# Former Countdown Star Carol Vorderman Leaves BBC Radio Wales Over Social Media Guidelines



Carol Vorderman, the former Countdown star, left BBC Radio Wales in 2023, criticizing the BBC's new social media guidelines. Vorderman, 63, expressed that the corporation's restrictions on social media activities interfered with her personal freedom. She reported feeling forced to leave her show after being asked to conform to these guidelines, which she claimed stifled her voice and led to her "sacking" without discussion.

Vorderman, known for her outspoken views on social media, especially regarding the Conservative government, transitioned to hosting a Sunday afternoon programme on LBC Radio. She emphasized her enjoyment of the freedom at LBC, which allows her to express opinions while adhering to Ofcom regulations.

The BBC's revised guidelines, introduced before her departure, aim to balance impartiality and freedom of expression, prohibiting attacks on political parties by its employees, particularly those on flagship programmes. The guidelines do not cover contributors, pundits, judges, or guest hosts but require freelancers and non-news staff to avoid bringing the BBC into disrepute and to maintain civility in public discussions.

Vorderman plans to release a book titled "Out Of Order: What's Gone Wrong With Britain And One Woman's Mission To Fix It" in September, accompanied by a tour.