looks as though she spends her every waking moment working out in some capacity. She has huge brown eyes, a soothing voice and the good manners not to laugh at the terrible crimes against Pilates that I'm committing. "Let's bring your legs up towards the ceiling," she says, guiding them into a position that they do not naturally occupy. "Pretty good. For a man. Now, I want you to do a tailbone lift. Imagine you're gonna kick the ceiling!"

With my hands tucked under my slightly dodgy back I start thrusting the bottom half of my body desperately but unimpressively into the air, like a landed fish. "A little more control," the Body Wizard says. I thrash with more focus. Ten times. "Perfect!" she says.

Until last month, few people beyond Californian fitness fanatics and a circle of celebrities had heard of Goodis. Then photographs appeared of the singer Adele in a black-and-white minidress frolicking on a beach in Anguilla in the Caribbean with fellow showbusiness Brits Harry Styles and James Corden. Attention quickly focused on how fit and slender Adele appeared. The recently divorced singer had apparently told a fellow tourist that she had lost "something like 100lb" (more than 7st).

Goodis, 36, a Los Angeles-based Pilates instructor and personal trainer, was swiftly credited with the transformation even though she made it clear in every interview that Adele was not a current client. She did, though, tell a paper that she met Adele through her former client Ayda Field, Robbie Williams's wife, and

had trained her "in Robbie's house". That was enough to unleash a global scramble for any further insights she might have. Interviews and requests poured in from around the world. One newspaper ran the headline: "Brazilian Body Wizard Made Adele Disappear".

It was "insane", Goodis says. She had been training celebrities such as Sofia Vergara in Los Angeles for nine years without saying a word about any of them because most of her clients impose stringent confidentiality agreements "and literally you can kill me, I would not tell". The sudden interest in her work from the outside

**“I work with a lot of wealthy people and they are so miserable**

world struck her as "crazy funny". As for business, she says: "I'm always busy. Now it's even more, with the press."

The excitement over Adele was not just the usual frenzy at a prominent woman's weight change. It was also a reflection of the growing recognition of Pilates' benefits for overall strength, balance and posture too. Famous practitioners include David Beckham, Andy Murray, Jennifer Aniston and Claudia Schiffer.

Invented by the German fitness enthusiast Joseph Pilates, who opened his first studio in New York in 1926, the discipline involves stretches and highly controlled repetitive movements chiefly aimed at building up the core and supporting the back.

"It can be really gentle or I can help you get in great shape in terms of



# body wizard



endurance and strength,” Goodis says. Her clients range from 16 to 93 and include everyone from Hollywood action stars striving to sculpt a superhero body to willowy Victoria’s Secret models who depend on a workout that tones without adding bulky muscle. Her oldest client is a retired corporate titan with a “private plane and a giant house” who started working with her in his late eighties. He walked with a cane then, but now he plays golf three times a week.

We’re in the small gym at the back of the light and airy flat in Culver City, Los Angeles, that Goodis shares with her fiancé and their rescue dog.

Breathing is critical to doing Pilates properly, she explains. “You breathe in through the nose and exhale through the mouth. Think about blowing a balloon. You’re almost like an accordion going out and going in.”

Whether a beginner like me is inhaling at exactly the right moment isn’t that important, she says, “as long as the client is breathing”. That seems like a very sensible red line.

The torture contraption is a reformer machine — a Pilates device consisting of a padded carriage with shoulder pads attached that slides between a wooden footboard at one end and a wall full of straps, ropes, pulleys, bars, handles and springs that generate resistance and set the difficulty level of the exercises.

You can do Pilates without one, using a mat and resistance bands that you can buy cheaply online, “but the results are totally different. This gives much better results.”

We start with simple leg pushes, which are surprisingly fun, and progress through exercises that involve opening the knees out or raising and lowering the arms maddeningly slowly while gripping handles attached to one of the sets of springs. There’s an exhausting thing that you do with one leg up and one down, and several with both legs in the air and bent at right angles. There are a lot of instructions to squeeze glutes, suck in stomach muscles, keep my back flat or possibly arched. Then we’re into a plank

position in which you place your hands on the footboard and slide your feet backwards on the carriage. It’s like being a cartoon character trying to hold a broken railway bridge together so that the train can thunder over the top of you instead of plunging into the void.

Goodis demonstrates how to do it properly. “I’m like you,” she says. She’s really not. “I have back pain. I was a professional dancer so I have a lot of injuries. I have scoliosis [a sideways curvature of the spine] since birth. But this: oh my God, if it wasn’t for Pilates I don’t think I would be walking.”

Actually, Goodis is just like me in one way: neither of us had anything at all to do with the recent change in Adele’s appearance. Today Goodis is happy to admit, when pressed, that she last saw Adele seven years ago. Technically, she has never claimed otherwise. “I don’t want to make people confused,” she says.

Celebrities don’t impress her anyway. Because she grew up in Brazil she often doesn’t recognise British and American stars (she didn’t know it was Adele at first) and she never gets starstruck. “To speak frankly, sometimes I’d rather not train them because it’s a little stressful. They demand so much from you it’s crazy.”

She sees ten clients a day, for an hour each, and has a sideline working on diet plans for weight-loss clients around the world. Her regular normal clients are like “gold” to her and she refuses to drop their appointments for VIPs blowing into town, even though lots of big-name actors, singers and models that she has worked with “get mad because they have that entitled position that I can’t believe, like, ‘I am this person. I’m paying this much. I get.’”

The worst was a really famous woman who is “known for being a

bitch. I didn’t believe it, until she gave me the attitude.” This woman, who is not an actress or singer and is from London, flew into Los Angeles, called up without warning and demanded to see Goodis at her house in an hour.

“I’m like, ‘Excuse me. What are you talking about? I’m totally booked.’ She said, ‘How can you dare to not see me?’ I said, ‘Because they are my clients and I’m not going to drop them because you’re in town.’” The woman later rang back “to insult me and call me names and say I’m a terrible professional. She apologised later on, but I said I can’t work with you any more and she was furious.”

Some clients come to her flat, paying from \$150 an hour. VIPs tend to invite her to their homes or book out a hotel gym. The most she has charged was \$500 an hour to a “very, very big” movie star who needed her on set for two hours’ training at 4am every day for three months. That, she says, was a great job.

“What makes me special is really my personality. I have no fear and I’m very honest. If I think that you don’t need to lose weight, I’m going to tell you. If I think you need to lose the weight, I’m going to tell you. If I don’t like your attitude, I’m going to tell you.”

Goodis grew up middle-class in Santos, a coastal city near Sao Paulo. She started ballet at three and a half and danced professionally until a bad accident ended her career while she was a teenager. A degree in physical education followed and she got on to a master’s course, but struggled to follow it because the classes were in English. So her father sent her to study in Miami to work on her language skills.

“Long story: I ended up meeting a guy. I was very young — 21 — and then he proposed to me and I was married for seven years.” They settled in San Diego because of his work as a journalist. Just before that she had tried Pilates for the first time and found it “magical” for her back.

So she opened a Pilates studio, which she kept for a while even after relocating to Los Angeles so that her husband could pursue a career change in stand-up comedy. The marriage did not last, but her career thrived in LA and once she had her first celebrity client more soon followed by word of mouth.

Goodis loves the sunshine in her adopted city. She loves the way that you can “escape LA in LA” by diving into a different neighbourhood and she enjoys the beach. But she also misses Brazil. She goes back every year.

“I don’t like the economy there, but my people to me are the happiest on Earth. They can have nothing, but they’re happy. In America sometimes it can be a little heavy. I work with a lot of wealthy people and they are so miserable, you have no idea. Some of these people have literally everything and they’re not happy. They always want more: to be more famous or they want more money. It’s pretty sad.”

**fitnessgoodis.com;  
@cagoodis on  
Instagram**



**Top: Camila Goodis. Above: Adele. Below: Sofia Vergara and Ayda Field**

## The lowdown #blameiton millennials

**Millennials!**

Oh dear. What now?

**They’re at it again.**

Complaining? Campaigning? Politically correcting in their wake?

**All of the above — and killing off everything good as they go.**

Aren’t you being a bit dramatic?

**You won’t be saying that soon. Not when you can’t have a cup of builder’s tea.**

Ay-up! What do you mean?

**PG Tips is out and Pukka is in, according to anyone under 40. It’s herbal tea only for the health freaks.**

So boring. But why does that affect my morning cuppa?

**Because sales of black tea are waning and according to reports it’s their fault. At this rate you will have to seek it out in Whole Foods. And they are coming for your sausages too! And black pudding. And hash browns.**

No! Sausages are my favourite. Hash browns are essential.

**Well, kiss them goodbye. It’s been revealed that five million millennials have never had a traditional fry-up — and they don’t want one either.**

Actually, this one isn’t surprising. They are obsessed with avocado and halloumi. And they probably think it’s unwoke to have anything purely “English”.

**Sadly, that’s not even the end of it.** What else are they killing off?

**Greetings cards. They don’t want to send them. *Forbes* has predicted the closure of card shops as a result.**

Let me guess. It’s an environmental thing?

**Right on the money. But they also don’t wish anyone happy birthday by post. They send messages on social media.**

So, basically, they don’t like a proper brew, greasy food or cheerful sentiments?

**Yup.**

No wonder they’re so unhappy.

**Hannah Rogers**





times2

# ‘A five-year sentence — saying that figure makes me weak at the knees’

Four years ago film-maker **Chris Atkins** was convicted of fraud and jailed. He kept a diary to record the chaotic, broken system that he encountered

*Chris Atkins, 43, went to a boarding school in Worcestershire and studied at Oxford before becoming a respected documentary-maker for **Dispatches** and **Panorama**. On June 24, 2016 his life fell apart when he was found guilty of fraud at Southwark crown court. He had become involved in an elaborate tax scam to finance one of his films. A week later he was sentenced to jail and transported straight to Wandsworth prison...*

## July 3

I keep failing to get my head round my situation. It's like trying to look at a whole mountain while hanging off the side of it. A five-year sentence means I'll serve two and a half years, which is 30 months. Even saying that figure out loud makes me weak at the knees. My cell mate Ted knows the system backwards, and maps out my prison journey. As a white-collar criminal on my first offence, I'll definitely qualify for Cat D status, which is the gateway to open prison. Unfortunately, I can only get made Cat D once I have less than 24 months to serve. This means I'll have to spend at least six months in Wandsworth.

Two pieces of pink A4 paper are shoved under the door. "These are the canteen sheets," advises Ted. The canteen is basically the prison shop. We can order toiletries and groceries, which get delivered a week later. I only have 50p to spend. Ted is sitting on the giddy sum of £1, and deduces that we've both been put on the unemployed rate of 50p per day. It's darkly ironic that I've been convicted of conspiracy to rob a million quid and Ted has been jailed for importing £10 million of cocaine, but we haven't got enough between us to buy a pack of Hobnobs.

Many of our neighbours are keeping themselves fit by pulverising their cell doors. "Where do they get the energy?" I wonder aloud. "These lowlifes are all riddled with drugs," replies Ted. This seems a pretty ironic criticism, given his line of work. "How do you know they aren't on drugs that you've supplied?" "None of these scumbags could afford my drugs," he scoffs. "They're all f\*\*\*ed on spice."

Spice is a synthetic version of cannabis. It used to be a "legal high", but was criminalised in 2016. This



Chris Atkins with his son, Kit

drug is the reason why 50 per cent of prisoners look like extras on a zombie film. It doesn't show up on standard drugs tests, it's mostly undetectable by sniffer dogs and can even be soaked in paper and posted in.

## July 6

I am desperate to call home. My initial emergency credit has long gone, and I've submitted the necessary forms to get a permanent PIN. I then hear that there's a four-week backlog. Sentenced cons like me can only have one induction visit, and thereafter only two visits a month, each just an hour long. I cannot believe that this will be the only contact I'll get with my three-year-old son. Until my imprisonment, Kit lived with me for half the week, and the prospect of near total separation is devastating.

## July 31

A slip appears under my door: Activity allocated — dry lining. Starting August 2. I'm over the moon, although none the wiser about what dry lining actually is. One of the more affable screws is peering up at a huge wooden board on the wall. There are hundreds of little slots representing all the cells on Trinity, and index cards showing where each prisoner lives. "Afternoon, guv. My cellmate's moving to H

Wing, are there any more spaces?" The screw looks at me, one eyebrow raised. "Are you on full-time work?" I brandish my slip. "I'm about to start dry lining." "What's dry lining?"

I'm not ready for this curveball. "Well, it's, er, quite commonplace these days... er..." I peter out, while the officer peruses the board. "There's one space free with a Romanian fella." "I'll take it." I run back to the cell. I chuck everything into a sheet, tie it up and head downstairs. H Wing has an identical structure to K Wing, but the atmosphere is distinctly calmer. The door is locked, and the occupant is peering out through the observation panel. He speaks with a thick eastern European accent. "Do you smoke?" "No," I reply, and smile. "You sure you don't smoke?" he asks a little louder. "I definitely don't smoke." He disappears back into the cell. A few minutes later, he returns to the door with a dark expression. "Do you smoke?"

Hopefully his insistence is due to his strong aversion to smoking, rather than a serious mental illness. An officer opens the door, and I'm overwhelmed by a deluge of pornography. There is smut on the inside of the cupboard doors, the underside of the bunk bed and even on the window frames. Standing in the middle of it is a stocky man in his forties, who introduces himself as Dan. I ask him what he did prior to being in prison. "I worked the London Underground." "That's fascinating," I say. "Were you a train driver?" His eyes narrow. "I was pickpocket."

The door is unlocked for afternoon S&D — "Social and Domestics", a brief window out of the cell — I head down to the ground-floor landing. An Australian named Scott is marching around patting people on the back. "Welcome to the Ritz!" he calls to me. "Come and meet the rest of the White Collar Club." I follow him into his cell, which is two normal cells knocked together, and resembles a small studio flat. A group of guys are playing board games, and Scott introduces me to his cellmate, Lance. "Ah, you're Atkins. Film chap. Where did you go to school?" His loud public-schoolboy manner is utterly out of place. Scott and Lance have got this large cell as a perk of being Listeners — prisoners trained by the Samaritans to comfort other inmates who are suicidal or self-harming. Their room also serves

“Blood-curling screams emanate from a cell. The officer sips tea

as a common room for the white-collar fraternity. They insist that I'm welcome at any time.

## August 6

Kit is finally coming to visit. I have no idea what impact the past five weeks will have had on him. For the previous three years he'd been living with me half the week, and would usually insist on sleeping in my bed. Since coming inside, I've had nightmares about him not recognising me, or refusing to talk. I walk into the visits hall looking like an anorexic Robinson Crusoe in a purple bib. Kit sprints up and hugs me tight. "Daddy! Read me a story!" He's just had his fourth birthday, and he tells me all about his new toys. We

don't talk about why Daddy is living in this strange building. He's clocked that I'm not at home any more, but he's unlikely to understand the reason for my incarceration. I can barely get my head round it myself. I neck a lot of coffee while Kit drinks Ribena and mainlines chocolate. Despite the bizarre surroundings, it is extremely uplifting to sit with my family for just a little while.

## August 28

I still feel embarrassingly short of prison duties and worry that I'm miles away from getting Enhanced (Status). Meanwhile, Martyn, another white-collar guy whose cell is opposite Scott and Lance's, has started running the Alcoholics Anonymous meetings. He admits that he's not actually an alcoholic, but the job gets him out of the cell for an extra hour on Wednesday evenings. He returns from his first session mildly miffed. "The AA is full of Muslims, who are all teetotal anyway. They're just doing it for the bloody unlock." He fails to notice the irony.







Chris Atkins and, right, during a family visit at Wandsworth prison



© Chris Atkins.  
*A Bit of a Stretch*  
by Chris Atkins will  
be published by  
Atlantic Books on  
Thursday at £16.99

**September 5**  
I embark on my new career as education orderly. In the morning, I join the other Trinity [a unit for low-risk prisoners who are allowed to do prison jobs] prisoners who work on the “mains” — which refers to the six main wings. I head up to the classroom where I sat my own education tests, and meet Danielle. She’s in her mid-forties, and very smartly dressed.  
“Hi, I’m Chris, Martyn’s replacement.” She’s pretty dismissive. “I don’t know if we need another orderly.” I’ve obviously been presumptuous by just turning up, and I get paranoid that I’ll have to crawl



Wandsworth prison, where Atkins was jailed after being found guilty of fraud

back to dry lining (which, it transpired, involved putting up internal walls and ceilings). Fortunately, the other orderly, Connor, is happy to sit around and gossip, so I get stuck in and show off my diligence. Danielle nips out to do some errands, and Connor gives me a wink. “Don’t worry about her. She’s always frosty with new people.”  
Connor is on remand facing a dizzying array of drugs charges, and has already decided to plead guilty. “How long are you looking at?” I ask. “If I can walk out that courtroom with a twelve, I’ll give the judge sexual favours.”

**September 6**  
My second day working on E Wing is a lot more eventful, as utter carnage unfolds on the landing outside. When things kick off, a screw blows a whistle, and a load of officers come running. I’m initially shocked by the constant violence, but it quickly fades into the background. This new job lets me briefly meet most of the new arrivals in Wandsworth and get a fascinating insight into how everyone else has f\*\*ked up their lives. A young lad slouches in boasting that this is his sixteenth conviction and his eighth time in prison. I take his date of birth and realise he’s only 19. One guy is shaking with fear and shock, and I assume he’s received a life sentence. He tearfully explains that he’s got 10 weeks for a driving offence.  
Danielle has also given me a list of Trinity prisoners who missed their initial inductions, and I go round G Wing making enquiries. “Hello, Mr, er, Gnhebdbi. Would you be interested in doing any courses during your stay?” “GIMME BURN, PLEASE, I BEG YOU!” Not for the first time, I’m thankful that the door is safely locked. “I don’t actually smoke, but if you have a look at this leaflet—” “GO NUMBER 3-16, MAN OWES ME EIGHT-BALL, INNIT. GET IT FOR ME, BRUV!” “I’m not allowed to pass things between cells.” “GET THAT

F\*\*KING RICE OR I’LL F\*\*K YOU UP, YOU GET ME!”  
I realise that my job has a small degree of power. “Have you thought about learning hairdressing?” I say. “You’ll score loads of spice there.” I swiftly enrol the horrible inmate on a barbering course, thus getting my revenge on the hairdressing tutor who had chewed me out earlier.

**September 15**  
I’m chatting with Lance in his outsized pad when Officer O’Reilly runs in. “We’ve just found a noose in some idiot’s cell. Can you come and talk to him?” In his role as a Listener, Lance is on call 24/7 to deal with prisoners who are suicidal or self-harming. Scott is the head Listener in Wandsworth, and he takes it really seriously. “It’s the only worthwhile thing I’ve done inside.”  
An epidemic of mental illness and endless bang-up is fuelling a steep rise in self-harm and suicide attempts. The Listeners are a vital safety net, and every few months the Samaritans visit Wandsworth to train new recruits. Scott encourages me to sign up. “It’ll definitely change the way you look at the world.” He motions round at his palatial cell. “And you’ll pick up some serious perks.” I tell him to put my name down.

**November 25**  
I’ve developed a sense of anticipation about who will walk through the door of the Listener Suite. Waiting for our contact is like a penal version of *Stars in their Eyes*: “Today, Matthew, we will be talking to... Mitz! A man with danger in his eyes and blood on his arms.” Mitz is pretty terrifying. One minute he’s calm and lucid, the next he’s screaming blue murder. He constantly hears voices instructing him to self-harm, and usually keeps the TV on permanently to drown them out. Right now, he is apoplectic as his TV has been confiscated, apparently by a vindictive screw. Mitz portrays himself as the innocent victim of officer brutality. I actually witnessed this altercation. Mitz was blatantly hustling spice on a landing, and the officer politely asked him to get behind his door. Mitz told the screw to “suck your f\*\*king dick, you f\*\*king pussyhole”, and then everything kicked off. I just nod sagely while Mitz vents. After an hour, he starts to calm down. We shake hands,

and an officer leads him away. Back in our cell, I turn into a gibbering wreck.  
I start stuffing handfuls of peanuts into my mouth. “That man should be treated in a secure mental health unit,” I rant. “Not counselled by amateurs!”  
“Sorry to butt in there, Tiger,” interrupts Scott. “But you’ve just shaken hands with a guy covered in his own blood. You might want some of this industrial antibac before you eat any more of those nuts.”

**December 9**  
My ex-partner Lottie, my son Kit and my parents are coming in to visit. I walk into the hall and see my mother sitting on her own, looking bewildered. Lottie and Kit are queuing for coffee, and I realise that my father isn’t here. Apparently my dad’s name wasn’t on the list at the gate, and his path was blocked by a security officer. Then the scanner didn’t recognise my mother’s fingerprints, and an officer asked for her date of birth. My mum sometimes loses her memory, which gets worse with stress, and she forgot her birth date. The screw leapt on this and claimed that she wasn’t really my mother. Quite why a 72-year-old woman would enter this shithole for any other reason than visiting her son is beyond me. Lottie intervened and convinced them to let my mum through. The screws often treat relatives as if they’re criminals as well — as indeed they sometimes are. Kit realises something is wrong and sits quietly holding my hand. I only get this one precious hour with him all week, but our time is completely poisoned by how my mother has been treated. At the end of the visit, I’m pulled aside for a strip search. As I’m taking my clothes off, a passing SO [senior officer] recognises me from Listener work. “Hey, don’t waste your time with him,” he says. The visits officer stands firm. “I have to fill the quota. It doesn’t matter which arseholes I look at.”

**March 10**  
I’m doing the inductions on E Wing when a whistle goes downstairs. Connor and I take up our usual position to watch the ensuing ruckus below. Several screws run into a cell and start wrestling with a troublesome prisoner. Supervising the melee is a large senior officer who I realise is CM [custody manager] Chaplin from OMU [Offender Management Unit]. I buttonhole him. “Mr Chaplin? I wondered if I could ask you about my recat appeal?” Blood-curdling screams are emanating from the nearby cell. “PUT THAT DOWN OR YOU’LL GET A WEEK IN THE BLOCK!” Chaplin calmly sips his tea. “You’re Atkins, aren’t you?”  
“I CAN’T BREATHE!” “We emailed the court. They said that your confiscation was two hundred grand.” “IF YOU STOP SPITTING THEN I’LL GET OFF YOUR BACK.” “That’s not quite correct,” I say, trying not to sound like a smartarse. “GO F\*\*K YOUR MOTHER, YOU FAT C\*\*K!” “I spoke to HMP Ford and they’ve said they’ll have you at that figure,” replies Chaplin. “STAFF! WE NEED MORE STAFF!” “We still have to process your appeal. It shouldn’t take long.” It’s really time to quit while I’m ahead. “I don’t suppose I can get on tomorrow’s bus?” I venture. Chaplin laughs. He then goes to assist in pummelling eight cans of crap out of the guy in the cell.



## life

# Ask Professor Tanya Byron

## My widowed father is paralysed by grief

**Q** My mother died a few years ago, leaving behind my father (who is almost a decade younger than her). My brother and I live at the other end of the country. My father seemed to cope with her death quite well. He was sad and talked to us and others openly about missing her, but the cluttered house remained dominated by her possessions. Her coat was still hanging where she'd left it and her bedside table and medicines went untouched.

We left him to it since he seemed busy and active. He travelled alone, worked and went out daily. Then one day he decided to sell the family home. He felt isolated and wanted to find something where he might have more friends. The house needed DIY, which he never enjoyed, and he wanted to find a new-build or flat. All very sensible ideas. However, once he found a buyer for the house he didn't actually start looking at properties. He called me and my brother and we drove up and helped to pack boxes, and decided what should be thrown out or kept and what he would need in his new place.

Now, though, he is supposed to be moving in two months and is visibly shaken, emotional and almost infantile. He won't make decisions and waits for others to lead. He has not viewed a single property. I don't know what to do. He isn't sleeping. He's anxious and overwhelmed, yet fit and healthy, and normally functions perfectly well as a semi-retired bright and able person.

Am I supposed to do it all for him? My children, husband and job make that a challenge. He seems paralysed and the buyer is desperate to move. I am not sleeping with worry.  
Mary

**A** I can understand that this is a very challenging situation for the family. You feel conflicted as to whether you should step in and take a lead or not, because you don't want to further infantilise your very capable but very anxious father. However, I think proactive action is necessary, not only to shift him on in finding a new place to live, but also, more fundamentally, to address the issue underlying this sudden paralysis in his life.

I suspect that your father is now showing what is called complicated grief (CG). CG affects about 7 per cent of bereaved adults when distressing emotions and intrusive thoughts continually play out, leading to overwhelming anxiety and functional impairment. While your father was sad when your mother died, his seeming ability to function and carry on may have masked an inability to fully grieve the loss of his wife. The anxiety reaction you are seeing is in effect a tsunami of delayed grief, triggered by the reality of leaving the home he shared with your mother.

The reason I suggest this is because you have described how, since your

mother died, your father has kept the house as it always has been, with her possessions, daily clutter and medications left exactly as they were. Her coat, still hanging where it always did, represents your mother's constant presence with him. As you and your brother have packed everything up to prepare for the move, the reality of the loss has hit your father in a substantial way that renders him anxious and frozen in terms of, literally and psychologically, moving on.

I suggest that your father is terrified to face the reality of being without your mother and, in essence, of accepting her death. While this might sound odd, since he clearly has accepted it in real terms, I wonder whether the house and her possessions enabled him to show what has been called experiential avoidance,

“Avoidance can lead to a false sense of coping akin to denial

ie while he knows that she has gone, she has lived on around him.

We all avoid feelings and experiences that threaten us, and this is a behavioural mechanism underpinned by anxiety — the fight, flight or freeze response. Avoidance, as it relates to bereavement, comes from a need to avoid the painful feelings and experiences that come with the loss of a loved one, and is achieved by finding ways to reduce or block out the soul-crushing thoughts and feelings of grief. Your father's palpable anxiety comes from his fear of the pain he will experience when he leaves the home he shared with your mother and where she still has a presence around him. His anxiety manifests as “flight” and “freeze” in avoiding, even running away from, the decisions he needs to make regarding where he lives and seemingly being incapable of shifting himself out of this anxious state. If he avoids these decisions, he protects himself from what feels like the intolerable pain of fully accepting that he now lives without your mother.

Avoidance is understood as being a coping strategy in the early stages of grief when, in the face of heartbreaking loss, it enables us to continue to live when we feel our life can't continue without the person we have lost. Grief is so profound and overwhelming, we use the respite-providing avoidance strategies to dip in and out of pain so that we can restore living:

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swinging between confronting and avoiding our loss (this has also been described as the dual-process model of grief).

Avoidance, however, if not balanced by confronting what we are anxious about, can lead to a false sense of coping akin to denial and impedes the long-game process of healing as we work through our grief. Many can see avoidance as coping, believing that keeping the negative and overwhelming feelings at bay, they will eventually fade. Sometimes it can be noticed in people who are seen as doing “too well” in their recovery from grief — stoicism tips into denial that in turn creates the risk that at some later time the feelings will break through, leading to extreme anxiety and increased risk of clinical depression.

Therefore, if avoidance mechanisms persist or are overly relied on to manage and repress the waves of intense grief (eg substance abuse, throwing oneself into work, staying busy, continuing to live in a house that is a shrine to the deceased), avoidance strategies may prolong the acute grieving period and contribute to the development of CG.

People who show a CG reaction may also continue to stay close to reminders of their lost loved ones, rather than avoid them. I recently worked with a bereaved parent who kept their son's belongings around them for years, and smelt and wore some of his clothes because they feared putting them away would mean they would lose their connection to him. However, the problem was that they had never fully adjusted to life without their child.

Therefore, it could be that the “physical” presence of your mother has first been dismantled by packing away all her belongings. To leave the house is the final push into a deep sense of loss that renders your father anxious and, like a child, he regresses to a state of helplessness.

Your task is twofold. Your father needs assertive and compassionate support to make the next practical steps to move forward in his life, but this has to be done alongside him having the therapeutic support to process his grief. He will not adjust to living in his new home (and indeed risks becoming depressed) until he can process the reality of her having really gone from his life.

I suggest you patiently open up the conversation and find support for your father so he can feel close to — but apart from — your mother, even without her “presence” around him.

See [www.bereavement.co.uk](http://www.bereavement.co.uk).

If you would like Professor Tanya Byron's help, email [proftanyabyron@thetimes.co.uk](mailto:proftanyabyron@thetimes.co.uk)



# Eton to

Giving more top university places to poor pupils will change things, the head of Eton tells

Rosemary Bennett

**P** private schools are the number one target for social mobility campaigners these days and Eton is in the cross hairs. A byword for privilege, power and wealth, the 600-year-old school has educated 20 British prime ministers, including the present incumbent. It has among the best teachers and facilities in the country and bestows countless more advantages on its already very fortunate pupils.

For years one of those advantages was increasing the chances of getting a place at Oxford or Cambridge, but changes in admissions policies at the two universities, designed to increase the number of disadvantaged students, mean that this could be at an end. Neither Oxford nor Cambridge intends to expand its numbers, so for every disadvantaged child that gets a place, a privileged, wealthy child gets bumped.

Parents who pay £40,800 a year for their sons to attend might expect Simon Henderson, the head master, to be up in arms that some of his pupils will inevitably be squeezed out in the drive for diversity. Yet he says he supports the two universities. It is “very healthy” that they are drawing from a broader base of talent than they used to and he applauds their target to halve the ratio of richest-to-poorest students from 15:1 by 2025.

In fact, he goes farther. He believes it is “quite reasonable” that in deciding whom to give offers to, the two universities have high expectations of his pupils, higher perhaps than of other applicants. “Getting good grades are not sufficient for an Eton pupil, and that seems to me completely fair,” Henderson says.

“Oxbridge knows that our pupils are bright — we are academically selective. They know they have been very well taught by passionate subject specialists, have had access to excellent academic facilities, wonderful libraries and so on and a very vibrant academic enrichment programme with society speakers, essay prizes, sport and drama.

“They have access to experienced and expert advice and support when applying to university. Oxford and Cambridge expect our pupils to have manifestly taken full advantage of that range of academic opportunities to stretch themselves beyond any examined syllabus, to have used this as a force for good and for this to be evident in their application, admissions tests and at interview, and that is entirely reasonable when assessing our pupils.” He does not



# Oxbridge? If it's tougher, that's fair



ALAMY

quite say that the bar is now set higher for an Eton boy, but it is clearly what he is driving at, and it's OK by him.

He also applauds the millions of pounds Oxford and Cambridge have spent on outreach work in the past decade to find pupils from disadvantaged backgrounds, then encourage them to give it a shot and apply. "It is great that Oxbridge are increasingly able to draw from a wider talent pool," Henderson says. "It is great for those individuals and great for society as a whole. There is an issue with social mobility in this country and all in education should be working together to increase opportunity and aspiration, especially for those left behind by the system."

So far the access drive has not had an impact on his pupils. This year about seventy pupils were made offers, the same as previous years. "Inevitably some individual disappointments — which is reflective of the increasing levels of competition," he says.

One benefit from the new admissions policies at Oxbridge might be that a school's success is no longer measured in the number of places it gets. The number of Oxbridge offers are often seen as something of a "litmus test" for many schools, but there should be a wider focus, Henderson says.

"There are many other excellent universities in the UK, beyond Oxford

and Cambridge, and we are proud that our pupils always receive multiple offers from other leading UK universities. Many of our pupils go to universities in the US, typically around forty a year, and around the world. Some pupils welcome the breadth of study on offer in the States in comparison to the more specialised approach of most UK courses."

Henderson became Eton's youngest head at the age of 38 five years ago. He was educated at Winchester College, another big public school, before reading history at Brasenose College, Oxford, the alma mater of David Cameron. He still teaches history, although just to the youngest pupils these days, and has four young children.

On his appointment he said that he wanted to be the modernising head, preparing pupils for happiness and success in their personal and professional lives. Yet he soon found himself at the centre of a row last year over the future of private education with the launch of the "Abolish Eton" campaign. While the campaign was largely focused on ending the tax breaks that private schools get for their charitable status, as it took hold it was clear that there was considerable support, in the Labour Party in particular, to shut them down, with supporters saying that they were a block on social mobility.

Henderson acknowledges that the public mood has shifted, but in making the case for the future of private education he intends to do it with all the optimism he can muster. "For me, education is a positive sum game — the more education you inject into the system, the better it is for all children," he says. "There are those who appear to see it the other way round, in that the consequence of educating one child well is that you educate another badly. This is a pessimistic view of human potential. Abolishing excellence never achieved anything; harnessing it is another story."

Eton has a large endowment so has money to spend in "levelling up", as the prime minister calls it. It has a large programme of bursaries and 90 boys go there without paying. While it may seem Dickensian to pluck a boy out of a deprived neighbourhood, dress him in a tail coat and stick him in a class with the offspring of some of the most powerful families in the land, Henderson disagrees.

"I would make a very strong defence of our bursaries programme. We want talented boys to come to Eton no matter what their background and no matter what their financial circumstances are.

Hopefully, we provide an environment in which their talents can flourish, but there is also no doubt that their presence in the school enhances the experience of others. The best environments benefit from multiple cultures, multiple perspectives and multiple backgrounds."

More significant, perhaps, are the partnerships with state schools. Eton sponsors Holyport College, a new co-ed boarding free school that is next to its 400-acre grounds (complete with the man-made Dorney Lake with its permanent eight-lane 1.4-mile rowing course) and offers it use of its extensive sports facilities. Eton is a co-sponsor with five other schools of the London Academy of Excellence in Newham, which this year got 37 pupils into Oxbridge, if that litmus test of success is to be used.

It sponsors an Into University project in Clacton-on-Sea with a particular focus on trying to support the white working-class community. The scheme mentors youngsters from the end of primary school onwards with the goal of them eventually getting a degree. Eton also conducted mock Oxbridge interviews for 140 pupils from state partners.

The focus on everyday sexism, harassment and the Me Too movement has created a particular challenge for all-boys schools — how do you show young men how to treat women with respect when there are no female pupils on the premises? There is no prospect of Eton following

in the footsteps of Westminster and other boys' schools and admitting girls in the sixth form, but Henderson says he is keenly aware of the need to educate boys on gender equality, sexism and positive masculinity.

"I think there's a particular responsibility on all schools, but particularly I guess if you're all-boys schools, to proactively address that. We have some good female role models, teachers in senior positions. There are not as many as I would like, but we now have a female deputy head and some female heads of department and in positions of responsibility.

"We have also introduced various personal development programmes. We work with an organisation called the Good Lads Initiative, which is around getting young men to talk through some of their experiences and some of their concerns.

"The boys really like the chance to talk through the things that they feel anxious and vulnerable about, some of the pressures of being a young man in the modern world. It is also a chance to challenge their thinking where it needs to be challenged, but in a non-preachy way. Schools have to be proactive on this."

More broadly, there is the issue of developing confidence, not arrogance and a sense of entitlement. He sees every pupil for 15 minutes about a month before they leave the school, a big investment of his time because there are 275 of them a year. "I am incredibly impressed by the young people we're sending out into the world. The vast majority of them do not conform to the stereotypical view of Eton."

He also makes clear to parents and boys alike that academic success will not necessarily lead to happiness. "I tell them having good exam results opens doors to the future, and makes it easier to open those doors. How happy and successful you are in your personal life and your professional life when you walk through one of those doors depends on a much broader range of things. Boys learn as much if not more outside the classroom than in it, and as much if not more from one another as from teachers."

While much has changed at Eton over the years, some things will remain the same in perpetuity. The wall game, daily chapel and the uniform of distinctive tail coat, striped trousers and white bow tie will all stay and play an important part in the school culture.

"We were founded in 1440. We're very proud of our history and our heritage and traditions, but while they provide the context in which we operate, we certainly don't want it to define us. I'm very clear that we're educating for the future, not just constantly looking at the past.

"Something like the uniform provides a physical connection with our past and I think the boys appreciate that. It reminds them that they are living and working in an environment that has a history and where large numbers of alumni have gone on to do interesting and ambitious things in the world. It creates a mindset of 'Well, why shouldn't I do that?'"

**Right: Simon Henderson, the headmaster of Eton, above**

**“The boys really like the chance to talk through things they are anxious about**



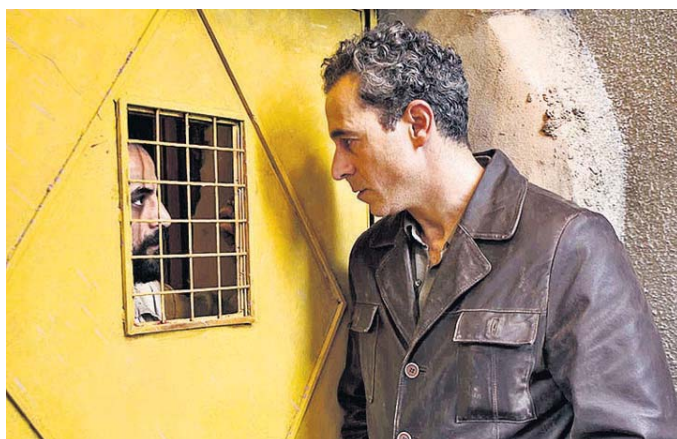
# At last, the war seen first through the eyes of the people of Iraq

The cast of the Channel 4 drama *Baghdad Central* talk to **Gabriel Tate** about redressing the balance of how the 2003 invasion has been viewed

**T**he October heat is unrelenting and the tension is rising among the barbed wire, sandbags and lookout towers of a Green Zone checkpoint in post-invasion Baghdad.

Several dozen Iraqis wait in line and automatic-weapon-toting GIs go about their duties. The silence is broken as a car, its tyres blown, weaves through gunfire to collide with a concrete barrier. Later, two American soldiers with nasty-looking head wounds are wheeled into a makeshift hospital, which, when it isn't being used to film Channel 4 thrillers, is a sports stadium on the outskirts of Rabat. The Moroccan capital is an unlikely but persuasive facsimile of a city whose citizens found themselves, in 2003 as they do today, some way down the list of priorities for a hawkish American president with an eye on re-election.

The thriller in question is *Baghdad Central*, a six-part series that surveys familiar territory through a new lens. It follows Muhsin Kadr al-Khafaji (Waleed Zuaiter), a broken man after years in Saddam's police force and mourning the deaths of his wife and son under the regime. Approached by British administrator Frank Temple (Bertie Carvel) to assist in setting up an Iraqi police force despite the reservations of his US army nemesis



(Corey Stoll), Khafaji must overcome his qualms about collaborating with another unpopular regime. Putting family over country, he hopes to find information about his missing eldest daughter, Sawzan (Leem Lubany), while his youngest, Mrouj (July Namir), is in need of dialysis. It is an accomplished noir procedural, nuanced family drama and urgent war thriller, with a largely unfamiliar cast.

During a break in filming, Stoll, whom you may recognise from *House of Cards* or *Ant-Man*, explains: "We've seen Iraqis represented so many times from the western perspective. This is telling it from an Iraqi perspective first, British second and American third. We show a world that, as

Waleed Zuaiter and, right, with July Namir, in *Baghdad Central*

***Baghdad Central* starts tonight at 10pm on Channel 4, with the whole series available on All 4**

westerners, we don't often see: the cultural life of Iraqis under occupation."

"Iraq and its people has always been 'otherised' so we can swallow something as huge as a drone strike on their central airport," the director Alice Troughton says a few months later, referring to the assassination of the Iranian general Qasem Soleimani. "Giving our show an Iraqi protagonist is maybe an attempt to rebalance that."

Stoll and Carvel marched against the war, "which was easy because I was at Rada and the march went right past our front door," Carvel says, laughing. He adds more seriously: "Whatever mistakes they were trying not to repeat from Kosovo, they left a huge power vacuum when they removed Saddam. They'd taken away the topsoil, but none of the deeper sectarian tensions had gone away. I put my politics quite front-footedly into the choices I make in my career, and what we're now seeing in the news is about stones we lifted in 2003 and choices we made. It's confirmed all my liberal biases."

Stoll concurs. "The politics of the past few years have been so dramatic and disheartening that I'd forgotten how bad it was then. It's a good exercise to go back and look at recent history and find the line from LBJ to now. These foreign adventures with an incredible sense of imperial hubris, showing



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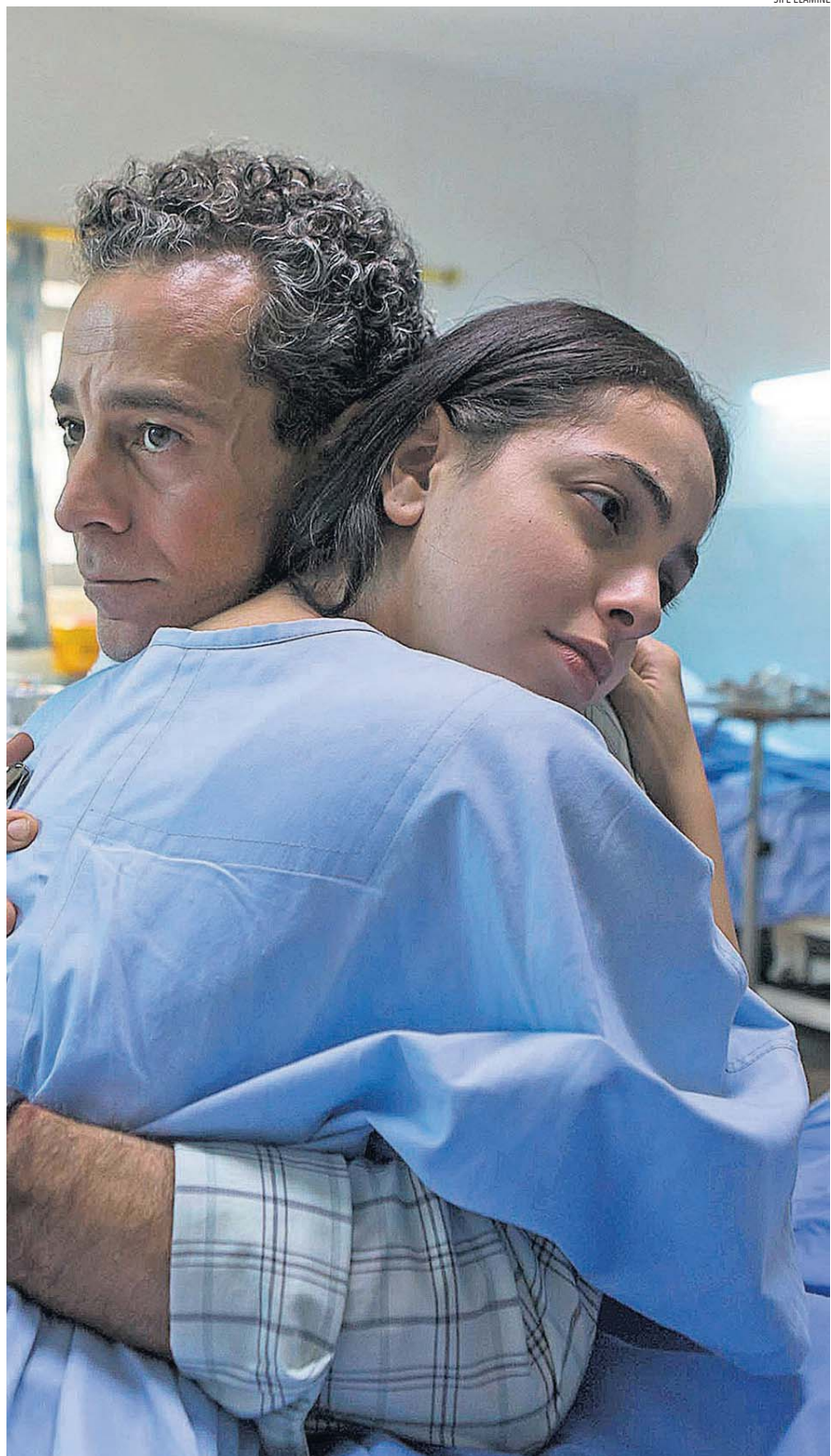
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with the place. Zuaiter, who is of Palestinian origin and was born in America and raised in Kuwait, was a 19-year-old student visiting Kuwait for his brother's engagement party when Saddam invaded in 1990. During a three-day flight through Iraq to Jordan with his family, he saw a dead baby thrown from a car by drivers too scared to stop and bury it. "Things I will never forget," he says. "In this refugee caravan I became the third generation in my family to experience displacement: it was the beginning of my adulthood. People didn't know what was going to happen. That sense of not knowing where or when you'll be safe shakes your foundations. It wasn't something I needed to research, it was just in me."

In spite of all this, Zuaiter was initially reluctant to audition for his first leading role on television after years of supporting parts. "I had just

## “Not knowing where or when you'll be safe shakes you

lost my father, then a dear friend died of cancer and I fell into a deep depression. My gut reaction to the material was both sceptical and cynical. I wrongly assumed that the depth and authenticity of this show must be limiting, in the same way I felt limited as an actor in the US, where the industry was only seeing me for certain types of roles."

It took his wife and his agent to persuade him to read the script. The connection with Khafaji was instant and profound. "The more culturally specific a piece of work is, the more universal it can be. I'd been thinking so much about mortality, I have children a similar age to his... There was a shared pain, a responsibility and courage to overcome our own worst fears and to be better parents. The nuance and depth in the writing, the care for the subject and setting, could not have been bigger gifts."

The 2003 invasion was not the only time a government had launched into a grand project without a follow-up plan and with scant regard for those caught in the middle. While Stephen

Butchard, the series creator, acknowledges the pertinence granted by Donald Trump's sabre-rattling, for him the intimate stories are more important.

"It's the thing of knowing how to win a war and not knowing how to secure the peace, of how

we got from there to here with Isis and so on.

But it's also about understanding why Iraqi migrants are being found in a rubber dinghy in the English Channel, and when home stopped being home for many people.

Do you live in a war zone or look for something else? I wanted to show how brave the ordinary person can be. To live in a war zone takes courage just to get up in the morning."



Corey Stoll in Baghdad Central

the weakness of the American empire and meaning people lose faith in their governments — it's all connected."

Namir, who is Anglo-Egyptian, says with understandable relief that this is her first role in five in which she hasn't played a refugee, "which tells its own story" — not least because Mrouj is no one's idea of a victim, in spite of the vulnerability of women in Baghdad as religious fundamentalism rose.

Others have even more skin in the game. Iraqi actors exiled in the UK were cast, while many Middle Easterners, stars at home, had experience of occupation and oppression. Visa issues kept Lubany, a Palestinian with an Israeli passport, in Morocco for the duration of the shoot; her fellow Palestinian Tawfeek Barhom, playing firebrand student Amjad, talks of the series being "therapy" after years of assumptions and prejudice in Israel.

Abbas Abdulghani, the dialect coach, witnessed abductions and gunfights during and after the invasion, and a close friend was kidnapped, ransomed and killed. "We used to talk to US

soldiers," he says. "When I asked what they were planning to do here, the answer was always, 'I don't know.' That's when I knew Iraq was lost."

"I cheered the Americans," says Arij al-Soltan, the associate producer, who was a teenager visiting family in Baghdad when the invasion happened. "In retrospect we weren't thinking about Iraq, we were thinking about Saddam. What happened in Iraq still shapes our politics today. Hopefully it will spark interest because there are so many rich, amazing stories that need to be told."

The man on whose shoulders this particular story rests has his own history

# Iraq on screen

## Three Kings (1999)

Set in Iraq in the aftermath of the 1991 Gulf war, this exuberant drama from David O Russell (*American Hustle*) stars George Clooney and Mark Wahlberg, below, as GIs on a quest for hidden loot after finding a map between the buttocks of an Iraqi PoW.

## The Hurt Locker (2008)

Kathryn Bigelow brought documentary realism and action-movie adrenaline to this tale of a US army bomb disposal expert (Jeremy Renner) in Baghdad in 2004. It won six Oscars.

## House of Saddam (2008)

Igal Naor transfixes as a calculating, tyrannical Saddam Hussein in this brutal and decadent biopic, co-written by *Baghdad Central*'s writer, Stephen Butchard.

## Generation Kill (2008)

From the team behind *The Wire*, David Simon and Ed

Burns, this brilliant HBO drama depicts the invasion of Iraq, through the eyes of a *Rolling Stone* journalist embedded with the US Marines.

## Occupation (2009)

In Peter Bowker's Bafta-winning drama, the first from the BBC to tackle the Iraq war, James Nesbitt and Stephen Graham play traumatised soldiers.

## Son of Babylon (2010)

Set weeks after the fall of Saddam, Mohamed al-Daradji's film follows a Kurdish boy and his grandmother as they search

for his father, who never returned after the Gulf war.

## American Sniper (2014)

Bradley Cooper put on 40lb of muscle to play Chris Kyle, a real-life navy Seal sniper who is the deadliest marksman in US military history, with 255 kills, 160 of them officially confirmed. Directed by Clint Eastwood at his most patriotic.



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television & radio

The naked appeal of art history in a BBC accent

Carol Midgley TV review



The Story of the Nude

BBC Four  
★★★★☆

Top Gear

BBC Two  
★★★★☆

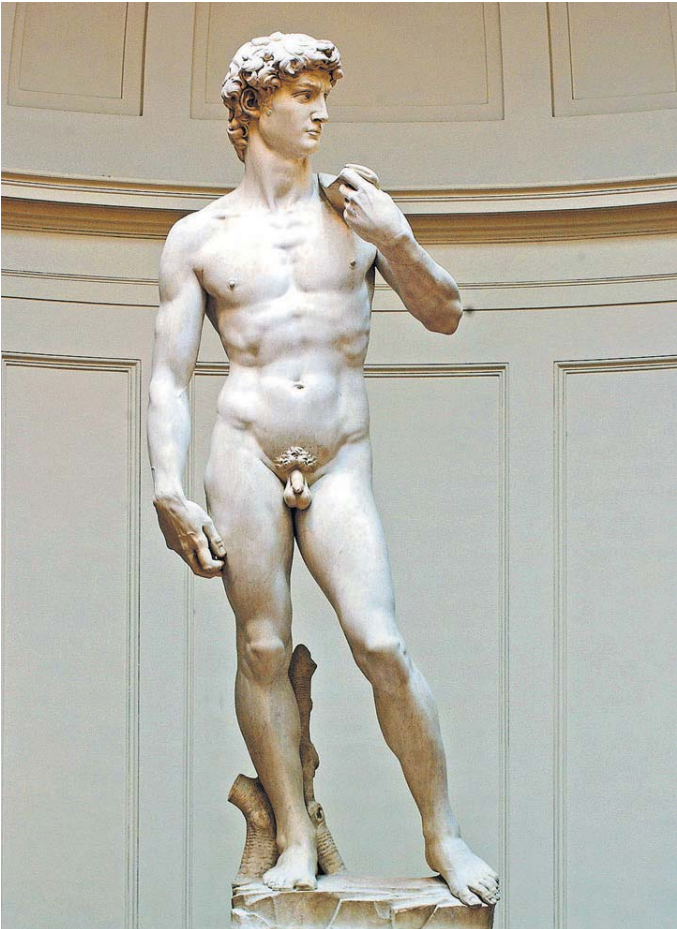
The Story of the Nude explained how paintings of the naked human form have evolved over the centuries along with the words that TV art presenters choose to describe them. It took us back to the olden days (OK, the Sixties and Seventies) when the television commentary about art was fruity and often cringingly politically incorrect.

Imagine how entertaining it would be if RP-voiced BBC art critics today spoke, as Edwin Mullins did in 1978, of

a painted woman’s “great haunches and buttocks, you can almost hear the sound of Courbet’s hands slapping them”. Twitter would implode. Although when Robert Hughes talked of Picasso’s “white art in blackface” and said that he thought the white nude had been done to death and “in order to renew its vitality you had to look... to those folks in Africa with rhythm” it was toe-curling.

Kate Bryan’s programme was nonetheless nutty, weighty and all the better for its old-fashioned simplicity. I like art documentaries that trust the viewer to be sentient enough to remain interested without being patronised with over-explanation, although there was the obligatory reel of “best bits” at the beginning, documentaries being bafflingly keen these days to retain no mystery at all.

It reminded me in its unpretentious approach of ITV’s Great Art series, from which you felt you actually learnt something, although this had a juicier film archive to draw upon (I loved Kenneth Clark being quite overcome by Michelangelo’s David: “What a man!” he cried). The commentators, who saw the depiction of the nude in art as a barometer of the age, were pretty good too, meaning that they weren’t annoying, although when Louisa Buck ended by saying she would like to see more erect penises in art I was left feeling



FRANCO ORIGLIA/GETTY IMAGES

Kenneth Clark was quite overcome by Michelangelo’s David

certain that we probably shouldn’t hold our breath.

The small pool of celebrities who monopolise light entertainment shows are so prolific now that they are cross-pollinating. So Romesh Ranganathan, who knows Andrew Flintoff from *A League of Their Own*, appeared on *Top Gear*, which is hosted by Flintoff, whereupon they had in-bants about *ALOTO*, then plugged Ranganathan’s travel series until it all felt totally meta, dahling. Just as well that I can watch Ranganathan in anything.

Not having dipped into *Top Gear* for a while, I can see it is chugging along perfectly well with Flintoff, Paddy McGuinness and Chris Harris at the wheel, even though the banter and competitiveness can feel contrived. What does work is the sense that none of them has a towering ego (in relative celeb terms anyway) and they can do self-deprecation. If they took a lie-detector test it would probably show they actually liked each other.

It had a hard act to follow after last week’s bungee jump, but it did its best recreating something that Richard Hammond did in 2007, in which Harris raced a £100 million RAF jet and lost. Some of the sequences go on too long, but there’s a gentle good-naturedness to it, which might explain how it has nearly doubled its audience to 4.5 million since the Matt LeBlanc days. Not perfect, but it’s good enough.

Radio Choice

Joe Clay



24 Kildare Road

Radio 4, 10.45am

This week’s 15 Minute Drama is written by Katie Hims, above, an award-winning playwright and accomplished radio dramatist. 24 Kildare Road is a ten-part drama that begins with the discovery by two boys out sledging of an old woman’s body partially buried in the snow. It’s a “howdunnit” rather than a whodunnit as Hims takes us back to reveal the events that led the old woman to her tragic fate. Each episode features a member of her family, a friend or someone with whom she came into contact, all of whom have stories of their own to tell. The cast includes Christine Bottomley.

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6.30am The Radio 1 Breakfast Show with Greg James 10.00 Clara Amfo 12.45pm Newsbeat 1.00 Scott Mills 4.00 Nick Grimshaw 5.45 Newsbeat 6.00 Nick Grimshaw 7.00 Radio 1’s Future Sounds with Annie Mac 8.00 Radio 1’s Power Down Playlist with Annie Mac 9.00 Rickie, Melvin and Charlie 11.00 Radio 1’s Indie Show with Jack Saunders 1.00am Radio 1’s Drum & Bass Show with Rene LaVice 3.00 Radio 1’s Chillout Anthems (r) 4.00 Adele Roberts

Radio 2

FM: 88-90.2 MHz

6.30am The Zoe Ball Breakfast Show 9.30 Gary Davies. Sitting in for Ken Bruce 12.00 Jeremy Vine 2.00pm Steve Wright 5.00 Sara Cox 7.00 Jo Whitley. Music and chat 9.00 The Blues Show with Cerys Matthews. A selection of music from the blues scene, featuring the best of the new releases as well as classic tracks from the archives 10.00 Trevor Nelson’s Rhythm Nation. A mix of R’nB and soulful tunes 12.00 OJ Borg 3.00am Sounds of the 70s with Johnnie Walker (r) 5.00 Vanessa Feltz

Radio 3

FM: 90.2-92.4 MHz

6.30am Breakfast Music, news and listener requests, presented by Petroc Trelawny. Including 7.00, 8.00 News. 7.30, 8.30 News headlines 9.00 Essential Classics Ian Skelly presents music and features 12.00 Composer of the Week: Samuel Wesley (1766-1837) Donald Macleod looks at the life and work of the late-Georgian organist and composer, delving into his religious background and fluctuating views on it. Wesley (Symphony in A — *Brillante*; *O Lord God Most Holy*; *Might I in Thy Sight Appear*; Psalms 42 & 43; *Dixit Dominus*; *Preludium*, *Ariette* & *Fuga* in C minor; and *Symphony in A*) 1.00pm News 1.02 Live Radio 3 Lunchtime Concert Andrew McGregor presents a live recital from London’s Wigmore Hall, with the soprano Katharina Konradi and the pianist Eric Schneider. Schubert (*Suleika II*; *An mein Herz*; *Suleika I*; *Im Abendrot*; *Lied des Florio*; and *Lied der Delphine*); Rachmaninov (*Lilacs*; *Beloved*, *Let Us Fly*; *How Fair This Spot*; and *Vocalise*); Strauss (*3 Lieder der Ophelia*, Op 67); and Barber (*Nuvoletta*)

2.00 Live Afternoon Concert

A live recital from the Ulster Hall in Belfast as the Ulster Orchestra and the saxophonist Gerard McChrystal perform. Later in the afternoon, Tom McKinney kicks off a week of recordings by the BBC Scottish Symphony Orchestra. Dave Heath (*Ray of Light*; and *Illumination*); Tchaikovsky (*Symphony No 6*); and Bartók (*Suite No 1 for orchestra*, Sz.31)

4.30 Early Music Now

Tom McKinney presents highlights from the 2019 Actus Humanus Festival in Poland

5.00 In Tune

Katie Derham introduces live music by the Allegri String Quartet with the clarinetist Joseph Shiner, as well as the pianist Khatia Buniatishvili. Katie also talks to the team behind Opera Undone, a company that radically reimagines well-known operas on a much smaller scale and is about to embark on a Puccini double bill of *Tosca* and *La Bohème*. Including 5.00, 6.00 News 7.00 In Tune Mixtape An eclectic non-stop mix of music 7.30 Radio 3 in Concert

Nicola Heywood Thomas presents a concert recorded at Hoddinott Hall in Wales Millennium Centre, Cardiff, on January 23, with the BBC National Orchestra of Wales and the pianist Huw Watkins exploring the borderland between classical music and jazz through works by Duke Ellington, Maurice Ravel and Sergei Prokofiev. They begin with the reimagining of Tchaikovsky’s ballet *The Nutcracker* Suite in which Ellington revamps the suite for the jazz age — including an upgrade of the sugar plum fairy to a sugar rum cherry. Where Ellington was having fun with a classic, Ravel’s Piano Concerto in G reverses the roles, a classical composer having fun with the popular music of the day, especially jazz. After the interval, the programme finishes with a selection of movements from Prokofiev’s ballet *Cinderella*. In this treatment of the classic fairy tale, Prokofiev’s mastery of orchestral colour brings the inherent romance to the fore. Ellington (*The Nutcracker* Suite); Ravel (Piano Concerto in G); and Prokofiev (*Cinderella* — Selection of movements) 10.00 Music Matters Interviews, performances and profiles 10.45 Between the Essays Nanna Hauge Kristensen visits a Danish neonatal intensive care unit, where parents and their premature infants negotiate the precariousness of life 11.00 Night Tracks Hannah Peel presents 12.30am Through the Night

Radio 4

FM: 92.4-94.6 MHz LW: 198kHz MW: 720 kHz

5.30am News Briefing 5.43 Prayer for the Day 5.45 Farming Today 5.58 Tweet of the Day (r) 6.00 Today 9.00 Start the Week With guests Antonio Pappano, Mary Beard and An Van Camp 9.45 (LW) Daily Service 9.45 Book of the Week: Surfacing By Kathleen Jamie (1/5) 10.00 Woman’s Hour Magazine show. Including at 10.45 Drama: Part one of 24 *Kildare Road*, by Katie Hims. See Choice 11.00 The Untold

Grace Dent follows a family business facing uncertainty over Brexit (11/13) 11.30 Loose Ends (r) 12.01pm (LW) Shipping Forecast 12.04 The Second Sleep By Robert Harris (6/10) 12.18 You and Yours 1.00 The World at One 1.45 The Disrupters With lastminute.com founders Martha Lane Fox and Brent Hoberman (1/5) (r) 2.00 The Archers (r) 2.15 Drama: The Hartlepool Spy By Ian Martin. Chaos erupts when a French warship is wrecked the coast of Hartlepool in 1804. Michael Palin stars (r) 3.00 Round Britain Quiz Scotland take on Northern Ireland (4/12) 3.30 The Food Programme (r) 4.00 The Art of Survival Homeless people who create art 4.30 The Infinite Monkey Cage A look at the science of fire (4/6) 5.00 PM 5.54 (LW) Shipping Forecast 6.00 Six O’Clock News 6.30 The Unbelievable Truth With Marcus Brigstocke, Lou Sanders, Cally Beaton and Neil Delamere. Last in the series 7.00 The Archers Kate makes her presence felt 7.15 Front Row 7.45 24 Kildare Road By Katie Hims (1/10) (r) 8.00 My Name Is A survivor of domestic abuse who wants to help others (5/8) 8.30 Analysis David Edmonds considers how data and Artificial Intelligence might transform the future of the NHS (2/9)

9.00 The Crisis Inside

Failings in how the justice system handles violent extremists (r) 9.30 Start the Week (r) 10.00 The World Tonight 10.45 Book at Bedtime: The Second Sleep (6/10) (r) 11.00 Word of Mouth Michael Rosen looks at the choice of words on official NHS websites (4/7) (r) 11.30 Today in Parliament 12.00 News and Weather 12.30am Book of the Week: Surfacing By Kathleen Jamie (1/5) (r) 12.48 Shipping Forecast 1.00 As BBC World Service

Radio 4 Extra

Digital only

8.00am The Enchanting World of Hinge and Bracket 8.30 Dad’s Army 9.00 Whispers 9.30 Huddwinks 10.00 Lucinda Brayford 11.00 TED Radio Hour 12.00 The Enchanting World of Hinge and Bracket 12.30pm Dad’s Army 1.00 Find the Lady 1.30 Who Was Joyce Hatto? 2.00 The Story of Doctor Dolittle 2.15 A History of the Infinite 2.30 The Far Pavilions 2.45 Goon Abroad 3.00 Lucinda Brayford 4.00 Whispers 4.30 Huddwinks 5.00 Chambers 5.30 The Unbelievable Truth 6.00 Orbiter X 6.30 A Good Read 7.00 The Enchanting World of Hinge and Bracket. Comedy 7.30 Dad’s Army. Comedy with Arthur Lowe 8.00 Find the Lady. By David Ellis 8.30 Who Was Joyce Hatto? The life of a pianist involved in a fakery scandal 9.00 TED Radio Hour. Guy Raz asks whether hating others is learned or innate 10.00 Comedy Club: The Unbelievable Truth. With Susan Calman, Graeme Garden, Sindhu Vee and Lloyd Langford 10.30 On the Hour. Spoof news show with Chris Morris 11.00 The News Quiz Extra. Extended edition of the comedy panel show 11.45 What to Do If You’re Not Like Everybody Else. Comedy with Andrew Lawrence

Radio 5 Live

MW: 693, 909

6.00am 5 Live Breakfast 9.00 Your Call 10.00 The Emma Barnett Show 1.00pm Nihal Arthanayake 4.00 5 Live Drive 7.00 5 Live Sport: The Monday Night Club. A look back at the weekend’s football 9.00 5 Live Sport: The Tuffers and Vaughan Cricket Show. A look back at the Test series against South Africa 10.00 5 Live Rugby 10.30 Sarah Brett 1.00am Up All Night 5.00 Reports 5.15 Wake Up to Money

talkSPORT

MW: 1053, 1089 kHz

6.00am The Alan Brazil Sports Breakfast 10.00 White and Sawyer 1.00pm Hawksbee and Jacobs 4.00 Adrian Durham and Darren Gough 7.00 The PressBox 10.00 Sports Bar 1.00am Extra Time with Paul Ross 5.00 Early Breakfast

talkRADIO

Digital only

6.30am Julia Hartley-Brewer 10.00 Mike Graham 1.00pm The Matthew Wright Show 4.00 Eamonn Holmes 7.00 James Whale Feat Ash 10.00 The Late Night Alternative with Iain Lee 1.00am Darryl Morris 5.00 James Max

6 Music

Digital only

7.30am Lauren Laverne 10.30 Mary Anne Hobbs 1.00pm Shaun Keaveny 4.00 Steve Lamacq 7.00 Marc Riley 9.00 Gideon Coe 12.00 6 Music Recommends with Lauren Laverne 1.00am The Story of Pop with Alan Freeman 2.00 70 Years of Cool 2.30 6 Music Live Hour 3.30 6 Music’s Trunk of Funk with Craig Charles 4.00 6 Music’s Desert Island Disco with Lauren Laverne 4.30 6 Music’s People’s Playlist with Lauren Laverne 5.00 Chris Hawkins

Virgin Radio

Digital only

6.30am The Chris Evans Breakfast Show with Sky. The show you know and love 10.00 Eddy Temple-Morris 1.00pm Tim Cocker 4.00 Kate Lawler 7.00 Steve Denyer 10.00 Amy Voce 1.00am Virgin Radio Through The Night 4.00 Sam Pinkham

Classic FM

FM: 100-102 MHz

6.00am More Music Breakfast 9.00 John Suchet 1.00pm Anne-Marie Minhall 5.00 Classic FM Drive 7.00 Smooth Classics 8.00 The Full Works Concert. Jane Jones presents the first of two evenings from the Verbier Festival at Schloss Elmau, recorded in the haven of the Bavarian Alps in November 2019. Mendelssohn (Violin Concerto in E minor Op 64); Tchaikovsky (*Lullaby*); Haydn (Symphony No 90 in C Hob.I:90); Mendelssohn (Piano Trio No 1 in D minor Op 49); Albéniz (*Asturias*); Dvořák (*Silent Woods* Op 68 No 5); and Einaudi (*Ascent*) 10.00 Smooth Classics 1.00am Bob Jones



## Pop

### Caravan Palace O2 Brixton, SW9 ★★★★☆

If you want to annoy Caravan Palace, call them electro-swing. When the French band launched in the late Noughties, they were leaders of a scene that mixed jazz and swing with modern beats. Aptly, their break in Britain came when Sophie Ellis-Bextor performed a Charleston to one of their songs on *Strictly Come Dancing*.

That was seven years ago, and although their music has moved on, the trio — expanded to a sextet live — have struggled to shake the tag. In Brixton they were on a mission to ram home a point. Songs from last year's *Chronologic*, their fourth and least jazzy album, dominated the set list. Gone was their former limelight-hogging, dancing saxophonist, replaced by a new one largely confined to the back with a trombonist and a body-popper. The vibe was Daft Punk rather than Django Reinhardt.

The singer Zoé Colotis remains one of pop's most ebullient performers. For the dark *Aftermath* she squirmed on a stool for five seconds, tried to stand on it, then ignored it. She joined the body-popper in robotic routines, ran and rapped on the magnificent *Miracle* and moondanced during *Supersonics*, on which her vocals were autotuned.

*Wonderland*, which exploded on the video-sharing site Tik Tok last year, bringing Caravan Palace to the attention of teenagers (more than a million videos set to a snippet of the song have been posted), was the most glaring example of their reinvention. It began brass-backed and upbeat before the stage went dark, Colotis threw herself face down on the floor and the song resumed as thumping techno accompanied by strobes.

The kids down the front adored it. The oldies upstairs were happier when an upright bass appeared mid-set for *Rock It For Me*, the *Strictly* song. A riotous *Lone Digger*, the night's highlight, united both sides.

**Lisa Verrico**



Alec Nicholls and Emma Barclay perform all the parts

# Pocket-sized portraits

## Superb acting raises these limited sketches of life in Britain, writes Clive Davis

### Theatre One Million Tiny Plays About Britain Watermill, Newbury ★★★★☆

The effect is like sitting on the top deck of a bus and eavesdropping on random conversations. The Canadian playwright Craig Taylor calls his creation “open source theatre”. The fragments of dialogue he has assembled and manipulated are a literary form of mass-observation. The pieces first appeared in book form in 2009, and this stage version, nimbly directed by Laura Keefe, first ran at the Watermill in 2016. Which was, as we all know, the year of the EU referendum, a topic that is absent from the script. Politics as a whole is pretty much missing. This is a pocket-sized portrait of Britain that is gently humorous, sometimes anodyne and often vaguely reminiscent of Alan Bennett's much-loved monologues.

One important difference, though, is that Taylor seldom allows himself the time to dig deeper than an affectionate caricature — some of the scenes last barely a minute. Metaphorically speaking, these Britons tend to wear bright Benetton colours; few are turned out in shades of grey. Multicultural Britain is largely passed over too. There is a brief scene in an asylum seekers' reception centre, but no asylum seeker actually gets to speak.

What holds the evening together are the cheerfully inventive performances of Emma Barclay and Alec Nicholls, who strip off layers of clothing between scenes, swap genders and act as cheerful masters of ceremony. The lucky-dip format is framed as a game of bingo, with a board of numbers at the rear of Ceci Calf's knowingly kitsch set and a mischievous, invisible host calling out the random figures. There's even a quick audience session of the game just after the interval, with the call of “two fat ladies”. Barclay also pads out proceedings with a disposable song, accompanying herself on ukulele.

If the first half rattles through a middling selection of characters, there is more depth to the second half. Two football fans standing in a gents' toilet add a layer of bawdiness as well as clever use of props, while two young women recuperating outside a nightclub blend ladette swagger with vulnerability. The most Bennett-like exchange comes when Nicholls, as a middle-aged mother, tells her daughter about a comically disastrous date. A longer scene at the end, in which two council employees clear litter while talking across each other, has all the artfulness of Beckett. There's real potential here.

**Box office: 01635 46044, to Feb 15**

## Concert

### CBSO/Grazinyte-Tyla Symphony Hall, Birmingham ★★★★☆

Unsuk Chin's *Spira* is subtitled *Concerto for Orchestra*, and this teeming 25-minute soundscape put the City of Birmingham Symphony Orchestra through its paces. What the title fails to point out is that this is a workout for the listener too. It was just as well that Mirga Grazinyte-Tyla began by summoning our concentration. Raising her arms as if to start conducting, she paused until the audience's silence transformed into an expectant stillness.

From the back of the stage emerged a sound as uncanny as a creature from the ocean. Eerie vibraphones played with violin bows coloured the piece. Outbursts of percussion, heavily used throughout, flashed across the orchestra like demons. Inspired by the mathematical “*spira mirabilis*”, the

South Korean composer allows the music to unfurl in a riot of ricocheting, explosive detail. Chin's command of the orchestral palette is incredible and the more closely you listened, the more there was to discover.

Perhaps it was to soothe the ear that Grazinyte-Tyla emphasised the relaxed nature of Beethoven's Second Symphony, once described in its own time as “a hideously writhing wounded dragon”. Here the first two movements were all sunny good humour, but the languid tempos for the scherzo and finale were the wrong side of laid-back. Symphony No 4 was another matter. This was Beethoven wide awake, with Grazinyte-Tyla alert to its mystery and wit. The ensemble was tauter, the tempos brisker.

Then a surprise. *Spira* was one of the new pieces commissioned to mark the CBSO's centenary in a project that has already heard from Thea Musgrave. Alongside these will be “secret” encores commissioned from young composers. We heard the first, Liam Taylor-West's *Turnings*. It brought an earthy edge to its Copland-esque idiom, ripe for many happy returns.

**Rebecca Franks**

## Concert

### Hallé/Elder Bridgewater Hall, Manchester ★★★★☆

It was the night before Brexit, yet I'm assured it was coincidence that the Hallé Orchestra was performing Beethoven's Ninth Symphony with the magnificent Hallé Choir and RNCM Chamber Choir hurling out the *Ode to Joy* (the “EU anthem”) from memory. “Scheduled years ago,” a Hallé executive told me, and I believe him. Some things are more important than politics, and the 250th anniversary of Beethoven's birth is one of them.

The celebration of that anniversary is worldwide, but in Manchester it is particularly intense, with the city's two symphony orchestras — the Hallé and the BBC Philharmonic — collaborating to present all of Beethoven's ten symphonies. And yes, I did write ten. The series includes, on May 16, the first movement of his unfinished Tenth in a completion by Barry Cooper, a Manchester University professor.

The year's biggest challenge — everywhere, not just in Manchester — will be to recreate the shock and awe that these symphonies sparked in their first listeners. That may not be possible. This concert, for instance, happened 162 years to the day after the Hallé

Orchestra played its first notes, which were, inevitably, by Beethoven. That's many generations of Manchester musicians saturated in the ways and means of interpreting his music. And if I had one criticism of Mark Elder's magisterial interpretation of the Ninth here — which was delivered with verve by the Hallé, and rounded off by four excellent soloists (Elizabeth Atherton, Sarah Castle, David Butt Philip, Neal Davies) — it would be that you felt a deep respect for that tradition crushing any inclination to be daring.

Perhaps sensing this, Elder offered several Beethoven rarities in the concert's first half. One, the *Ruins of Athens* overture, I don't think anyone would want to hear twice. To judge from its abrupt conclusion, I'm not sure Beethoven cared whether we heard it even once. On the other hand, the memorial motet *Elegischer Gesang*, sung with wonderful tone by the Hallé Youth Choir, is a little gem, tender and almost monastic in its restraint. Much punchier was the final chorus from *Christ on the Mount of Olives* — a taster for the Hallé's performance of the complete oratorio on April 9.

**Richard Morrison**

## artsfirst night

## Pop

### Louie Vega & the Elements of Life Royal Festival Hall ★★★★☆

There are an increasing number of options for the ageing raver. The DJ Pete Tong is reviving house classics with the Heritage Orchestra, the Fairey Band are playing Madchester monsters with Acid Brass and now Louie Vega, the Bronx-born DJ and half of the house production team Masters at Work, is putting his musical world into a live setting with the Elements of Life.

“Little” Louie Vega, whose uncle is the salsa king Héctor Lavoe, always aimed for soulful ways of getting people on the floor and this was dance music taken back to its elements: Latin, jazz, funk and disco. It was all very tasteful and superbly executed — so tasteful that you wished Little Louie would break out and play a banger from the Masters at Work days.

Vega, a sprightly figure in a white fedora, conducted the band while a variety of guest singers came and went, including an Amazonian figure called Anané, his wife. She did her best to get the crowd up on their feet for *Terra Longe*, a song from her native Cape Verde, but they proved resistant. Elsewhere, the Elements of Life got into a jazz-funk groove and stayed there for a long time; *Fantasy* went on long enough to lull the audience into a dreamlike reverie. The Londoner Zara McFarlane did some amazing scat singing on *Spirits Taking Over*, but you couldn't help but feel the crowd's desire for the old favourites.

They did come, eventually. Vega's 1990s-era Latin group Nuyorican Soul did their seminal cover of Rotary Connection's *I Am the Black Gold of the Sun*, and it was as glorious as ever. All were up on their feet as the band played the club classic *Stand On The Word*. Not a night to match the heady days of rave, but one that did confirm Vega's status as a Latin music great.

**Will Hodgkinson**



television & radio

Viewing Guide  
Chris Bennion

Inside No 9  
BBC Two, 10pm

“There will be no more *Psychoville*,” tweeted Reece Shearsmith in 2011. “But Steve P and I have ‘something else’ for you. Only in our minds at the moment.”

If the Beeb executive hadn’t canned Shearsmith and Steve Pemberton’s underrated black comedy *Psychoville* after just two series, we would have missed out on *Inside No 9* — Shearsmith’s “something else”, the ingenious, macabre anthology series, which begins its fifth series tonight. It is truly

great television. The gimmick — clever as it is thrifty — is that each episode plays out in one enclosed location, with tonight’s coming from inside the referee’s changing room at a Second Division football ground. United play Rovers on the last day of the season, with both teams needing a win. Hundreds of millions of pounds are

on the line. David Morrissey plays the prim, fastidious referee officiating the game, with Ralf Little as a preening, vainglorious linesman. Shearsmith and Pemberton make up the rest of the team of officials. “We have to be beyond reproach,” the ref says to his rather less finicky colleagues. However, by half-time the

episode’s title — *The Referee’s a W\*\*\*\*er* — is booming through the ground. As ever, the series has an impressive guest cast list; Maxine Peake, Phil Davis, Jill Halfpenny and Jenna Coleman star in future episodes. If you’re a fan of the spookier episodes, then fear not (or, perhaps, fear) — next week’s is full-on horror.

**Australia on Fire: Climate Emergency**  
Channel 4, 8pm

The catastrophic bushfires that ravaged Australia for two weeks may have been extinguished, but the post mortem will go on for some time yet. Kylie Morris picks through the ashes to uncover the long-term impact

of the fires, using some eye-popping drone footage to show the incredible scale of the damage, and talking to firefighters and those who escaped their homes in the nick of time. The documentary also addresses the big questions: were the fires caused by climate change? Are they a sign of things to come?

|       | BBC One  | BBC Two   | ITV  | Channel 4  | Channel 5  |
|-------|--|---|--|--|--|
| Early | <b>6.00am</b> Breakfast <b>9.15</b> Fraud Squad: The Hunt. New series. Investigators track down people who steal from the health service (AD) <b>10.00</b> Homes Under the Hammer. Properties sold at auction in West Sussex, the West Midlands and Kent (r) (AD) <b>11.00</b> Wanted Down Under. The Angus family find out what Brisbane has to offer them <b>11.45</b> Defenders UK. Enforcement officers check takeaways in Oldham <b>12.15pm</b> Bargain Hunt. From Detling Antiques Fair (AD) <b>1.00</b> BBC News at One; Weather <b>1.30</b> BBC Regional News; Weather <b>1.45</b> Doctors. Daniel tries to get through to Jimmi in prison (AD) <b>2.15</b> Shakespeare & Hathaway: Private Investigators. New series. Return of the comedy drama starring Mark Benton and Jo Joyner (AD) <b>3.00</b> Escape to the Country. Two returning expats looking for a home in Hampshire’s New Forest (AD) <b>3.45</b> The Farmers’ Country Showdown. A beekeeper and a market gardener sell their wares in Belfast (r) (AD) <b>4.30</b> Antiques Road Trip. Natasha Raskin Sharp and Raj Bisram head for an auction in Rayleigh, Essex <b>5.15</b> Pointless. Quiz hosted by Alexander Armstrong, with Richard Osman <b>6.00</b> BBC News at Six; Weather <b>6.30</b> BBC Regional News; Weather | <b>6.00am</b> Wanted Down Under (r) <b>6.45</b> Antiques Road Trip (r) <b>7.30</b> Sign Zone: MasterChef — The Professionals (r) (AD, SL) <b>8.30</b> The Week in Parliament <b>9.00</b> BBC News at 9 <b>10.00</b> Victoria Derbyshire <b>11.00</b> BBC Newsroom Live <b>12.15pm</b> Politics Live <b>1.00</b> Women’s Six Nations Highlights. Action from the opening round of fixtures (r) <b>1.30</b> Get Away for Winter (r) (AD) <b>2.15</b> Hollywood Actresses: Talking Pictures. Profiles of the leading ladies of Hollywood’s golden age, including Lauren Bacall, Natalie Wood, Debbie Reynolds, Joan Crawford and Bette Davis. Sylvia Syms narrates (r) <b>3.05 FILM: The Red Shoes (U, 1948)</b> A budding prima ballerina’s love for a composer arouses the wrath of her possessive mentor. Powell and Pressburger’s drama starring Anton Walbrook and Moira Shearer (AD) <b>5.15</b> Flog It! In Hull, Caroline Hawley is delighted to find a painting by local artist Steven Dews, and Nick Hall is dazzled by some jewellery. Paul Martin visits the Wilberforce House Museum <b>6.00</b> Richard Osman’s House of Games. With Maggie Aderin-Pocock, Richard Coles, Stuart Maconie and Lou Sanders <b>6.30</b> Great Asian Railway Journeys. Michael Portillo travels from Bangkok to Hua Hin (AD) | <b>6.00am</b> Good Morning Britain. Morning magazine featuring a lively mix of news and current affairs, plus health, entertainment and lifestyle features <b>9.00</b> Lorraine. Entertainment, current affairs and fashion news, as well as showbiz stories and gossip. Presented by Lorraine Kelly <b>10.00</b> This Morning. A mix of chat, lifestyle features, advice and competitions <b>12.30pm</b> Loose Women. Topical studio discussion from a female perspective <b>1.30</b> ITV News; Weather <b>2.00</b> Judge Rinder. Cameras follow the criminal barrister Robert Rinder as he takes on real-life cases in a studio courtroom <b>3.00</b> Tenable. Five workmates answer questions about top ten lists from the realms of pop culture and general knowledge, then try to score a perfect 10 in the final round to take home the prize money. Hosted by Warwick Davis <b>4.00</b> Tipping Point. Ben Shephard hosts the arcade-themed quiz in which contestants drop tokens down a choice of four chutes in the hope of winning a £10,000 jackpot <b>5.00</b> The Chase. Bradley Walsh asks the questions as four contestants work as a team to take on a ruthless quiz genius and secure a cash prize <b>6.00</b> Regional News; Weather <b>6.30</b> ITV News; Weather | <b>6.30am</b> Cheers (r) <b>7.20</b> The King of Queens (r) (AD) <b>8.10</b> Everybody Loves Raymond (r) (AD) <b>9.10</b> Frasier (r) (AD) <b>10.10</b> Undercover Boss USA. The president and CEO of Buffalo Wings & Rings goes undercover (r) <b>11.05</b> Ramsay’s Kitchen Nightmares USA. Gordon Ramsay heads to an Italian restaurant in Beaver, Pennsylvania, where he meets a brother-and-sister team who find it almost impossible to work together (r) <b>12.00</b> Channel 4 News Summary <b>12.05pm</b> Sun, Sea and Selling Houses. Louisa and Chris from Sussex search for their first ever home together (r) <b>1.05</b> Escape to the Château: DIY. Two musicians want to start putting on foodie events at their home (r) <b>2.10</b> Countdown. With Phil Hammond in Dictionary Corner <b>3.00</b> A Place in the Sun. A couple seeking a home in the Costa Calida region of Spain (r) <b>4.00</b> A New Life in the Sun. A couple stake everything on running a cycling holiday business in Spain <b>5.00</b> Couples Come Dine with Me. Kim and Martin host first in East Anglia <b>6.00</b> The Simpsons. Lisa gets her own television show (r) (AD) <b>6.30</b> Hollyoaks. Toby and Celeste decide to host a housewarming party. Meanwhile, Walter takes an interest in Mitchell’s love life (r) (AD) | <b>6.00am</b> Milkshake! <b>9.15</b> Jeremy Vine. The broadcaster and guests discuss the issues of the day, with co-host Storm Huntley <b>11.15</b> Paddington Station 24/7. Staff cope with 20,000 football fans travelling to Cardiff for the Champions League final, but plans for the return journeys are shaken by a terrorist incident at London Bridge (r) <b>12.10pm</b> 5 News at Lunchtime <b>12.15</b> GPs: Behind Closed Doors. A teenager with a long history of depression comes to the surgery to seek advice about her medication, and pensioner Patrick and his wife discuss their concerns about memory loss (r) <b>1.10</b> Access <b>1.15</b> Home and Away (r) (AD) <b>1.45</b> Neighbours (AD) <b>2.15 FILM: Twin Sister’s Obsession (PG, TVM, 2018)</b> A woman’s life starts to unravel when her long-lost twin sister decides to take over her perfect job, home and husband. Thriller starring Lindsay Hartley and Jason Cermak <b>4.00</b> Friends. Rachel struggles to deal with Ross’s new relationship (r) <b>4.30</b> Friends. Phoebe manages to unwittingly disgust everyone (r) <b>5.00</b> 5 News at 5 <b>5.30</b> Neighbours. Ned suspects that someone has sabotaged Yashvi’s car (r) (AD) <b>6.00</b> Home and Away. Bella walks in on Willow and Alex in bed (r) (AD) <b>6.30</b> 5 News Tonight |

How Auschwitz was designed

|      |  |   |   |   |   |
|------|--|---|---|---|---|
| 7PM  | <b>7.00 The One Show</b> The first visit of the week to the One Show studio  | <b>7.00 The Twinstitute</b> Finding out if it is possible to improve your cognitive function, and alternative methods to repel mosquitoes (4/6) (r)   | <b>7.00 Emmerdale</b> Rhona is determined to uncover the truth, David is left worried and Tracy goes on a date (AD)   | <b>7.00 Channel 4 News</b>  | <b>7.00 Building the Tyne Bridge</b> Rob Bell explores the history of the design and construction of the bridge linking Newcastle and Gateshead, discovering many believe it was the inspiration for Sydney Harbour’s (5/6) (r) (AD)  |
| 8PM  | <b>7.30 Inside Out</b> Regional documentary  | <b>7.30 Mastermind</b> The specialist subjects are the Romanov dynasty, the life and works of Frederick Douglass, Harpo Marx, and Otis Redding  | <b>7.30 Coronation Street</b> Geoff is fuming when his trick does not work, Maria explains to Liam she has lost the baby, and Nina calls in at the café (AD)  | <b>8.00 Australia on Fire: Climate Emergency</b> The dramatic and terrifying story of the battle to save Australia from the bushfires ravaging the country, including first-hand accounts from firefighters on the front line. <i>See Viewing Guide</i>   | <b>8.00 Traffic Cops</b> An insight into the working life of officers patrolling the nation’s roads, using modern technology and old-fashioned methods to bring criminals to justice  |
| 9PM  | <b>8.00 EastEnders</b> A drunken Linda leaves Ollie in danger (AD)   | <b>8.00 Only Connect</b> Victoria Coren Mitchell hosts another second-round match as the Eggchasers take on the Turophiles  | <b>8.00 The Martin Lewis Money Show</b> Whether people could be owed tax back on their PPI claims and advice on the best child savings accounts (7/10)  | <b>9.00 999: What’s Your Emergency?</b> This edition focuses on hate crime, following two officers responding to a call from a family in Northampton who have been subjected to racist abuse from a neighbour (AD)  | <b>9.00 The Motorway</b> Lives are endangered when a 40-ton truck illegally reverses down the M1 into the path of oncoming high-speed traffic. Elsewhere, a lorry driver hits a car and does not notice for a quarter of a mile, while the motorway is closed down when a car drives into the back of an HGV (4/4)  |
| 10PM | <b>8.30 Cashing in on the Housing Crisis: Panorama</b> People living in temporary accommodation in former office blocks  | <b>8.30 University Challenge</b> The second of the quarter-final matches  | <b>8.30 Coronation Street</b> Tim is surprised to see his dad cannot see the funny side over the botched trick (AD)   | <b>10.00 Baghdad Central</b> New series. An ex-police inspector sets out to find his missing daughter, who was working as an interpreter for the US-led coalition. Crime thriller starring Waleed Zuaiter. The full series is available to view on All 4. <i>See Viewing Guide</i> (1/6) (AD)   | <b>10.00 Busted in Bangkok</b> The tourist police declare a state of emergency on Koh Samui as the most powerful storm in decades looks set to hit the island. There’s panic on Pattaya’s Walking Street when a seven-foot python is discovered, while officer Seed and David deal with a fight in a bar (4/6)  |
| 11PM | <b>9.00 Silent Witness</b> In the first of a two-part episode, Thomas performs a post mortem on a soldier who died in military training and his investigation takes a turn when he discovers traces of a possible nerve agent (9/10) (AD)  | <b>9.00 Mary Beard’s Shock of the Nude</b> The classicist examines the nude in western art and its troubling power to provoke ideas about gender, sex and moral transgression. In a life-drawing class, Mary joins a hen party as they attempt to sketch a naked man. <i>See Viewing Guide</i> (1/2) (AD)               | <b>9.00 Cold Feet</b> A chance encounter gives Pete a boost, while Jenny faces fresh heartbreak and Karen attempts to make amends with her mother. David starts his new venture, but soon realises that all is not as it seems. John Thomson, James Nesbitt and Fay Ripley star (4/6) (AD)  | <b>11.00 Emergency Helicopter Medics</b> An injured cyclist is rescued from a mountainside, a man is in need of urgent treatment following a series of heart attacks, and disaster strikes at a scooter rally (r) (AD)  | <b>11.05 The World’s Heaviest Child: Extraordinary People</b> The story of an 11-year-old from Indonesia who weighs 30 stone, following doctors’ attempts to determine the root cause of his massive weight gain (r)  |
| Late | <b>10.00 BBC News at Ten</b>   | <b>10.00 Inside No 9</b> New series. The return of Steve Pemberton and Reece Shearsmith’s comic anthology. <i>See Viewing Guide</i> (1/6) (AD)  | <b>10.00 ITV News at Ten</b>  | <b>12.00 Meet the Drug Lords: Inside the Real Narcos</b> (r) (AD, SL) <b>1.00am</b> Ramsay’s Kitchen Nightmares USA (r) <b>1.50</b> SAS: Who Dares Wins (r) (AD) <b>2.45</b> Come Dine with Me (r) <b>3.40</b> Grand Designs (r) (AD) <b>4.35</b> The Great Hotel Escape (r) (SL) <b>5.30</b> Kirstie’s Fill Your House for Free (r) <b>5.50-6.30</b> Countdown (r) | <b>12.05am Bad Girls Behind Bars</b> Long-term inmates Jackie and Kourtney are moved (r) <b>1.00</b> The 21.co.uk Live Casino Show. Interactive gambling <b>3.00</b> Access <b>3.10</b> GPs: Behind Closed Doors (r) (AD) <b>4.00</b> Get Your Tatts Out: Kavos Ink (r) (SL) <b>4.45</b> House Doctor (r) (SL) <b>5.10</b> Divine Designs (r) (SL) <b>5.35-6.00</b> Wildlife SOS (r) (SL) |
|      | <b>10.25 BBC Regional News and Weather</b>   | <b>10.30 Newsnight</b> Presented by Emily Maitlis and Emma Barnett  | <b>10.30 Regional News</b>  |   |   |
|      | <b>10.35 Ladhood</b> Liam examines his relationship with drugs (5/6)   |   | <b>10.45 Inside the Crown: Secrets of the Royals</b> The documentary focuses on the royals’ rollercoaster relationship with the press, revealing how in the 1990s, the press has a field day over the breakdown of Charles and Diana’s marriage, feeding on royal scandals (2/4) (r) (AD)   |   |   |
|      | <b>11.00 Rio Ferdinand: Being Mum and Dad</b> The former footballer, who lost his 34-year-old wife Rebecca to cancer in May 2015, meets other families coping with bereavement, and looks at what help is available for parents and children who have experienced loss to move on with their lives (r) (AD)                      | <b>11.15 NFL This Week</b> Mark Chapman is joined by Jason Bell and Osi Umenyiora to review Super Bowl LIV, which saw Kansas City Chiefs face San Francisco 49ers at Hard Rock Stadium in Miami   | <b>11.45 All Elite Wrestling: Dynamite</b> Action from the latest edition of the weekly AEW event   |   |   |
|      | <b>12.00 The Graham Norton Show</b> The host is joined by the Hollywood great Jim Carrey, the Australian actress Margot Robbie, British star Daniel Kaluuya and newcomer Jodie Turner-Smith who all talk about their latest films. Plus, Lewis Capaldi performs his single <i>Before You Go</i> (r) <b>12.50am-6.00</b> BBC News | <b>12.05am Sign Zone: The Farmers’ Country Showdown</b> Two families promote their speciality cheeses and different forms of garlic at the Scottish Game Fair, having worked hard to get their products to market (r) (SL) <b>12.50-1.45</b> Countryfile. Reports on rural developments from the Peak District (r) (SL) | <b>12.35am Teleshopping</b> <b>3.00</b> James Martin’s French Adventure. The chef heads to Lyon, where the famous food market provides plenty of inspiration for a bacon salad, before he visits a Michelin-starred restaurant to experience fine dining (r) (SL) <b>3.50</b> ITV Nightscreen <b>5.05-6.00</b> Judge Rinder. Real-life cases (r) (SL) |   |   |



# television & radio

## Mary Beard's Shock of the Nude

Mary Beard removes the fig leaf from artistic nudes in this two-part series to examine why naked flesh in art has been a contentious, if very popular, issue for millennia. She begins in the classical realm, casting her eyes over depictions of various

Venuses while telling us: “I don’t think you can talk about the nude unless you talk about male desire.” The male gaze gets a thorough disrobing, but it isn’t just a “concatenation of breasts” (as Beard dubs one gallery); the nude male form is scrutinised too. All the usual wit and insight you would expect from Beard.

## Baghdad Central

Why *wouldn't* you set a police procedural in US-occupied Iraq in 2003? This gritty, six-part thriller stars Waleed Zuaiter as Muhsin Kadr al-Khafaji, a former Iraqi policeman who turns detective and coalition collaborator when his daughter goes missing.

It's classic detective noir. “Women in today’s Iraq have a habit of disappearing,” says a sultry university tutor, who you are 85 per cent sure Khafaji will snog at some point. The first episode is a bit of a sprawling mess, but consistently intriguing and superbly acted. All episodes will be on All 4 from tonight; you’ll be keen to watch another.

## This Life

Cool Britannia’s coolest TV show is repeated on BBC Four this week, starting tonight with a triple bill of Amy Jenkins’s seminal 1990s drama. Marvel at how fresh-faced the now-famous cast look as we meet, again, the five twentysomething law graduates whose

lives and loves once meant so much to us: horsey Anna (Daniela Nardini), starchy Miles (Jack Davenport), prim Milly (Amita Dhiri), jolly Welsh Warren (Jason Hughes) and all-round good egg Egg (Andrew Lincoln). Warning: it has aged a bit, with Warren’s sexuality treated as something mildly exotic. Britoptastic.

## Film In Fabric

Sky Cinema Premiere, 10am/10.10pm  
*In Fabric* features a cursed red dress, a department store from hell and Gwendoline Christie as you’ve never seen her before. Peter Strickland’s stylish film is suggestive of a dreamlike alternative 1970s; creepy, bonkers and funny. (15, 2018)

### Sky One

**6.00am** Monkey Life (r) (AD) **7.00** RSPCA Animal Rescue (r) (AD) **8.00** The Dog Whisperer (r) **9.00** Motorway Patrol (r) (AD) **10.00** The Force: Manchester (r) **11.00** NCIS: Los Angeles (r) **1.00pm** Hawaii Five-0 (r) **3.00** MacGyver (r) (AD) **4.00** Modern Family (r) **5.00** The Simpsons (r) **5.30** Futurama (r) (AD) **6.00** Futurama (r) (AD) **6.30** The Simpsons. Triple bill (r) **8.00** SEAL Team. Jason contemplates surgery, and a sniper attacks US dignitaries (r) **9.00** **FILM: Mission: Impossible III (12, 2006)** A former secret agent ends up in a struggle to save his fiancée from an arms dealer. Action thriller sequel starring Tom Cruise **11.15** Avenue 5. Rav and her team plot a potential rescue mission (r) **11.50** A League of Their Own: European Road Trip. With ex-footballer Patrice Evra (r) **12.50am** Jett (r) **2.05** Brit Cops: Rapid Response (r) (AD) **3.00** NCIS: Los Angeles (r) **4.00** Futurama (r) (AD) **5.00** Stargate SG-1 (r)

### Sky Atlantic

**6.00am** Fish Town (r) **7.00** Without a Trace (r) **10.00** The West Wing (r) **12.00** Blue Bloods (r) **1.00pm** CSI: Crime Scene Investigation (r) **2.00** The West Wing (r) **4.00** Without a Trace (r) **6.00** Without a Trace (r) **7.00** CSI: Crime Scene Investigation. Grissom investigates the rape of a casino worker (r) **8.00** Blue Bloods. Frank tries to deal with a bomb threat in Manhattan (r) **9.00** The Outsider. Holly desperately searches for clues in several locations connected to the Dayton case. Jack goes on the defensive **10.05** True Blood. The first episode of the drama set in a Louisiana town where vampires live alongside normal people. Anna Paquin stars (r) **11.20** True Blood. After saving Sookie from the Rattrays, Bill uses his vampire blood to heal her. In return, the waitress invites him to her house to meet Jason, Tara and Gran (r) **12.30am** This Is Our Family (r) **1.30** 1917: Special (r) **2.00** The L Word: Generation Q **3.10** Nurse Jackie (r) **4.20** The West Wing (r)

### Sky Witness

**6.00am** Nothing to Declare (r) **8.00** Paramedics (r) **9.00** Blue Bloods (r) (AD) **10.00** Criminal Minds (r) **11.00** CSI: Crime Scene Investigation (r) **12.00** Elementary (r) (AD) **1.00pm** Blue Bloods (r) (AD) **2.00** Law & Order (r) **3.00** The Real A&E (r) (AD) **4.00** UK Border Force (r) (AD) **5.00** Nothing to Declare (r) **6.00** Nothing to Declare (r) **6.30** Nothing to Declare (r) **7.00** Nothing to Declare (r) **7.30** Nothing to Declare (r) **8.00** Ghost Whisperer. Melinda's neighbour begins acting oddly (r) **9.00** Criminal Minds. The agents search for a killer who leaves red roses on his victims (r) **10.00** Criminal Minds. With Scott Grimes (r) **11.00** Law & Order: Special Victims Unit (r) **12.00** CSI: Crime Scene Investigation. Catherine flirts with a suspect (r) **1.00am** Blue Bloods (r) (AD) **2.00** Law & Order: Special Victims Unit (r) **3.00** Ghost Whisperer (r) **4.00** Road Wars (r) **5.00** Brit Cops: Frontline Crime UK (r)

### Sky Arts

**6.00am** War and Peace (AD) **8.00** The South Bank Show Originals **8.30** Al Green: Music Icons **9.00** The Eighties (AD) **10.00** Tales of the Unexpected (AD) **11.00** Discovering: Terence Stamp (AD) **12.00** Discovering: Max von Sydow (AD) **1.00pm** The South Bank Show Originals **1.30** The Band: Music Icons **2.00** National Treasures: The Art of Collecting (AD) **3.00** Too Young to Die (AD) **4.00** Tales of the Unexpected (AD) **5.00** Discovering: Julie Andrews (AD) **6.00** Discovering: Robert Redford (AD) **7.00** The Eighties. A look at how MTV marked the dawn of the music video's rise (AD) **8.00** André Rieu: Wedding Special **9.00** Great Film Composers: The Music of the Movies. A look at soundtracks of the 1980s **10.00** Portrait Artist of the Year 2020 **11.00** The Art of the Joy of Sex (AD) **12.00** The World of Hugh Hefner **1.00am** The Long and Winding Road **2.45** Off Camera with Sam Jones **4.00** Discovering: Julie Andrews (AD) **5.00** Discovering: Robert Redford (AD)

### Sky Main Event

**6.00am** Good Morning Sports Fans Bitesize. Round-up of the sports news **7.00** Good Morning Sports Fans **8.00** Live ICC Under-19s World Cup Cricket. Coverage of the ninth-place play-off **3.45pm** My Icon: Ramla Ali. The boxer Ramla Ali looks at the personalities that have inspired her (AD) **4.00** Sky Sports News **5.00** Sky Sports News at 5 **6.00** Sky Sports News at 6. The latest sports news and updates **7.00** Sky Sports Tonight. This evening's leading sports stories **8.00** Sky Sports Tonight. This evening's leading sports stories **9.00** Sky Sports Tonight. This evening's leading sports stories **10.00** The Debate. Discussion on the latest football news **11.00** Live NBA: The Warm Up. A look ahead to tonight's fixtures **12.00** Sky Sports News. A round-up of the day's talking points

### Variations

**BBC One N Ireland**  
As BBC One except: **7.30pm-8.00** Getaways **10.35** True North: Soul Singers **11.05** True North Shorts: How to Honour Your Husband **11.15** BBC Arts NI Presents: Collaborations (r) **11.45** Ladhoo **12.10am** Rio Ferdinand: Being Mum and Dad (r) (AD) **1.10** The Graham Norton Show (r) **2.00-6.00** BBC News

**BBC One Scotland**  
As BBC One except: **7.30pm-8.00** Fish Town

**BBC One Wales**  
As BBC One except: **7.30pm-8.00** X-Ray **8.30-9.00** The Crash Detectives **10.35** Cashing in on the Housing Crisis: Panorama **11.05** Ladhoo **11.30** Rio Ferdinand: Being Mum and Dad (r) (AD) **12.30am** The Graham Norton Show (r) **1.15-6.00** BBC News

**BBC Two N Ireland**  
As BBC Two except: **1.30pm** Trust Me, I'm a Doctor (r) **2.00** Stormont Live **3.00-3.05** Waterworld **10.00-10.30** Beidh Anach Amárach. New series. Documentary

**ITV Wales**  
As ITV except: **10.45pm-11.45** Sharp End

**STV**  
As ITV except: **10.30pm** STV News **10.40** Scotland Tonight **11.05** Inside the Crown: Secrets of the Royals (r) (AD) **12.05am** Rebound (r) **1.00-5.05** ITV Nightscreen

**UTV**  
As ITV except: **10.45pm-11.45** View from Stormont. Current affairs and political analysis

**BBC Scotland**  
**12.15pm-7.00** As BBC Two except: **12.15pm** Sign Zone: Inside Central Station (r) **1.15-2.15** Sign Zone: The Queen Mary — Greatest Ocean Liner (r) **7.00** Beechgrove Repotted (r) **7.30** Getaways. Exploring northern Croatia (r) (AD) **8.00** This Farming Life (r) **9.00** The Nine **10.00** River City (AD) **11.00** Gary: Tank Commander (r) **11.30-Midnight** Mirror Mirror (r)

**BBC Alba**  
**7.00am** Alba Today **5.00pm** Piseag & Cuilean/Kit & Pup **5.10** Gudrun: A' Bhana-phrionnsa Lochlannach (r) **5.20** Sgrìobag (Get Squiggling) (r) **5.35** Na Bleigeardan (Little Monsters) (r) **5.40** Na Braithrean Cuideachail (The Koala Brothers) (r) **5.50** Stòiridh (r) **6.00** Clann Na Cruinne **6.15** Sràid nan Sgreid (Scream Street) (r) **6.30** Seonaidh (Shaun the Sheep) (r) **6.35** Na Moomins/Moomin Valley **7.00** Turas a' Bhraidain (The Salmon's Journey) (r) **7.30** Speaking Our Language (r) **7.55** Earrann Eachdraidh (History Shorts) (r) **8.00** An Là (News) **8.30** An Lot (The Croft) **9.00** Trusadh: Acrach Airna Atharrachadh (Hungry for Change) (r) **10.00** Port (r) **10.30** DIY le Donnie (r) **11.15** Eadar Chluich (r) **11.20** Dhan Uisge (Cuan Sound) (r) **11.30** Mach à Seo! (r) **12.00-7.00am** Alba Today

**S4C**  
**6.00am** Cyw **12.00** News S4C a'r Tywydd **12.05pm** Pobl a'u Gerddi (r) **12.30** Heno (r) **1.00** 3 Lie (r) **1.30** Nyrsys (r) (AD) **2.00** News S4C a'r Tywydd **2.05** Prynhawn Da **3.00** News S4C a'r Tywydd **3.05** Tair Dinäs a Goncrodd y Byd (r) **4.00** Awr Fawr: Nos Da Cyw (r) **4.05** Awr Fawr: Timpo (r) **4.15** Awr Fawr: Jen a Jim Pob Dim (r) **4.30** Awr Fawr: Meic y Marchog (r) **4.45** Awr Fawr: Asra (r) **5.00** Stwnsh: Ffeil **5.05** Stwnsh: Mwy o Stwnsh Sadwrn **5.25** Stwnsh: Oil Osgar (r) **5.30** Stwnsh: Hendre Hurt (r) **5.45** Stwnsh: Sgorio **6.00** News S4C a'r Tywydd **6.05** 47 Copar: Her Huw Jack Brassington. A massive storm nears as Huw prepares to embark on his challenge. Last in the series (r) **7.00** Heno **8.00** Pobol y Cwm (AD) **8.25** Dan Do. Aled Samuel and Mandy Watkins visit a renovated Victorian home **9.00** News 9 a'r Tywydd **9.30** Ffermio. Country and farming magazine programme, including features on all aspects of agriculture and rural life **10.00** Creaduriaid Gwyllt Affrica. This edition tells the dramatic story of a lone Ethiopian wolf as it tries to find a new home after losing its pack and being left to fend for itself **11.00-11.35** Ar Werth. Iestyn Lleyshon helps first-time buyer Siôn Thomas to step onto the property ladder in Aberystwyth (r)

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### BBC Four

**7.00pm** Beyond 100 Days; Weather **7.30** Francesco's Mediterranean Voyage. Visiting the historic Mostar Bridge **8.00** A Very British Romance with Lucy Worsley. Love in the Victorian age, when romantic gestures such as performing love songs and sending flowers first emerged, and courtship was shaped by medieval chivalry **9.00** The 80s with Dominic Sandbrook. A personal review of the decade, examining how powerful new forces of choice and consumerism radically reshaped British life (1/3) **10.00** This Life. Anna is offered a job by an old flame. First episode of the drama starring Daniela Nardini. See *Viewing Guide* (1/11) **10.40** This Life. Miles is seduced by a woman, ruining Anna's hopes of renewing their romance. Egg's depression is deepened by Warren's apparent confidence (2/11) **11.30** This Life. Warren realises Delilah has bulimia and tries to help her (3/11) **12.10am** Art of Germany **1.15** Treasures of the Indus **2.15** Tales of Tudor Travel: The Explorer's Handbook **2.45-3.45** A Very British Romance with Lucy Worsley (SL)

### ITV3

**6.00am** Classic Coronation Street **6.55** Classic Emmerdale **7.55** Heartbeat (AD) **8.55** Rising Damp **9.55** Man About the House **10.25** Inspector Morse **12.40pm** Heartbeat (AD) **1.45** Classic Emmerdale **2.50** Classic Coronation Street **3.55** The Durrells (AD) **4.55** Heartbeat. A farmer faces losing his livelihood (AD) **6.00** Agatha Christie's Poirot. The detective investigates a double poisoning, aiming to prove the innocence of Elinor Carlisle, the chief suspect in the deaths of her aunt and her rival in love **8.00** Maigret Sets a Trap. The Parisian detective comes under pressure to trap the killer of four women before he strikes again (1/2) (AD) **10.00** Law & Order: UK. Following the brutal murder of a gay man, Sam and Ronnie try to track down the victim's adoptive son, who has gone missing. Last in the series (AD) **11.00** Inspector Morse. The members of an Oxford old boys' cricket team gather for their annual match, unaware that death is waiting at the crease to bowl one of them out for good **1.15am** Inspector Morse. The detective falls in love **3.15** ITV3 Nightscreen **3.30** Teleshopping

### E4

**6.00am** Hollyoaks (AD) **7.00** How I Met Your Mother (AD) **8.00** Baby Daddy **9.00** Young Sheldon (AD) **10.00** The Big Bang Theory (AD) **11.00** The Goldbergs (AD) **12.00** Brooklyn Nine-Nine (AD) **1.00pm** The Big Bang Theory (AD) **2.00** Baby Daddy **3.00** Young Sheldon (AD) **4.00** The Goldbergs (AD) **5.00** Brooklyn Nine-Nine (AD) **6.00** The Big Bang Theory (AD) **6.30** The Big Bang Theory (AD) **7.00** Hollyoaks. Toby and Celeste's party is in full swing and Lisa makes a pass at Toby (AD) **7.30** Celebrity Come Dine with Me. First to host this week is Jay Hutton from *Tattoo Fixers* **8.00** Junior Bake Off. The next ten contestants enter the tent (AD) **9.00** **FILM: Men in Black 3 (PG, 2012)** An agent tries to stop an alien changing history. Sci-fi comedy sequel starring Will Smith (AD) **11.10** The Big Bang Theory (AD) **11.40** The Big Bang Theory (AD) **12.10am** Brooklyn Nine-Nine (AD) **1.10** Gogglebox (AD) **2.15** First Dates (AD, SL) **3.10** Don't Tell the Bride **4.05** The Big Bang Theory (AD) **4.55** How I Met Your Mother (AD)

### ITV4

**6.00am** The Protectors **6.30** Quincy ME **7.30** Kojak **8.30** The Return of Sherlock Holmes (AD) **9.35** Minder **10.40** The Professionals (AD) **11.45** The Sweeney **12.50pm** Quincy ME **1.55** Kojak **2.55** The Return of Sherlock Holmes (AD) **4.00** Minder **5.05** The Professionals. Bodie and Doyle are pitted against KGB assassins when a CIA agent is apparently raised from the dead. A proposed exchange apparently places Cowley's life on the line (AD) **6.10** River Monsters. Jeremy Wade tracks down a creature that maimed a young man **6.45** Live Snooker: World Grand Prix. Jill Douglas presents coverage of day one of the first of three tournaments in the Coral Series, held at The Centaur in Cheltenham, featuring first-round matches **11.15** **FILM: Safe House (15, 2012)** A CIA agent has to protect a captured fugitive from mercenaries, but also has to resist his prisoner's mind games. Thriller starring Denzel Washington and Ryan Reynolds (AD) **1.30am** The Contender **2.35** World of Sport **2.45** ITV4 Nightscreen **3.00** Teleshopping

### More4

**8.55am** Kirstie's Handmade Treasures **9.15** A Place in the Sun: Winter Sun **11.15** Love It or List It Australia **12.15pm** Find It, Fix It, Flog It **2.15** Four in a Bed **4.55** The Secret Life of the Zoo (AD) **5.55** Love It or List It Australia **6.55** Car SOS. Restoring a Daimler SP250 Dart **7.55** Escape to the Château: DIY. Dick and Angel give Johnny a crash course in the dos and don'ts of château shopping before he and his wife start the search for their dream place in France (AD) **9.00** Car SOS. Special: 7 Day Challenge. Part one of a two-part special filmed at the British Motor Museum, in which Tim Shaw, Fuzz Townshend and guest Ross Kemp try to restore a Series 2 Land Rover in a week (AD) **10.00** Car SOS. Special: 7 Day Challenge. Part two of two. Tim and Fuzz race to finish 80-year-old Brian's 1959 Land Rover, while Rick Wakeman drops by to check out their progress and take a spin in his dream car (AD) **11.00** 24 Hours in A&E. A father and son attacked by gatecrashers at a family party (AD) **12.00** 8 Out of 10 Cats Does Countdown **1.00am** Car SOS. Special: 7 Day Challenge (AD) **3.00-3.30** Food Unwrapped

### Dave

**6.00am** Teleshopping **7.10** Cops UK: Bodycam Squad **8.00** American Pickers **9.00** Storage Hunters **10.00** American Pickers **12.00** Cop Car Workshop **1.00pm** Top Gear (AD) **2.00** Border Force: America's Gatekeepers (AD) **3.00** Sin City Motors (AD) **4.00** Top Gear (AD) **6.00** QI XL. Stephen Fry prepares for the festive period with some seasonal merriment **7.00** Richard Osman's House of Games. With Ellie Taylor, Steve Pemberton, Fern Britton and Josh Widdicombe **7.40** Would I Lie to You?. With Gregg Wallace, Nigel Havers, Charlie Brooker and Nina Wadia **8.20** Would I Lie to You?. With Greg Davies, Connie Huid, Phil Tunnell and Marcus Brigstocke **9.00** Live at the Apollo. Jason Manford hosts the comedy show, with Michael McIntyre **10.00** Taskmaster. Greg Davies sets bewildering tasks, including basketball without hands **11.00** QI. With Jo Brand, Phil Kay and Rich Hall **11.40** QI. With Alan Davies and Jo Brand **12.20am** Mock the Week. With Ed Byrne and Zoe Lyons **1.00** QI **2.25** Flack **3.15** Richard Osman's House of Games **4.00** Teleshopping

### Film4

**11.00am** Cottage to Let (U, 1941) Second World War spy thriller starring Leslie Banks (b/w) **12.50pm 3.10** to Yuma (PG, 1957) Western starring Glenn Ford and Van Heflin (b/w) (AD) **2.45** The Long Memory (PG, 1952) Thriller starring John Mills (b/w) **4.40** The 300 Spartans (PG, 1962) The king of Sparta leads a small band of warriors to defend ancient Greece from a vast Persian army bent on conquest. Historical drama starring Richard Egan **6.55** Home Alone 3 (PG, 1997) A resourceful eight-year-old uses an arsenal of home-made booby traps to fend off a gang of crooks searching for a stolen microchip. Comedy sequel starring Alex D Linz, Olek Krupa, Rya Kihlstedt and Lenny von Dohlen **9.00** Transformers: Dark of the Moon (12, 2011) The autobots fight to protect Earth when a devastating weapon from their own world is recovered. Sci-fi adventure sequel starring Shia LaBeouf and Rosie Huntington-Whiteley (AD) **12.05am-3.55** An Elephant Sitting Still (12, 2018) Four city-dwellers find their lives intersect during a complicated day. Drama with Yu Zhang and Yuchang Peng. In Mandarin

### Drama

**6.00am** Teleshopping **7.10** Bramwell **8.00** Soldier, Soldier **9.00** The Bill **10.00** Classic Holby City **11.00** Classic Casualty **12.00** The Bill **1.00pm** Classic EastEnders **2.20** London's Burning **3.20** Lovejoy **4.20** Bergerac **5.25** Bread **6.00** Are You Being Served? **6.40** As Time Goes By **7.20** Last of the Summer Wine. Alvin is seen with a mystery woman **8.00** Dalziel & Pascoe. The mismatched detectives investigate a murder in a sleepy Yorkshire village, a case that has very personal overtones for Dalziel (3/4) (AD) **10.00** New Tricks. A dying man asks the team to clear the name of his son, a talented teenage golfer who committed suicide after being implicated in the murder of a ten-year-old. Isla Blair and Cherie Lunghi guest star (5/7) (AD) **11.15** Taggart. A dying man's last desperate answerphone message confuses the police and hampers their investigation into his death. With Mark McManus and James Macpherson (2/3) **2.20am** Bramwell. Robert dreams of romance **3.05** The Bill **4.00** Teleshopping

### ITV2

**6.00am** Teleshopping **7.00** The Ellen DeGeneres Show **7.50** Emmerdale (AD) **8.20** Coronation Street (AD, SL) **9.20** Superstore (AD) **10.15** Dinner Date (AD) **11.15** Dress to Impress **12.15pm** Emmerdale (AD, SL) **12.45** Coronation Street (AD) **1.50** The Ellen DeGeneres Show **2.45** Supermarket Sweep **3.50** Dinner Date (AD) **4.55** Dress to Impress **6.00** You've Been Framed! Gold **6.30** You've Been Framed! Gold **7.00** You've Been Framed! Gold **7.30** You've Been Framed! Gold **8.00** Two and a Half Men **8.30** Two and a Half Men **9.00** Love Island. Laura Whitmore presents as the fourth week of the reality show begins **10.00** Love Island: Aftersun. Laura Whitmore is joined by a celebrity panel of Love Island superfans to dissect all the news from the villa **11.05** Family Guy (AD) **11.35** Family Guy (AD) **12.05am** American Dad! (AD) **1.00** Iain Stirling's CelebAbility **1.50** Two and a Half Men **2.20** The Stand Up Sketch Show **2.45** Plebs (AD) **3.15** ITV2 Nightscreen **3.30** Teleshopping

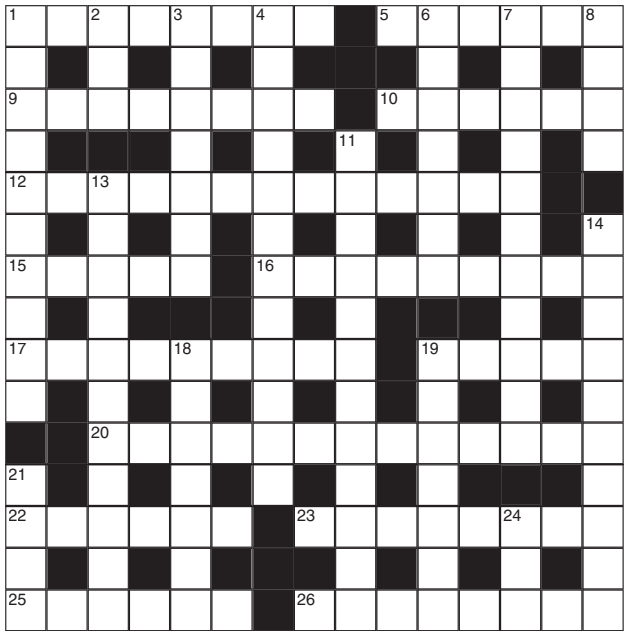
### Yesterday

**6.00am** Slow Train Through Africa with Griff Rhys Jones **7.10** Impossible Engineering (AD) **8.00** Abandoned Engineering (AD) **9.00** The World at War **10.00** Forbidden History (AD) **11.00** Impossible Engineering (AD) **12.00** Deep Wreck Mysteries **1.00pm** Murder Maps **2.00** Planet Earth (AD) **3.00** Steam Train Britain (AD) **4.00** Abandoned Engineering (AD) **5.00** The World at War **6.00** Steam Train Britain (AD) **7.00** Abandoned Engineering. A village ruin that is now pitted and scarred (7/8) (AD) **8.00** David Jason: Planes, Trains and Automobiles. The actor wraps up his journey by learning to drive a stunt car (5/5) (AD) **9.00** Bangers and Cash. A man reluctantly sends his dream car to auction (9/10) **10.00** Impossible Railways. Unusual rail networks designed to traverse water (5/6) (AD) **11.00** The Two Ronnies. Songs and sketches, with music by Georgie Fame **11.55** The Two Ronnies. With music by Georgie Fame and Alan Price. **12.50am** The World at War **1.50** Impossible Engineering (AD) **3.00** Teleshopping



General Knowledge Crossword

No 10



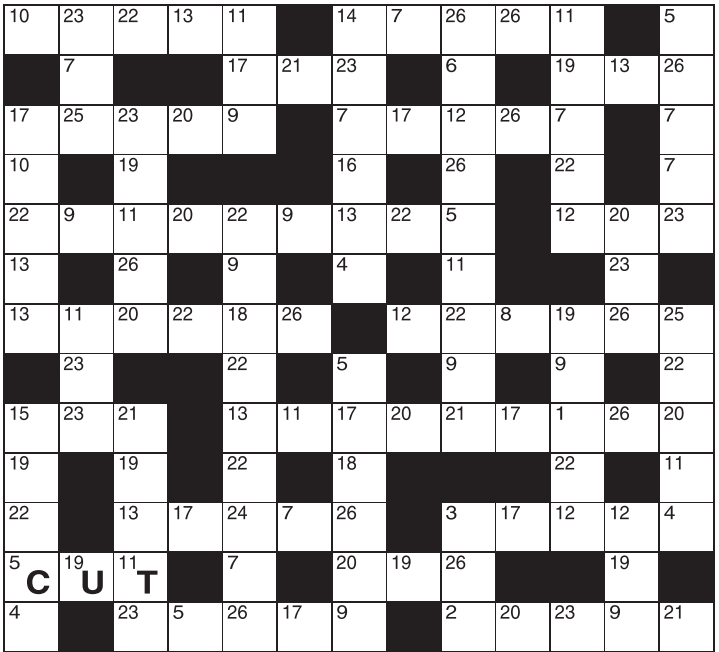
- Across**
- 1 Rodgers and Hammerstein musical in which *Oh, What a Beautiful Mornin'* is sung (8)
- 5 Prime minister under whom the NHS was established (6)
- 9 First president of France's Fifth Republic (2,6)
- 10 Painter of *Les Grandes Baigneuses* (1884-87) (6)
- 12 Prestigious US award in literature, journalism and music (8,5)
- 15 Carl ---, astronomer who fronted the pioneering TV series *Cosmos* (5)
- 16 Outer layer of the skin (9)
- 17 --- *Rita*, Julie Walters film scripted by Willy Russell (9)
- 19 Device creating light amplification by stimulated emission of radiation (5)
- 20 One who studies or collects flags (13)
- Down**
- 22 Scientific journal first published in 1869 (6)
- 23 Japanese dish marinated in soy sauce and grilled (8)
- 25 Ancient city, site of the temples of Luxor and Karnak (6)
- 26 Instrument for examining the ear canal (8)

Last week's solution

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | C | H | I | N | D | L | E | R | S | L | I | S | T |
| H | A | E | A | E | E | H | F |   |   |   |   |   |   |
| E | N | D | U | R | A | N | C | E | R | E | I | K | I |
| R | R | V | C | B | M | N | F |   |   |   |   |   |   |
| L | O | I | R | E | E | C | O | N | O | M | I | S | T |
| O | A | L | K | N | N | H |   |   |   |   |   |   |   |
| C | O | N | I | S | T | O | N | S | T | I | G | M | A |
| K |   | C | T | R | O | M |   |   |   |   |   |   |   |
| H | O | O | K | A | H | T | H | E | V | E | R | V | E |
| O | N | R | S | I |   | E | N |   |   |   |   |   |   |
| L | A | T | E | L | A | T | I | N | W | E | A | L | D |
| M | A | A | P | I | O | L | M |   |   |   |   |   |   |
| E | G | R | E | T | A | S | T | R | O | L | A | B | E |
| S | I | T | U | I | L | L | N |   |   |   |   |   |   |
| C | O | R | I | O | L | I | S | E | F | F | E | C | T |

Codeword

No 3875



|   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| A | B | C | D | E | F | G | H | I | J  | K  | L  | M  | N  | O  | P  | Q  | R  | S  | T  | U  | V  | W  | X  | Y  | Z  |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |

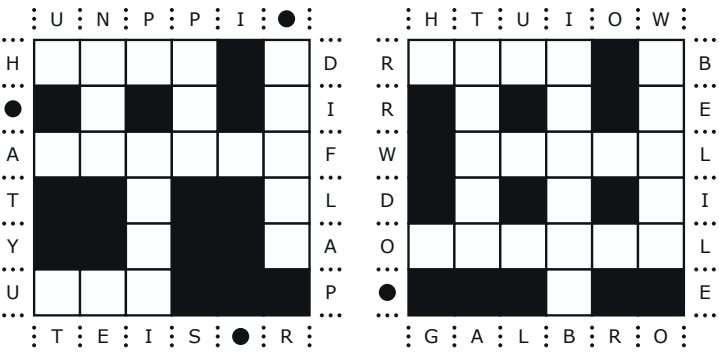
Every letter in this crossword-style grid has been substituted for a number from 1 to 26. Each letter of the alphabet appears in the grid at least once. Use the letters already provided to work out the identity of further letters. Enter letters in the main grid and the smaller reference grid until all 26 letters of the alphabet have been accounted for. Proper nouns are excluded. *Saturday's solution, right*

**Cluelines** **Stuck on Codeword?** To receive 4 random clues call 0901 293 6262 or text TIMECODE to 84901. Calls cost £1 plus your telephone company's network access charge. Texts cost £1 plus your standard network charge. For the full solution call 0905 757 0142. Calls cost £1 per minute plus your telephone company's network access charge. SP: Spoke, 0333 202 3390 (Mon-Fri, 9am-5.30pm).

Lexica

No 5161

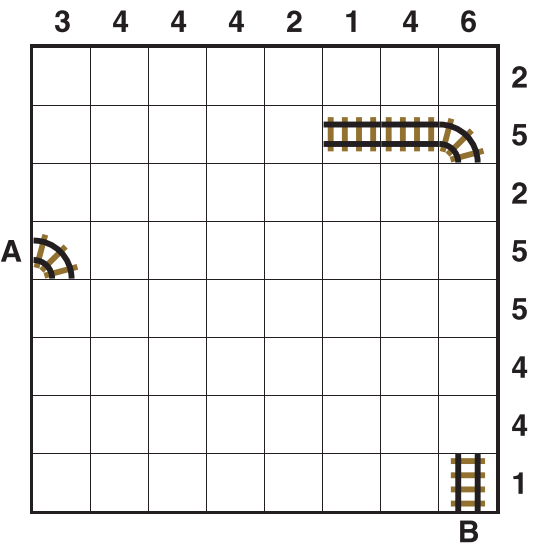
No 5162



Slide the letters either horizontally or vertically back into the grid to produce a completed crossword. Letters are allowed to slide over other letters

Train Tracks

No 933



Lay tracks to enable the train to travel from village A to village B. The numbers indicate how many sections of rail go in each row and column. There are only straight rails and curved rails. The track cannot cross itself.

Mini Sudoku

|   |   |   |   |   |   |
|---|---|---|---|---|---|
|   | 3 | 5 |   |   | 4 |
|   |   |   |   | 5 |   |
|   | 1 |   |   | 3 | 2 |
| 3 | 6 |   |   | 4 |   |
|   | 5 |   |   |   |   |
| 1 |   |   | 5 | 2 |   |

Fill the grid so that every column, every row and every 3x2 box contains the digits 1 to 6

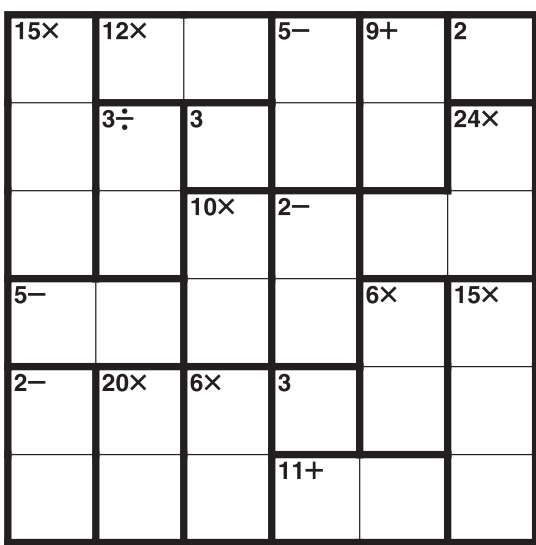
Winning Move

**White to play.** This position is a variation from Cheng-Jiang, Tianjin 2020.

The white bishop and knight are lined up against c7 and it is possible to capture this pawn immediately. However, this would allow an exchange of queens. White has a far more incisive move. Can you see it?

KenKen

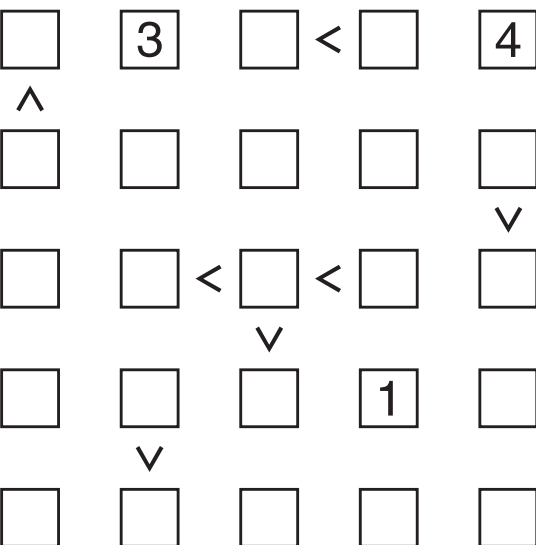
Easy No 4867



All the digits 1 to 6 must appear in every row and column. In each thick-line "block", the target number in the top left-hand corner is calculated from the digits in all the cells in the block, using the operation indicated by the symbol.

Futoshiki

No 3621



Fill the blank squares so that every row and column contains each of the numbers 1 to 5 once only. The symbols between the squares indicate whether a number is larger (>) or smaller (<) than the number next to it.

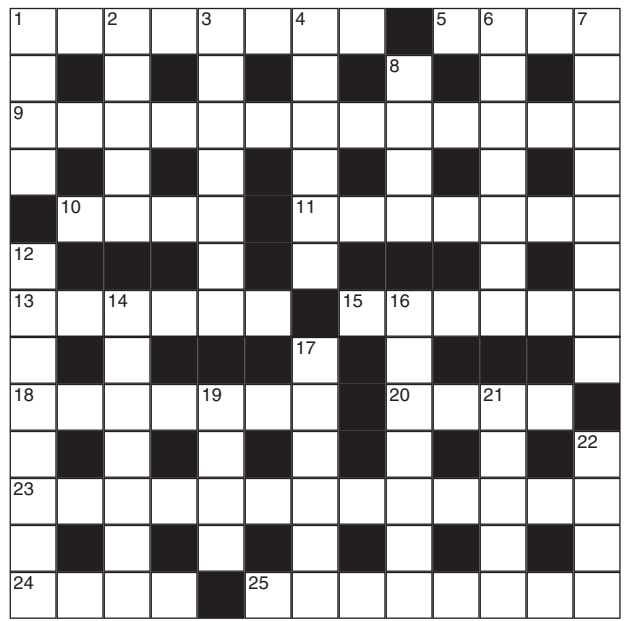
Kakuro

No 2580

Fill the grid using the numbers 1 to 9 only. The numbers in each horizontal or vertical run of white squares add up to the total in the triangle to its left or above it. The same number may occur more than once in a row or column, but not within the same run of white squares.



times2 Crossword No 8191



- Across
- 1 Person walking past (6-2)
  - 5 Couple (4)
  - 9 Ready to take risks (13)
  - 10 Handle; lump (4)
  - 11 Wavering note (7)
  - 13 Team game (6)
  - 15 Tree-dwarfing art (6)
  - 18 Slowly decay (7)
- 20 Category, class (4)
- 23 Exact double (8,5)
- 24 Trim by cutting (4)
- 25 Power to influence (8)

Solution to Crossword 8190

SYSTEM ISLAND  
T E A H P O  
UGLY NAPOLEON  
B F I V X K  
BALDEAGLE E  
Y E I L LAITY  
S DRAWL N  
HASTE N E F S  
U REDBREAST  
B A D R M A  
RENOUCE POOR  
I N C A U C  
SNEAKY KITSCH

Need help with today's puzzle? Call 0905 757 0143 to check the answers. Calls cost £1 per minute plus your telephone company's network access charge. SP: Spoke, 0333 202 3390 (Mon-Fri 9am-5.30pm).

Bridge Andrew Robson

Human beings are social animals — silence doesn't come naturally to us. Even Carthusian monks build in limited time for talking.

Ben Green reports this slam deal from the London Year End Congress Swiss Pairs, won convincingly by Alex Hydes - Lynton Stock. Green and partner Ankush Khandelwal finished eighth (out of 130), buoyed by this result.

West led the ace of clubs and switched to a low diamond. Declarer, Green, ran it to his jack and cashed a top spade. He was hoping to see a bare queen appear, or perhaps West to show out, enabling him to pick up East's ♠Qxxx via a couple of marked finesses. Both opponents followed low.

Declarer mulled things over. Surely it was more likely for West, the take-out doubler, to have a small singleton spade rather than ♠Qx. Declarer's plan was to cross to dummy via a heart finesse he was confident would succeed (on the bidding) then take a spade finesse.

At trick three, declarer led a heart to dummy's queen.

"King," said East drolly, then followed with a low heart.

It's the sort-of innocent comment players make — after all, bridge is supposed to be a social game. However, it set declarer thinking. Would East have made such a comment if he held ♠Qxx? Surely he'd have been feeling the tension and would have kept quiet.

Declarer changed his mind and played for the drop in spades, leading to his king. The queen was felled and that was slam made.

Dealer: South, Vulnerability: North-South

Pairs

♠8654  
♥AQJ1082  
♦A7  
♣5

♠93  
♥743  
♦10953  
♣10864

♠Q7  
♥K9  
♦Q82  
♣AKQ972

N  
W E  
S

♠AKJ102  
♥65  
♦KJ64  
♣J3

S(Green) W N(Khandelwal) E

1♦ Dbl(1) 2NT(2) Pass  
3♦(3) Pass 5♣(4) Pass  
6♠(5) End

(1) Put me down for a 2♣ overcall. I want to impart the main feature of my hand straight away.  
(2) Showing a good spade raise — the values for at least 3♠. Note, North does not need to bid hearts as he knows spades will be trumps.  
(3) Natural-ish game try.  
(4) Splinter bid, announcing slam intent with a singleton (or void) club.  
(5) Excellent trumps and only one wasted high-card point in clubs.

Contract: 6♠, Opening Lead: ♣A

"I was surprised you didn't take the spade finesse," said West.

Green explained why East's words had influenced him.

East humbly apologised and nobly thanked Green for being honest. "I'm off to join the Carthusians," he may have added.

In truth, silence during the play of the cards is wisest. I should add that if you do say something, it must be with innocent motivation, never with intent to deceive.

andrew.robson@thetimes.co.uk

Brain Trainer

EASY 41 + 8 ÷ 7 x 3 - 8 DOUBLE IT + 4 - 12 1/3 OF IT + 15 ANSWER

MEDIUM 84 1/3 OF IT + 19 DOUBLE IT - 58 TREBLE IT ÷ 4 2/3 OF IT + 7 ÷ 5 ANSWER

HARDER 82 TREBLE IT - 129 DOUBLE IT + 586 ÷ 4 + 3/5 OF IT HALVE IT TREBLE IT - 318 ANSWER

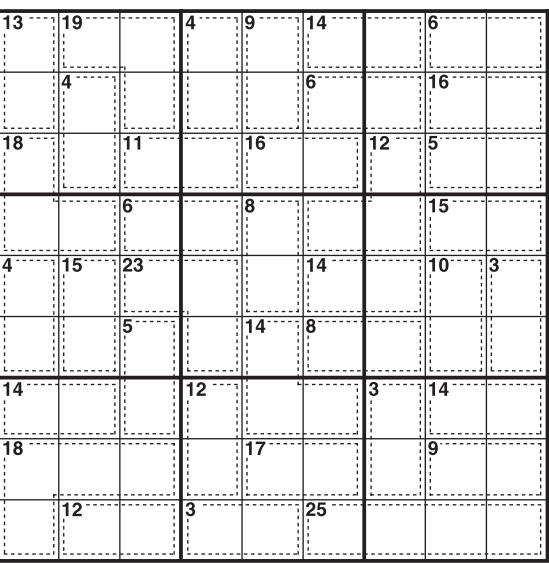
Polygon

From these letters, make words of three or more letters, always including the central letter. Answers must be in the Concise Oxford Dictionary, excluding capitalised words, plurals, conjugated verbs (past tense etc), adverbs ending in LY, comparatives and superlatives. How you rate 14 words, average; 19, good; 24, very good; 29, excellent

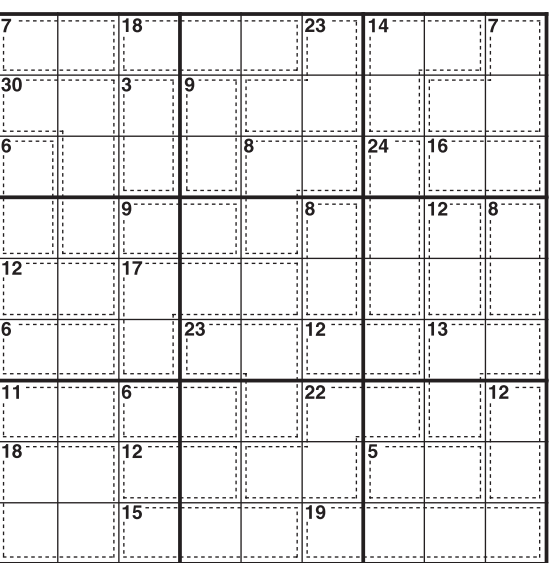
Saturday's answers

ambush, amphibious, aphis, apish, bash, basho, bish, bishop, bosh, bump, bush, hasp, homa, hump, impish, mash, mishap, mopish, mosh, mush, opah, pash, phobia, pish, poisha, posh, push, sahib, sham, shim, ship, shmo, shop, spahi, sumph, umph

Killer Gentle No 6994



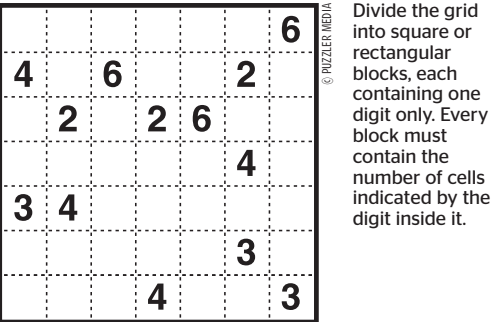
Killer Tricky No 6995



As with standard Sudoku, fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9. Each set of cells joined by dotted lines must add up to the target number in its top-left corner. Within each set of cells joined by dotted lines, a digit cannot be repeated.

Cluelines Stuck on Sudoku, Killer or KenKen? Call 0901 293 6263 before midnight to receive four clues for any of today's puzzles. Calls cost £1 plus your telephone company's network access charge. SP: Spoke, 0333 202 3390 (Mon-Fri 9am-5.30pm).

Cell Blocks No 3758



Set Square No 2583

+ 4 - = 9

- + + = 37

5 x + = 19

x + + = 11

Please note, BODMAS does not apply

Solutions

Quick Cryptic 1539

Codeword 3874

Kakuro 2579

Chess — Winning Move

Suko 2776

Square Routes 47

Cell Blocks 3757

Set Square 2582

KenKen 4866

Word watch

Futoshiki 3620

Tredoku 1615

Sudoku 11,304

Quintagram

Lexica 5159

Lexica 5160

Quiz

1 Tomato 2 Manhattan 3 Thumb or the innermost digit of the forelimb 4 Strictly Come Dancing 5 Lola 6 Saddam Hussein 7 TS Eliot 8 Einsteinium 9 Aran jumper or Geansai Arann 10 Norman Foster 11 Gunsmoke 12 Firebug 13 Mattro 14 USA 15 Heston Blumenthal



MindGames

Word watch Josephine Balmer

Frazil  
a A gazelle  
b Pieces of ice  
c To plane wood

Foid  
a A mineral  
b Aloof  
c To wrap a sandwich

Farad  
a A cheese  
b A large billboard  
c An electrical unit

Answers on page 15

Sudoku Easy No 11,305

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 3 | 7 | 1 |   |   | 2 | 6 |   |   |
| 9 |   | 5 | 6 |   | 1 |   |   |   |
| 6 | 8 |   |   | 9 | 7 |   |   | 4 |
|   |   |   |   |   |   | 8 | 6 | 1 |
|   |   |   | 4 |   |   | 9 |   |   |
| 8 | 6 |   | 2 |   |   |   | 3 |   |
|   |   |   |   |   |   | 9 | 2 |   |
| 7 |   |   | 1 |   |   | 5 |   | 3 |
| 1 | 5 |   | 9 |   |   | 7 | 4 | 6 |

Difficult No 11,306

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   |   |   |   | 2 |   |   |
|   |   |   |   |   |   | 6 |   | 3 |
| 7 |   | 8 |   | 2 |   |   | 1 |   |
| 2 |   |   |   | 7 |   |   |   |   |
|   | 3 |   | 5 |   | 2 | 1 |   |   |
| 8 | 1 | 7 | 3 | 6 |   |   |   |   |
|   |   |   | 2 |   |   | 3 |   |   |
| 9 |   |   | 6 | 8 |   |   |   |   |
|   | 8 |   | 7 |   | 4 | 5 |   |   |

Fiendish No 11,307

|   |   |   |   |   |  |   |   |  |
|---|---|---|---|---|--|---|---|--|
|   |   | 3 |   |   |  |   |   |  |
|   |   | 9 |   |   |  | 2 | 4 |  |
| 8 |   | 5 |   | 3 |  | 6 |   |  |
|   | 6 |   | 8 |   |  | 1 | 7 |  |
|   | 1 | 3 |   |   |  |   |   |  |
|   | 7 |   | 9 |   |  | 3 | 4 |  |
| 6 |   | 2 |   | 5 |  | 3 |   |  |
|   |   | 1 |   |   |  | 6 | 8 |  |
|   | 2 |   |   |   |  |   |   |  |

Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9.

The Times Daily Quiz Olav Bjortomt

- 1 "Pomodoro" is the Italian word for which common ingredient of pizzas and pastas?
- 2 In which New York City borough are Sugar Hill, Little Italy, Harlem and Hell's Kitchen?
- 3 Which digit is also known as the pollex?
- 4 Last November, Johannes Radebe and Graziano Di Prima performed the first same-sex couple dance on which show?
- 5 Which female forename links a 1970 song by the Kinks and a Marc Jacobs perfume?
- 6 Stuart Lockwood, a five-year-old from



NATHAN PARK FOR THE TIMES

- Worcester, was held hostage by which dictator in 1990?
- 7 Which US-born Nobel laureate wrote the poem collection *Old Possum's Book of Practical Cats* (1939)?
- 8 Named after a German-born theoretical physicist, which
- synthetic element has the atomic number 99?
- 9 Featuring cable patterns, which usually off-white jumper style is named after an island group off Ireland's west coast?
- 10 Which English architect is credited with the circular design

- of Apple Park, the corporate HQ of Apple Inc?
- 11 Quentin Tarantino was named after Burt Reynolds's character Quint Asper on which western TV show?
- 12 The name of which striking red and black insect is also a slang term for an arsonist?
- 13 Which Austrian mobility company created the Ziesel, an electric wheelchair-tank hybrid?
- 14 Which country won the first Women's Rugby World Cup in 1991?
- 15 Which English chef is pictured?
- Answers on page 15

Suko No 2776

|    |    |    |    |    |
|----|----|----|----|----|
|    |    |    |    |    |
|    | 24 |    | 14 |    |
|    |    |    |    |    |
|    | 24 |    | 24 |    |
|    |    |    |    |    |
| 18 |    | 16 |    | 11 |

Place the numbers 1 to 9 in the spaces so that the number in each circle is equal to the sum of the four surrounding spaces, and each colour total is correct

For interactive puzzles visit [thetimes.co.uk](http://thetimes.co.uk)

The Times Quick Cryptic No 1540 by Izetti

|    |    |    |  |    |    |    |    |    |  |    |  |    |
|----|----|----|--|----|----|----|----|----|--|----|--|----|
| 1  |    | 2  |  | 3  |    | 4  |    | 5  |  | 6  |  | 7  |
|    |    |    |  |    |    |    |    |    |  |    |  |    |
| 8  |    |    |  |    |    |    |    | 9  |  |    |  |    |
|    |    |    |  |    |    |    |    |    |  |    |  |    |
|    | 10 |    |  | 11 |    |    |    |    |  |    |  |    |
|    |    |    |  |    |    |    |    |    |  |    |  |    |
| 12 |    |    |  |    |    |    | 13 |    |  | 14 |  |    |
|    |    |    |  |    | 15 |    |    |    |  |    |  |    |
| 16 |    | 17 |  |    |    |    |    |    |  |    |  |    |
|    |    |    |  |    |    |    |    |    |  |    |  | 18 |
| 19 |    |    |  |    |    | 20 |    | 21 |  |    |  |    |
|    |    |    |  |    |    |    |    |    |  |    |  |    |
| 22 |    |    |  | 23 |    |    |    |    |  |    |  |    |

- Across
- 1 Like upcycled furniture rescued from skip? (9)
- 6 Rod reported character at start of quarrel (3)
- 8 Maturer when going wrong, making mistake (7)
- 9 Swear, the way things go without love (5)
- 10 Legal power? Judge is enthralling old city with speech (12)
- 12 Quite nice (6)
- 13 Package in unusual place outside front of restaurant (6)
- 16 Rowdy Robert in trouble with spouse (12)
- 19 Old-style politician involved in excellent excuse (5)
- 20 Temptress greeted on return outside Lima (7)
- 22 Animal in shackles falling back (3)
- 23 Justified state of conflict and spoke angrily (9)
- Down
- 1 Hear strange bird (4)

- 2 Noisy revelling — endless feature of funfair (7)
- 3 Tax vessel (3)
- 4 Engineers crazy — bridge finally constructed anew (6)
- 5 Hide crack somehow in seat outdoors (4,5)
- 6 Gracious! US private gets dog! (5)
- 7 English bird on a lake, timeless (7)
- 11 Question Milan team outlook (9)
- 12 Chatter about old boy getting certificate (7)
- 14 Firm up arrangement for tenant in two lines of text (7)
- 15 Web-user starts to see problem, idea not quite right (6)
- 17 Corporal punishment to stay (5)
- 18 Conservative cheated country (4)
- 21 Meadow bare, having been cut (3)
- Friday's solution on page 15

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