



## The night Woke William spoke

Has the prince finally joined his generation?



## Bercow's Bald Balls Boris tale is a tragicomedy of cheating while competing Robert Crampton

In his memoir John Bercow calls Andrea Leadsom “deluded” and “bigoted”, David Cameron a “24-carat snob”, Michael Gove “oleaginous” and William Hague “a weirdo”. No sour grapes there, then. He even finds time to criticise his wife for that infamous photograph of her in a room overlooking the Palace of Westminster clothed only in a bedsheet. Mind you, to be fair, he does forgive her for having an affair with his cousin in 2015, taking at least some of the blame on his own narrow shoulders. If my wife had a fling with any of my cousins, much as I like them I don't think I'd be so understanding, not of her and especially not of them. Consider yourselves warned, chaps.

Bercow's strangest abuse, however, is reserved for the prime minister. Boris Johnson, alleges the diminutive ex-Speaker and wannabe peer, cheats at tennis.

The details are rather abstruse.

Johnson doesn't fiddle the score or make dodgy line calls, according to Bercow, but “he wasn't using what I would call a legitimate ball. What he did was pick balls from where there was a lot of grass. They obviously hadn't been used for years.” Weird one, eh?

I can see how the condition of the balls would influence shot-making choices and execution, but I'd have assumed that both players would be equally affected so it wouldn't matter. Having consulted tennis aficionados, however, I learn that if you are familiar with the idiosyncrasies of certain balls and your opponent isn't, that does bestow a kind of home advantage on court. Fiendish.

So not only does old Bald Balls Boris seek unfair gain by using crap projectiles cunningly secreted in the

long grass, we must also assume that he practises with the same items to learn their characteristics. Before stashing them as if at random again, to unleash on unsuspecting opponents at a later date. Not such a bumbler after all. The man really does play a devilishly long game, doesn't he?

Not that the sneaky tactics benefited Johnson — Bercow won their game 6-0, 6-0, 6-0. Which (respect where it's due) is not bad for a man who can barely see over the net. Hard to be much cop at tennis when you can't see where your shots are landing, so hats off.

There's something funny and shocking about cheating in amateur, just-for-fun low-level sport. Cheating at professional sport isn't funny, nor is it shocking any longer, but cheating when neither you nor your opponent is any good, when you're both out of shape and lumbering around in slow motion, that's tragicomic. Anyone who has read the excellent *Commander in*

*Cheat*, about Donald Trump's behaviour on his beloved fairways (repositioning his ball, chucking his opponent's ball into the rough etc) will appreciate the humour and the sadness inherent in a cheat who just doesn't care about getting caught.

Not that you should always see the funny side. My father-in-law plays dominoes with his brother and a shifting cast of characters

every Wednesday. They once had to chuck a chap out of the foursome when they all realised he was on the fiddle, slyly selecting superior doms (doubles, basically) from the pile when you're supposed to do it blind. The man's perfidy has never been forgiven. Nor should it be — some things are sacred.



## The upside of half a lunch

I don't know what diners at the Square restaurant in Mayfair, London, are complaining about.

OK, so bankruptcy administrators came in halfway through lunchtime service last Friday and promptly shut the place down,

a tearful maitre d' telling customers that they would have to leave right away, sorry about dessert, maybe you could all pop over to Greggs etc.

Not ideal, I realise... but it's still a free meal, isn't it? Or half of one, anyway.

## Don't feed the feral chickens

Sometimes we Brits take our animal-loving tendencies too far. Such is the case, I think, in the Norfolk town of Diss, which has been overrun these past couple of years by a band of feral chickens some 200-strong since a nearby estate abandoned the poultry to fend for themselves. Except they haven't had to fend for themselves, these birds, because instead of doing the sensible thing and eating them, many villagers are feeding the blighters.

It's the same where I live, albeit with an urban twist. The main nondomestic species around my house are pigeons, crows, squirrels and foxes. None of them is especially welcome and they are certainly too numerous. And while I love watching the local vixen coming out to hunt at dusk, sometimes with her cubs in tow, the fox pee in our front flowerbeds isn't so cute. Nor is the pigeon and crow gunk splattered all over the front door, there being at least one bird up there who has mastered the ballistics of precision shit-bombing like an avian Barnes Wallis.

The squirrels skittering about on the roof of my office are a pain too. Yet all four species are conscientiously overfed by a succession of visitors every day. I've considered having words, but they can be a bit scary, these feeders. Animal lovers often don't extend their affection to include fellow humans.

# The moment

When the Duke of Cambridge rose to speak at the Baftas, few expected a broadside on the lack of diversity. Is this just the start, asks Harry Wallop

This year's Baftas ceremony was notable for two things. One was a speech by a man who wasn't there: Brad Pitt's jokes about his divorce, Brexit and Megxit were delivered by Margot Robbie on his behalf. “Hey, Britain, heard you just became single — welcome to the club. Wishing you the best with the divorce settlement,” she said, adding, of the award: “He says he is going to name this Harry because he is really excited about bringing it back to the States with him. His words, not mine.”

And the other striking moment? The Duke of Cambridge making a noteworthy speech criticising the lack of diversity among the nominees. After a decade of being overshadowed by his sparkier younger brother, Prince William has often seemed so desperate to do and say the right thing that he has come across like a dull Fulham fund manager rather than an inspiring future king: his finger on the pulse of the best seven-seater motor, not social mobility; grouse moors, not house-building. Yet on Sunday night he, possibly for the first time, sounded like a man confronting the modern Britain that he will one day inherit.

“We are lucky to have incredible film-makers, actors, producers, directors and technicians — men and women from all backgrounds and ethnicities enriching our lives through film,” he said from the podium, speaking as the president of Bafta, a role he has held for a decade. “Yet in 2020, and not for the first time in the last few years, we find ourselves talking again about the need to do more to ensure diversity in the sector and in the awards process. That simply cannot be right in this day and age.”

Of the 20 acting nominations on which the 6,500 Bafta members could vote, not a single person of colour was named. And in the directing category all the nominees were men — for the seventh year in a row.

William is the embodiment of white male privilege in its most literal sense. By speaking out on the topic, he must know that he will be attacked for being unqualified to comment because he has no “lived experience” of racism. Say nothing and you risk being criticised for being out of touch; say something and you risk making yourself a fool or hypocrite. It is a quandary that pale and stale FTSE executives

face as boardrooms address the lack of diversity at the top of British business.

As a middle-aged, Oxbridge-educated white man, born with a silver spoon in my mouth (if not quite the Buckingham Palace-sized one William had shoved down his throat), I know the constant fear of being guilty of some Laurence Fox-style idiocy by just trying to say the right thing. Yet at 37, the prince is a millennial; young enough not to be part of the problem, but old enough to have the confidence to say what he thinks. A junior royal, yes, but a senior millennial.

Is this the William we're going to see and hear from now on? It's not just him: his speeches assiduously refer to “Catherine and I” — they are the emerging power couple, even if he does most of the speechifying. At Christmas they formed a larkly double act, racing to bake a cake alongside Mary Berry in a programme that promoted the work of the homeless charity the Passage. In December William burnished his eco-credentials, joining David Attenborough to launch the Earthshot prize. “The Earth is at a tipping point and we face a stark choice,” the duke said. “Either we continue as we are and irreparably damage our planet or we remember

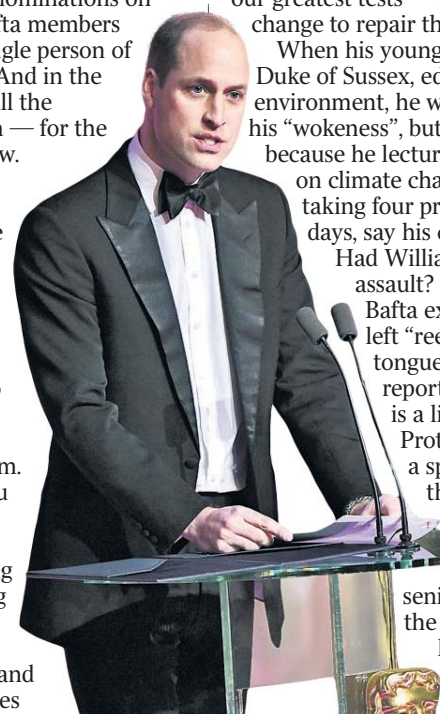
“It's not just him: assiduously, his speeches refer to ‘Catherine and I’

our unique power as human beings and our continual ability to lead, innovate and problem-solve... The next ten years presents us with one of our greatest tests — a decade of change to repair the Earth.”

When his younger brother, the Duke of Sussex, edged on to the environment, he was attacked for his “wokeness”, but maybe that was because he lectured us, barefoot, on climate change before taking four private jets in 11 days, say his critics.

Had William planned his assault? The idea that Bafta executives were left “reeling” from his tongue-lashing, as some reports have suggested, is a little fanciful.

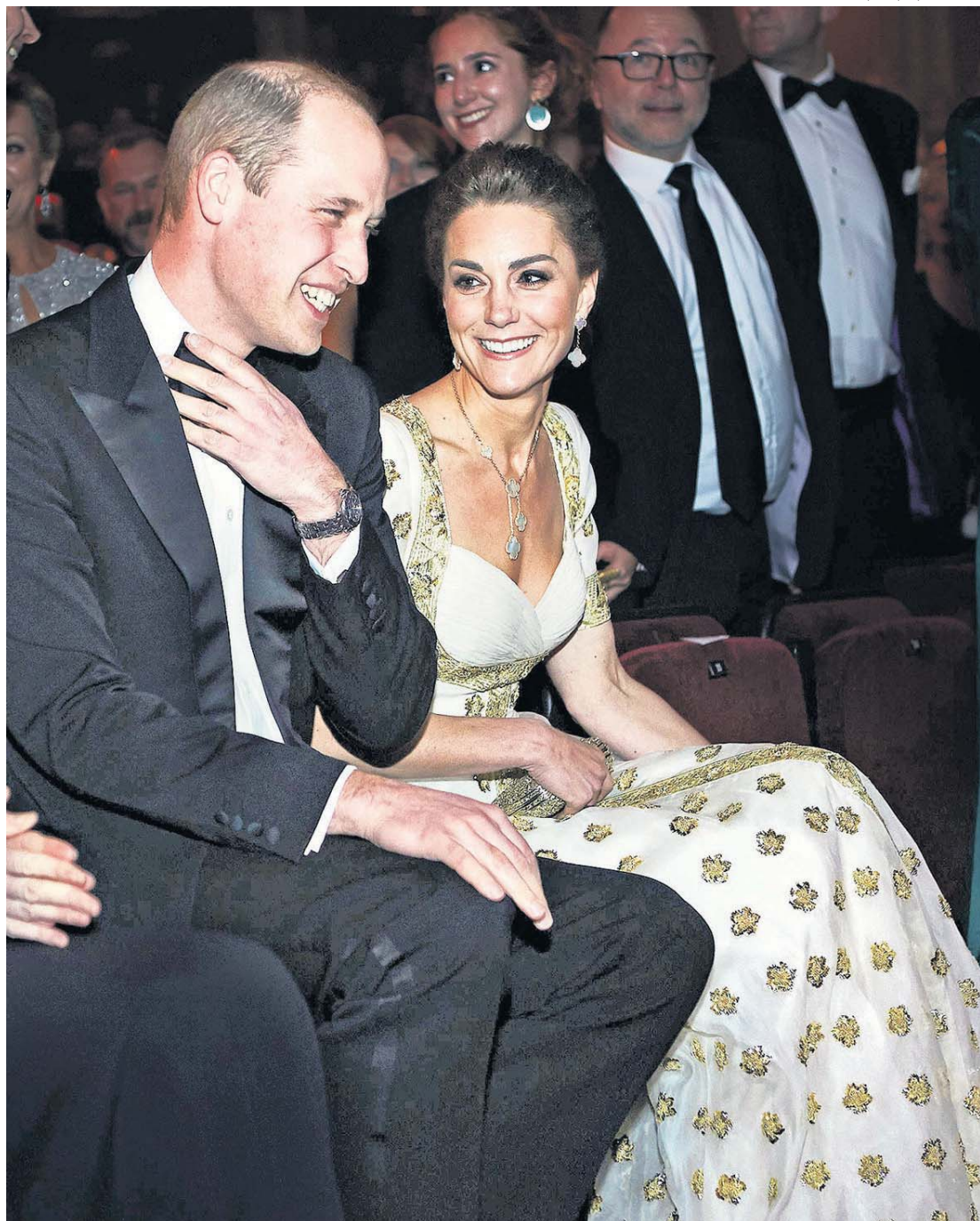
Protocol ensures that a speech such as this, made by a royal, would be shown in advance to the senior people within the organisation hosting the event, especially when the royal in





# a millennial prince came of age

COVER: SPLASHNEWS. BELOW: JONNY BIRCH/BAFTA/REX/SHUTTERSTOCK



question is the patron. Indeed, Bafta has been undergoing an exercise in self-flagellation in the weeks after the nominations were announced.

When Amanda Berry, Bafta's chief executive, was interviewed on BBC Radio 4's *Today*, it was presented to her that the acting list "seems very white". She replied: "I'm going to totally agree with you."

You might ask whether any royal is really in a position to comment on diversity, particularly given that, no sooner had the royal family finally embraced ethnic diversity in the form of Meghan Markle, she found life as a royal so uncomfortable that she was prepared to forgo her title. According to one anonymous source, William himself could have been more friendly towards the Duchess of Sussex, but the Palace denied that rumour.

Hugo Vickers, the senior royal watcher and author, says that William did the right thing to speak out about diversity. Vickers points out that there is a clear precedent. "I think the royal family should keep out of politics, and certainly well out of the way of party politics, but there are some aspects of life that I don't believe are political,"

**The Duke and Duchess of Cambridge at the British Academy Film Awards on Sunday. Left: the duke making his Bafta speech**

**“People also once poked fun at his father's eco-warrior schtick**

he says. "It is not very different from Prince Charles going on about climate change. There will be some who think climate change is a political matter, but to my mind it is something more important than politics. And this [speech] comes into that category."

Indeed, it is sometimes hard to remember how much ridicule the Prince of Wales received in the early 1980s when he — about the same age William is now — championed the environment by, for instance, installing a bottle bank in Buckingham Palace.

It is easy to snigger at William's Sloaney wokeness, in the same way that people poked fun at his father's eco-warrior schtick. William and Kate, however, are part of a new generation and that generation is less inclined to snigger. They know their audience.

## There was no excuse for bad choices Kevin Maher

**T**here was no alarm, and no surprises, at the Baftas last night as a nominations list that had widely been criticised for its lack of diversity and for celebrating traditional mainstream cinema produced a ceremony that was widely criticised for its lack of diversity and for celebrating traditional mainstream cinema.

Rebukes from the Duke of Cambridge and best actor winner, Joaquin Phoenix, inevitably took the edge off the seven-gong swoop for the Sam Mendes war epic *1917*, which was deserving in every category (especially best director, cinematography and best film). The film nicely swerved the diversity controversy by missing out on all four acting nominations. *Joker's* three awards were deserved too, while the best actress win for Renée Zellweger (for *Judy*) and the best supporting wins for Brad Pitt (for *Once Upon a Time in... Hollywood*) and Laura Dern (for *Marriage Story*) were as correct as they were inevitable, and will undoubtedly be repeated at Sunday's Oscars. Yet they overlook standout movies about the non-white-and-male experience such as *Queen & Slim*, *Harriet*, *Waves*, *The Boy Who Harnessed the Wind*, *Farming*, *The Last Tree* and *The Farewell*, below.

This awards season has been, if nothing else, wearily predictable, defined by a nervous spread-bet narrative that has covered all bases, including the comic-book blockbuster (*Joker*), the nostalgic Tinseltown love letter (Tarantino's *Once Upon a Time...*) and the prestige British war movie (*1917*). They've even allocated a single crumb, at every ceremony, to the streaming service Netflix (for *Marriage Story*).

The shame for Bafta was that the original projects and diversity choices were all just sitting there, staring the academy in the face (or at least they were in the awards-season DVD screeners with which voters are deluged). Bafta could have gone for Kelvin Harrison Jr or Daniel Kaluuya, easy best-actor nods for, respectively, *Waves* and *Queen & Slim*. Or Cynthia Erivo, a best-actress contender for her role in *Harriet* (she has nabbed an Oscar nod for it), alongside the neglected Awkwafina for *The Farewell*.

Or what about best supporting actor consideration for Chiwetel Ejiofor for his powerful turn as the fearsome patriarch in *The Boy Who Harnessed the Wind*? (He also deserved a best adapted screenplay nomination for writing it.) Or a best



Chiwetel Ejiofor and Maxwell Simba in *The Boy Who Harnessed the Wind*

supporting actress slot for Lupita Nyong'o for her stunning work in *Us*?

The only time, in fact, that the Baftas flirted with originality was in the writing awards. The best original screenplay was the hardest to call, and looked like a toss-up between Tarantino and the *Marriage Story* writer-director Noah Baumbach. That Bafta instead handed the trophy to the South Korean comedy satire *Parasite* was encouraging but also mildly baffling, because the screenplay is *Parasite's* weakest element, while some of Baumbach's script comes close to poetry. It felt like a reflex decision from a voting body that couldn't even get its one concession to diversity right.

The adapted screenplay award also provoked head scratching. It was predicted to be when the *Little Women* director Greta Gerwig, snubbed in the all-male best director category, would receive her compensatory award. The trophy instead went to Taika Waititi, another man, for his Hitler comedy *Jojo Rabbit*.

One of the most popular wins was for the directors of the Syrian war documentary *For Sama*. Waad Al-Kateab, the co-director, brought her daughter Sama (to whom the film is dedicated) on to the stage and gave an impassioned speech about living in Aleppo and about the troubled future of Syria. Her harrowing, outstanding film was one of the year's best, and easily the most deserved winner of the night. Plus, she's not white and she's a woman. See, Bafta? That wasn't so difficult, now was it?





## Baftas

# 'The reaction to Parasite was totally unexpected'

**Song Kang-ho is the star of Parasite, the Bafta-winning film everyone is talking about.**

**Kevin Maher meets the Korean actor**

For fans of quirky sci-fi flicks, monster movies and art-house classics alike, it was the highlight of the Bafta awards ceremony. Midway through, it was announced from the stage that here in the auditorium was "one of the greatest actors of our generation". On cue, the camera found the subject, who shot up out of his seat and turned and waved to everyone in the Royal Albert Hall, and to those watching at home. Ecstatic cheers of delight duly rang round. And the actor? Why it was Song Kang-ho, of course!

Yes, the 53-year-old South Korean powerhouse has starred in everything from *The Host* (in which he played a peroxide-blond snack bar owner battling a giant mutant amphibian) to *Thirst* (a priest who becomes a vampire) to the blockbuster *Snowpiercer* (a security expert opposite Chris Evans on a dystopian super-train). He is known for his expressive range (he can flip from mute to hysterical on a dime), his handsome hangdog features and his ability to dignify even the most preposterous scenes with indecent gravitas (think early-era Eastwood mixed with late-flowering Hopkins).

In *Snowpiercer*, for instance, he brings intense credibility to the moment where Evans's character, teary-eyed, confesses to cannibalism, saying: "I know babies taste best." Just one look at Song's stony response tells you that laughing is not an option. For now, though, Song is best known for starring in the most talked about movie of the year, *Parasite*.

A satirical thriller set in Seoul that won best original screenplay and best film not in the English language at the Baftas, it is directed by Bong Joon-ho, who is, quite simply, the Martin Scorsese to Song's Robert De Niro.

The symbiotic pair began working together in 2000, in Bong's portrait of a misanthropic professor, *Barking Dogs Never Bite*, and haven't stopped since (*The Host* and *Snowpiercer* were both Bong's). Yet *Parasite* represents a seismic shift in Bong and Song's work. The film has snagged \$163 million at the global box office so far (it's out in the UK on Friday) and has clearly resonated with audiences and awards voters far beyond its specifically Korean milieu. It is heading into Sunday's Oscar ceremony with a hefty six nominations — that's the same as *Little Women* and *Marriage Story* and two more than the petrolhead blockbuster *Ford v Ferrari*.

Song plays Mr Kim, the head of a family of near-penniless yet resourceful con artists who inveigle their way into the luxurious existence of a Seoul millionaire called Mr Park (Lee Sun-kyun). By planting fake evidence of bad moral character and infectious diseases, the dubious Kim clan, who live in a grotty basement apartment (a running gag features local drunks urinating against their eye-level windows), cruelly edge out the household staff who serve Mr Park and his fragile wife, moody teenage daughter and hyperactive son. Soon

**“We thought people would see the film as strange and new**

Mr Kim et al are living in lavish style, in a hilltop mansion with sprawling gardens, clean lines and eye-gouging architectural beauty. There's just one snag — it's in the cellar. And it's alive.

The film was shot over 77 days during the summer of 2018 on a relatively modest production budget of \$11 million, a large chunk of which was spent on constructing, from scratch, the Parks' enormous home as well as the entire street in which the Kims live, which was fully flooded for a storm sequence late in production. It was edited in the winter and released last May, premiering at the Cannes film festival, where it won the coveted Palme d'Or prize.

Even then, Song says today, speaking through an interpreter,



Song Kang-ho in *Parasite* and, right, in *The Host*. Below: at the Bafta awards party



he had no idea that *Parasite* would become the globe-spanning monster it is now. "We thought that people would see the film as something quite strange and new," he says. "We thought that Korean audiences would find it interesting, and some international audiences too. But the kind of reaction, and reception, that it's had has been something totally unexpected."

He says that there are elements in the film that are very specifically Korean, such as the low-level Kim family apartment. "I'm not sure that foreign audiences would completely understand the symbolism of the Kim family living in the basement," he says. "It's a very Korean thing, where poor families, living in

basements, always have this aspiration to move above ground one day."

It leads us directly to the central riddle of the *Parasite* phenomenon: why worldwide audiences have fallen so heavily for this very localised tale that, according to Bong, emerged from his youthful experiences as a tutor for a wealthy family and his observations of an increasing gap between the haves and the have-nots in modern-day Seoul. Could it be that wealth disparity is an issue that connects everyone in western countries and gives the film its potency?

"I think it depends," he says. "Some people relate to that aspect of the film, and see it as this melancholic situation that we're all in. But others see the film in purely cinematic terms, as a drama, while others are saying that they think it's extremely disturbing. So I think the film gets its strength from the fact that each person seems to have a different entry point into it. Yes, it reflects the issues and problems with







our current social structure, but it's a film that won't allow you to settle on this angle only."

He reiterates the idea that nobody close to the project expected it to become a phenomenon, and certainly not a film approaching the Oscars as a candidate for best picture, best director and best original screenplay. "We were prepared, as the season went on, to be nominated in the foreign-language Oscar category," he says. "But all those other major categories? That was quite a surprise."

He adds that the awards season has been long and "tough" (he has effectively been attending ceremonies and cheering for the film since last summer), but is grateful for the reception. He has only seen "a couple" of the other best-picture contenders (he won't name them), but plans to watch the entire list once he gets home after the Oscars. I ask him whether he's a betting man and, if so, on which film would he place some money for best picture. He bursts out laughing and says just one word: "Parasite!"

Song, who was born and raised in Busan in southeast South Korea, was a theatre actor for more than a decade before finally, in 1997, making a splash as a moody gangster in the movie comedy *No 3*. He has worked with such Korean heavyweight directors as Park Chan-wook (*Sympathy for Mr Vengeance*, *Thirst*) and Kim Jee-woon (*The Good, the Bad, the Weird*), but his partnerships with Bong have been the most fruitful.

Song has said that although he and Bong are close friends, they rarely talk to each other on set. Was he joking? "I

wasn't joking," he says. "It's true, but not just with Bong Joon-ho. I don't like talking with any director. It doesn't mean that I don't like to take directions, which can be very helpful. It's just that what I want to express as an actor can't be achieved from talking to directors.

I don't like to be micromanaged. I want to first try, very hard, the way I imagine the character to be. And then I can chat with the director. Each actor is different. But that's just my way."

He talks about his fame in Korea, and how it comes and goes, "like a bubble", depending on the popularity of the project at the time. He lives in Seoul with his wife and near his two grown-up children (his son, Song Jun-pyong, is a professional footballer), and will next be seen in the Korean period drama *The King's Letters*. Now that *Parasite* has become a huge hit in Hollywood, does he think about making movies over there instead and becoming a serious Tinseltown player?

"Going global has never been my interest," he says. "There were some offers after *Snowpiercer*. Some well-known directors offered me some roles, but I rejected them all. My philosophy as an actor is to try to make very good films within the Korean context. Going abroad to expand my workplace is not something that I'm interested in. Doing good work in Korea is something that I'm good at. And I'm very happy with that."

***Parasite* is released on Friday. The Oscars are on Sunday, broadcast on Sky Cinema at 1am**

## Red carpet cool? Yes, it is possible — Sunday proved it Harriet Walker

At the Baftas on Sunday night there was restrained glamour and classic elegance — and yes, in red carpet terms, fluffy pink feathers do count as low-key.

Forget sideboob, underboob and inner thigh, the evening marked a return to the more pedestrian erogenous zones, displayed in dresses that didn't require the usual highly engineered underwear to make them acceptable before the watershed. That may sound boring, but for the seasoned red carpet observer it was a relief to contain the winching and hoisting — not to mention the potential for nasty accidents — to the rather hackneyed Cirque du Soleil entr'acte.

From Emilia Clarke in sequined Schiaparelli via Saoirse Ronan in drop-waisted Gucci to Margot Robbie's backless Chanel, the LBD — that's the Long Black Dress, rather than its more famous cousin — dominated. Rooney Mara in structural Givenchy and Lily-Rose Depp in a Chanel lace bodysuit and skirt gave the look a more directional (read: challenging) spin.

For the most part, though, Baftas style was as far from Little as the Women involved in the most recent adaptation were from winning anything beyond the costume design gong. Instead it felt grown up and sophisticated, as though the queue at the step-and-repeat wanted to be taken seriously. Previously only Sam Mendes had been.

Olivia Colman was in high-necked and long-sleeved Alexander

“It felt grown up, as though the queue at the step-and-repeat wanted to be taken seriously

McQueen that felt rather more suited to a dowager duchess than a Netflix Queen in her pomp, while Renée Zellweger appeared in frosted-pink Prada — perhaps she had heard that London is missing a fairytale princess. More pink from Scarlett Johansson in Versace, whose plumes and sequins summoned Marilyn Monroe in *The Prince and the Showgirl*, a parable of what happens when an actress repairs the rift between a stiff-as-a-board prince and his son rather than sending out an unauthorised press release about it.

Vanessa Kirby, aka the artist formerly known as Princess Margaret, wore more sequins and feathers — this time by Valentino and in the form of a simple vest and belted midiskirt — with an English complexion so unadorned by the usual teak stain and glitter-gun make-up it bordered on the obscene. Likewise, Daisy Ridley in strapless pleated Oscar de la Renta looked as fresh as her namesake.

This makes a nice change in red carpet terms, given that those in the UK film industry have traditionally existed some snaggle-toothed and frizzy-haired distance behind their overly lacquered Hollywood counterparts. Now, in the high-definition era, this laissez-faire approach seems to have paid off: bronzed haunches and contoured cleavages might work under the glow of the LA sun, but in Brexit Britain's February gloaming they tend to stand out like so many glazed hams and creosoted fence posts.

Naomie Harris and Zoë Kravitz amplified less-is-more hair and beauty in metallic silver Michael Kors and golden Saint Laurent respectively, and made a statement with simple silhouettes.

The *Queen & Slim* actress Jodie Turner-Smith wore third-trimester bespoke Gucci in Big Bird yellow. It's rare that the red carpet crowd nail cool, but most did on Sunday.

The exception — and indeed the only person who stuck to the "sustainable" dress code, which requested that guests rewear something they own — was the Duchess of Cambridge, whose 2012 Alexander McQueen gown felt more stately than it did streetwise. This is precisely her MO, though — as is reminding us that it is only the truly posh who know how to make do and mend. The rest of these glossy parvenus might still think that new = cool for now, but at least they've laid off the fake tan a bit.



Jodie Turner-Smith, Zoë Kravitz and Scarlett Johansson at the Bafta awards



## health

# The first new antidepressant for decades isn't taking Prozac's place

Dr Mark Porter

**T**he “first new antidepressant for decades” won't be prescribed in England and Wales after it failed to gain approval from Nice, the National Institute for Health and Care Excellence (it's being reviewed by Scotland's equivalent of Nice). Esketamine, a derivative of the anaesthetic/sedative ketamine, is delivered via a nasal spray and was launched last year to treat people whose depression has been resistant to other antidepressants.

While this was a setback for the manufacturer, Janssen, Nice's concerns — that esketamine offers poor value for money and needs better proof of efficacy — are common hurdles in depression. Although other new drugs have been launched during my career, they have typically been variations on existing themes, and the last real game-changer was the introduction of the Prozac (fluoxetine) generation in 1988. Even these often don't work any better than older drugs, but they have fewer side-effects and are safer in overdose. So what are the alternatives to antidepressants, and if you do need medication, which types work best?

The first stage in helping anyone who is depressed is to spot the problem early. The onset is often insidious and easily missed. In the most severe form, where the person is withdrawn, not eating, no longer caring for themselves and threatening or even attempting to take their life, the diagnosis may be obvious to all. However, at the more common, milder end of the spectrum the features tend to be subtle.

A story I often hear is that my patient is struggling to cope with everyday tasks that they used to take in their stride. Their attitude becomes glass half-empty rather than glass half-full. They are tearful, tired and easily upset. They may struggle to sleep and often lose interest in things that used to be important to them, anything from hobbies and interests to socialising and sex.

Anxiety is another common feature. This can be full-blown panic attacks, but more commonly becomes apparent as feeling uncomfortable in pressured situations (sometimes just crowded places) and becoming preoccupied with things that normally wouldn't bother them.

In recent years mental health issues such as depression have shot up the public agenda and people do seem more likely to seek help these days, although the stigma associated with the condition is still a hurdle for many. And when they do seek advice, my job is to provide reassurance, ensure that they are not at significant risk of self-harm and help them to recover. Despite criticism that GPs are too quick to “dole out” antidepressants, they are generally not our first-line approach.

Some people may only need counselling and support while they

recover naturally, but most will be referred to a talking therapy service for expert assessment and treatment (such as cognitive behavioural therapy). The minority with more severe symptoms may need to start medication immediately, but even in this group the pills are not a substitute for psychological support.

Antidepressants do work, but paradoxically they are often least effective in the milder forms of depression. And there is a huge placebo response. As a rough guide 40 per cent of people will get better on a placebo (dummy pill), compared with about 60 per cent taking a real antidepressant.

Choice of drugs is important and should be tailored to the individual. Recent research suggests that some antidepressants are more effective

“**Every doctor will have a preferred shortlist of drugs to choose from**

and better tolerated than others, and every doctor will have a preferred shortlist to choose from. I favour the Prozac-type drugs sertraline and escitalopram (which boost levels of the neurotransmitter serotonin) or, in those who are struggling to sleep, mirtazapine (which has a dual action altering serotonin and noradrenaline activity). Some people may require more than one drug.

Antidepressants tend to work slowly and, particularly in younger people, can aggravate symptoms and increase suicide risk in the first few weeks. They often take a month or more to start lifting your mood, and your doctor will want you to carry on taking them for at least six to nine months after you feel better to reduce the risk of relapse (if you had previous episodes you may be advised to stay on them). And don't turn to alcohol to drown your sorrows because it can stop the medication working. Antidepressants are not addictive, but are generally best stopped gradually to prevent withdrawal effects.

For more advice and information on the management and diagnosis of depression see Nice at [bit.ly/38X19mi](http://bit.ly/38X19mi)

## The facts about depression

■ Depression is one of the leading causes of disability and, in its most severe form, can be fatal — more than 6,500 people took their lives in the UK during 2018. It is also linked to a range of other illnesses, including heart disease.

■ One in four British women and one in seven men will be diagnosed with at least one episode of depression during their adult life, but children are affected too (1 in 50 between the ages of 5 and 19).

■ The number of antidepressants prescribed by the NHS has more than doubled in the past decade, but this is due in part to better recognition and longer duration of therapy (typically a year or more under the latest guidelines).

■ Antidepressants are generally not recommended in mild depression, and should only be used as second-line treatment after talking therapies in children and

teenagers (although they may be started immediately in severe cases by a specialist psychiatrist).

For the latest comparison of effectiveness and side-effects of the various types visit the National Institute for Health Research at [bit.ly/2tt2vUq](http://bit.ly/2tt2vUq)

If you have a health problem, email [drmarkporter@thetimes.co.uk](mailto:drmarkporter@thetimes.co.uk)

# The ‘healthy’

It's not enough to cut out ‘junk’, says **Peta Bee** — ultra-processed products are everywhere

**I**f your focus this year has been to remove meat, sugar or carbohydrates from your diet in the hope that it will transform your health and reduce your waistline, you probably don't want to hear that your efforts don't fulfil the latest requirement laid out by nutritionists: detox on ultra-processed food.

We all know that fast food and highly refined biscuits and snacks are a no-go, but “ultra-processed” encompasses more than the usual dietary junk. And before you think your diet is too virtuous to contain anything that is not pure, those plant-based burgers, wholesome sounding soups, yoghurt and that artisan-looking loaf might fall into the latest category of foods best avoided.

“We are familiar with the concept of processed food — and that includes any food that has been deliberately changed from its natural state before we consume it — but evidence is increasingly stacked against foods which have been ultra-processed, those that contain ingredients you wouldn't find at home,” says the dietician Helen Bond, a spokeswoman for the British Dietetic Association. “Many people are surprised to discover that just because a food is vegan, it doesn't mean it can't fall into this bracket.”

Using a classification system called Nova that was developed by an international panel of food scientists and researchers a decade ago, food can be categorised according to the extent to which it has been processed, rather than in terms of nutrients. Those engineered to have a long shelf life, that predictably contain a long list of unfathomable additives and preservatives alongside salt, sugar, refined carbs and fat — sliced bread, ready meals and breakfast cereals — are, unsurprisingly, the most widely consumed in the UK.

Yet up there are baked beans, granola, sports drinks, flavoured water, smoothies and protein bars. All are designed to appeal to our palate, but generally lack fibre, vitamins and nutrients compared with a similar food in its wholesome state. And however worthy you think your shopping list is, the likelihood is that you are unwittingly eating more ultra-processed products than you think.

A damning 2018 report in the journal *Public Health Nutrition* revealed that half of all food bought by Britons is “ultra-processed”, more than any other country in Europe and more than double the amount consumed in Spain, Italy and France. The effects



could take their toll. Last month researchers from George Washington University in the US became the latest to highlight the link between ultra-processed food and obesity in a review of food trends published in the journal *Current Treatment Options in Gastroenterology*.

A slew of other recent human trials have linked our rising consumption of ultra-processed food with worsening biochemical markers, including inflammation and cholesterol, and a greater risk of illness and disease. One eight-year study of 44,500 men and women of 45 years or older (average age, 58) published in the journal *JAMA Internal Medicine* last February found that every 10 per cent increase in ultra-processed food consumed was associated with a 14 per cent increase in the risk of death over the study period.

The authors, some from Inserm, the French public health research centre, suggested that various factors might be at play, including certain additives being carcinogenic and heat used as part of processing forming contaminants. Two studies in the *BMJ*, both published last summer, also reported a lower risk of heart disease and greater longevity among people who eat less processed food.



# foods that are bad for you



GETTY IMAGES

However, a groundbreaking paper by a team from the US National Institutes of Health, led by Kevin Hall, a senior scientist at the National Institute of Diabetes and Digestive and Kidney Diseases, was the first to show that the more ultra-processed foods we eat, the more calories we consume and the faster we ingest them. Hall and his team recruited 20 adults (ten men and ten women) who were asked to eat a diet of whole foods or a diet of only ultra-processed foods for two weeks. Those on the ultra-processed diet weren't asked to choose from a blatantly junk-based menu of crisps, chips, biscuits and fizzy drinks, but from convenience foods such as canned soups and rice or grains in a pouch, products that many might mistake as a more wholesome option.

Results published in the journal *Cell Metabolism* last May showed that not only did ultra-processed dieters consume an average 508 calories a day more (about 3,000 calories a day compared with 2,500 calories on the minimally processed food), but they gained 2lb in 14 days as a result. Plus, they tended to eat faster and rated the meals as less tasty than those of the other group, who ate whole foods.

"I was surprised that the average calorie intake was more than 500 calories — about the size of a full meal

## HOW PROCESSED IS YOUR FOOD?

**Unprocessed** Fresh fruit and vegetables, nuts, seeds, grains, beans, pulses and natural animal products such as eggs, fish and milk.

**Minimally processed** Washed and cut fruits and vegetables, bagged salads and roasted nuts. Oats and Shredded Wheat. Foods that have been dried, crushed, roasted, frozen, boiled or pasteurised, but which don't contain added ingredients. So, roasted nuts, frozen fruits and vegetables, frozen fish, pasteurised milk, fruit juice, plain yoghurt, dried spices and dried herbs.

**Processed** Foods that have been changed or had ingredients added to prolong shelf life or enhance taste. Smoked and cured meats, cheeses, fresh bread made from only wheat flour, water, salt and yeast, bacon, salted or sugared nuts, tinned fruit

in syrup, beer and wine fall into this category.

**Ultra-processed** Sliced bread, ready meals, breakfast cereals, sausages, pies and other meat products, crisps, soft drinks, biscuits, buns and cakes and packaged chips, crisps and savoury snacks unsurprisingly fall into this category. Yet so do baked beans, tinned, packet and even some "fresh" soups, pouches of rice and other grains, meat alternatives and products such as veggie sausages and burgers, soya and drinks used as dairy milk substitutes. Sweetened granola, some fruit juices and smoothies and yoghurt that has stabilisers, colourings or sweeteners added are also ultra-processed. Sliced and even artisanal-looking loaves with emulsifiers or colourings added fall into the category too.

— a day larger during the ultra-processed diet compared to the unprocessed diet, despite the fact that both diets were matched for nutrients like salt, fat, sugar and other carbohydrates," Hall says. "This suggests that there is something else about ultra-processed foods, apart from the nutrients we often think of as fattening, that caused excess intake and weight gain."

Tellingly, if after two weeks the same subjects switched from ultra-processed to minimally processed eating for the final 14 days, they lost 2lb. Hall says it's not yet fully understood why people are driven to eat more ultra-processed foods. "There are many hypotheses and we are now designing a new study to test what we believe is the most likely mechanism," he says. "Specifically, the ultra-processed foods contained more calories per unit mass in our original study, which may have resulted in the increased calorie intake. In our new study we

## A burger made of fresh meat and little else is not highly processed

plan to reformulate the ultra-processed diet to match the unprocessed diet in terms of the calories per gram of food and then determine if excess food intake and weight gain remain the same."

Negotiating the ultra-processed food maze can be tricky. Gunter Kuhnle, professor of nutritional epidemiology at the University of Reading, says that people should use their initiative, read food labels and reduce their consumption of those that are highly refined, rather than assume all prepared foods are bad. "There are limitations to the classification system for ultra-processed foods," Kuhnle says. "A burger that is made of fresh meat and very few other ingredients is not highly processed and a fish finger made from pure fish and breadcrumbs is nowhere near as processed as a similar product with a long list of unidentifiable ingredients."

Not all processing is bad, he adds. "Freezing and pasteurising are useful and can help to preserve the nutrient content of a food," he says. "Adding sugar, salt, preservatives and other additives or changing a food beyond recognition is less healthy."

Bond says that common sense should prevail and we should aim to base meals on minimally processed foods as much as possible. "We should try to eat as much unadulterated food, without additives and processes of refinement, as possible," she says. "That can mean plant-based food, vegetables and fruits, or it can mean unprocessed meat and fish. Avoid as many ingredients that can't be found in your kitchen as you can. Whenever possible, cook at home and eat food in its most natural state."

## WHAT TO LOOK FOR

Last year researchers from the department of nutrition at the University of Sao Paulo in Brazil published a paper in the journal *Public Health Nutrition* on how to identify ultra-processed foods. Here are the pointers to look out for.

### 1. Five-plus ingredients

Any product containing more than five ingredients, especially those ingredients not found in a kitchen, is likely to be ultra-processed.

### 2. Substances directly extracted from food

Lactose, whey and gluten.

### 3. Additives

A food label identifying any of these classes of additive — flavours, flavour enhancers, colours, emulsifiers, emulsifying salts, artificial sweeteners, thickeners and anti-foaming, bulking, carbonating, foaming, gelling and glazing agents.

### 4. Substances derived from processing of food constituents

Maltodextrin, dextrose, lactose, invert sugar, fruit juice concentrates and high fructose corn syrup.

### 5. Sweeteners

Aspartame, cyclamate or compounds derived from stevia.

### 6. Protein sources

Hydrolysed proteins, soya protein isolate, gluten, casein, whey protein, and "mechanically separated meat".

### 7. Modified oils

Hydrogenated or interesterified oils.

### 8. Preservatives

Including ascorbic acid, sodium benzoate, potassium sorbate and tocopherols.

### 9. Emulsifiers

Designed to prevent the separation of liquids and solids and including soy lecithin and monoglycerides.

### 10. Thickeners

Designed to add texture to a food — includes xanthan gum, pectin, carrageenan, guar gum.

### 11. Colours and colour stabilisers

Includes tartrazine and natural beta-carotene to add yellow hues as well as descriptions such as "caramel colour".

**12. Fermented and distilled alcohol** Whisky, gin, rum and vodka are classed as ultra-processed.





# Is it heartburn or a precursor to cancer?

Experts tell John Naish how they are tackling the fastest-rising cancer in the developed world

**H**earthburn is often thought to be just a nasty pain in the chest and throat that can be treated with over-the-counter remedies — but it can be a sign of a hidden killer. As a result of the ring of muscles above the stomach becoming weakened, acid can rise into the oesophagus, or food pipe, inflaming and eroding its lining. This may lead to Barrett's oesophagus, a condition in which cells lining the oesophagus are replaced by abnormal precancerous ones. Even worse, this can develop into cancer of the oesophagus, the fourth most common cause of cancer death in British men and the fastest-rising cancer in the developed world.

An estimated 650,000 people in the country suffer from Barrett's, and up to 5 per cent of those will develop

oesophageal cancer. Each year 9,000 people in the UK are diagnosed with the disease and about 8,000 die from it, a mortality rate that is driven by the lack of easy and affordable methods of diagnosing Barrett's or the cancer it can precipitate.

If the cancer were diagnosed earlier, experts estimate, at least 950 lives a year could be saved, but one case in five is detected so late that it involves emergency cases in casualty units, with patients having swallowing difficulties and even vomiting blood.

"Most patients ignore their symptoms and rely on over-the-counter medicines, so they don't see their doctors and they are not tested with endoscopy. Thus lots of people with Barrett's don't know it," says Rebecca Fitzgerald, the professor of cancer prevention at the MRC Cancer Unit at the University of Cambridge. "Over-the-counter medicines will get

“**Advances in technology now allow us to analyse the breath**

rid of the heartburn, but they will only get rid of the symptoms. They won't stop the Barrett's.”

About one in ten people in Britain with long-term gastro-oesophageal reflux disease (Gord) will develop Barrett's oesophagus, but because they have never consulted their GPs about their heartburn — or other common symptoms, such as hiccups, burping and an unpleasant taste in the mouth — less than a quarter of them are aware they have it.

Gord aside, the main risk factors for Barrett's include sex — men are three times more likely than women to develop it — a family history of the condition, smoking, drinking heavily, obesity and having a hiatus hernia (where the stomach pushes up from the abdomen into the chest). Age was thought a risk in itself, but doctors increasingly see younger people with it, most likely due to obesity.

The NHS says that people with heartburn or acid reflux symptoms that persist for three weeks or more should seek medical attention rather than relying on over-the-counter remedies such as antacids, which neutralise the effects of stomach acid, or low-dose proton-pump inhibitors, which reduce how much acid the stomach produces.

Screening for Barrett's oesophagus is performed using endoscopy. At about £1,500 a time, it is expensive to perform and unpleasantly invasive, requiring long tubes to be threaded down the throat, and biopsies to be taken of the oesophageal tissues. Patients with the condition are then monitored with repeat endoscopies at specialist centres to check for dysplasia, the emergence of abnormal precancerous cells.

Matters may soon improve greatly, however, thanks to two British teams

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that are developing tests that may jointly revolutionise the way we detect Barrett's and cancerous cell changes in people's digestive tracts.

One, being developed by Fitzgerald, is called the cytosponge. It is a small capsule-like device attached to a string containing a compacted sponge that expands in the stomach. As it is pulled back up, it collects tissue samples from the stomach, oesophagus and mouth. The procedure can be performed by nurses in GP surgeries, making it cheaper than existing methods.

The results of a trial on 13,000 patients are awaiting publication and, Fitzgerald says, "If they are proven positive then we would be discussing with the NHS how we could introduce this into practice."

Improved diagnosis of people with Barrett's would enable doctors to act quickly to remove abnormal cells that may become cancerous. These can be burnt out using radiofrequency ablation. "This can be done as an outpatient treatment and is approved for NHS use by Nice," she says. "It has only come along in the past ten years."

Advances in monitoring may enable scientists to fathom what makes Barrett's turn into cancer, she adds. "Most people with Barrett's will not develop cancer. The trick is knowing who will and who won't. There is a lot of work going on with this, but currently it remains a bit of a mystery."

Meanwhile, an even cheaper early warning system for those with Barrett's is being pioneered by scientists at Imperial College London — a breath test to detect oesophageal cells that are turning cancerous. Professor George Hanna, the head of the department of surgery and cancer at Imperial, is overseeing the project, which is examining breath samples taken from more than 450 patients with Barrett's at four UK hospitals.

The clinical study, backed by the charity Guts UK, will initially analyse the samples for gases known as volatile organic compounds (VOCs), which are given off by cells in the oesophagus and gut. The aim is to identify differences in VOCs emitted by healthy and precancerous cells.

"Advances in technology now allow us to analyse components in breath at the level of parts per billion or trillion, like detecting a single drop in a swimming pool," Hanna says.

Once the signature VOCs have been identified, the next step is to develop a test and prove its accuracy. This will involve a large study of 6,000 to 7,000 patients over two to three years.

"This would give us a large degree of confidence that the test could be used in routine practice," Hanna adds. "Breath analysis would offer GPs a non-invasive test that would show if there is a risk of cancer or not. If there is a risk, the GP can refer the patient for further detailed tests."

In future the breath test may be developed for other diseases, such as colon cancer. "The VOC markers would be different, so we would know which cancer we were detecting," he says. "I would hope that the test would cost only about £30 per patient, so it could be used much more widely."

In the meantime our best weapon against oesophageal cancer is prompt treatment, Fitzgerald says. "If you are habitually buying medicines to treat heartburn, then you should see your doctor. Often we see patients who are late presenters and it is very difficult to treat them. Early detection is what is important here."

## 'Nurses dabbed drool from my chin'

### Micha Horgan on his extreme acid reflux

NIGEL HOWARD/EYEVINE

I was diagnosed with Barrett's oesophagus six years ago at the age of 19, so I'm speaking with experience when I say that it can be a real pain in the gut. Besides the gastroscopy sessions and the depressive impotency of acid inhibitors, a significant discomfort that I often endured was being unable to lie on my sides after consuming food or drink. For people suffering with Barrett's, acid reflux can range in severity — from light heartburn and sleepless nights to rocking backwards and forwards in the foetal position, drenched in sweat and wondering where it all went wrong.

Thankfully there are ways of treating acid reflux. Omeprazole and lansoprazole, acid inhibitors also known as proton pump inhibitors (PPIs), are most commonly used to treat the condition. They are widely prescribed in the UK, but it is worth saying that unless lifestyle changes are made, my impression is that they are a short-term solution to a long-term problem. I also found that they created a kind of physiological dependency, where missing a day resulted in attacks that were more severe than those that I had endured before I started taking medication. This is known as an "acid rebound", which is when the stomach compensates for its days off and churns out even more acid than usual.

I should reiterate that PPIs do work at alleviating painful symptoms. They give your stomach and oesophageal lining time to recover and should, it is hoped, allow an acute sufferer to once again lie on their side. "Old fellas take Viagra to get it up, now you take your spooning pills so you can spoon me," an ex joked with tragic accuracy.

I was diagnosed with Barrett's after a period of drug use. I had also been drinking a lot of screwdrivers (vodka with orange juice), one of the worst drinks imaginable for acid reflux.

Because of the cancer risk associated with Barrett's I was booked into hospital shortly after my diagnosis for a gastroscopy appointment that was reassuringly categorised as a minor procedure. Once I was there, a doctor asked if I wanted a sedative. I said I did and asked what I would be getting. The doctor told me that I would be given a kind of intravenous diazepam.

Among the drugs that I had taken that year, diazepam (Valium) had featured in abundance. Concerned that I had developed a high tolerance to it, I asked the doctor if he could up the dose. He politely declined.

To those unfamiliar with the joys of gastroscopy, the procedure involves being fastened to a bed while a team carry out the unenviable task of getting a good look at your insides.

What followed was horrible. Unable to move — and painfully sober — I was fitted with a mouth clamp to keep my gnashers from closing. The first pipe was pushed down my throat and into my stomach. I have a pretty bad gag reflex, and I immediately began retching. I later found out that the job of this pipe — something like a leaf blower — was to inflate me like a balloon to provide the doctors with a better look at my inner goings-on.



Micha Horgan

■ **Heartburn happens when stomach acid travels up towards the throat (acid reflux). It is caused by a leaking valve at the junction between the stomach and the gullet (oesophagus). If it happens repeatedly, then it is called gastro-oesophageal reflux disease (Gord).**

■ **It can be triggered by coffee, alcohol, chocolate, fizzy drinks, citrus fruits and juices, and fatty or spicy foods. It can also be made worse by stress, pregnancy, a hiatus hernia and certain medication, such as anti-inflammatories.**

■ **For about one in ten people with reflux, the "burns" caused by gastric juices lead to a toughening of the gullet known as Barrett's oesophagus. For one in 20 of those affected in this way, these changes lead to the development of cancer.**

While I marvelled at the uniqueness of this wholly violating experience, a camera was inserted down my throat. A little suction device was then placed into my mouth to vacuum up vomit. Another device was pushed down my throat, this time with a disturbing curved prong for taking samples.

I looked like a victim in a sci-fi movie that had been set upon by a tentacle-armed robot. Nurses kindly dabbed drool from my chin as I belched and wretched, all the while imagining that I could feel the metal claw scrapping away inside me.

There were many surreal elements to the experience, most of them fairly bleak. One that was kind of cool was seeing the speckled image of my insides on the screen. My insides in real time, like a mother in ultrasound. Then, just like that, it was all over.

As grim as it was, if you are suffering from Barrett's, don't despair. It gets easier as you discover what works for you. Alcohol intake, smoking and spicy food are commonly discussed in association with acid reflux. However, if like me you love a drink, the odd madras and an evening smoke, then other things can help.

I found probiotics, particularly Yakult, to be great at alleviating the severity of attacks. Also, perhaps counterintuitively, a small glass of apple juice can really help when I feel the beginnings of an attack coming on. My greatest find of all was that overeating and irregular eating is the worst thing that I can do for it. Eating moderate portions and not before bed have permitted me my vices — today having a drink with friends is no longer a game of Russian roulette.

Another thing I would recommend is propping up your head and chest a little when you sleep — 45 degrees is the recommendation, but in my experience, depending on the severity of the attacks at that time, even a little incline can do the trick. Honestly, these things really do help.

## Three ways to boost mental alertness

**1 Do 25 minutes of yoga a day** Brief sessions of hatha yoga, which involves traditional postures and breathing exercises combined with meditation, can boost energy levels and mental clarity, according to a study conducted at the University of Waterloo in Ontario in 2017. It is thought that yoga works by releasing endorphins and increasing blood flow to the brain, researchers reported in the journal *Mindfulness*. Tara Stiles, the author of *Yoga Cures* (Three Rivers Press), says that simple poses such as the cat/cow "will awaken your entire system". Start on all fours (hands beneath shoulders, knees beneath hips), spread your fingers wide, keep your spine neutral (not curved or arched) and take five long, deep breaths. As you inhale on the sixth breath, drop your belly towards the ground, allowing your spine to curve, and look up (cow pose). As you exhale, round your back and look towards your chest (cat pose).



**2 Don't skip breakfast** In a 2018 study Tomonori Kishino, a professor of health science at Kyorin University in Japan, found that people who skipped breakfast experienced a greater drop in cerebral blood flow after they ate lunch than those who routinely started the day with a meal. Plan your lunch carefully too.

"Drowsiness can simply be down to eating too much of the wrong sort of food at lunchtime," Lily Soutter, a Chelsea-based nutritionist, says. She recommends foods "that keep blood sugar levels stable", such as millet, quinoa, brown rice or oats. You should also include veg; researchers in the US reported a "significant relationship between higher fruit and vegetable consumption and fewer slow responses" among truck drivers for a study published in 2015.

**3 Drink tea** In a study by researchers at the School of Psychological and Cognitive Sciences at Peking University in 2018, published in the journal *Food Quality and Preference*, subjects performed significantly better on a range of cognitive tests after drinking a single cup of black or green tea than those who drank water.

Peta Bee



television & radio

The team kick off with another perfect little play

Carol Midgley TV review



Inside No 9

BBC Two  
★★★★☆

Baghdad Central

Channel 4  
★★★★☆

There will inevitably come a time when Steve Pemberton and Reece Shearsmith run out of ideas for **Inside No 9**. On the latest evidence that day has not yet come. Not even close. Like most *No 9* offerings it was a tiny but perfectly formed three-act play and a masterclass in making old-fashioned entertainment modern. It was also a testament to the dark inventiveness of the writers who make the concept work whether it is comic, macabre or poignant.

In the changing room of a down-at-heel football club seeking promotion to the Premier League, the main characters were fastidious referee Martin (David Morrissey) and his three squabbling assistants Oggy (Pemberton), Phil (Ralf Little) and Brendan (Shearsmith), the last basking in the faded glory of being back-up ref at the San Siro for an under-17s friendly in 1992. Initially I feared it might struggle when it threw in a few gags you could see coming a mile off (saying “I’d give it a minute” when exiting a toilet felt old when Alan Partridge did it). Yet in the mouths of Pemberton and Shearsmith, who in an appalling wig put in the stellar performance, even panto-level gags are funny (“Are those City pants?” “No, they were clean on this morning”). And brewing beneath was a meditation on (spoiler alert) fanatic, ruthless club loyalty flagged up in that opening Bill Shankly quote. Martin’s gay relationship with a football player (number 9, so there we had our title link) made for double entendres that in lesser hands could have bombed. I wasn’t expecting that twist, spelt out on Morrissey’s naked shoulders. “I did it for love,” he had said, meaning not his boyfriend, but City. As so often it was a clever little tale from a series that I still think is underrated.



David Morrissey as Martin and Steve Pemberton as Oggy

I suppose we will be told no animals were harmed in the making of **Baghdad Central**, but I can’t lie: when that beautiful racehorse was flattened by a car in a gratuitous scene 16 minutes in I did not feel well disposed to this drama. I see what it was trying to say and that it is a class piece of work even though it was somewhat scattered and served up my other two top hates: raped women and scenes of torture. However, given that it was set in 2003 Iraq in the chaotic aftermath of war it was never going to be *Mary Poppins*, so I should get over it. Waleed Zuaiter was convincing as Khafaji, a brooding ex-cop in Baghdad whose wife is dead (“Cancer. And sanctions”) and who needs to protect his daughters, one with failing kidneys and the other missing after working for the Americans. The programme’s strength is in showing events chiefly from Iraqi citizens’ perspective. Bertie Carvel brought nice flourishes to the irascible ex-Met policeman Frank Temple, who has a dim view of the US military police and wants to recruit Khafaji to work in the Green Zone. But in truth I didn’t enjoy the beatings and the bound, gagged, beaten American suspected of knowing something about the rape of the character Candy. She then shot him through the neck. I can see this noir is well done, but I’m not sure I have the stomach for a whole series.

Radio Choice

Joe Clay

Art of Now

Radio 4, 11.30am

Neil McCarthy visits an art studio in Finsbury Park, London, where survivors of torture are attending sessions run by the charity Freedom from Torture. The sessions use art as a way to help with recovery, with the charity’s clients drawing, painting and creating objects that help them to express themselves and leave their traumatic pasts behind. McCarthy meets Ronce, who was a political prisoner in the Democratic Republic of Congo before he fled to the UK. As an asylum seeker he is unable to work, but his art keeps him going. “It is not always sadness,” he says. “There is happiness as well.”

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Radio 1

FM: 96.7-99.8 MHz

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 9.00 Rickie, Melvin and Charlie 11.00 Radio 1’s Indie Show with Jack Saunders 1.00am Annie Nightingale 3.00 Radio 1 Comedy: Tap End Revisited (r) 3.40 Radio 1 and 1Xtra Stories: No Sex Before Marriage 4.00 Adele Roberts

Radio 2

FM: 88-90.2 MHz

6.30am The Zoe Ball Breakfast Show 9.30 Gary Davies 12.00 Jeremy Vine 2.00pm Steve Wright 5.00 Sara Cox 7.00 Jo Whitley. A mix of new music from all genres of the musical spectrum and quality vintage songs. Plus, Jo provides the soundtrack for the Taxi Service 9.00 The Jazz Show with Jamie Cullum. The pianist and songwriter’s guest this week is drummer, composer, producer and presenter Moses Boyd 10.00 Trevor Nelson’s Rhythm Nation. The DJ introduces a mix of RnB and soulful tunes 12.00 Phil Williams 3.00am Sounds of the 80s with Gary Davies (r) 4.50 Radio 2 Sounds of the 80s Mastermix 5.00 Vanessa Feltz

Radio 3

FM: 90.2-92.4 MHz

6.30am Breakfast Petroc Trelawny presents Radio 3’s classical breakfast show, featuring listener requests 9.00 Essential Classics A selection of music and features 12.00 Composer of the Week: Samuel Wesley (1766-1837) Donald Macleod explores the esteemed circle of friends and colleagues of Samuel Wesley. We get a picture of very distinguished beginnings with Wesley meeting with the composer William Boyce, to later in life being sought out by the Norwegian violinist and composer Ole Bull, and performing for Felix Mendelssohn. We explore his collaborations with the famed writer on music Charles Burney, with his friend the organist Vincent Novello, to Wesley being appointed the first ever Grand Organist to the Grand Lodge of Freemasons. Wesley (Fugue in B minor for Dr Mendelssohn; Sinfonia obligato; O sing unto me roundelair; Voluntary in D; Air and Gavotte; and Violin Concerto No 2 in D major) 1.00pm News

1.02 Radio 3 Lunchtime Concert

In the first of four concerts of Bach chamber music this week recorded at LSO St Luke’s in London, the pianist Federico Colli plays Bach’s Italian Concerto, the Fourth Partita, and Ferruccio Busoni’s transcription of the great solo Violin Chaconne. Bach (Italian Concerto in F, BWV971; Partita No 4 in D, BWV828; and Chaconne in B minor — from Partita No 2, BWV1004) 2.00 Afternoon Concert Tom McKinney presents performances by the BBC Scottish Symphony Orchestra at home and away. Today they are in Aberdeen with Mendelssohn, Bruch and Rachmaninov, and Salzwitz with Brahms and Elgar. Mendelssohn (Hebrides Overture Op 26); Bruch (Concerto No 1 in G minor Op 26 for violin and orchestra); Rachmaninov (3 Symphonic dances Op 45 for orchestra); and Brahms (Concerto No 1 in D minor Op 15 for piano and orchestra) 5.00 In Tune Katie Derham is joined by the pianist Melvyn Tan and the vocal group Sestina. Conductor Iván Fischer talks to Katie ahead of performances with the Orchestra of the Age of Enlightenment 7.00 In Tune Mixtape An eclectic non-stop mix of music, featuring old favourites together with lesser-known gems, and a few surprises thrown in for good measure 7.30 Radio 3 in Concert Mirga Grazinyte-Tyla conducts the CBSO in a programme of Beethoven marking an anniversary for the composer and the start of the 100th anniversary year of the orchestra itself. The programme includes two of Beethoven’s most life enhancing symphonies plus a new work by the South Korean-born composer Unsuk Chin, commissioned to mark the CBSO’s centenary. Presented by Ian Skelly. Beethoven (Symphony No 2; and Symphony No 4); and Unsuk Chin (SPIRA — A Concerto for Orchestra — UK Premiere) 10.00 Free Thinking Anne McElvoy, Professor Karen Leeder, and the bestselling novelist Daniel Kehlmann discuss Tyll Ulenspiegel, the mischievous protagonist of a 16th-century chapbook 10.45 Between the Essays A story Inspired by Emily Dickinson’s poem Hope is the Thing with Feathers about a man’s journey home, which interweaves with the discovery of a truth about hope 11.00 Night Tracks A soundtrack for late-night listening (r) 12.30am Through the Night

Radio 4

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

5.30 News Briefing 5.43 Prayer for the Day 5.45 Farming Today 5.58 Tweet of the Day (r) 6.00 Today News headlines and analysis 8.31 (LW) Yesterday in Parliament 9.00 The Life Scientific Jim Al-Khalili talks to Peter Ratcliffe about his Nobel-winning research (4/8) 9.30 One to One Verity Sharp talks to Tim Parks 9.45 (LW) Daily Service 9.45 Book of the Week: Surfacing By Kathleen Jamie (2/5) 10.00 Woman’s Hour Jane Garvey presents the magazine show offering a female perspective on the world. Including at 10.45 Drama: 24 Kildare Road by Katie Hims (2/4) 11.00 Code Red James Gallagher explores an innovation in trauma science 11.30 Art of Now: Recovery Survivors of torture who have created art based on their experiences. See Radio Choice 12.01pm (LW) Shipping Forecast 12.04 The Second Sleep By Robert Harris (7/10) 12.18 Call You and Yours 1.00 The World at One 1.45 The Disrupters With LinkedIn founder Reid Hoffman (2/5) 2.00 The Archers (r) 2.15 Drama: Talk to Me — HP Lovecraft By Sara Davies and Abigail Youngman (r) 3.00 The Kitchen Cabinet Jay Rayner hosts a special film edition of the culinary panel show (6/7) (r) 3.30 Making History The history of the divide between London and the rest of the UK (8/8) 4.00 Word of Mouth Discussing the differences between real and simulated talk (5/7) 4.30 A Good Read Syima Aslam and Stig Abell discuss their favourite books (2/10) 5.00 PM 5.54 (LW) Shipping Forecast 6.00 Six O’Clock News 6.30 Phil Wang: Wangsplaining The stand-up comedian Phil Wang explores the British Empire (r) 7.00 The Archers Lynda goes into battle

7.15 Front Row 7.45 24 Kildare Road By Katie Hims (2/10) (r) 8.00 File on 4 A report on the use of sewage as fertiliser on agricultural land (4/10) 8.40 In Touch 9.00 Inside Health Separating medical fact from fiction (3/10) 9.30 The Life Scientific Jim Al-Khalili talks to Peter Ratcliffe about his Nobel-winning research (4/8) (r) 10.00 The World Tonight 10.45 Book at Bedtime: The Second Sleep (r) 11.00 The Infinite Monkey Cage A look at the science of fire (4/6) (r) 11.30 Today in Parliament 12.00 News and Weather 12.30am Book of the Week: Surfacing By Kathleen Jamie (r) 12.48 Shipping Forecast 1.00 As BBC World Service

Radio 4 Extra

Digital only

8.00am The Goon Show 8.30 Round the Horne 9.00 The News Quiz Extra 9.45 What to Do If You’re Not Like Everybody Else 10.00 Lucinda Brayford 11.00 Imagining Chekhov 11.15 Frankie Takes a Trip 12.00 The Goon Show 12.30pm Round the Horne 1.00 Find the Lady 1.30 Ken and Mark and Robert 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 Jest a Minute 4.30 Hopes and Desires 5.00 HR 5.30 Fags, Mags and Bags 6.00 Orbiter X 6.30 Pioneers 7.00 The Goon Show 7.30 Round the Horne. Julian and Sandy become showbiz accountants 8.00 Find the Lady. Andrew begins his own investigation into his friend’s death 8.30 Ken and Mark and Robert. The film-maker Ken Russell discusses his love of music 9.00 Imagining Chekhov. Chekhov’s Telescope by Alison MacLeod 9.15 Frankie Takes a Trip. Comedy drama by Martyn Hesford 10.00 Comedy Club: Fags, Mags and Bags. Lenzie’s provost needs help to raise funds. Last in the series 10.30 Irish Micks and Legends 10.45 Terry Alderton: More Crazy Now 10.55 The Comedy Club Interview 11.00 Rudy’s Rare Records 11.30 A Look Back at the Nineties

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. Steve Crossman presents build-up to the FA Cup fourth-round replays 7.45 5 Live Sport: FA Cup Football 2019-20 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 7.00 Kick-off 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 Ian Collins 7.00 James Whale Feat Ash 10.00 The Late Night Alternative with Iain Lee 1.00am Darryl Morris 5.00 Cristo Foufas

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 Tom Ravenscroft 1.00am The Story of Pop with Alan Freeman 2.00 70 Years of Cool 2.30 6 Music Live Hour 3.30 Gilles Peterson’s The Shakedown 4.00 6 Music’s Jukebox 5.00 Chris Hawkins

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. Mozart (La Clemenza di Tito, Overture); Schubert (Impromptu in A flat D.935 No 2); Beethoven (Symphony No 6 in F Op 68 — Pastoral); Chopin (Prelude in D flat Op 28 No 15); Bruch (Violin Concerto No 1 in G minor Op 26); and Haydn (Keyboard Concerto in G major Hob.XVIII:4) 10.00 Smooth Classics 1.00am Bob Jones



## Opera Siegfried Royal Festival Hall ★★★★☆

No stage director was listed for the London Philharmonic Orchestra's third chunk of Wagner's *Ring* cycle, but somebody had still given orders. We began plunged in darkness — suitable enough when Act I of *Siegfried* begins in a cave. We ended with the enthralled lovers Siegfried and Brünnhilde finally achieving a physical embrace, synchronised with the score's final chord.

And in between? Visually, there wasn't much of note; not the dainty hammering of the cave's tiny anvil, or Pierre Martin's half-hearted video images, or Wotan the Wanderer's hooded rain gear, the perfect kit for a rainy afternoon watching football. Still, all such defects were swept away by the singular force of the musical side, controlled by the conductor Vladimir Jurowski with scrupulous care over dramatic pacing, instrumental detail and architectural form.

For an opera with such distinctive colouring — male-voiced, heavy and dark, until light creeps in during Act II — it was particularly helpful to have the orchestra in full view, double basses at the rear, brass spilling down the side, with Nicholas Mooney up at the front blowing such beauties from Siegfried's horn. Most of the opera's action, too, lies in the orchestra,



leaving the singers, in Wagner's sweet way, to chew over the narrative without usually advancing it one bit.

Yet Jurowski's cast still told their own story. Torsten Kerl, in a copious smock as the galumphing young hero, saved his greatest firepower for his discovery of love in Act III. Before, he had been out-punched in decibels by Adrian Thompson's mincing, mocking Mime, one of those 110 per cent performances destined to stay in the memory, although Kerl's stamina and steady heldentenor just about kept him eloquent.

Elena Pankratova made a plangent and commanding Brünnhilde, while Alina Adamski's Woodbird was joyfully welcome, briefly trilling into the stratosphere. Both cut deeper into the fabric than Anna Larsson's earth mother, Erda. Evgeny Nikitin's Wanderer grew rather ordinary over time; not so Robert Hayward's bullish Alberich, Brindley Sherratt's mournful Fafner, above, or, above all, the superb orchestra, the performance's big delight. Jurowski's Wagner odyssey concludes with two complete *Ring* cycles next January and February. Buy your tickets now.

Geoff Brown



Tiernan Messitt-Green,  
Amy McElhatton, Kwaku  
Fortune and Sean Doyle

# Baffled? Bored? Me too

## A well-meaning play about attitudes to rape is clunky and confusing, says Clive Davis

### Theatre Asking For It Birmingham Rep ★★★★☆

This is slightly puzzling. When it opened in Ireland in 2018, Meadhbh McHugh's play about rape culture — adapted from a bestselling young adult novel by Louise O'Neill — won ecstatic reviews and praise for its unflinching honesty. Really? Can this be the relentlessly pedestrian tract that has just arrived in Birmingham?

Its heart is in the right place, and there's no question that the young cast — led by Lauren Coe as a schoolgirl who is violated at a drunken party — deliver impressive performances. Sadly, they are saddled with a woefully uninventive script that only adds clichés to the Me Too debate. You could argue, I suppose, that the text has some educational value for sixth-formers, yet the excessive running time (nearly three hours including the interval) will surely test their patience.

Annabelle Comyn's direction seldom rises above the level of soap opera. At school in a fictional town in Co Cork, 18-year-old Emma is the pretty, would-be sophisticate who is queen bee of a group of girls around whom boys like to strut and swagger. At a party, however, her regal façade is shattered. A bedroom encounter with a lout ends with her being attacked and humiliated by other boys who then post their exploits on social media.

Once flinty and outspoken, Emma turns into a recluse who finds that even her parents fail to give her the support she needs. Meanwhile, the rights and wrongs of her case become the subject of radio phone-ins.

Coe carries off the demanding role of a character who is not entirely sympathetic at the outset. We see how someone who looks like a child in her uniform can build a worldly persona on Instagram or in high heels. Jack Phelan's video design gives us her inner thoughts when things begin to spin out of control at the party. In Paul O'Mahony's schematic set we glimpse teenagers running amok.

Yet in the second half Emma grows introverted. We are left largely to guess at her thoughts while her family bicker. Her brother (Liam Heslin), home from university, is a rare example of a man who understands the meaning of empathy. Simon O'Gorman and Dawn Bradfield have the thankless task of playing parents who lack much in the way of insight.

The fatally slack direction makes the evening feel even longer. Isn't there also something exploitative about the bedroom scene and the way Emma is often shown near-naked elsewhere? A kind of self-lacerating frankness? Possibly. I found it clumsy at best.

Box office: 0121 236 4455, to Feb 15

## Concert Beethoven Weekender Barbican ★★★★☆

### First look at the film adaptation of Emma First Night, News

I have never seen the Barbican so packed, buzzy and full of buggies and babies, as well as those of us able to stagger round by ourselves. Quite apart from the music, the centre's Beethoven Weekender must be deemed a triumphant social event.

That's because there was something for everyone. The main hall was packed for the nine symphonies shared between five regional orchestras. I caught the Royal Liverpool Philharmonic doing 5 and 6 with tremendous verve and (in the *Pastoral*) beautiful delicacy under Vasily Petrenko, and then the Bournemouth Symphony Orchestra skipping nimbly through 1 and 3 under Kirill Karabits. Indeed, so fast did Karabits take the *Eroica*'s opening movement that I longed for slow-motion replays, VAR-style, on the big screens showing players in close-up.

All the symphonies were prefaced with fluent spoken introductions by

the broadcaster John Suchet, while another famous voice, Simon Callow's, was more intimately engaged in the Pit. He delivered touching extracts from Beethoven's letters between aptly chosen movements from the string quartets, impeccably played by the Carducci Quartet.

Elsewhere was an exhibition, children's events and striking responses by modern composers to the 250th-birthday boy. "Only Beethoven could bring in crowds like this," a colleague said. I disagree. London should host a weekend showcase for England's excellent regional orchestras every year — and cycles of symphonies by Mahler or Tchaikovsky would surely prove just as popular.

On Saturday night, however, I slipped away to hear something very different, though just as gripping. In the rather grim Conway Hall (WCI) an ebullient ensemble called the United Strings of Europe presented its ironic

## artsfirst night

## Concert MCO/Uchida Royal Festival Hall ★★★★☆

Founded in 1997 under the mentorship of the conductor Claudio Abbado, the Mahler Chamber Orchestra (MCO) is an international project. Its players are drawn from countries including the UK, France, Sweden, Poland, the US and Japan. The ensemble is nomadic and polyglot, yet unified by the spark of ideas that seem to spring out of each moment. It is a group that leans in to each phrase, that speaks and listens.

Directed from the piano by Mitsuko Uchida, the MCO's performances of Mozart's Piano Concertos in G (K453) and E flat major (K482) went beyond the model of a dialogue between soloist and orchestra.

The exchange of ideas and colours — between and within the sections of strings, brass and woodwind, oboe and flute, violas and cellos, clarinets and trumpets — was as constant and clear as a running stream. Its course was anchored in the practical touch and porcelain tone of Uchida's playing.

To describe an artist or ensemble's music-making as joyful has become a cliché. Was Uchida's and the MCO's joy found in the caffeinated cheerfulness of the first movement of the G major concerto, with the cadences that Mozart wrote for his pupil Barbara Pleyer? In the operatic bliss of the solos for oboe, flute, bassoon and horn in the slow movement? In the plump, urbane chuckle of the minuet for clarinets, bassoon and horns that interrupts the giddy Rondo in the E flat major concerto? All of the above, and more.

Uchida seemed, as always, transported by Mozart's writing, touching grace notes unfussily. Jörg Widmann's 2006 chamber orchestration of his String Quartet No 2 (Chorale) was the sorbet between concertos — a Mozartian sound world refracted and blurred by cool effects in the strings. The collective silence of musicians and audience as Uchida played her encore of Schubert's Impromptu in A flat (D935) felt like a communion and a balm.

Anna Picard

response to Brexit: a programme by composers from immigrant backgrounds, beginning with Handel.

Led by the fine violinist Julian Azkoul, the nine young players were drawn from eight countries, and their repertoire is similarly wide-ranging. The concert ended with the madcap *Mondo Rondo* by the New Zealander Gareth Farr, preceded by the sublimely melancholy *Unfinished Journey*, a work for soaring violin and strings by Bechara El-Khoury (think Vaughan Williams's *Lark Ascending* set to Lebanese modes).

For me, however, the highlight was Osvaldo Golijov's *Three Songs for Soprano*. A moody world tour in itself (it sets poems in Yiddish, English and Gallego, the language of Galicia in Spain), it deployed virtuosically expressive string accompaniments under a testing vocal line, superbly sustained by Joanna Songi.

Richard Morrison



television & radio

Viewing Guide

Chris Bennion

Universal Credit: Inside the Welfare State

BBC Two, 9pm

Top pick

It's one of the most talked-about and vilified government policies in years. This three-part series lifts the lid on

what it's like at the coalface of universal credit for claimants and the staff who enforce and implement it. It is a disheartening mess (the policy, not the documentary, which is clear-eyed and nonjudgmental). Tonight's first episode comes from the job centre in Peckham, south London, which has more than 1,000

visitors a day. In a nutshell, universal credit rolls together six benefits and tax credits into a single payment, with most of the problems arising from the five weeks that claimants have had to wait for their first payment — who among us could live on next to nothing for five weeks? “Pay claimants the right

amount and on time,” is how Neil Couling, the director-general of universal credit, describes his job. “It's quite obvious, but it is the thing that has defeated the claims system for 30 years.” Also being defeated are Rachel, an NHS worker for 27 years, who had to leave work to care for her ill mother and two children; Phil, ten years

unemployed and dismayed by the menial, low-paid work on offer; and Declan, a construction worker who was made redundant and, eventually, homeless. “I didn't think I'd find myself 47 years of age and on the streets,” Declan says tearfully. “You're literally one pay cheque away from the gutter.”

Midsomer Murders

ITV, 8pm

Congratulations if you had “death by doll's house” and “death by soft play” in this week's Midsomer sweepstake as DCI Barnaby (Neil Dudgeon) investigates the murder of a notorious estate agent at the Midsomer Museum of the Family.

Wheeled in for their *MM* credits are Eleanor Bron as a doll's house maker; Rosalie Craig as a children's entertainer; Joanna Page as the dead man's trophy girlfriend; and Katy Brand, who spends most of the episode lurking malevolently in the background dressed as a giant purple parrot. Who's a pretty murderer, then?

	BBC One	BBC Two	ITV	Channel 4	Channel 5
Early	<b>6.00am</b> Breakfast <b>9.15</b> Fraud Squad: The Hunt. A scam robs NHS hospitals of more than £12.5million (AD) <b>10.00</b> Homes Under the Hammer. Refurbishment projects in Lancashire, Bolton and Levenshulme <b>11.00</b> Wanted Down Under. Rachel and Rebecca from Leeds spend a trial week living in Australia <b>11.45</b> Defenders UK. A learner driver tries to cheat his way through his driving test <b>12.15pm</b> Bargain Hunt. From Kedleston Hall in Derbyshire (r) (AD) <b>1.00</b> BBC News at One; Weather <b>1.30</b> BBC Regional News; Weather <b>1.45</b> Doctors. Al tries to cure Bear of his fear of blood, as Daniel and Zara continue to work through their troubled past (AD) <b>2.15</b> Shakespeare & Hathaway: Private Investigators. A washed-up rock star believes that the Devil is trying to kill him (AD) <b>3.00</b> Escape to the Country. Alistair Appleton helps a couple from Worcestershire find a home in Cornwall (AD) <b>3.45</b> The Farmers' Country Showdown. Sheep and pig farmers compete at the Yeovil Show (r) (AD) <b>4.30</b> Antiques Road Trip. Natasha Raskin Sharp and Raj Bisram look for bargains in East Anglia <b>5.15</b> Pointless. Quiz show hosted by Alexander Armstrong(r) <b>6.00</b> BBC News at Six; Weather <b>6.30</b> BBC Regional News; Weather	<b>6.30am</b> Wanted Down Under (r) <b>7.15</b> Antiques Road Trip (r) <b>8.00</b> Sign Zone: MasterChef — The Professionals (r) (AD, SL) <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. Jo Coburn and guests discuss the big political issues of the day <b>1.00</b> The Super League Show. Tanya Arnold presents action from the opening round of fixtures <b>1.50</b> Get Away for Winter. A Scottish duo look for a rental home on Madeira, with the help of local property expert Cecelia (r) (AD) <b>2.35</b> Coast (r) (AD) <b>3.05</b> Deborah Kerr: Talking Pictures (r) <b>3.35</b> <b>FILM: Black Narcissus (U, 1947)</b> British nuns succumb to loneliness and jealousy as they try to found a school and hospital in the Himalayas. With Deborah Kerr and David Farrar. <i>See Viewing Guide.</i> <b>5.15</b> Flog It! Mark Stacey and Christina Trevanion are in Huddersfield, West Yorkshire, to assess a range of items, while presenter Paul Martin pays a visit to Nostell Priory near Wakefield (r) <b>6.00</b> Richard Osman's House of Games. With Dr Maggie Aderin-Pocock, Rev Richard Coles, Stuart Maconie and Lou Sanders <b>6.30</b> Great Asian Railway Journeys. Michael Portillo travels from Ho Chi Minh City to Halong Bay (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 <b>10.00</b> This Morning. A mix of showbiz chat, lifestyle features, advice and competitions. Including Local Weather <b>12.30pm</b> Loose Women. More showbiz interviews and topical debate 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. Quiz hosted by Warwick Davis in which a team of five workmates answers questions about top 10 lists, then tries to score a perfect 10 in the final round <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 presents as four contestants who have never met before answer general knowledge questions and work as a team to take on ruthless quiz genius the Chaser <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. A cafe franchise's Chief Operating Officer goes undercover in her own company (r) <b>11.05</b> Ramsay's Kitchen Nightmares USA. A family-owned restaurant in Monrovia, California (r) <b>12.00</b> Channel 4 News Summary <b>12.05pm</b> Sun, Sea and Selling Houses. Sharon and Steve come up with three unusual properties in Spain (r) <b>1.05</b> Escape to the Château: DIY. Nicole and Stefan work on turning the gatehouse of their castle into an apartment (r) <b>2.10</b> Countdown. Prue Leith is in Dictionary Corner <b>3.00</b> A Place in the Sun. Childhood sweethearts search for their dream home on the Spanish island of Gran Canaria (r) <b>4.00</b> A New Life in the Sun. Gite owners in France face plumbing problems for their first guests <b>5.00</b> Couples Come Dine with Me. Three Cardiff couples compete to throw the perfect dinner party <b>6.00</b> The Simpsons. Homer returns from a nuclear convention a changed man (r) (AD) <b>6.30</b> Hollyoaks. Toby and Celeste's party is in full swing and Lisa decides to make a pass at Toby. Later, Mitchell has a proposition for Scott (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 joining him for phone-ins and reading out viewers' correspondence <b>11.15</b> Paddington Station 24/7. It is the height of summer in the capital, and as the temperature soars, tensions rise as commuters face delays caused by a broken down train outside central London (r) <b>12.10pm</b> 5 News at Lunchtime <b>12.15</b> GPs: Behind Closed Doors. A young man suffering from severe acne visits the surgery hoping to start a new form of treatment, and a returning patient suffering from chronic pain seeks advice from the doctors (r) <b>1.10</b> Access (r) <b>1.15</b> Home and Away (r) (AD) <b>1.45</b> Neighbours (AD) <b>2.20</b> <b>FILM: Erasing His Past (PG, TVM, 2019)</b> A woman's perfect life falls apart when her husband disappears on a business trip and is presumed dead. Thriller starring Michael Welch and Mary Badham <b>4.00</b> Friends (r) <b>4.30</b> Friends. Phoebe reveals she is married (r) <b>5.00</b> 5 News at 5 <b>5.30</b> Neighbours. Aaron and David's plans are scuppered when Lisa reveals she is pregnant (r) (AD) <b>6.00</b> Home and Away. Mackenzie is devastated when Colby ends things (r) (AD) <b>6.30</b> 5 News Tonight

How Auschwitz was designed

7PM	<b>7.00</b> <b>The One Show</b> Alex Jones and Matt Baker present another mix of nationwide reports and live studio-based chat <b>7.30</b> <b>EastEnders</b> Whitney plans to put things right with Kush (AD)	<b>7.00</b> <b>Top Gear</b> Romesh Ranganathan joins the team in the studio, while Chris Harris races the McLaren Speedtail against a fighter jet and Paddy McGuinness tries out a luxurious off-roader (2/6) (r)	<b>7.00</b> <b>Emmerdale</b> Wendy is left surprised by Victoria, and Jamie and Andrea do their best for Millie (AD) <b>7.30</b> <b>The Metro: A Rail Life Story</b> A train breaks down in a tunnel near the Metro's busiest station (3/4) (AD)	<b>7.00</b> <b>Channel 4 News</b>	<b>7.00</b> <b>Canada: A Year in the Wild</b> Documentary following the animals of the epic wilderness through the four seasons, beginning in autumn as the creatures prepare for the cold weather ahead (1/4) (r)
8PM	<b>8.00</b> <b>Live Match of the Day: The FA Cup — Oxford United v Newcastle United</b> (Kick-off <b>8.05</b> ). Coverage of the fourth-round replay, which comes from Kassam Stadium, as the teams contest the right to face West Bromwich Albion at The Hawthorns in the next round. The match at St James' Park ended 0-0, with Newcastle forward Joelinton having two goals disallowed for offside, and League One Oxford will now feel they have an excellent chance of producing an upset against their Premier League opponents	<b>8.00</b> <b>Cornwall: This Fishing Life</b> How small fishing boats are coming under threat from industrialisation, a lack of new talent taking up the trade, and declining stocks of mackerel and other once common fish (4/6) (AD)	<b>8.00</b> <b>Midsomer Murders</b> The Midsomer Museum of the Family is packed with visitors to see a collection of miniature dolls houses donated by a real estate mogul — only for the businessman to be shot dead in front of the crowd. Barnaby's investigation uncovers evidence of unsafe living conditions for the victim's tenants that would have given plenty of people a reason to kill — as well as a mysterious death that a man was imprisoned for, despite protesting his innocence. <i>See Viewing Guide</i> (AD)	<b>8.00</b> <b>Crazy Delicious</b> Jayde Adams welcomes three more contestants into the culinary challenge, and sets them the tasks of making an unusual tomato-based dish and putting their own spin on a chicken pie (AD)	<b>8.00</b> <b>Dogs Behaving (Very) Badly</b> A couple's life has turned upside down since they adopted three dogs from Mexico, while a police officer is being held hostage in his own home by his spaniel pointer cross (5/10)
9PM		<b>9.00</b> <b>Universal Credit: Inside the Welfare State</b> New series. Documentary exploring Universal Credit from the point of view of both government employees and those who rely on the controversial benefits system to support themselves. <i>See Viewing Guide</i> (1/3)		<b>9.00</b> <b>24 Hours in A&amp;E</b> Doctors investigate the medical conditions that may have caused a motorist to crash, while the patient's son and his friend recount the influence she has had on both their lives (AD)	<b>9.00</b> <b>Ben Fogle: New Lives in the Wild</b> Ben meets a photographer living off the land in Oregon, who lives by catching fish and harvesting wild weeds and has built his own Native American sweat lodge. <i>See Viewing Guide</i> (5/5)
10PM	<b>10.00</b> <b>BBC News at Ten</b> <b>10.25</b> <b>BBC Regional News and Weather;</b> followed by National Lottery Update <b>10.35</b> <b>Plastic Surgery Undressed</b> Vogue Williams and Mobeen Azhar explain the ins and outs of liposuction, and offer four people considering the procedure a sneak preview of exactly what it entails (2/6)	<b>10.00</b> <b>Better Things</b> Sam is feeling the strain of her menopause (5/12) <b>10.25</b> <b>The Archiveologists</b> Spoof film on what to do at a meeting (5/6) (r) <b>10.30</b> <b>Newsnight</b> Headlines with Emily Maitlis and Katie Razzall	<b>10.00</b> <b>ITV News at Ten</b> A fresh perspective on the major stories of the day  <b>10.30</b> <b>Regional News</b> <b>10.45</b> <b>White House Farm</b> As the funerals approach, Stan continues to search for answers. When all looks lost for Stan and Mick, a vital witness comes forward (4/6) (r) (AD)	<b>10.00</b> <b>Losing It: Our Mental Health Emergency</b> The crisis team must decide if a 15-year-old boy brought into A&E after trying to kill himself is safe to be sent home (3/4) (AD)	<b>10.00</b> <b>Bad Girls Behind Bars</b> The jail's longest-serving inmate faces another 11 years in prison, and a prisoner who gave birth in the institution tries to turn her life around with a training programme (4/6)
11PM	<b>11.25</b> <b>Easy Ways to Live Well</b> Hugh Fearnley-Whittingstall and Steph McGovern challenge garden centre staff in the Wirral to test remedies for their aches and pains (2/3) (r) (AD)	<b>11.15</b> <b>Body Clock: What Makes Us Tick?</b> A former commando is cut off from the outside world and undergoes a series of tests designed to see whether it is possible to manage the internal body clock better (r) (AD)	<b>11.40</b> <b>Tenable Quiz</b> show hosted by Warwick Davis (r)	<b>11.00</b> <b>Holidays from Hell: Caught on Camera</b> Cameras reveal what can go wrong when a dream holiday turns into a nightmare. Footage includes flight delays, hurricanes and worrying hotel rooms (r) (AD)	<b>11.05</b> <b>Murdered by My Daughter</b> Documentary examining the events surrounding the murders of Elizabeth and Katie Edwards by 14-year-olds Kim Edwards and Lucas Markham, Britain's youngest double killers (r)
Late	<b>12.30am-6.00</b> <b>BBC News</b>	<b>12.15am</b> <b>Sign Zone: Monty Don's American Gardens</b> The host explores the scenery of the west coast of the United States. Last in the series (r) (AD, SL) <b>1.15</b> Murder, Mystery and My Family. The poisoning of a care home resident by her nurse in the 1930s (r) (AD, SL) <b>2.00-2.45</b> Island Medics (r) (AD, SL)	<b>12.30am</b> <b>Teleshopping</b> Buying goods from home <b>3.00</b> The Home Game. A Wiltshire couple are stunned with their open plan makeover, and an artist creates a stunning Lake District studio. Presented by Linda Barker (r) <b>3.50</b> ITV Nightscreen <b>5.05-6.00</b> Judge Rinder. Real-life cases in a studio courtroom (r) (SL)	<b>12.00</b> <b>Australia on Fire: Climate Emergency</b> (r) (AD) <b>1.00am</b> Ramsay's Kitchen Nightmares USA (r) <b>1.50</b> <b>FILM: Endless Love (12, 2014)</b> Romantic drama with Alex Pettyfer and Gabriella Wilde (SL) <b>3.35</b> Come Dine with Me (r) <b>4.30</b> The Great Hotel Escape (r) <b>5.25</b> Cooking Up a Fortune (r) <b>5.50-6.30</b> Countdown (r)	<b>12.05am</b> <b>Inside the World's Greatest Hotels</b> The Dorchester in London's affluent area of Mayfair (r) <b>1.00</b> The 21.co.uk Live Casino Show <b>3.00</b> Access (r) <b>3.10</b> GPs: Behind Closed Doors (r) (AD, SL) <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)



# television & radio

**Life Drawing Live!**  
BBC Four, 8pm

Slow TV meets jolly amateurism in this one-off two-hour broadcast of a life-drawing class. The twist — and you will need a second screen to join in properly, so grab that laptop — is that viewers at home will be encouraged to dig out the charcoal and oil

paints and create their work of art (yes, you can send them to the show to be evaluated live on air) alongside the assembled class. Josie d’Arby hosts, while the artists Daphne Todd and Lachlan Goudie will be on hand with hints, tips and warm-up exercises. Good luck — remember, there’s no such thing as bad art.

**Ben Fogle: New Lives in the Wild**  
Channel 5, 9pm

The outdoorsy enthusiast Ben Fogle heads to the Wallowa Mountains in Oregon to meet Dan Price, a 62-year-old former photographer who has lived off-grid and in isolation for three decades. “I’m pretty introverted,” Price says.

“Being alone is a state of bliss.” Clambering inside Price’s “hobbit hole”, Fogle finds a man deeply scarred by traumas and for whom the secluded woods were a salvation. “This place healed me,” Price says. Fogle, usually one for admiring with a tinge of jealousy, seems more concerned with Price’s wellbeing than his woodsman lifestyle.

**The L Word: Generation Q**  
Sky Atlantic/Now TV, 10pm

It was revolutionary when it launched in 2004 — despite, essentially, being a west coast lesbian *Sex and the City* — but can *The L Word* cut it in super-woke 2020? Three of the old guard have survived the decade-long leap: Bette

(Jennifer Beals) is running for mayor of Los Angeles, Alice (Leisha Hailey) is a successful talk show host and Shane (Katherine Moennig) has returned from being a rock’n’roll hairdresser in Europe. There’s also a new (young) squad, whom we are introduced to in a customarily explicit opening scene.

**Film Black Narcissus**  
BBC Two, 3.35pm

Deborah Kerr brings a brittle nerviness to Sister Clodagh, the founder of a convent in the Himalayas. There is something in the air that wreaks havoc with the holy orders in this Powell and Pressburger classic. (U, 1947)

## 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) (AD) **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** A League of Their Own: European Road Trip. Andrew Flintoff, Jamie Redknapp and Tom Davis are joined by ex-footballer Patrice Evra at the Sphinx Observatory in Switzerland, with two of them having to skydive to sea level (r) **9.00** An Idiot Abroad. Karl visits Egypt (r) (AD) **10.00** The Force: North East (r) **11.00** Jett. Bennie cleans up a mess, while Evans briefs Jett on a new job for Bestic (5/9) **12.10am** Avenue 5 (r) **12.45** COBRA (r) **1.45** Brit Cops: Law & Disorder. The work of the City of London police (r) (AD) **2.40** Road Wars (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 (r) **8.00** Blue Bloods. Police investigate the drug-related deaths of three teenagers (r) **9.00** This Is Our Family. The Nailor family adjust to a new way of life when Vinnie returns home from prison (4/4) **10.00** The L Word: Generation Q. New series. Return of the American drama about the lives and loves of a group of friends living in Los Angeles. See *Viewing Guide* (1/8) **11.10** Oz. Nappa vows revenge on his godson’s rapist, and Ryan’s brother is imprisoned for the murder of Dr Nathan’s husband (7/8) (r) **12.25am** FILM: *Maria Full of Grace* (15, 2004) Drama starring Catalina Sandino Moreno and Virginia Ariza (r) **2.20** From the Earth to the Moon (r) **4.20** The West Wing (r)

## Sky Witness

**6.00am** Nothing to Declare (r) (AD) **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. The ghost of an artist enlists Melinda’s help (r) **9.00** The Good Doctor. Shaun deals with the effects his intimacy with Lea will have on his relationship with Carly **10.00** Law & Order: Special Victims Unit **11.00** Law & Order: Special Victims Unit (r) **12.00** CSI: Crime Scene Investigation (r) **1.00am** 9-1-1 (r) **2.00** Elementary (r) (AD) **3.00** Ghost Whisperer (r) **4.00** Station 19 (r) (AD) **5.00** Brit Cops: Rapid Response (r) (AD)

## Sky Arts

**6.00am** Prokofiev: Symphony No. 1 In D Major (Op 25) **6.20** John Eliot Gardiner Conducts Mendelssohn **8.00** The South Bank Show Originals **8.30** The Band: Music Icons **9.00** The Eighties (AD) **10.00** Tales of the Unexpected (AD) **11.00** Discovering: Julie Andrews (AD) **12.00** Discovering: Robert Redford (AD) **1.00pm** The South Bank Show Originals **1.30** The Byrds: 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: Leslie Caron (AD) **6.00** The Eighties (AD) **7.00** Portrait Artist of the Year 2020 **9.00** I Am Johnny Cash **10.50** Johnny Cash’s Bitter Tears Revisited (AD) **12.00** Portrait Artist of the Year 2020 **1.00am** Great Film Composers: The Music of the Movies **2.00** Gary Cooper: The Irresistible. Documentary examining the actor’s career **3.00** Off Camera with Sam Jones **4.15** Discovering: Leslie Caron (AD) **5.10** Discovering: Alec Guinness (AD)

## Sky Main Event

**6.00am** Good Morning Sports Fans Bitesize **7.00** Good Morning Sports Fans **8.00** Live ICC Under-19s World Cup Cricket. Coverage of the first Super League semi-final **10.30** Live One-Day International Cricket: South Africa v England. Coverage of the first ODI in the three-match series from Newlands, Cape Town. England have never triumphed at this ground when facing the Proteas in one-day international contests, having suffered losses on all five previous attempts, most recently in February 2016 **7.30pm** Sky Sports Tonight. This evening’s leading sports stories **8.00** Sky Sports Tonight. Leading sports stories **9.00** Sky Sports Tonight. Leading sports stories **10.00** The Debate. The latest football news **11.00** Live NBA: The Warm Up. A look ahead **12.00** Sky Sports News **2.00am** Live One-Day International Cricket: New Zealand v India. Coverage of the first ODI in the three-match series from Seddon Park in Hamilton

## Variations

**BBC One N Ireland**  
As BBC One except: **10.35pm** The Search. A woman in her 80s vanishes in Newtownabbey **11.05** Plastic Surgery Undressed. The ins and outs of liposuction **11.55** Easy Ways to Live Well (r) (AD) **12.55am-6.00** BBC News

**BBC One Wales**  
As BBC One except: **11.45am-12.15pm** X-Ray. A rogue trader who is selling conservatory roofs (r)

**BBC Two N Ireland**  
As BBC Two except: **10.00pm-10.30** True North: Soul Singers. Belfast Community Gospel Choir prepares for a concert (r) **11.15** Better Things. Sam is feeling the strain of her menopause **11.40** The Archivologists (r) **11.45-12.15am** Inside No 9. New series. The return of Steve Pemberton and Reece Shearsmith’s comic anthology (AD)

**BBC Two Wales**  
As BBC Two except: **1.50pm** First Minister’s Questions **2.40-3.05** Coast (r) **7.00-8.00** Celebrity Antiques Road Trip (r)

**STV**  
As ITV except: **10.30pm** STV News **10.40** Scotland Tonight **11.05** White House Farm. As the funerals approach, Stan continues to search for answers (r) (AD) **12.05am** James Martin’s French Adventure. Exploring the Dordogne (r) **1.00-5.05** ITV Nightscreen

**UTV**  
As ITV except: **10.45pm** Eamonn Mallie: Face to Face With **11.10** The Greek Islands with Julia Bradbury (r) (AD) **11.40-12.30am** White House Farm (r) (AD)

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## BBC Four

**7.00pm** Beyond 100 Days: Weather **7.30** Botticelli’s Venus: The Making of an Icon **8.00** Life Drawing Live! Josie d’Arby hosts a broadcast of a life drawing class led by the artists Daphne Todd and Lachlan Goudie, offering viewers the chance to draw along with the students in the studio. See *Viewing Guide* **10.00** This Life. Anna reaches the end of her tether and tries to drive Delilah out of the house, while Egg feigns injury to evade a frustrated Milly’s amorous advances (4/11) **10.40** This Life. Miles urges Delilah to have an HIV test and Egg, deeply embarrassed at having caused a scene at work, seeks advice from Warren’s therapist (5/11) **11.20** This Life. Anna organises a special dinner to rekindle the romance between Milly and Egg, while Miles gets short shrift from his father and Warren fears Kira will discover he’s gay (6/11) **12.00** Britain and the Sea (AD) **1.00am** Jigs & Wigs: The Extreme World of Irish Dancing **2.00** Carved with Love: The Genius of British Woodwork. The story of the 17th-century woodcarver Grinling Gibbons **3.00-4.00** Art on the BBC: The Story of the Nude (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 face from Helen’s past arrives in town (AD) **6.00** Agatha Christie’s Poirot (AD) **8.00** Paul O’Grady: For the Love of Dogs. Paul tries to cheer up the home’s longest-serving resident (7/8) **8.30** Long Lost Family Special: The Unknown Soldiers. Davina McCall and Nicky Campbell present a special edition, dedicated to the search for the remains of soldiers killed during the First World War with no known graves (AD) **10.00** Law & Order: UK. A jeweller is found dead with his hands and teeth missing (1/8) (AD) **11.00** Inspector Morse. An attractive woman ruffles Morse’s feathers, while a murder at a car park unveils a crime of passion involving a jealous husband, his wife and her lover **1.15am** Inspector Morse (AD) **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. Double bill (AD) **6.00** The Big Bang Theory (AD) **6.30** The Big Bang Theory (AD) **7.00** Hollyoaks (AD) **7.30** Celebrity Come Dine with Me **8.00** Junior Bake Off. The Heat B contestants face two biscuit-themed challenges (AD) **9.00** 8 Out of 10 Cats. With Joel Dommett, Rosie Jones, Ovie Soko and Catherine Bohart **10.00** Sarah Millican: Thoroughly Modern Millican Live. Stand-up comedy at the Hammersmith Apollo, from 2012 **11.05** The Big Bang Theory (AD) **11.35** The Big Bang Theory (AD) **12.05am** Brooklyn Nine-Nine (AD) **1.05** Gogglebox (AD) **2.10** First Dates (AD, SL) **3.05** 8 Out of 10 Cats **4.00** The Big Bang Theory (AD) **4.50** How I Met Your Mother (AD)

## ITV4

**6.00am** Football Rivalries **6.15** The Chase **7.15** Quincy ME **8.20** Kojak **9.25** The Return of Sherlock Holmes (AD) **10.35** Minder **11.40** The Professionals (AD) **12.45pm** Live Snooker: World Grand Prix. The afternoon session on day two from Cheltenham **5.15** The Professionals (AD) **6.10** River Monsters. Jeremy Wade returns to Africa’s Okavango Delta to reinvestigate the tigerfish — a pack-hunting carnivore previously blamed for mauling the victims of a capsized **6.45** Live Snooker: World Grand Prix. Jill Douglas presents coverage of the evening session on day two of the first of three tournaments in the Coral Series, held at The Centaur in Cheltenham **11.15** FILM: *Sudden Death* (18, 1995) A former fireman battles to stop terrorists holding the US vice president hostage during an ice-hockey match. Action thriller starring Jean-Claude Van Damme (AD) **1.25am** Lethal Weapon (AD, SL) **2.25** The Protectors. A judge is threatened **2.55** 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 1968 Morris Traveller **7.55** Escape to the Château: DIY. Angel Adoree advises Brits Jonathan and Michael on how to make their château wedding business work, before they try to persuade an American couple to book a big money wedding (AD) **9.00** David Jason’s Great British Inventions. The actor operates one of the world’s biggest hydraulic cranes, gets behind the wheel of a tank, and discovers the story behind the invention of the hovercraft (3/4) (AD) **10.00** 999: On the Frontline. A crew treat a man found collapsed in his garden **11.05** 24 Hours in A&E. The department treats a 31-year-old biker who was involved in a head-on collision (AD) **12.05am** David Jason’s Great British Inventions. Documentary (AD) **1.10** 8 Out of 10 Cats Does Countdown **2.15** 24 Hours in A&E (AD) **3.20-3.45** 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** Cops UK: Bodycam Squad **3.00** Sin City Motors (AD) **4.00** Top Gear. Double bill (AD) **6.00** QI XL. An extended edition of the quiz **7.00** Richard Osman’s House of Games. Ellie Tator, Josh Widdicombe, Steve Pemberton and Fern Britton compete **7.40** Would I Lie to You? With Bill Oddie, Frank Skinner, Jon Richardson and Sarah Millican **8.20** Would I Lie to You? With Mackenzie Crook, Chris Packham, Victoria Coren Mitchell and Rhod Gilbert. Hosted by Rob Brydon **9.00** Live at the Apollo. With Rob Brydon, Sarah Millican and Jason Byrne **10.00** Taskmaster. Nish Kumar pretends he is Robin Hood and Aisling Bea bleeds on bread **11.00** QI. Comedy quiz show **11.40** QI. Comedy quiz show **12.20am** Mock the Week **1.00** QI. Double bill **2.25** Flack **3.10** Richard Osman’s House of Games **4.00** Teleshopping

## Film4

**11.00am** *Two Thousand Women* (U, 1944) Second World War comedy with Phyllis Calvert (b/w) (AD) **12.55pm** *Ride Lonesome* (U, 1959) Western starring Randolph Scott **2.25** *D-Day the Sixth of June* (PG, 1956) Second World War drama starring Robert Taylor and Richard Todd **4.35** *Warlock* (U, 1959) A crime-ridden community regrets appointing a ruthless vigilante as town sheriff when his strong-arm methods get out of hand. Western starring Henry Fonda and Richard Widmark **6.55** *Risen* (12, 2016) A Roman officer is charged with investigating reports of Jesus’ resurrection in the aftermath of the crucifixion. Biblical drama starring Joseph Fiennes **9.00** *Taken 3* (12, 2014) Ex-CIA agent Bryan Mills fights to clear his own name after being framed for his ex-wife’s murder. Action thriller sequel starring Liam Neeson (AD) **11.15** *’71* (15, 2014) A British soldier sent to Belfast in 1971 finds himself lost and alone in a hostile area in the aftermath of a riot. Thriller starring Jack O’Connell and Richard Dormer **1.20am-3.45** *Byzantium* (15, 2012) Horror starring Gemma Arterton and Saoirse Ronan

## 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** Hi-de-Hi! **6.40** As Time Goes By **7.20** Last of the Summer Wine. Billy finds a new recruit for his Merry Men with excellent credentials and takes the gang to give him a warm welcome to Holmfirth **8.00** Judge John Deed. Jo Mills is convinced a businessman’s negligence is responsible for the death of an employee (3/5) (AD) **10.00** New Tricks. The discovery of a bloodstained pair of hot pants results in the team being asked to reinvestigate the 1971 disappearance of a mother and her six-month-old son (6/7) (AD) **11.15** Taggart. A war begins between rival taxi firms, confronting the team with a series of coincidences to investigate (3/3) **2.15am** Bramwell. Marsham’s wife develops breast cancer **3.05** The Bill **4.00** Teleshopping

## ITV2

**6.00am** Teleshopping **7.00** The Ellen DeGeneres Show **7.50** Emmerdale (AD, SL) **8.20** Coronation Street (AD, SL) **9.20** Superstore (AD) **10.15** Dinner Date (AD) **11.15** Dress to Impress **12.15pm** Emmerdale (AD) **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. Relationship-based reality show in which singletons seeking a romance compete in the hope of finding love **10.05** Don’t Hate the Playaz **10.50** Family Guy (AD) **11.45** American Dad! (AD) **12.15am** American Dad! (AD) **12.40** The Cleveland Show (AD) **1.40** Ibiza Weekender **2.40** Two and a Half Men **3.05** Totally Bonkers Guinness World Records **3.20** 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** Murder Maps **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. Japan’s early victories **6.00** Steam Train Britain (AD) **7.00** Abandoned Engineering. Featuring an eerie, empty country village which hides a sad secret (8/8) (AD) **8.00** Abandoned Engineering. Claustrophobic prison cells that contain a story worthy of international acclaim (3/8) (AD) **9.00** The Two Ronnies. Songs and sketches, with music by George Fame **9.55** The Two Ronnies **10.50** Porridge **11.30** Porridge **12.10am** Porridge. The inmates stage a mock trial **12.50** The World at War **1.50** Impossible Engineering (AD) **3.00** Teleshopping

**BBC Scotland**  
**12.15pm-7.00** As BBC Two **7.00pm** Scotland’s Home of the Year (r) (AD) **7.30** Test Drive (r) **8.00** This Farming Life (r) **9.00** The Nine **10.00** Tiny Lives. A staff member sees the unit from the other side when her twin grandsons are delivered two months early, while a first-time mum goes into labour at six months (r) (AD) **11.00-Midnight** David Wilson’s Crime Files (r) (AD)

**BBC Alba**  
**7.00am** Alba Today **5.00pm** Ceitidh Morag (Katie Morag) (r) **5.15** Pincidh Dincidh Dù (Pinky Dinky Doo) (r) **5.30** Shane an Cheif (r) **5.45** Bing (r) **5.50** Stòiridh (r) **6.00** Donnie Murdo (Danger Mouse) (r) **6.25** Buntàta Amh (Big Tatties) (r) **6.30** An Rud As Fheàrr Leam (r) **6.35** Dràgonan: Rèis chun an iomail (Dragons: Race to the Edge) (r) **6.50** Bailtean Fraoich (r) **7.30** Speaking Our Language (r) **7.55** Earrann Eachdraidh (History Shorts) (r) **8.00** An Là (News) **8.30** Dreach Ur (r) **9.00** Air a’ Chanal (Scotland’s Canals) (r) **10.00** Trusadh: Achrach airson Atharrachadh (Hungry for Change) (r) **11.00** Oran na Mna (r) **11.30** Alleluia! (Spiritual Music & Verse) (r) **12.00-7.00am** Alba Today

**S4C**  
**6.00am** Cyw **12.00** News S4C a’r Tywydd **12.05pm** Ar y Bysus (r) **12.30** Heno (r) **1.30** Ffermio (r) **2.00** News S4C a’r Tywydd **2.05** Prynhawn Da **3.00** News S4C a’r Tywydd **3.05** Gwesty Aduniau (r) **4.00** Awr Fawr: Peppa (r) **4.05** Awr Fawr: Y Brodyr Coala (r) **4.15** Awr Fawr: Antur Natur Cyw (r) **4.30** Awr Fawr: Sion y Cheif (r) **4.45** Awr Fawr: Deian a Loli (r) **5.00** Stwnsh: Ffeil **5.05** Stwnsh: Boom! (r) **5.15** Stwnsh: Bernard (r) **5.20** Stwnsh: #FI **5.25** Stwnsh: Cath-Od (r) **5.40** Stwnsh: Cwm Cwestion **6.00** Newyddion S4C a’r Tywydd **6.05** Codi Hwyl (r) **6.30** Rownd a Rownd (AD) **7.00** Heno **7.30** Pobol y Cwm (AD) **8.00** Am Dro! Competition to find the best routes for walking, visiting Newport Pembrokeshire, the Brecon Beacons and Llandudno, as well as the hill fort of Tre’r Ceiri on the Llyn Peninsula **9.00** News 9 a’r Tywydd **9.30** Y Byd yn ei Le gyda Guto Harri. Guto Harri examines the future of the Labour party as the search continues for a new leader, and what those who voted to remain in the EU see for the future **10.00** Walter Presents: Yr Un Awyr. New series. In 1974, young Stasi recruit Lars is sent to West Berlin to seduce middle-aged single mother Lauren **11.00-11.35** Nyrsys (r) (AD)



Tetonor Moderate No 19

112	29	16	152
171	140	23	64
29	27	120	60
33	162	27	168

3	5		7	8	8	8	8				21	24	57
---	---	--	---	---	---	---	---	--	--	--	----	----	----

When complete, the strip below the grid can be split into eight pairs of numbers. Adding the numbers in a pair gives one of the 16 numbers in the grid. Multiplying them gives a different number in the grid. For example, a 4 and 6 in the strip could be paired to make 10 (4+6) and 24 (4x6) in the grid. Enter each sum below the corresponding number in the grid. The blanks in the strip must be deduced, bearing in mind the numbers are listed in ascending order.

Solution tomorrow. The next Tetonor puzzle will appear on Thursday

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Winning Move

**Black to play.** This position is from Wang-Zhang, Tauranga 2020.

This is a difficult position and finding the best move requires good judgment and calculation. White clearly has dangerous threats against the black king but his own king has been driven up the board. Black actually played 1 ... Nf5+ and this puzzle requires two answers. Why was this a mistake and what move should he have played instead?

KenKen Medium No 4868

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.

Codeword No 3876

16	22	18	7	12	24	19	9		10	2	18	22
22		19		7		26		18		21		5
4	13	9	23	15		25	21	16	1	7	24	13
19		23		10		24		22		26		9
11	16	13	12		8	21	11	25	19	11	3	10
		5		25		20		22				24
8	16	22	13	16	2		12	16	21	21	8	2
19				13		12		15		16		
26	7	1	19	26	21	7	15		13	11	21	11
11		2		10		16		21		13		7
21	7	10	24	19	14	22		14	22	26	10	15
22		3		9		13		22		17		10
15	13	15	3		6	7	13	26	8	13	16	2

A	X	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. Yesterday'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 5163

No 5164

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 934

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.

Win a Dictionary & Thesaurus

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

Winners will receive a Collins English Dictionary & Thesaurus

Solve the puzzle and text in the numbers in the three shaded boxes. Text TIMES followed by a space, then your three numbers, eg, TIMES 123, plus your name, address and postcode to 84901 (UK only), by midnight. Or enter by phone. Call 09012 925274 (ROI 1516 303 501) by midnight. Leave your three answer numbers (in any order) and your contact details.

Calls cost £1 (ROI €1.50) plus your telephone company's network access charge. Texts cost £1 plus your standard network charge. Winners will be picked at random from all correct answers received. One draw per week. Lines close at midnight tonight. If you call or text after this time you will not be entered but will still be charged. SP: Spoke, 0333 202 3390 (Mon-Fri, 9am-5.30pm).

What are your favourite puzzles in MindGames?  
Email: [puzzles@thetimes.co.uk](mailto:puzzles@thetimes.co.uk)

Futoshiki No 3622

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 2581

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.







MindGames

Word watch
Josephine Balmer

- Mandamus
a A legal order
b Fragile
c A shaman
- Mandala
a A pendant
b A small boat
c A spiritual design
- Mandean
a A sect member
b Sentimental
c A lay preacher

Answers on page 15

Sudoku Mild No 11,308 Difficult No 11,309 Super fiendish No 11,310

Grids for Mild, Difficult, and Super fiendish Sudoku puzzles.

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 What does a pescatarian add to a vegetarian diet?
- 2 The San Andreas Fault extends about 800 miles through which US state?
- 3 Which Norwegian trio had a No 1 with The Sun Always Shines on TV (1985)?
- 4 What type of degree is an LLB?
- 5 Which wheelchair-bound San Francisco detective was played by Raymond Burr in a 1967-75 TV show?
- 6 Which Oscar-winning actor played Professor Marcus in the Ealing comedy The Ladykillers (1955)?

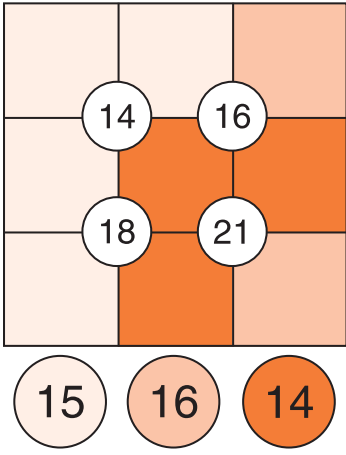


- 7 Which double reed woodwind instrument leads the orchestra in tuning to its 'A' note?
- 8 In which French city is the Promenade des Anglais located along the Mediterranean?
- 9 Which Middle Eastern capital is served by Queen Alia International Airport?
- 10 In 2005, the £3 million Treehouse opened in the gardens of which Northumberland castle?

- 11 Founded by William Sieghart, which UK poetry prizes were first awarded in 1992?
- 12 Formed in 1963 by Vehbi Koc, Koc Holding AS is which country's largest industrial conglomerate?
- 13 The name of which Japanese budgeting system means 'household financial ledger'?
- 14 Which Scot's last professional snooker match was a 13-2 world championship quarter-final defeat by Stephen Maguire?
- 15 Which Toyota car is pictured?

Answers on page 15

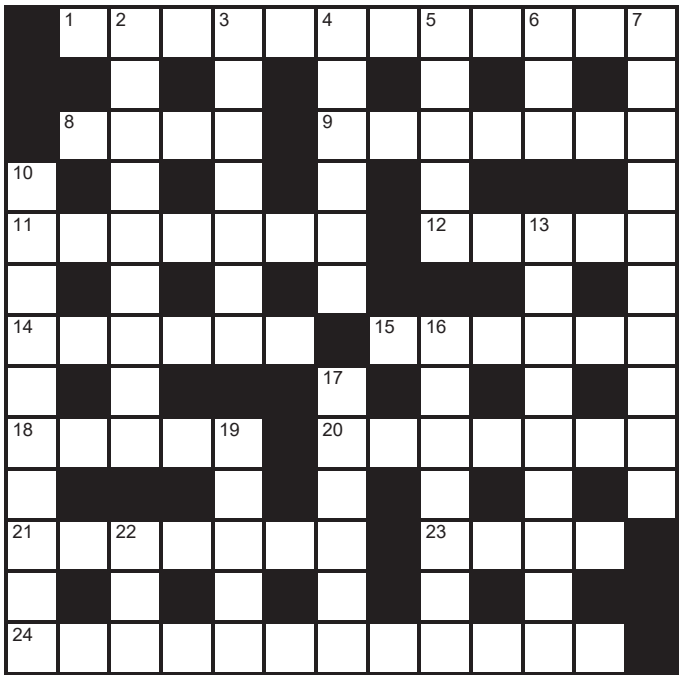
Suko No 2777



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

The Times Quick Cryptic No 1541 by Hurley



- Across
1 Shampoo pup — it could become a new animal! (12)
8 Little Women's popular song (4)
9 Coastal feature, unique, captivating husband (7)
11 Nobleman with award that's associated with organ? (7)
12 Good comper to write your article? (5)
14 Perhaps painter from Hobart is talented (6)
15 Something cutting your thistles, having edges, first and foremost?? (6)
18 Kind of wheat container you heard brought in (5)
20 Rage about extremely volatile person seeking to retaliate (7)
21 Old money at court vanished (7)
23 Son, daughter, holding article that's found on beach (4)
24 Possible to get over male's burnout after treatment (12)

- Down
2 Beneficiary's home — leading character seizing it meeting resistance (9)
3 Holy, penning heartless tale, very sad (7)
4 Sign pastries include small currants initially (6)
5 Henry beset by metallic sound: Object (5)
6 Silly face (3)
7 Group we enter with courage and love (10)
10 Large dress must be altered, no matter what (10)
13 Describing multisided shape in lagoon, act strangely (9)
16 Church, different, with a London team? (7)
17 From fish, a stench — move fast! (6)
19 Fellow on leave getting fruit (5)
22 Sailor cheers run (3)

Yesterday's solution on page 15

Virgin Radio advertisement for The Chris Evans Breakfast Show. Includes text: 'BREAKFAST WITHOUT AD BREAKS', 'THE BIGGEST GUESTS THE BEST MUSIC', 'THE CHRIS EVANS BREAKFAST SHOW with sky', 'THE SHOW YOU KNOW AND LOVE, 6.30 TO 10AM, MONDAY TO FRIDAY', 'DIGITAL RADIO | ONLINE | SKY 0215', 'GET THE APP | SMART SPEAKER'.