

**INSIDE:** YOUR FULL 7-DAY LISTINGS

IRISH DAILY  
**STAR**

SATURDAY,  
AUGUST 5,  
2023

# Chic

## WEEKEND

# Michael Sheen

**CHIC ON SET  
WITH THE GOOD  
OMENS CREW**

**BEAUTY**  
'RECIPE FOR  
DISASTER' TIKTOK  
TREND DEBUNKED

**INTERVIEW**  
JOANNE CLIFTON  
ON HER ROLE AS  
PRINCESS FIONA

PROUD  
*to be*  
IRISH

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Twin Pack



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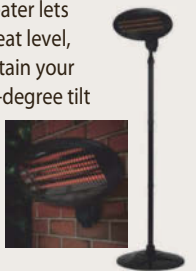
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Simply turn the heater on or off at the push of a button on the remote control. At 1800w, it is designed with a highly efficient carbon heating element coupled with a high rated aluminium reflector.



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A structured posture corrector to help eliminate back pain. It draws the shoulders into line at the same time as supporting the lower back. Wear it over or under clothes, all day, during activity. It gives users fast relief from the pain and discomfort associated with posture issues.

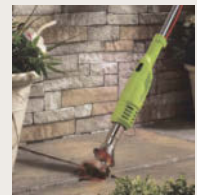
The Velcro strap adjusts from 22" to 55"



## Electric Weed Burner

Chic2350  
€54.90

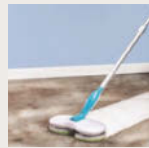
A great way to rid your garden of weeds without backbreaking work and toxic chemicals  
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• Weighs – 1.5kg



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Now €56.90  
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IRISH DAILY  
**STAR**

# Chic

SATURDAY, AUGUST 5

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GUIDE STARTS ON

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## TAMZIN OUTHWAITE

Chic  
HERO

Tamzin Outhwaite has opened up about her split from husband Tom Ellis and says she has finally learned to accept herself at the age of 52.

The former EastEnders actress revealed she embarked on a health overhaul after hitting menopause and at last feels comfortable in her own skin.

She said, "I'm now at a stage in my life where I have become really comfortable in my own skin and really like myself."

And despite being 'realistic' about her body after reaching the menopause, she revealed that she was in the best shape of her life.

It comes after Tamsin marked 10 years since her ex-husband and father of her children Lucifer actor Tom Ellis "walked out on us" before claiming she was still uncovering "more infidelities and lies that he committed".

She then went on to say that ditching alcohol amid her health kick gave her a "new lease of life".

"I know exactly who I am, what I'm doing and I'm confident physically and mentally with that."

She then went on to discuss her relationship of five years with personal trainer Tom Child (32), saying the age gap doesn't affect their relationship.

We're delighted to see Tamzin living her best life.

## BOOK OF LOVE...

York-born novelist, podcaster and screenwriter Caroline O'Donoghue returns with her latest novel, *The Rachel Incident* (published in hardback by Virago) — a witty, heartbreaking friendship love story based in Ireland in the mid-Noughties.

When Rachel sets her heart on seducing her married professor, she enlists the help of her best friend and housemate James to ensnare her prey.

But when their mission finds them on an entirely different path, Rachel and James discover they are stuck in a web of deceit they couldn't unravel if they wanted to.

Hilarious, messy, and all the things being young and infatuated can often be, *The Rachel Incident* creates a world so vivid you feel it wrap around you.

Much as O'Donoghue's masterpiece *Promising Young Women* did, this book won't leave you willingly... nor will you want it to.



★★★★★

## WHAT'S HOT

★ **Sixth of the best:** *DiscoverCars.com* has ranked the most popular hidden gems around the world while also examining the distance to the closest airport, the cost of renting a vehicle and the price of petrol in each location. And the data revealed that Skellig Michael in Kerry ranked as the sixth most popular hidden gem in the world. In total, 1,999 people wanted to visit the obscure attraction making it the most popular Irish attraction outside of major cities.

★ **Barbie resurgence:** eBay has revealed that the word 'Barbie' has been searched more than 6,000 times every hour on the online retail platform with the release of Greta Gerwig's Barbie movie starring Margot Robbie and Ryan Gosling. Are we about to see a Christmas rush for Barbies?

★ **Oscar ambition:** Cillian Murphy is an early favourite for Oscar's glory for his Oppenheimer performance, according to Ladbrokes. Nicola McGeady of Ladbrokes said, "After huge interest in recent days, we have installed him as one of the early favourites to scoop the Best Actor gong next year."



## WHAT'S NOT

★ **Concert tickets:** Between Taylor Swift and Coldplay, it's been a manic few weeks for music fans as they tried to get their hands on the much-coveted tickets. For many, though, their efforts proved fruitless. And for others, they paid through the nose just to see their favourite artists. Tickets to Taylor Swift were going for as much as €750 which is just scandalous for what is essentially a concert ticket and some merchandise that will probably end up at the back of your wardrobe anyway!

## Who said? "I'd beach off with this Kenadian again in a heartbeat"

Answers: Simu Liu addressing that clip of Ryan Gosling seemingly pushing him off at the Barbie premiere.

*Dublin Town, the collective voice of businesses in the city centre, is highlighting the allure for families of summer in the city with a series of free outdoor events titled 'Summer in Dublin'.*

*In partnership with Dublin City Council's Office of City Recovery, DublinTown is organising a series of four free outdoor family fun days to take place at city centre locations on consecutive Sundays — on Capel Street on August 6 and South King Street on August 13.*

*Each Sunday, between 1pm and 5pm, the free outdoor events will generate a fun atmosphere and positive experiences for families to enjoy together in the city centre.*

*Garda charity, the Little Blue Heroes Foundation, is the good cause partner of the events. Its vision is to support families of children with serious illnesses, while empowering them through positive community engagement.*

*Summer in Dublin will bring free fun, keeping families entertained as they shop, socialise and take in some of the culture the city centre has to offer.*

*Visitors and residents can enjoy giant board games, oversized deck chairs, costumed characters, face-painting, arts and crafts and local business stalls.*

*Music will be provided through live outdoor broadcasts by Dublin's FM104 and there will be a free outdoor movie screening on Capel Street on August 6 at 2pm.*

*The events will take place with the co-operation and input of local businesses. See [www.dublintown.ie](http://www.dublintown.ie).*



WHAT'S ON

The Good Omens team on bringing Aziraphale and Crowley back to the small screen...

By **Keeley Ryan**

'IT WAS  
WONDERFUL  
TO GET THE

*Good Omens  
family back  
together'*

**T**here were plenty of miracles, mysteries and mayhem when Good Omens returned to the small screen for a second season.

The Prime Video series, which was originally based on Terry Pratchett and Neil Gaiman's best-selling novel, is heading beyond the source material this season.

The six-part series highlights the ineffable friendship between Aziraphale, a fussy angel and rare-book dealer, and the fast-living demon Crowley.

And while the duo put a stop to the apocalypse last time, there are the sparks of a new mystery that will take viewers from before The Beginning, to biblical times to grave robbing in Victorian Edinburgh; the Blitz of 1940s England to the modern day.

The cast includes David Tennant and Michael Sheen as Crowley and Aziraphale. Jon Hamm, Maggie Service, Nina Sosanya, Miranda Richardson, Shelley Conn, and Derek Jacob also star in the series.

And Michael Sheen told how the Good Omens "world has grown" with season two — and opened up about his first day back at Aziraphale's

bookshop.

In an interview conducted before the SAG strike, he said, "It was lovely to be back in the bookshop — after having seen it burnt down the ground.

"Clearly I had managed to save a few books! Actually, it was extraordinary — your brain does a double take — my desk, the cash machine, the record player — everything is all so familiar even though it is a totally different location.

"But we have expanded — there is much more of the world of Soho here including Aziraphale's favourite — the magic shop and my favourite the



**DYNAMIC DUO:** Michael Sheen and (inset) with David Tennant in Good Omens



pub — our world has grown.”

The actor also praised Neil Gaiman’s writing, noting how there’s “something about the way Neil sees the mundane that is extraordinary.”

He said, “His writing has such a breadth of reference and yet is so accessible and entertaining even when taking on big epic or philosophical issues.

“There’s something about the way Neil sees the mundane that is extraordinary. When things filter through his imagination they emerge in an entirely unique way and yet it feels like it’s always been there.

“Add in the sprinkling of the imagination of Terry Pratchett and cocktail has been created — utterly familiar.”

Producer Sarah-Kate Fenelon told *Chic* how the second season of *Good Omens* is “building on the universe” — and how they had been “sowing the seeds of a second season without anybody knowing” last season.

She said, “I work with Neil Gaiman and know in part that Gabriel, who is played by Jon Hamm, his character is not in the book of *Good Omens* — but it was included in the first season. We were sowing the seed of a second season without anybody knowing.

“That character was written by Neil and Terry as a potential second book. They never got to write it, but now we’re able to tell Gabriel’s story. It’s kind of a lovely evolution, where we’re just expanding the universe.

“A lot of locations on the set are locations from season one. We’ve also been able to explore new shops, like we’ve got the record shop and we’ve got *The Dirty Donkey* pub, which we go into — it was in season one, but we never got to go into it.

“Season two is just building on the universe.”

The Wicklow native added that it was “wonderful to get the *Good Omens* family back together” for a second season.

She said, “We were lucky that a lot of our crew and creative talent were able to come back for a second season. But also, we had our cast return. Miranda Richardson plays a totally different character this season — and we have a new Beelzebub.

“And then obviously, we’ve got Maggie and Nina playing themselves, Maggie and Nina, as written by Neil. It was wonderful to get the *Good Omens* family back together again.”

Noel Corbally, who works as an associate producer on the series, recalled how they marked a special anniversary of the first season’s release while prepping for season two.

The Irishman said, “We went for dinner that night to relive the celebration, happy to be back again.

“Even now, it’s been more than a year since we wrapped and to be able to come back into the studio that’s just been frozen in time with everything wrapped up — we had a week to turn it back to life, have it be a live street again.

“It’s been a week. But it’s been amazing. We had our original lighting team come back, our original art department — and they’ve just done a fantastic job.”

And while there are plenty of easter eggs for fans to spot throughout the six episodes, the pair shared their favourites.

Noel shared, “I think that my favourite easter egg is actually in the record shop. It’s a song that we play in the background. It’s so subtle, but it’s from the musical *Happy As A Sandbag*.”

“Maggie’s character Maggie runs the record shop, which was owned by her grandfather in the story. But the musical, *Happy As A Sandbag*, Maggie Service the actress — her mother and father met on the musical and fell in love. Having that was an homage to them for bringing us Maggie.”

Sarah-Kate said, “I quite like the easter eggs in the title sequence. If you look really closely, there is a Gabriel or Jim in every

shot, which people tend not to notice. It’s like *Where’s Wally?*”

Rob Wilkins, who manages Terry Pratchett’s estate and serves as narrative EP, told how he was “elated” for the second season to be out — and about moving beyond the book’s source material.

He explained, “There were lots of nerves, because there is no source material. There’s no book. I went through the whole of season one with the mantra that we’ve got a beginning, a middle and an end.

“And at the end of season one, which was the only season at the time, I felt very relaxed — we’re all grounded through Terry and Neil’s words, and that’s fine. We know where we’re going, we’ve got the novel to refer to.

“And so with season two, of course there’s going to be nerves — there’s no source material.

“But Neil is 50% of the creative team that brought you *Good Omens*, so in him we trust. And we genuinely do, from the bottom of my heart — of course we do.

“There’s excitement about what Neil is going to bring from the page and from the page to the screen, but trepidation as well — I’m a fan as much as anybody else, I want to know where the stories are going.”

Rob added that some of his own favourite easter eggs within the second season include a nod to Terry in *The Dirty Donkey* pub — as well as a special sight in the bookshop.

He said, “I love the fact that in the bookshop, Terry’s hat and scarf are just hanging there. Terry, as a huge patron of bookshops around the world, he just left his hat and scarf in there and moved on one day and left them behind.

“That’s a lovely one for me, as well — it means more to me, I think, than anything else.”

Rob opened up about the success of the first season — and why it was something that he didn’t necessarily expect.

He continued, “There’s the Terry Pratchett fandom, there’s the Neil Gaiman fandom and push them together and there’s a big crossover. But what we created with season one, we created *Good Omens* fandom from the show.

“People came to Neil’s work and Terry’s work through the show. It created something entirely individual of its own making, and that freaked me out because I didn’t see that one coming.

“I didn’t see that as a thing. I thought the fans would be rooted in Terry or Neil. I didn’t realise that the ineffable husbands in all of that — I love David and Michael, but I didn’t realise the love people would have for them as our demon and our angel.

“I shouldn’t be surprised. It’s just my admiration for them as actors and for what they do, and for people getting it — I think that that’s the thing that’s meant a lot to me, that people have understood what we tried to do.”

Costume designer Kate Currin told how having the opportunity to join *Good Omens*’ second season was a “gift” — and opened up about why it was impossible to pick a favourite scene.

She explained, “When you see the whole show — you think, when you’re watching episode one, you’re like, ‘oh my god, that’s the best’. But then you watch something in episode two and it’s like, ‘that’s awesome!’

“I would say that I’m a disciple of the show now. I didn’t know the book when I was approached about the job. I’d obviously

**“His writing has such a breadth of reference...”**



**SET FOR SUCCESS:** (From top) Our girl Keeley on the set (below) of *Good Omens*; and (inset) show producer Sarah-Kate Fenelon



heard of it, and I’d seen season one — as a punter, I watched it.

“To get the opportunity to come and work on season two, it’s a gift for a costume designer.

“You do fantasy, you do period, you do contemporary and all of the wavy lines in-between — you’re given a lot of rope to play with.”

The character of Shax, played by Miranda Richardson, was a “really fun character to design for” — as Kate told how plenty of ideas jumped to mind after reading the description.

She said, “When Neil writes on the page that you have a 50s inspired female demon, that gives you a lot of scope to play with.

“And when I started drawing her, I actually had to stop myself because I kept coming up with ideas.”

And with the series jam-packed with magical moments and settings, set decorator Bronwyn Franklin told how there was one particular shop that has a “certain magic.”

She said, “I actually think the magic shop is my favourite shop. The bookshop used to be, but now that I’ve done it twice — it’s still beautiful. It is Aziraphale’s home. It feels more magical because Aziraphale lives there,

and there’s the whole angelic side.

“But this one, it really has a certain magic. From a set decorator’s point of view, it’s a joy. Will Godstone, he gets to sit there and he’s got his little cash register and if he’s got no customers, he can sit there and have a little cup of tea.

“You just have to feel that person, live that person and think that it’s yours. I always come into a space like this and think, ‘how would I like to be?’ Because if it makes me happy, it’ll make the cast member happy, it’ll make the viewers happy.”

Michael Ralph, who is the series’ production designer, told how while it’s impossible to pick a favourite set, the bookshop is “one that will resonate most.”

Aziraphale’s bookshop contains more than 7,000 real books — and Michael noted that it was important for the setting to feel real, not just for the audiences at home but for the cast and crew.

He said, “There’s not a fake book in here. Couldn’t do that. In a way, if you look at any bookshelf — I spent almost a day just moving books around, to make the bookshelves look like they’re real. They could be flat dressed, and then they’re not real. But this is real, when they’re just moved around a little bit; or people have pulled them out and put them in incorrectly...that’s what’s real about a bookshop.” ■

*Good Omens 2* is available on Prime Video now.

KARDASHIANS  
KARDASHIAN  
KARDASHIAN



Trading  
PLACES



**K**im Kardashian is switching it up in a big way as she gets ready to make her American Horror Story: Delicate debut.

The SKIMS founder and her famous family have been a staple of reality TV since Keeping Up With The Kardashians began in 2007.

And while she's made a few ventures into the film and telly world over the years, her upcoming role in AHS marks her scripted TV debut — and if the first teaser is anything to go by, it's going to be an eerie adventure.

The season is said to be partially based on Delicate Condition by Danielle Valentine, which is released this month.

The book follows Anna Alcott, a woman who wants to have a family — but begins to suspect that a sinister figure is doing everything they can to make sure that never happens.

She's convinced she's being followed. Important medicines are lost. Her appointments are moved without her knowing — and then things get even more complicated.

Despite everything that she goes through, Anna finds that the men in her life refuse

to believe a word she says and no-one is listening when she says that something is horribly wrong.

Ryan Murphy is said to have been impressed by Kim's turn hosting SNL back in 2021, which led him to get in contact about a role in the anthology series the following year.

And while specifics about Kim's role are being kept under wraps, she said at the Met Gala earlier this year that she was taking lessons to prepare for the part — and was excited for the challenge.

She said, "It's really fun to step outside of your comfort zone and try something new and grow. I'm so excited for the experience."

But Kim isn't the only famous face to make more of a move into acting via the horror franchise.

This week, we're taking a look at some of the celebrities who were already in the limelight when they found fame on the big and small screens...

Lady Gaga's The Fame — which included hits like Just Dance, Poker Face and LoveGame — was released in 2008, with

the deluxe version The Fame Monster being released the following year.

The two albums have sold more than 18 million copies as of 2019 — and her musical career has gone from strength to strength ever since.

She has released six other albums — including two with the late Tony Bennett — and has won 13 Grammy Awards throughout her career.

And while she had roles in Machete Kills, Sin City and an uncredited appearance in The Sopranos, her breakthrough role came in 2015's American Horror Story: Hotel, where she played The

**REALITY TO RICHES:** Reality TV star Kim Kardashian (also above) will star in American Horror Story

From reality TV to their time on the stage, some celebs found fame through different routes before starring on the screen...

By Keeley Ryan

Countess. The following year, she appeared in American Horror Story: Roanoke — and in 2018, she starred in A Star Is Born alongside Bradley Cooper, for which she was nominated for the Best Actress Oscar. She will next be on the big screen in Joker: Folie à

Deux, alongside Joaquin Phoenix.

Harry Styles found himself in the public eye after becoming part of One Direction in 2010.

The band went on to win that season of The X Factor, and released five albums between 2011 and 2015.

As of 2020, they have sold more than 70 million records around the world — making them one of the best-selling boybands of all time.

One Direction went on an indefinite hiatus in 2016, with each of the band members pursuing their own solo music — and the following year, Harry made his big screen debut in Christopher Nolan's Dunkirk.

In 2021, he joined the Marvel Cinematic Universe with an appearance in Eternals — and last year, he led the cast of My Policeman and Don't Worry Darling.

## “THIS HAS BEEN THE MOST CHALLENGING PROJECT I'VE DONE...”

Long before he was part of the Guardians of the Galaxy or going toe-to-toe with James Bond, Dave Bautista was known for his moves in the wrestling ring.

His wrestling career began in 1999 and he signed with what became the WWE the following year.

And from 2002 until 2010, he became a four-time World Heavyweight champ and won the WWE Championship twice.

Throughout the years, he left and returned to the WWE a number of times — but ultimately announced his retirement from professional wrestling in 2019.

Before his turn in 2014's Guardians of the Galaxy, Dave guest-starred in a number of telly programmes, including Chuck and the soap Neighbours.

He played Guardians' Drax for nine years, including six movies through the MCU and a holiday special. Dave also appeared in the 2015 Bond film Spectre, Hotel Artemis, Blade Runner 2049, and My Spy.

Last year saw him star in Glass Onion: A Knives Out Mystery, and he played Leonard in M. Night Shyamalan's Knock At The Cabin earlier this year.

In a behind-the-scenes feature for the film earlier this year, the actor told how it was the “most challenging project that I've ever done.”

He said, “This has been, by far, the most challenging project that I've ever done. This is the role — this is the role that I've been waiting (on). It's to prove myself, prove my worth.”

Jennifer Hudson hit the right note with fans when she appeared on American Idol in 2004.

And while she may not have won the singing competition series, she made her big screen debut as Effie White in 2007's Dreamgirls.

The film also starred Jamie Foxx, Beyoncé Knowles and Eddie Murphy. She won the Best Supporting Actress Oscar at that year's ceremony, as well as the Golden Globe for Best Supporting Actress in a Motion Picture.

Since then, she has starred in the Sex and the City movie, The Secret Life of Bees, Sing, Empire, Cats, and Respect.

And last summer, the actress and singer reached EGOT status when she won her first Tony Award for her role as co-producer in the stage show A Strange Loop.

Steve Van Zandt is known as one of the members of Bruce Springsteen's E Street Band — but in 1999, he was cast in a very different role: Silvio Dante in The Sopranos.

The series' creator David Chase is said to have invited him to audition after his speech when he inducted The Rascals at the 1997 Rock and Roll Hall of Fame.

And while things didn't quite pan out



**DREAM BIG:** Jennifer Hudson in Dreamgirls; and (below) Harry Styles in Don't Worry Darling; (bottom) Lady Gaga with her Golden Globe for American Horror Story

with the part that he originally auditioned for, Chase penned a part specifically for Steve.

Steve recalled in a 2019 interview, “I read for him and he thought I might be good for that role, but in the end HBO felt very uncomfortable with somebody who's never acted before, taking the lead.

“So, (Chase) said to me, ‘Listen, any other part you would like, please tell me,’ and I said to him, ‘You know what, I'm starting to feel a little bit guilty about this because I hate to take an actor's job.

“These guys work their whole lives, they go to classes, they do off Broadway, and here comes a rock and roll guitar player off the street.’

“So, he says, ‘All right. Well, in that case I'll write you in a part that doesn't exist.’ And that's what happened.”

Mandy Moore rose to fame with her musical career in the late 90s.

In 1999, she toured with NSYNC and Backstreet Boys — and her debut single, Candy, was released in August that year with her debut album following up in December.

Her follow-up was released in 2001, the same year that she made her big screen debut as she voiced a Girl Bear Cub in Dr. Doolittle 2 alongside Eddie Murphy — and appeared opposite Anne Hathaway in The Princess Diaries.

But her breakout role on the big screen came in 2002, with A Walk To Remember.

Over the years, she starred in a number of films — including Chasing Liberty, License to Wed and Saved!

In 2010, she voiced Rapunzel in Tangled.

She also took on the role of Rebecca Pearson in This Is Us in 2016, receiving a number of award nominations throughout the course of its six season



run. Her most recent musical release was last year's In Real Life, which was her seventh studio album.

Dwayne “The Rock” Johnson went from playing football for the Miami Hurricanes to spending some time in Calgary as part of the Canadian Football League — and following that with a pivot to a career as a professional wrestler.

And while he had a few small screen appearances in the late 90s and early 2000s — including playing his own dad in an episode of That 70s Show — he made his move to the big screen in 2001 with The Mummy Returns, as well as the 2002 sequel The Scorpion King.

Over the years, he has appeared in the Fast and the Furious franchise, Moana, Jumanji and the telly series Ballers.

Jamie Chung is known for her roles in Dexter: New Blood, Succession, Lovecraft County, The Gifted, Big

Hero 6: The Series, Gotham and Once Upon A Time.

But telly audiences first met her in 2004, when she was cast as part of the popular MTV reality series The Real World: San Diego and the spin-off series Real World/Road Rules Challenge: The Inferno II.

In 2021, Jamie told how she would return to the series “in a heartbeat.”

She said, “I have no shame in my humble beginnings. They kick-started my career.

“They gave me the opportunity to live with six other strangers in a house. And I think those are the growing things.

“I don't think we have that with social media.

“You can't have a conversation and have disagreements and live with each other for three months. That's insane to do.

“I think people would kill each other these days. And (the show) teaches you to be empathetic and understand where the other person is coming from.

“I would go back in a heartbeat.”

Suits' Jacinda Barrett first began modelling when she was 17 years old — and in 1995, the Brisbane native made her telly debut on a different series The Real World.

She made her big screen debut the following year in 1997's Campfire Tales.

Over the years, she has appeared in Ladder 49, Bridget Jones: The Edge of Reason, Poseidon and The Last Kiss.

Jacinda is also known for her roles in The Following, Bull and as part of the cast of Netflix's thriller Bloodline. ■



# 'IF THERE WAS EVER GOING TO BE A PRINCESS THAT

*I'd ever be, Fiona is the one'*



Joanne Clifton on following her musical theatre dreams... By Keeley Ryan

**J**oanne Clifton has told how winning *Strictly Come Dancing* led her to follow her musical theatre dreams — and shared her favourite part about playing

Princess Fiona. *Shrek: The Musical* will head to Dublin's Bord Gais Energy Theatre from August 15 until August 20.

And Joanne told how while many people know her for her dancing background — as well as her family's dancing background — she “absolutely loved singing and acting” while she was growing up.

She recalled, “When we used to travel to dance competitions, my dad would put the cassette tapes on of Joseph and the Technicolour Dreamcoat or *Cats* and we'd sing along to it.

“I loved it. I've always had it in me. Even though dancing has been the main thing for most of my life, I've always had it in me that I've loved musical theatre.

“It came to a point where I had to choose if I wanted to go to a theatre school or if I wanted to continue on with my dancing.

“I chose dancing, excuse I was already on the journey — I was in the competition world, trying to get to the top, and stuff like that.

“I chose dancing and I moved to Italy to dance with a boy over there. I ended up staying for 14 years.”

Joanne moved back to the UK

when she was 30 years old after landing *Strictly*, which is when she also decided to resume her training for singing and acting

She said, “In the months where *Strictly* wasn't on, I'd be doing musicals — whether it was training, auditioning or whatever.

“I got my first musical called *Face The Music* in 2015.

“It was above a pub, it was a Fringe musical — a small production — and you could get like, 40 people in the audience max.

“There were four black walls and we used wooden crates as the props. But you know when you just feel so happy, and you feel like you've arrived — it was like that.

“It was like, ‘I'm just so happy being here, I just feel wonderful’. And I knew that I had to get completely back into it from there.

“I carried on with *Strictly* and when we managed to win *Strictly*, I was like, ‘right, well if that wasn't a sign to go full blown into musicals, I don't know what is’.

“So, I left *Strictly* and here I am.”

Joanne told how her dream theatre role is *Gypsy's* Mama Rose — but *Shrek's* Princess Fiona is one that she has had her sights set on “for years”.

She explained, “I did audition for a different production of *Shrek* quite a few years ago and I didn't get it — and I'm quite a competitive person. And

now, this is the official DreamWorks new production of it.

“When I heard it was coming out, I was like, ‘I need this’. I went to the audition and sat down, and I was like, ‘let me tell you why I need this job’.

“Before we did any scenes, sang any songs, I just sat in front of the producers and I was like, ‘let me tell you why I need this job’.

“I got it — so, happy days.”

Joanne also told how she feels that “if there was ever going to be a princess that I'd ever be from any of the cartoons”, it would be Fiona.

She said, “I mean, when I told people that I got it and when it was announced officially, everyone was like, ‘oh my gosh, if there was ever a perfect role for you, this is it’.

“And I was like, ‘hang on a minute — is that a compliment? Or are you saying I'm an ogre?’ They're like, ‘no, no, no!’

“Basically, it's because if you think of a world champion ballroom dancer, which I am — somebody's image of that is some kind of graceful, soft spoken, really elegant woman, isn't it?”

“Whereas I'm not that. I do have the title, I am a world champion ballroom dancer, but I love toilet humour, I find it funny and I'm just not graceful at all.

“Even though my mum tried very hard to make me a lady, it just never worked.

“I was like, if there was ever going to be a princess that I'd ever be from any of the cartoons, Princess Fiona is the one — and everyone seems to agree.”

Joanne has starred in a number of iconic stage adaptations over the years, from playing *Flashdance's* Alex Owens to *The Addams Family's* Morticia to *The Rocky Horror Show's* Janet.

And the presenter told how while there will be a “certain expectation” of how Princess Fiona is based off of the film, she is also making sure to bring “a bit of Joanne” to it as well.

She said, “The last role that I did was Morticia in *The Addams Family*, who is known from the films and is known to be a certain way — and of course, with Princess Fiona from *Shrek*, everybody knows the film so there will be a certain

expectation of how she is. However, I always say — take *The Addams Family*, for example — Anjelica Huston, who played her in the films that we know — I could never be exactly the same as that, because I'm not Anjelica Huston.

“Even if I tried to be exactly the same as her, I wouldn't be the same as her.

“Of course, I'm going to try and be as close as possible — but I also am going to bring my own into it.

“And that's exactly what I'm going to do with Princess Fiona.

“I'm going to give the audiences what they expect of Princess Fiona, but there will also be a bit of Joanne in there as well.”

And with plenty of memorable songs in the show, the *Strictly Come Dancing* star shared two of her favourite musical moments.

She said, “I love *Morning Person*, which is the opening of Act Two, for Fiona. It's got a dance break in it, so of course I'm going to love that one.

“There's a line in *This Is Where A Dream Comes True*, which is the one where *Shrek* is ‘saving’ Princess Fiona and getting past the dragon.

“She sings it all like she is trying to recreate what she thinks would have been the perfect moment for her being saved by what she thinks is this prince.

“In the song, she's like, ‘riding over rough terrain, past the dragon you have slain’ — and then she repeats it, ‘you have slain...you have slain?’ It's like, ‘have you slain it or not?’

“That's my favourite line.”

Joanne told how she reckons audiences will walk away from the musical “filled with joy” and happiness.

She said, “The meanings behind it, for me, are don't try and live up to what you think people expect you to be. Be yourself. Be how you want to be. Don't try and change yourself for the sake of what you think people expect of you.”

*Shrek: The Musical* runs at Dublin's Bord Gais Energy Theatre from August 15 until August 20. For more information or tickets, visit [www.bordgaisenergytheatre.ie](http://www.bordgaisenergytheatre.ie).

**“I'M JUST SO HAPPY BEING HERE, I FEEL WONDERFUL”**



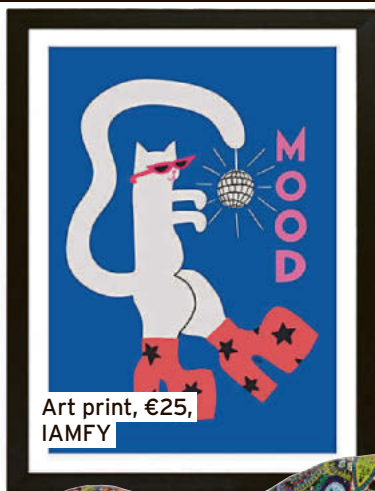
DREAM COME TRUE: Joanne as Princess Fiona (also above)





A Cavalcade of Cats wallpaper, €152, LIME LACE

## INTERIORS



Art print, €25, IAMFY



Cushion, €35, CLAIRE LOUISE



Tray, €37, ELLIE GOOD ILLUSTRATION



Lampshade, €82, MOUNTAIN & MOLEHILL



Mug, €22, JIMBOB ART



Pot, €7.99, TK MAXX



Cat sculpture, €23, HOMESENSE



Matches, €12, ANNABEL JAMES



Jar, €41, SOPHIE ALLPORT

# Feline GROOVY

Looking for the purrfect addition to your home? Look no further as **NIAMH McENEANEY** has carefully curated a selection of cat-themed homewares and gifts to help you add some fabulous feline flair...



Neon light, €17.50, SOLAR CENTRE



Quail Ceramics Pussycat Wall Vase, €35, JOE BROWNS



Soap dispenser, €10.99, TK MAXX



Flask, €9.99, HOMESENSE



Cat portrait print, €15, INK & DROP



Chair, €69, MICHAEL MURPHY



Jug, €8.70, GISELA GRAHAM LONDON

Decoration, €9, OLIVER BONAS



Bowl, €17, SOPHIE ALLPORT



Draught excluder, €53, SOPHIE ALLPORT



Tiger typography poster, €17.45, NANAS OF ANARCHY



Recycled cotton blanket, €150, J.J. TEXTILES



Cushion, €140, JAN CONSTANTINE



Doormat, €52, JIMBOB ART



Clock, €87, IAMFY



Treats tin, €14, ANNABEL JAMES



Ornament, €15.99, HOMESENSE



Chic PICK



1. Feather sleeve bodysuit, €112, PRETTY LITTLE THING. 2. Shirt, €21, F&F. 3. Sweater, €58, SCAMP & DUDE. 4. Beret, €29, OLIVER BONAS. 5. Skirt, €30.80, PRETTY LITTLE THING. 6. Shoes, €18, PENNEYS. 7. Blazer dress, €35, VERY. 8. Bag, €11, PENNEYS. 9. Dress, €20, PENNEYS

JENNIFER BLOM

# GET ALL DOLLED UP

Since the release of the Barbie movie in cinemas last week, pink fever has gripped the world with online searches for 'Barbie inspired outfit' skyrocketing 614%. And while plenty will argue that pink is a staple colour in every wardrobe, some might need guidance on how to style themselves just as well as the iconic doll. So **Niamh McEaney** brings you her top finds to help you get all dolled up, whatever the occasion. Come on Barbie, let's go shopping...



10. Jacket, €108, and trousers, €94, WAREHOUSE. 11. Dress, €119, MONSOON. 12. Dress, €26, F&F. 13. Skirt, €39.99, TK MAXX. 14. Top, €18, VERY. 15. Dress, €132, MONSOON.

ROTATE

# FASHION

16.



16. Bow dress, €169.99, ASOS.  
17. Frill dress, €69.95, ZARA. 18. Jumpsuit, €115, OLIVER BONAS. 19. Cardigan, €72, OLIVER BONAS. 20. Diamante bag, €8, PENNEYS. 21. Ruffle dress, €380, ROTATE. 22. Sporty sandals, €26.99, TK MAXX.

17.



VERSACE

18.



22.



21.



19.



23.



20.



24.



27.



26.



25.

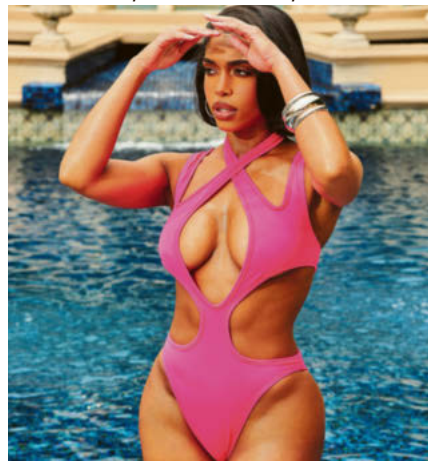


23. Shorts, €49, RIVER ISLAND.  
24. Top, €70, and skirt, €84, PRETTY LITTLE THING. 25. Sandals, €63, RIVER ISLAND. 26. Dress, €228, REBECCA RHOADES. 27. Fringed jumpsuit, €129.60, WAREHOUSE.

AITOR ROSAS

## PRETTY LORI THING

Pretty Little Thing has announced the launch of its latest ambassador signing with model, entrepreneur and founder and CEO of SKN by LH, Lori Harvey...



Reprising her role as PLTs ambassador, this year-long signing will see Lori and PLT collaborate on a swimwear edit as well as a co-designed partywear collection set to be released later this year.

Lori's natural beauty and boss lady style, paired with her luxury jet-setting lifestyle, makes her the ultimate muse for PLT's summer style inspo.

Be sure to serve up all the looks on vacay, whether you're heading on a paradise adventure or relaxing on a beach is more your vibe, the influencer and entrepreneur has got you covered to ensure all eyes are on you for all the right reasons with her swimwear edit.

This collection is here to serve you a range of timeless swimwear essentials that will take you from season to season.

Her staple tanning bikini sets show off your unreal figure in a range of classic colors and alternative wrap styles.

And her flattering yet fierce, cut-out swimsuits in more vibrant tones and matching cover-ups can be styled effortlessly with a chic fedora hat, chunky wedges and a raffia beach bag, to leave you feeling comfortable yet chic.

Have a perfectly packed suitcase that everyone will be jealous of, giving your most confident self not just this summer, but every summer!

On her latest signing with PrettyLittleThing, Lori said, "I'm so excited to be joining the PLT family again! Returning as a collaborator to launch this sexy and fun swimwear edit truly feels like a full-circle moment.

"If you know me, you know self-care in my opinion is the highest form of self love.

"Whether it's going for a swim, reflecting in my journal by a pool, or travelling to new parts of the world, this is how I get inspired and gain confidence.

"Swimsuits represent body positivity. My goal with this edit is for everyone to feel sexy and confident while wearing these pieces."

Shop the Lori Harvey x PLT collection, available in sizes 4-16, and with prices ranging from €12 to €30, at [prettylittlething.ie](http://prettylittlething.ie)



BEAUTY

SPF cocktailing is the latest beauty trend to make waves on TikTok.

It's all about mixing your favourite SPF with another product — such as concealer or highlighter — and applying that as a 'cocktail' onto skin.

In theory, the idea sounds good — the aim is to reduce the white cast some SPF's leave, and mean less steps slathering products onto your skin in the morning — but dermatologists and skin experts have started pointing out the potential dangers of this new trend.

"SPF cocktailing is a recipe for disaster in so many ways," says Dr Ross Perry, medical director of Cosmetics skin clinics.

"By mixing SPF with products such as concealer or highlighter you are leaving the skin entirely exposed to the dangerous UV rays, which will very likely burn the skin and potentially lead to skin cancer down the line, not to mention leaving you more prone to premature ageing."

Dr Paris Acharya, leading aesthetic doctor and face surgeon agrees, saying, "When you mix an SPF with your other make-up products, such as foundation or concealer, you are changing the overall properties of the SPF and diluting the strength of the product.

"This will therefore reduce the protection that you will be getting from the SPF.

"There may also be certain products within your make-up products that may interfere with the way that your SPF is meant to work."

However, Perry understands why people might be

# Cocktails OF WOE

Skin experts tell **Niamh McEaney** why we should steer clear of the buzzy TikTok trend of mixing your sunscreen with make-up products...

option is wearing SPF that hasn't been mixed with any other products.

"It only takes one sunburn in a lifetime to lead to skin cancer. [Skipping sunscreen] isn't something you should be doing at all, and in no way should be encouraged," says Perry.

If you do want to reduce the white cast of sunscreen, Perry's advice is to "apply a good moisturising cream prior to using a sunscreen — this will help the sunscreen absorb into the skin and reduce the tint."

While Perry doesn't recommend mixing your products together, he does suggest that layering is fine, "If you apply them all separately and give them a chance to absorb first."

Acharya has some other

recommendations for best practice when it comes to sunscreen. My ultimate top tip is to always use a broad spectrum SPF.

"Broad spectrum protects you from both UVA and UVB rays which helps the skin to stay youthful and will help to reduce

premature ageing and sunspots," she advises.

"Another important tip for using an SPF is to always apply it to the face and neck to ensure full coverage and protection of all exposed areas.

"The skin on your face and neck is some of the first to age on your body so it's vital that we care for these areas properly."

Acharya recommends an SPF30 or above for your face, and adds, "It is always recommended to reapply your SPF throughout the day at least twice to maintain maximum protection." ■

**“IT ONLY TAKES ONE SUNBURN IN A LIFETIME TO LEAD TO SKIN CANCER...”**



looking for ways to make their SPF look better.

"Sunscreens are notoriously cosmetically unattractive purely in part to the ingredients.

"The reason for this is that's how they prevent the sun's rays penetrating into the skin.

"The suncream companies already try to dilute this down as much as possible in order to make it cosmetically acceptable, however, I appreciate in some instances this does not quite go far enough."

So for Perry, it is a "balance between having someone wearing something that will protect your skin, versus not wearing it"

He adds, "I don't advocate mixing the ingredients together, as it may reduce efficacy.

"I do believe though that if this is the only way people will wear sunscreen, then some sunblock is absolutely better than no sunblock." But make no mistake: the best



**BLOCK STARS:** Dr Paris Acharya; and (below) Dr Ross Perry warn against 'SPF cocktailing'

**SPF-ing great**  
These sunscreens are so good, you'll want to apply them solo...

**Biore UV Aqua Rich** WATERY ESSENCE HIGH PROTECTION SPF 50 UVA & UVB Essence Sunscreen SPF50, €19

**CAUDALIE** 50+ Very High Protection Lightweight Cream SPF50+, €22.45

**PAULA'S CHOICE** Advanced Sun Protection Daily Moisturiser SPF 50, €45.50

**Collistar** Protective Sun Cream SPF 50+, €41

**PCA skin** daily defense broad spectrum spf 50+ 1.7 fl oz/50mL PCA Skin Daily Defense Broad Spectrum SPF 50+, €49

# Beauty NEWS

## Pinkys wear...

Bringing you brand new products, treatments and bargain buys every week...  
By **Niamh McEaney**

shade of pink! Miracle Gel in Topsy Gypsy or Pinky Promise (RRP €11.99) with shimmer for the glazed trend. Bring on the Barbie movie.”

CELEBRITY manicurist and Sally Hansen brand ambassador Michelle Class has given her verdict on the latest trend taking the world by storm – PINK!

And with high-profile clientele like the real-life barbie doll herself, Margot Robbie as well as J-Lo, Lily James and Nicola Coughlan, Michelle is the perfect partner to help the nailcare brand showcase its Pink Edit, which includes all the shades you need to join this dazzling pink revolution.

Miracle Gel Colour Coat and Top Coat are an innovate two-step process which work together using a patented system to give you a long-lasting and glossy manicure for up to 14 days.

Say goodbye to frequent touch-ups and hello to a salon-worthy manicure that lasts.

Michelle says, “My summer colour is any



And no more waiting around for your nails to dry as Sally Hansen's Insta-Dri range (€6.99) has got you covered, drying in just 60 seconds.

This polish has a base and top coat all packed into one bottle, ensuring your nails stay flawless for days.

So why not ignite your girlie disco fever with Insta-Dri Make it Snappy.

This soft pink polish has a subtle shimmer that takes your fingertips straight to the heart of the dancefloor.

Or, if you're looking for an elevated nude pink polish, Insta-Dri In A Blush is the one for you! This timeless nude is the perfect polish for a timeless chic nail look.

**Products available at leading pharmacies and department stores nationwide.**

## YOU CAN BANK ON P20 FOR SUN SAFETY

AS families gear up to enjoy the Bank Holiday Weekend, P20 is advising of the importance of SPF in safeguarding your skin against harmful UV rays.

The long weekend is the perfect opportunity to spend quality time together, enjoying the outdoors and creating lasting memories.

And P20 understands the importance of protecting loved ones from the sun's harmful effects while participating in outdoor activities.

Whether it's a beach day, a water adventure, outdoor games or a picnic and BBQ, P20 has you and your little ones covered.

While engaging in these enjoyable activities, P20 reminds families about the importance of SPF in preventing sunburn, premature aging, and the risk of skin cancer.

Applying an appropriate sunscreen with broad-spectrum protection and a high SPF is crucial, regardless of weather conditions

or skin type. Designed specifically for children's sun-sensitive skin, P20 Kids SPF 50+ (RRP from €25) incorporates the brand's innovative Triple Protection Technology. This advanced formula

provides children of all ages with up to 10 hours of protection, up to three hours of water resistance, and double the EU's required UVA protection.

The gentle cream formula is fast absorbing and easy to apply – allowing your little one to spend hours playing outside.

All P20 products are also formulated without UV-filters that are known to pose a threat to aquatic life – for a reduced

environmental impact – and are also certified vegan as they are formulated without any animal-derived ingredients.

Available from leading pharmacies and supermarkets nationwide. For more, follow @P20sunscreenirl.



## BE A BARBIE BLONDE

With the release of the Barbie movie, everyone is talking about one thing – the hair and beauty looks. With a new wave of fans reaching for the bleach to replicate Margot Robbie's blonde tresses, the hair experts at Christophe Robin reveal the best products for colour-treated strands...



**HIGHLIGHT:** Margot Robbie as Barbie

Maintaining bleach-blonde hair is no mean feat, as the intense bleaching process involves penetrating the hair shaft and breaking down fatty acids.

This can result in a weakened structure prone to breakage, while warm pigments remaining in the hair can cause brassy tones.

Whatever your concern, Christophe Robin has you covered – from the bestselling Cleansing Purifying Scrub with Sea Salt, ideal for soothing irritation and exfoliating away dry skin caused by the bleaching process, to the Shade Variation Mask in Baby Blonde, designed to deeply nourish and neutralise warm tones.

**Soothe irritation**  
Christophe Robin  
Cleansing Purifying Scrub with Sea Salt – RRP €41

An exfoliating shampoo formulated to detoxify and soothe sensitive or oily scalps, helping to calm irritation.

Used once a week or post-colouring, its exfoliating and soothing properties help the scalp to feel rebalanced and purified, leaving hair looking beautifully fresh and shiny.

**Maintain colour**  
Christophe Robin  
Shade Variation Mask – Baby Blonde – RRP €38

This rich, velvety colour revival mask nourishes and enhances the beauty of hair's natural shade or refresh colour-treated and highlighted hair between treatments.

It glazes strands in a unique blend of iridescent pigments and Florentina Iris to help neutralise brassiness and yellow tones, revitalising the brightness of blonde hair.

With Almond Oil, rich in conditioning

Omega 6, to help to smooth, soften and add glossy shine, and Nutritive Buriti oil to leave hair feeling nurtured without weighing it down.



**Revitalise and protect**  
Christophe Robin  
Colour Shield Cleansing Mask with Camu-Camu Berries – RRP €36

An updated version of Christophe Robin's iconic Cleansing Mask with Lemon, this ultra-conditioning shampoo is an intense weekly treatment to help prolong the vibrancy and radiance of colour while intensely nourishing hair's lengths.

The extremely gentle, low-foaming formula has a delicate pearlescent texture which respects the hair's natural oils, so lengths feel intensely nourished with a glossy, long-lasting radiance.

Nurturing Camu Camu berries provide a rich concentration of vitamin C, while Sunflower Seed Extract, rich in antioxidants, helps to care and protect, reducing colour fade.

Macadamia Oil helps to restructure the hair fibre, while a blend of Fruit Acids and Green Tea Extracts create a smooth veil to infuse hair with a finish full of shine and vitality.

**Repair damage**  
Christophe Robin  
Regenerating Mask With Prickly Pear Oil – RRP €49

The Regenerating Mask helps to rejuvenate dry, damaged and chemically treated hair so it appears healthy and restored with an instantly sumptuous look. Concentrated in prickly pear oil, a rare and revered active ingredient, the formula works to improve the appearance of split ends so hair feels stronger and silky to the touch with a visible glossy luminosity.

The full Christophe Robin range is available at [www.lookfantastic.ie](http://www.lookfantastic.ie)

# 'DANIEL'S ATTACHED TO PIPER, it's a calming effect on him'

**A**n Irish dad has told how his young son's trained assistance dog has been an "absolute game changer" for his family.

Mark Gilsean was speaking as part of Woodie's Heroes, which has raised more than €3 million for Irish children's charities since 2015.

This year marks the ninth year of the initiative, which will run until August 12.

ISPCC Childline, Autism Assistance Dogs Ireland, Down Syndrome Ireland and Make-A-Wish Ireland are the beneficiaries of this year's campaign.

Mark's son Daniel and his assistance dog Piper are this year's Heroes ambassadors for Autism Assistance Dogs Ireland.

He told Chic that his eight-year-old son — who is non-verbal and autistic — is "very happy-go-lucky", as he opened up about the impact of Piper's arrival.

The dad said, "(Daniel) is a flight risk. That means that unless we're holding onto Daniel, he'd be gone. He's got no sense of fear; crossing the kitchen would bet the same as crossing the motorway, and all that.

"We've had to adapt our household over the years as we grew in our knowledge of Daniel's condition and of Daniel. We've had to change doors — our front door, the handle, we used to have to put a chain on it.

"Daniel's siblings would be playing outside and, being children, they'd forget to close the door, or whatever. But Daniel could be gone.

"We've had to change the surroundings for Daniel, adapt out lifestyle around, as well."

Mark recalled how they had been looking for more information about assistance dogs when they came across Autism Assistance Dogs Ireland — and they put their name down on the waiting list for assistance dogs.

Mark noted that they "had missed one of the selection periods", meaning their "name was down for a couple of years" — but in recent years, they got some good news.

He said, "We put our name down, and we were lucky enough — I don't know if it was divine (intervention)

**Irish dad Mark Gilsean speaks about how Autism Assistance Dogs Ireland has helped his family... By Keeley Ryan**

**MAN'S BEST FRIEND:** Daniel with his assistance dog, Piper

or luck or whatever, I'm unsure — but we got selected.

"I couldn't believe that we got selected at first. The selection period, we had to do a webinar to get a code and then the application window opened. I don't know what day it was, but I know it was 11am and I was at work.

"I put myself off into a side room at work and logged on, but it kept crashing. I thought, 'ah, lookit, that's grand so'.

"But I'll never forget it. It was seven minutes past 11am, and I thought, 'you know what, I'll try it one more time'. I tried it one more time, I got in and it prompted me to put in the code. The code was only seven digits and numbers.

"I was putting it in, and I was conscious of the time and that I wanted to get it right.

"The next minute, it popped up and said, 'you've been selected, we'll be in touch'.

"I just couldn't believe it. I rang my wife, we were thrilled.

"The process started quickly. The AADI was in contact with ourselves, and we met up with Mark and Ciara the trainers. They told us the process and where we'd go from there.

"A couple weeks later, they came up with a dog — not Piper, another assistance dog — to see where we were at, to do a house visit.

"It took off from there. We had to wait, then, until we got matched with our dog. We got matched with Piper and then Aisling went down in June of last year for the training with Piper in Cork.

"That's when she met Piper and they did the training. I went down on the Friday evening to pick them up, and here we are now."

Piper joined the family a little more than a year ago — something which, Mark said had been "an absolute game changer for us".

He said, "Initially, when we were out with Daniel, because he'd be a flight risk we were all kind of on edge. His siblings — Sean is 11, and Abbey is 13 — and us, when we were out we were always wondering who has Daniel; one of us would always have to hold his hand with him being a flight risk.

"The children were always kind of anxious about where he was, who was minding him and everything.

"When we went to the shops or anywhere, it was 'who was minding Daniel?'

"But because we would have to hold his hand, he would get a little bit anxious. He would want to have his hands free; he's always stimming, moving his hands. And he would always have two little spoons in each hand.

"So, if we were holding his hand, he would be restricted from doing that."

Mark added that when the family goes out now, Daniel and Piper do an

attachment walk.

He continued, "What that means is when Piper puts on her coat, she's in the zone; she's working — and then there's a belt that goes around Daniel's waist. She's tethered to him.

"Piper knows what she's asked, she won't run off. And if Daniel did try and run off, the attachment is there that won't allow it — it gives us the few

extra seconds.

"When we got Piper, there was a couple of months hard going training with attachment walks; getting Daniel used to Piper and vice

versa. And getting ourselves used to Piper, too. It didn't just snap into place.

"Over time, we found routes that we wouldn't go around our home because it was too distracting for Daniel so we wouldn't get the best of it.

"We would alter where we'd go walking on our routes. And over time, it just kind of kicked in — the attachment walks, they're just all the time. We go absolutely everywhere.

"There's no anxiety with the rest of the family. We can go places as a family now. Daniel is attached to Piper and he doesn't try to run off at this stage — I think it's a calming effect on him.

"He knows that if he does, he can't before Piper's there. But he doesn't even try any more.

"He has his two hands free, and Piper walks along with us. We've just started to be a complete family again, going places and — there's no anxiety with the other siblings, or anything.

"Ourselves as parents, myself and Aisling — we don't think about it anymore. We just go.

"Piper is with us everywhere, and Daniel is with us everywhere. We go to football matches. We went to Bloom in the Phoenix Park, and we let Daniel lead. It was a lovely day and he went where he wanted to go.

"It's a game changer. If we want to go somewhere, we just go — the stress and anxiety is complexly gone. It would have been a different picture pre-Piper."

Autism Assistance Dogs Ireland (AADI) gets more than 300 yearly applicants but can only fulfil approximately thirty requests.

AADI currently has 62 working dogs, with 68 having been placed since 2010 — and their successful graduation rate

is approaching 70%.

And once the AADI dogs' training is successfully completed, there's even a special graduation celebration.

Mark told how it is an "amazing" organisation — and opened up about the impact that fundraising has on the charity.

He explained, "To tie in with the Woodie's Heroes campaign, it is immense — it does change the lives of families and people.

"It's amazing to get involved. The AADI and myself, we can't thank Woodie's enough for it."

Mark told how the AADI "don't charge the families anything for the dogs, and there's no government funding" — and so fundraising is particularly important.

He said, "It's all charity work and fundraisers by families.

"The AADI have about 60 puppies in training at any given time. The puppies are split between Munster and Leinster.

"The puppies start the training journey from about eight weeks old.

"And when they're fully trained, they'll work from about two years old to eight years old. That's their working life, it gets reviewed every year with the AADI."

Mark added that the fundraising efforts for the charity — as well as the AADI itself — creates an awareness around the topic of assistance dogs.

He said, "Piper is a fully certified working dog and comes to hotels, shops, restaurants — everywhere. A lot of people around our locality wouldn't have known about it, but now if Piper's not with us, we get asked, 'where's Piper?'

"I think there is more of an awareness needed sometimes. Most places are absolutely brilliant.

"The first thing that many people want to do is go over and pet the dog, but once Piper is working then she's in the zone and she's not meant to be petted.

"But it's been great, overall. We recently had Daniel and Piper down at GAA — Cavan GAA, they have an All-Stars programme. I'm involved with the programme, which is for kids with disabilities.

"Daniel's involved with that, and I'm involved at a county board level.

"We had an evening in Kingspan Breffni, it's the county's senior football — and Piper was there with us.

"It was great. It was a wonderful evening that we had.

"We go places, we go to football matches, we've done guards of honour for the football matches as teams run out and whatnot — whereas before Piper, we wouldn't have been able to do something like that."

Mark praised the AADI as a "wonderful organisation" that "does change the

lives of families"

He said, "It costs a lot — it's €25k and two years of training to get a fully accredited and certified assistance dog.

"There's no government funding, and the AADI don't charge families or put pressure on them to do fundraising or anything; it's not even mentioned.

"If you're matched to a forever dog, that's it. They're wonderful."

Mark added that funds raised can "transform the lives of families", and enable the AADI to potentially train more dogs.

He continued, "The more money that is available to the charity, they more dogs that can be trained and therefore more families can be [helped]. There's a long waiting list, criteria is strict.

"If you meet the criteria, it changes your life."

Mark told how Piper is their family's "super dog".

He said, "We've become a family again, just doing the regular family stuff.

"We know that Daniel is going to be fine, relaxed and that Piper is with him. There's no anxiety with the rest of the family, because everything is good." ■

To donate to Woodie's Heroes Campaign, visit [www.idonate.ie/event/woodiesheroes23](http://www.idonate.ie/event/woodiesheroes23), donate in store at the till or text ISPCC to 50300 to support ISPCC Childline, AADI to 50300 to support Autism Assistance Dogs Ireland, DSI to 50300 to support Down Syndrome Ireland or MYWISH to 50300 to support Make-A-Wish Ireland.

**“PIPER IS WITH US EVERYWHERE AND DAINEL IS WITH US EVERYWHERE. IT'S A GAME CHANGER...”**



**SUPPORT SYSTEM:** Daniel with Piper; and (inset left) Piper and the Gilsonan family's graduation day certificate



**EastEnders' Max Bowden tells Rachel Beresford about his latest storylines...**

# 'IN ESSENCE, IT'S THE FACT THAT Ben has never quite felt good enough...'

**T**he character of Ben Mitchell has long been a divisive figure in Walford.

From his troubled upbringing with a dad who has spent his life getting up to no-good — resulting in him accidentally killing Albert Square favourite Heather (Hev) — to coming to terms with his sexuality, finally coming out to mum Kathy in some of the soap's most emotional scenes.

And most recently, we saw Ben, played now by Max Bowden, struggle in the aftermath of being raped as well as dealing with the loss of Lola and coping with bulimia.

This led to Ben calling off his marriage to cop Callum as he struggled to deal with the aftermath of his shocking ordeal.

This week, we caught up with Max to find out how he feels about Ben's latest storylines.

**We know Ben's had a really tough time recently and is continuing to suffer in silence. Can you talk us through how he's feeling at this point?**

*I think there's a level of isolation to Ben's demeanour at the moment. He tends to be quite a lone wolf, quite an insular human being and this is something that he does to try and take control of the situation so I think for him right now it's a question of dealing with everything on the outside by attacking himself on the inside.*

**Ben has mixed feelings towards Jay's parental hearing. Can you unpick these for us?**

It's an accumulation of feelings. In essence it's the fact that Ben has never felt quite good enough. With Lola's passing Ben has seen the relationship blossom between Jay and Lexi and he's found it quite difficult because he wants to be that role model figure for Lexi.

He wants to be that figure that can be the support and the guide and the light that she needs and I think with everything else going on alongside, Ben's self-loathing is at a real high at the moment.

He's got guilt for not arriving home in time to say goodbye to Lola, the guilt of

making himself sick through his bulimia and he sees a lot of good qualities in Jay that he wishes he could replicate.

**This week, we see Honey reach out to Ben as she's started to realise that something is seriously wrong, but he doesn't take too kindly to her meddling. Can you talk us through how he reacts?**

*Ben's default setting is to defend, so he'll always defend himself when he feels like he's on the back foot.*

*Honey immediately picks up on Ben's struggles, having suffered an eating disorder herself.*

*They have also gone through a period of bonding with the family coming together after Lola's death but the internal damage the Ben holds on to forces him to push everyone away.*

*We are starting to*

*see little sparks of growth with him, but defence is his immediate reaction.*

**Later in the week, Ben opens up to Kat as they both talk about their shared experiences. Does Ben feel like a weight has been lifted?**

It's a very unique situation because I don't think anyone ever saw Ben confiding so deeply in Kat and finding real common ground with his step-mother-to-be.

Kat's a very fiery character and there are a lot of similarities between Ben and Kat. Aspects of trauma, aspects of fieriness, family problems, and I think this takes Ben by surprise.

Ben finds strength within strength and Kat is a very strong woman and she's also the closest link to his father. Ben can't talk to Phil because he just doesn't get things like this.

**Those scenes must be incredibly tough to film. How has working with the charities and your own research helped inform your performance?**

*Research is the key to any performance and it's so important to us that we get it right. The charity (Beat) are great especially with informing scripts and making sure*



**TOUGH TIME:** Max Bowden plays Ben Mitchell in EastEnders — and this week he is struggling with his feelings

*we're showing Ben's situation in a way that doesn't glorify eating disorders because there is nothing glorified about Ben's situation right now.*

*It's so pivotal and key that we get it right and the charity have been amazing.* ■

*EastEnders is on RTE One on Mondays, Tuesdays, Wednesdays and Thursdays at 7.30pm.*





**DON'T MISS: OUR BIG X-WORD ON PAGE 21**

IRISH DAILY  
**STAR**

SATURDAY,  
AUGUST 5,  
2023

# Chic PUZZLES



**Chic THE THINKING ZONE**

**Chic THE PICTURE ZONE**

**Chic THE CREATIVE ZONE**

**8-PAGE  
puzzles  
PULLOUT**



WHAT HAPPENS NEXT?

What happened next in this picture? On the final day of the Bundesliga, FC Koln are on the attack against Bayern Munich. Choose one of the four options. Bonus point if you can guess the year.

Solution next week

1. The ball hits the referee and instead of stopping the game he lets play carry on leading to FC Koln's equalizer.
2. Sprinklers appear from the ground and start spraying water and game is halted.
3. A Bayern fan runs onto the pitch and tackles an FC Koln player.
4. FC Koln score, but the ball goes through a tear in the net and the ref misses it, VAR confirm that it was a goal.



PICTURE QUIZ

Can you name these famous faces? Write down your answers below.

Solution next week

- A .....
- B .....
- C .....
- D .....
- E .....
- F .....
- G .....
- H .....
- I .....

SPOT THE DIFFERENCE



Spot six differences between the picture of April Banbury on the left and right  
**Solution next week**

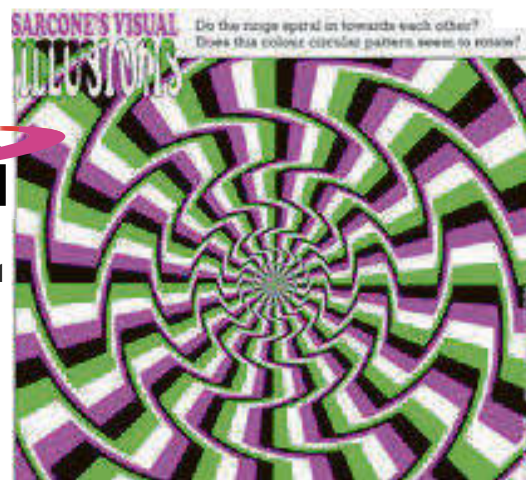


## OPTICAL ILLUSION

Look carefully at these two optical illusions.

Can you work out the answer to each one?

**Solution next week**



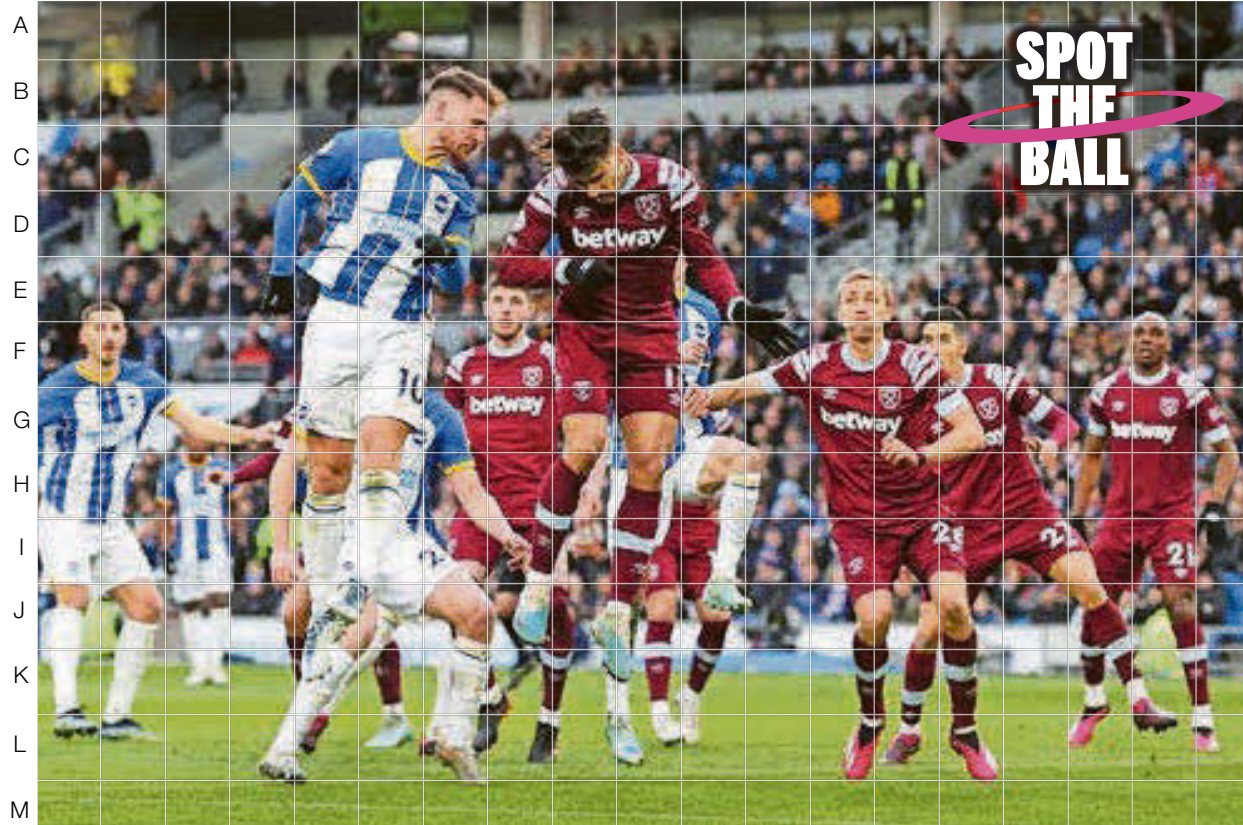
## MAGIC EYE

Hold the image right up to your nose: it will be blurry. Focus and slowly move the image away from your face. Keep your eyes focused beyond the image, do not focus on the actual image.

The image will start to form a fuzzy 3D shape. Stop here, focusing beyond the image and the 3D shape should appear.  
**Clue:** Don't bug me!  
**Solution next week**



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19



We have removed the football from this picture. Have a bit of fun with your mates - or even a little bet - to see if you can guess which section the ball was in. Using the grid, choose a row (A-M) and a column (1-19). **Solution next week**

Fill the grid so that every column, row, and 3x3 square includes all of the digits from one to nine. **Solutions next week**

## SUDOKU

EASY

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

MEDIUM

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

DIFFICULT

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

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

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

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

## MEGA ALPHA PUZZLE

Alphapuzzle® tests your logic and word power. Each grid number represents a letter. Each letter of the alphabet is used. Use the given letter or letters - below the main grid - to start. Can you beat the Target Time? Solution next week.

DIFFICULTY: 10/10; TARGET TIME: 30 minutes

Thinking Space

Alphapuzzle® © 2023 Acorn Editorial Ltd

## SMALL X-WORD

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

ACROSS

- 2 Opposite of downstairs (8)
- 9 Lent out (2,4)
- 10 Intend (4)
- 11 Dread (4)
- 13 Rub out (5)
- 14 Oil or grease to lessen friction (9)
- 16 Assistants (5)
- 19 Image or statue (4)
- 20 Upper-class, informally (4)
- 21 Subtle difference (6)
- 22 Wobbled (8)

DOWN

- 1 Expression of grievance (9)
- 3 Alternative strategy (4,1)
- 4 Ditty (4)
- 5 Disagree (4,5)
- 6 Notion (4)
- 7 Cooks in an oven (6)
- 8 High-pitched cries (9)
- 12 Type of savoury flan (6)
- 15 Solus (5)
- 17 Unemployment benefit (4)
- 18 Box, in training (4)

Solution next week

Thinking Space



- 1 James Boswell is mainly remembered for his biography of which writer?
- 2 Which Berkshire racecourse was established by Queen Anne in 1711?
- 3 Which fruit is also known as a granadilla?
- 4 What is the day before Ash Wednesday called?
- 5 What is the title of Olivia Rodrigo's, left, new single?
- 6 Which large flightless bird of Mauritius was extinct by the end of the 17th century?
- 7 What is the capital of Kenya?

## PUB QUIZ

Solution next week

- 8 What name is given to foods such as spaghetti, macaroni, tagliatelle?
- 9 Which German-born actress starred in the 1930s films The Blue Angel and Destry Rides Again?
- 10 Adrian Dunbar is returning for the second series of which detective drama for ITV?
- 11 What nationality was the artist Edgar Degas?

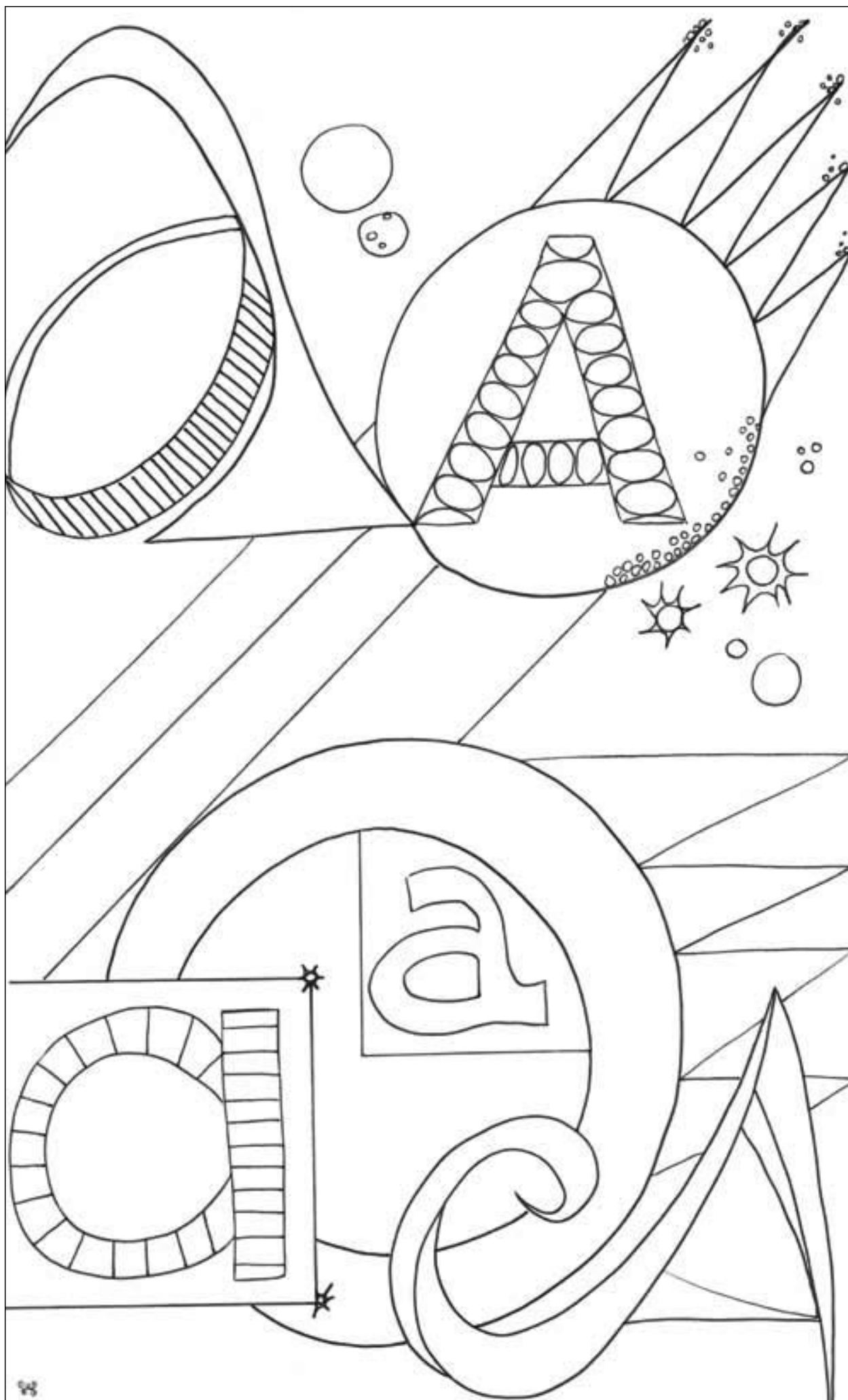
- 12 In which English county is the village of Clovelly?
- 13 A ferret is a domesticated form of which animal?
- 14 Which spirit is flavoured with juniper berries?
- 15 What is the title of the musical collaboration between Sam Smith and Madonna?
- 16 Which actress starred in The Philadelphia Story and 1968's The Lion in Winter?
- 17 Catherine Tate stars as a disgraced royal in which new sitcom?
- 18 In which royal residence



- in Norfolk did George V and George VI die?
- 19 What sort of animal is a Clydesdale?
- 20 Which country is known in its own language as Éire?
- 21 To which animals does the adjective canine relate?
- 22 Which member of the Kennedy political dynasty was assassinated in 1968?
- 23 Which French ferry port is closest to England?
- 24 How many centimes were there in a French franc?

- 25 What is the full title of the latest instalment of Mission: Impossible, starring Tom Cruise, left, and Rebecca Ferguson?
- 26 Which infectious disease was once treated with quinine?
- 27 Which Scottish castle is the principal summer residence of the British monarch?
- 28 What is the highest mountain range in Europe?
- 29 What is the technical term for loss or impairment of memory?
- 30 What colour is calamine lotion, due to the iron oxide it contains?



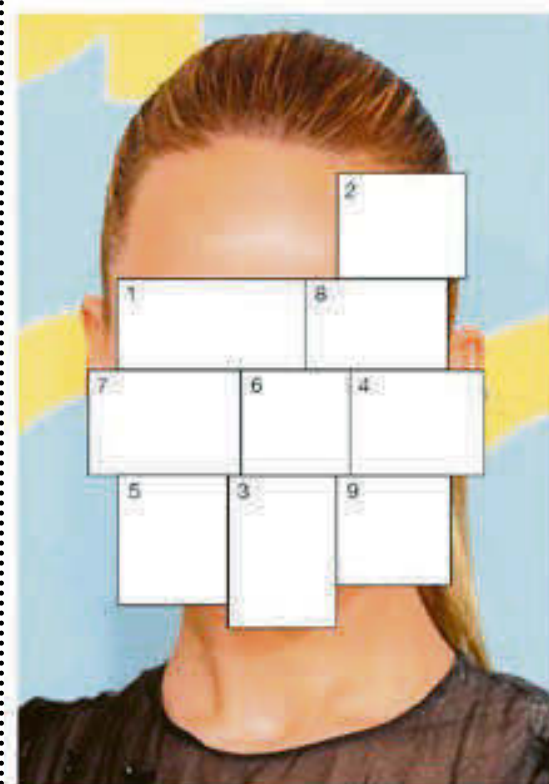


Grab your pencils or pens... use colours if you have them, add textures and patterns and make the picture your own.

**COLOUR ME IN**

**KELJO**

2			
	4		3
	2		



**STAR SKETCH**

Draw the facial features into the numbered boxes above to reveal the celebrity.

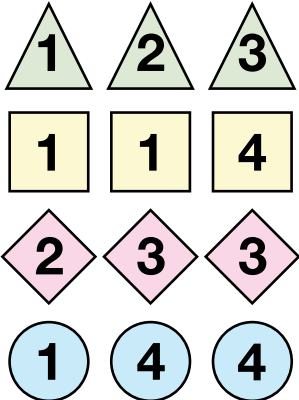
**1** Four poets entered a writing competition – who wrote what? The limerick about daffodils wasn't written by Ted or Ann. Somebody submitted a sonnet. Neither Ann nor Seamus wrote about flowers. The haiku wasn't written by Carol or Ann, and the ode to a snowdrop won first prize.

**2** Which two words meaning 'conflict' and 'oozed' combine into one meaning 'sang'?

**3** Find the famous sailors in these anagrams:  
**a)** I Enable Sin,  
**b)** Allure Merchant,  
**c)** Risk And Farce.

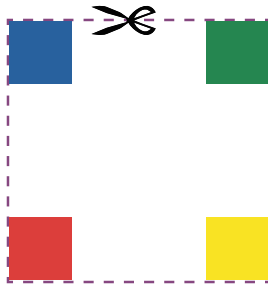
**4** In the TV quiz show 'Wintuitive', twelve questions are shared out between two teams. There are four easy questions and eight hard ones. If the questions are allocated completely at random, what are the chances of Malcolm's team receiving all the easy ones?

Place the remaining tiles into the grid so that four different numbers and four different shapes appear in each row and column. **Solution next week**

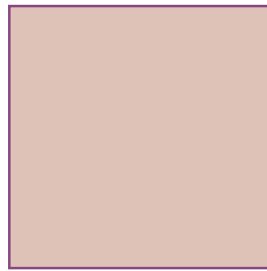


Follow the instructions on the right to make your Barmi Origami. Then once you have made it, find a friend and ask them to pick a colour. Open the Barmi Origami one way, then the other to spell out the chosen colour (eg: Y E L L O W). Ask your friend to choose a number, then open the Barmi Origami one way, then the other to count out the number. Finally, choose a number, lift the flap and read out

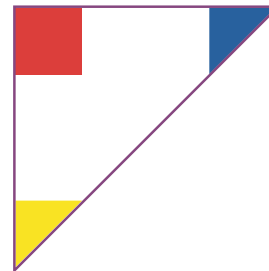
**1. Cut out the square at the below right**



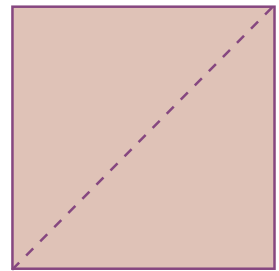
**2. Turn over so the colour squares are on the back**



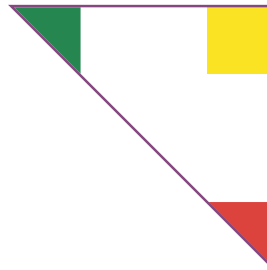
**3. Fold in half corner to corner**



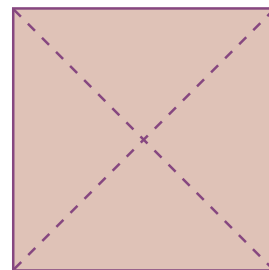
**4. Unfold back to a square**



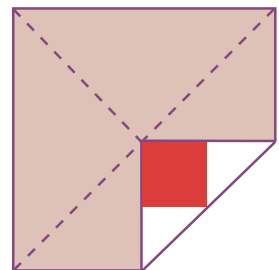
**5. Fold the opposite way corner to corner**



**6. Unfold back to a square**



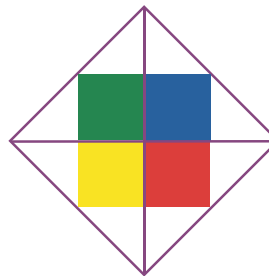
**7. Fold a corner to the centre**



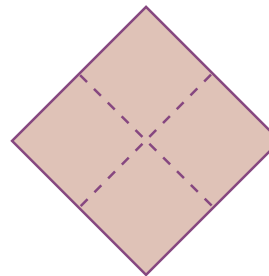
## BARMI ORIGAMI

the words. Your friend must carry out the request. Take care if it is a physical challenge!

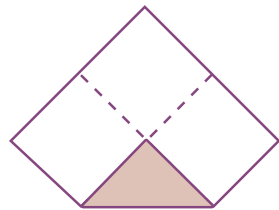
**8. Fold the rest of the corners in**



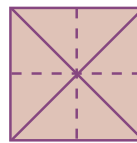
**9. Turn over**



**10. Fold a corner to the centre**



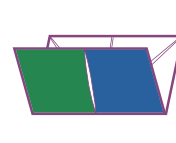
**11. Fold the rest of the corners in**



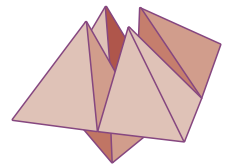
**12. Turn over**



**13. Fold in half**



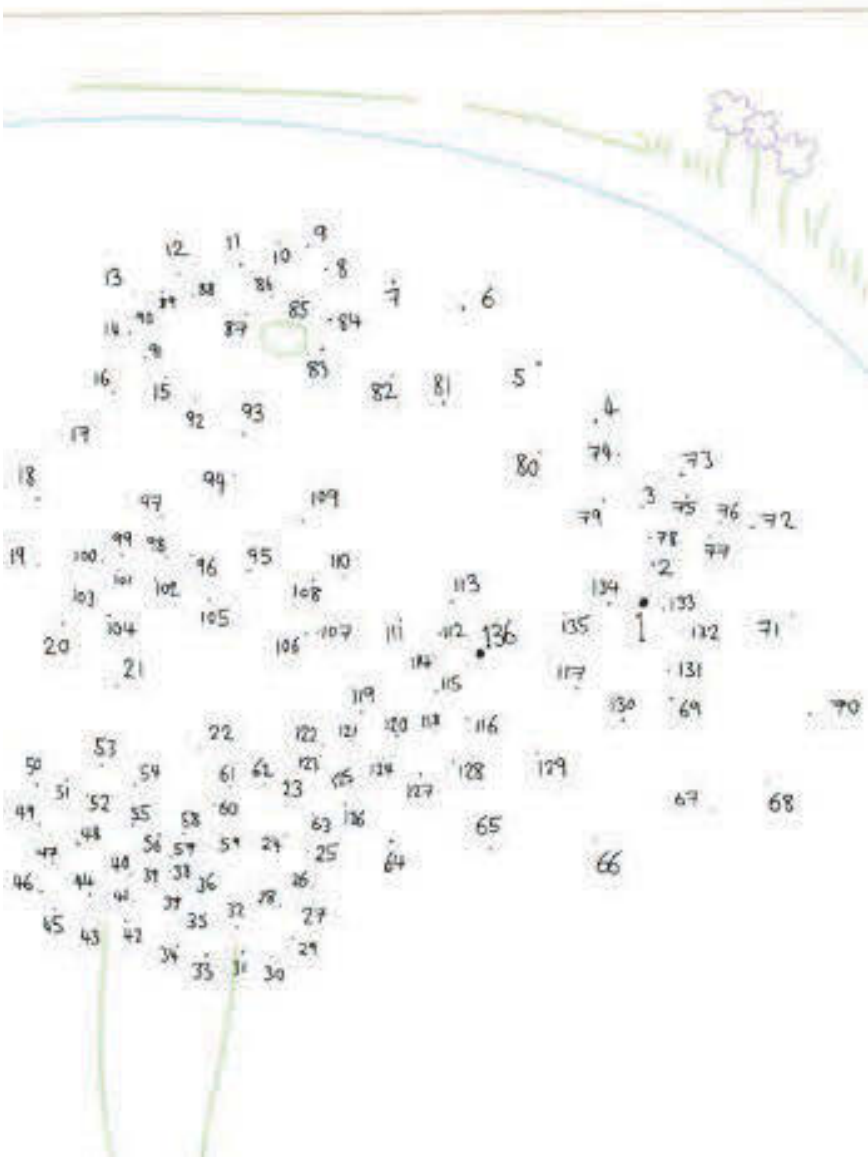
**14. Insert fingers making sure the coloured squares are on top**



## DOT-TO-DOT CHALLENGE

Brush up your fine motor skills by joining up the dots from number 1. Try gliding smoothly from dot to dot without taking your pen or pencil off the paper.

Join the dots to reveal something aquatic!



**5** Reach for the stars, climb every mountain high

**6** Roll around as if you are a scatty puppy

**7** Think up an 11th Biblical commandment

**8** Wink at the next pigeon you see

**4** Treat your friend to their favourite piece of fruit

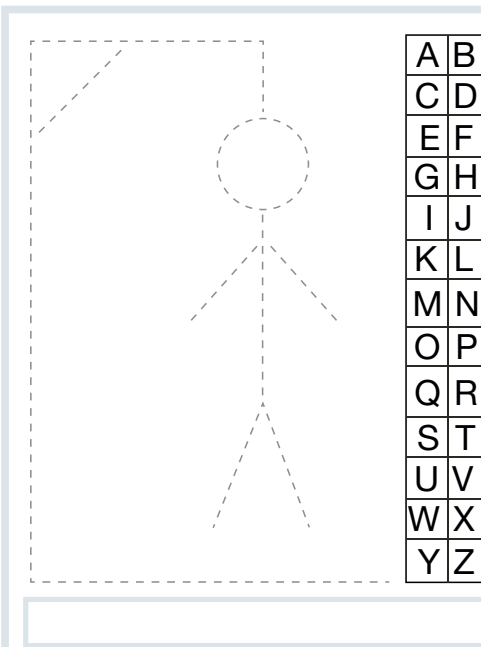
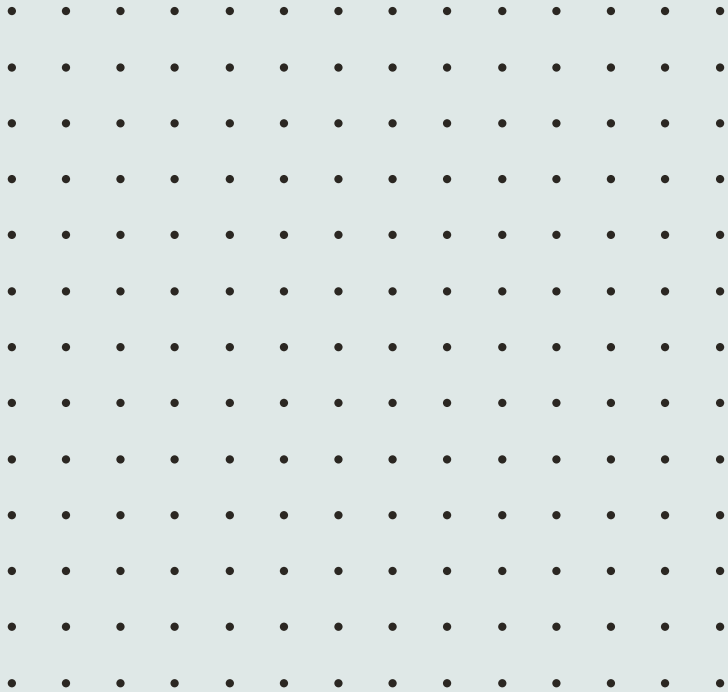
**3** Name three red flowers

**2** Give an acceptance speech as the elected PM

**1** Whisper your favourite rhyme to a friend

## SQUARES

This game requires two or more players. The first player draws a line from any dot to any vertically or horizontally adjacent dot. The next player does the same, and the players continue to take turns drawing lines in this way. The object of the game is to form a square by joining four dots. When a player draws a line that closes a square, she writes her initials inside the square and gets a bonus turn. When all possible lines have been drawn, the player with the most initialled squares is the winner.

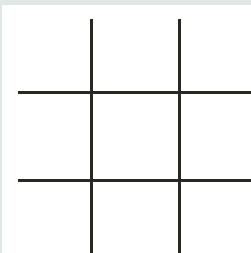
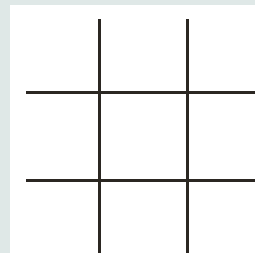
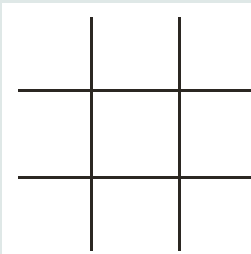
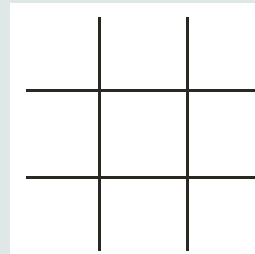
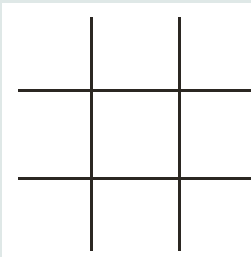


## HANGMAN

Think of a garden bird, then in the blue box above, draw dashes to represent the number of letters in the word. Then the person you're playing against starts to guess letters. If the letter is in the word, write it on the corresponding dash. If the letter is not in the word then draw a line on the hangman and cross off the letter on the alphabet chart.

## NOUGHTS & CROSSES

A game for two people. Each player takes it in turn to place their X or O into one of the empty squares in the grid. To win the game get three of your symbols in a line horizontally, vertically or diagonally. Take it in turns to start; best of 5.



# LAST WEEK'S SOLUTIONS

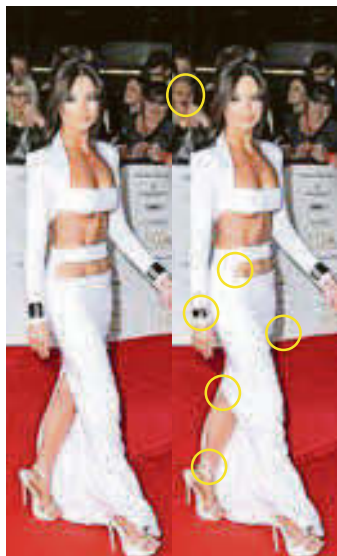
### WHAT HAPPENS NEXT

4. She throws the ball into the next lane, it bounces back into her lane and rolls all the way back to her.

### PICTURE QUIZ

A. Green Mile, B. Top Gun, C. The Big Short, D. American Pie, E. Cloverfield, F. Hellraiser, G. Get Out, H. The Deep Blue Sea, I. The Dark Knight.

### SPOT THE DIFFERENCE



**MAGIC EYE PICTURE**  
Cancer the crab.

**SPOT THE BALL**  
The ball was in square B-14

### SUDOKU

Easy

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

Medium

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

Difficult

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

### MEGA ALPHA PUZZLE

**Across:** Also, Square, Leaked, Camera, Recital, Ratio, Sly, Shell, Gas, Oxide, Diploma, Amoeba, Jovial, Ersatz, Flag.  
**Down:** Alfresco, Anarchy, Irons, Scent, Sherbet, Already, Quarrel, Prowl, Alert, Glowing, Obstacle.

### SMALL X-WORD

**Across:** 1 Comedians, 7 Anorak, 9 Tale, 10 Niece, 12 Axle, 13 Gilt-edged, 14 Onus, 16 Radio, 18 Ruse, 19 Fungus, 20 Repossess.  
**Down:** 1 Category, 2 Mole, 3 Erects, 4 Dangerous, 5 Ace, 6 Nuclei, 8 Heedless, 11 Finale, 12 Adorns, 15 Huge, 17 Dip.

### PUB QUIZ

1 Acidity or alkalinity, 2 Beatrix Potter, 3 Henry Fonda, 4 Charles Schulz, 5 Council Skies, 6 Lady, 7 Raquel Welch, 8 Wembley, 9 Rolls-Royce, 10 Melanie Bush, 11 Lettuce, 12 BT Tower, 13 Carl Lewis, 14 Cuba, 15 For Her Sins, 16 Fathom, 17 Umbilical, 18 United Nations Children's Fund, 19 Dynamite, 20 Matthew Broderick, 21 Snowdonia, 22 Pakistan, 23 Cain, 24 Madrid, 25 Olly Alexander, 26 Dutch, 27 Bird, 28 Pressure, 29 Aries, 30 Norman Mailer.

### BIG X-WORD

**Across:** 1 Leaving Las Vegas, 10 Hartford, 11 Leviticus, 12 Lamprey, 13 Nyasa, 15 Adar, 16 Ovis, 17 Tasmania, 18 Spica, 20 Edwin, 22 Evert, 25 Polka, 27 Peep Show, 28 Elsa, 30 Tack, 32 Suite, 33 Branagh, 35 Wind River, 36 Prolapse, 37 Seine-Saint-Denis.  
**Down:** 2 Earl Marshal, 3 Ivory, 4 Godard, 5 Allotrope, 6 Vivaldi, 7 Agitprop, 8 Chemnitz, 9 Assyria, 14 Azalea, 15 Adige, 18 Snipes, 19 Ieoh Ming Pei, 21 Whelk, 23 Trattoria, 24 Sweet pea, 25 Pro Bowl, 26 Kol Nidre, 29 Le Havre, 31 Chopin, 34 Drood.

### OPTICAL ILLUSIONS

**De Coloribus:**

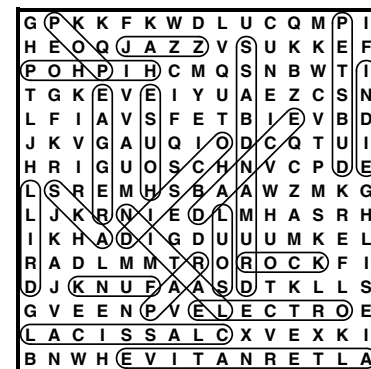
The pumpkins are shades of gray (fig. A). Only the grid is tinted with colours (fig. B). This effect, the Von Bezold spreading effect, occurs when our visual system transfers perceived colours to adjacent areas. This shows that our brains process shapes and colours in two different regions that communicate with each other by giving a single coherent colourful image.



### ARROW WORD

	A	A	C	E	B								
D	I	V	A	N	A	T	O	N	C	E			
S	I	S	T	E	R	S	D	O	R				
G	L	A	S	S	D	E	T	O	U	R			
E	T	A	W	I	T	W	R	Y					
T	E	S	S	A	S	S	E	S					
S	S	U	C	C	E	E	D	E	D				
T	P	I	S	A	C	R	O	U	N	D			
I	I	N	P	R	A	C	T	I	C	E			
C	O	L	E	V	I	L	D	O	G	R	O	S	E
P	E	A	C	E	M	A	K	E	R	S	R	E	D
S	T	U	N	T	S	E	A	S	K	C			
S	P	Y	E	S	P	Y	E	M	I	G	R	E	
P	A	T	S	T	E	L	L	E	R				
R	A	W	A	N	I	T	A						
M	A	R	T	I	N	M							
C	A	P	T	I	O	N	S	P	A	T			
D	E	E	P	E	N	O	S	L	O				
P	A	D	R	E	S	I	N	E	P	T			

### WORD SEARCH



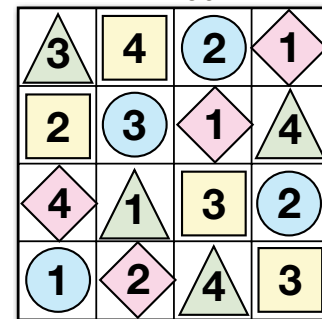
**SUMMIT UP**  
85, 96

**DOT TO DOT**  
A crab, bucket and sandcastle

### STAR SKETCH

The star is Sam Quek.

### KEIJO



### BRAIN TEASERS

1 Milly's specialist subject is moths, Ann's is cephalopods, Rob's is Boudica and Rich's is Austen novels. 2 Just-ice. 3a) Alan Shearer, b) Michael Owen, c) Steven Gerrard. 4. One in sixteen, or 0.0625.



## WINE & DINE

email [rachel.beresford@reachplc.com](mailto:rachel.beresford@reachplc.com)



### Pauline Cox's Roquefort, Rocket & Pink Grapefruit Salad

Fresh and flavourful, this salad makes a perfect summer supper. "As colourful in nutrients as it is in appearance, this easy-to-construct salad is a powerhouse of goodness!" says functional nutritionist Pauline Cox.

#### INGREDIENTS

90g rocket  
100g Roquefort (ideally raw), cut into chunks  
1 ripe avocado, peeled, stoned and sliced  
2 pink grapefruits, segmented  
A drizzle of raspberry blush vinaigrette  
A handful of chopped fresh coriander  
A handful of pecans, chopped  
A handful of sunflower seeds

For the vinaigrette:  
100g raspberries (10-12 juicy raspberries)  
60ml extra virgin olive oil  
Juice of 1 lime  
20ml balsamic vinegar  
20ml beet kvass (optional, but ideal)  
1tsp salt (ideally beetroot salt)

#### METHOD

1. To make the vinaigrette, add all of the ingredients to a blender and combine. Transfer to a clean glass jar with a lid, keep in the fridge and use within three days.
2. Lay the rocket leaves onto two plates, adding chunks of Roquefort, slices of avocado and pink grapefruit segments, and drizzle over the raspberry blush vinaigrette.
3. Sprinkle over the chopped coriander, pecans and sunflower seeds.

*Hungry Woman* by Pauline Cox is published by Ebury Press. Photography by Luke Albert. Out now.

RECIPE

### Marks the spot

Marks & Spencer and Applegreen have announced a pilot of M&S Click & Collect in four Applegreen stores, in Celbridge, Co. Kildare; Kinsealy, Co. Dublin; Mountgorry, Co. Dublin and at the M11 service at Cullenmore, Co. Wicklow.

Shoppers will now have the option to collect orders placed online at M&S.ie free of charge at any one of the four trial Applegreen locations.

This latest initiative between M&S and Applegreen represents Ireland's first roadside click and collect service from a major retailer.

The service will be available for all items across the M&S clothing as well as selected Home and Beauty ranges.

The roll-out follows the successful launch in recent months of M&S food at five Applegreen stores across Ireland, which are now stocking the very best of M&S food.

M&S products, including fresh fruit, sandwiches, salads and dinner for tonight are available at all four Click and Collect locations.

Commenting on the launch of the M&S Click and Collect service at the Applegreen locations, Eddie Murphy, Trading Director, Ireland, at Marks & Spencer, said, "Building on our successful partnership with Applegreen, we are delighted to add this additional service free of charge for our Irish customers.

"Our Click and Collect service continues to grow in popularity."

Known across the globe as the reference for Provence rosé, Whispering Angel is back for another summer takeover at one of Dublin's leading and most chic venues, Café en Seine, running through to August.

This year also sees the addition of a delicious food pairing menu, created by Café en Seine's Executive Chef Stephen Gibson.

The Whispering Angel Rosé Garden at Café en Seine is a beautifully transformed Parisian terrace, offering the perfect, picturesque summer setting for savouring the world's best-loved rosé with friends in the heart of Dublin.

So get settled in the elegant surroundings of Café en Seine and enjoy a delicious lunch that is perfectly paired with the tasting notes of Whispering Angel or its stylish big sister wine, Rock Angel.



### Gourmet offering

Gourmet Food Parlour is encouraging customers to 'Go Gourmet this Summer' and to enjoy one or more of the many exciting developments at any of their six restaurants nationwide.

The award-winning restaurant group has spent months developing and refining its menus, bringing fresh dishes, flavours and more to customers this summer – but that's not all.

From new dishes to innovative cocktail specials, new outdoor offerings and special events, there is something for every diner to enjoy this summer at their local Gourmet Food Parlour.

The new menu changes are in-depth with much to be enjoyed by foodies of all preferences, whether a meat eater, vegetarian, coeliac or lover of seafood, the

team at Gourmet Food Parlour have much to offer.

While the day-time menu includes additions such as the Halloumi Bowl and Beef Brisket Bowl, both packed full of flavour, the dinner menu has enough new additions to shake a breadstick at.

Evening diners can enjoy starters such as the Parma Ham Crostini, which comes with blue cheese mousse, wild rocket, warm figs with organic honey and roast cherry tomatoes.

Or the Falafel Taco is a new favourite for vegetarian diners – cooked to perfection and packed full of flavour. There is an Early-bird option available from €28 for two courses or €32 for three.

Additionally for parents wanting to grab a mid-week meal, children under 10 years old eat for free after 5pm on Wednesday and Thursday evenings. T&Cs apply.



### TOP Tipples

The Galway Whiskey Trail is back, inviting curious visitors and whiskey enthusiasts to embark on a journey through the city's vibrant whiskey scene – born from the fact that whiskey was once Galway's largest employer and which carried the Galway name with pride and distinction around the world.

The Perse Galway Whiskey Distillery was established in 1815 in Newcastle, Galway, by

Henry Stratford Perse. Now this trail, which showcases the city's finest whiskey bars and outlets, promises an immersive experience that combines the rich history of Galway's whiskey heritage with the opportunity to enjoy whiskeys from renowned distilleries from Ireland and across the world.

The trail also offers an opportunity to delve into the captivating world of whiskey while exploring the streets of this historic city.

Each stop along the trail has its own unique charm and story to

tell, and whiskey lovers will love the diverse flavours and warm hospitality they encounter.

The self-guided tour brings you to 12 locations that play a significant role in Galway's whiskey heritage – and you choose your starting and finishing, so suit yourself!

The Galway Whiskey Trail can also be booked for guided groups.

To find out more, check out [www.galwaywhiskytrail.ie](http://www.galwaywhiskytrail.ie) and get social @GalwayWhiskeyTrail on Instagram and Facebook.



# Simple HOME COMFORTS

10 Style Sisters' tips for improvements on a budget...



**T**he cost-of-living crisis and rocketing property prices mean many homeowners are choosing not to move just yet — although that doesn't necessarily mean they're happy with their homes.

Indeed, research by the local services marketplace Airtasker has found that while 43% of us don't plan to relocate over the next five years because of high property prices, 63% of us intend to do home makeovers over the next year instead.

But what's the best way to spruce up your home for as little money as possible?

"A lot of people want to update their homes by decluttering, reorganising or redecorating, but don't necessarily know where to start, and that can be quite overwhelming," observes Charlotte Reddington, one half of celebrity home makeover experts, The Style Sisters.

And Gemma Lilly, the other half of the duo, who have decluttered and reorganised the homes of celebrities including Amanda Holden, Rochelle Humes, Vicky Pattison, Mark Wright and Vogue Williams, adds, "People are looking to declutter, reorganise and just keep costs down and make the best of what they've got at the moment.

"Mortgage rates are rising and we're in a cost-of-living crisis, and I think people feel they can't move or spend much on improving. And that's why we want to help people improve the spaces they're in."

The pair — who aren't actually sisters, but best friends who met at school in Essex in England, have teamed up with Airtasker to offer their advice on how to make the best of your home...

## 1. Write a list

To create attractive order in your home, your mind needs to be in order first — so

write a list of things you need to do, suggests Reddington.

"Think about what you need to tackle in the home — it can be quite overwhelming and daunting and we tend to end up putting it off. So our first protocol would be to either list it by room, and detail what you'd like to achieve in that room, whether it's detoxing your wardrobe or going through the kitchen cupboards.

"Just by having it down in a list and slowly ticking it off gives you those small wins to keep you motivated to continue."

## 2. Identify affordable but effective updates

Lilly says people need to think about how they use the spaces in their home, and what might need updating. "Could your kitchen cupboards do with a

fresh lick of paint?" she asks.

"You might not be able to afford to completely get a new kitchen, but there are ways to update your existing rooms on a budget. You can do that by changing handles, painting cupboards and so on."

## 3. Think about changing the room function

Swapping what you use rooms for can add a fresh take to your home, explains Lilly, who says, "You might have a dining room and a living room and actually, the rooms might work better vice-versa. Even just rearranging the furniture can make it feel like a new space and make the room flow better."

## 4. Invite the outside in

If possible, try to make your main living space near the back doors and the garden if you have one, to make the most of any good weather over the summer. "The back doors can be opened so you're letting the outside in, just making your space work for you and your lifestyle," suggests Reddington.

## 5. Don't neglect outside space

Gardens, or even front or back yards, are still part of your home and should be kept as tidy as possible, say the pair. "Give your front garden kerb appeal and make it look nice, and give your front door a lick of paint if it needs it," advises Reddington, who points out that it shouldn't cost much to hire someone to help out in the garden if you haven't got green fingers yourself.

## 6. Neutral tones with pops of colour

The Sisters agree they generally prefer more neutral tones on interior house walls, but they stress it's very much down to individual taste.

"Colour schemes are entirely up to each person and their tastes — this is your home and you live in it and you've got to enjoy it," stresses Lilly. "We tend to stick to more neutral tones, but you can add a pop of colour or you can wallpaper a feature wall, for example.

"If you're living in quite a small space, we always tend to steer clear of colour on the walls because that can make the room look smaller. Save the pops of colour for small bathrooms, maybe, because you can get away with being a bit more adventurous in there."

## 7. Make smaller rooms look bigger

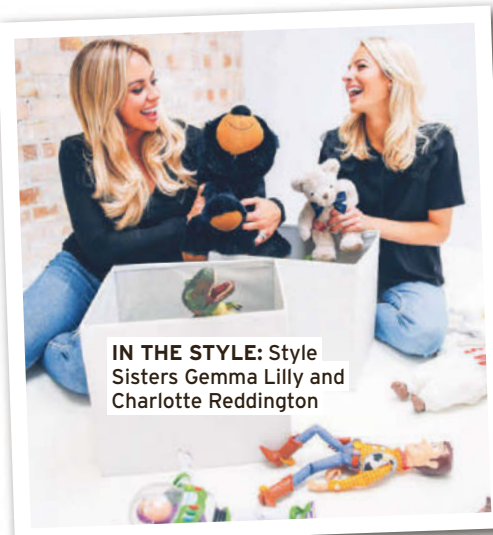
If some (or all) of your rooms are small, Lilly says mirrors are great to bounce light and make spaces appear a lot larger.

In addition, lighter-coloured flooring can make a big difference to the perception of space in a room, she points out. "The amount of times I've seen light sucked out of the room because of a dark-coloured flooring, and instantly once we change the flooring and make it lighter, it makes the room feel so much bigger," she says.

"And even if you're not in a position to change the flooring, it could be that you get a lighter-coloured rug and instantly that would lift the room. Or you could simply paint the floorboards lighter."

## 8. Be careful with curtains

Look at your window dressings or curtains — curtains sometimes cover a lot of the light in the room, making it feel more closed in and darker, explains Reddington.



IN THE STYLE: Style Sisters Gemma Lilly and Charlotte Reddington

"We always say to position curtains either side of the window rather than on the window, because it just gives the illusion of the space feeling a lot bigger."

## 9. Memory boxes to help decluttering

Decluttering is a vital part of making a home more attractive, say Reddington and Lilly, who point out that often the problem with clutter is that it has sentimental value and people are reluctant to get rid of it.

"With items that people tend to struggle to part with when they're really sentimental, we'll recommend creating a memory box because it's a safe place, it's not taking up prime space in the home, and you can put it into a loft or storage," says Lilly.

## 10. Take pictures of precious but often unattractive items

Rather than allowing things like children's artwork or other sentimental items to overrun your rooms, the Style Sisters recommend you take pictures of them and create albums, and have a bookcase of pictures of these sentimental items before storing them away.

"You've still got the memory there, but they're just not taking up so much space," says Reddington, who suggests another alternative is to take pictures of items and create a digital memory book on your phone, so they're taking up no space at all, but you can still look at them. ■



“THINK ABOUT WHAT YOU NEED TO TACKLE...”

# Magic OF THE MOVIE

## Peddalling through Sicily in the path of Indiana Jones is an epic adventure... By Ben Mitchell

**A**s I walk deeper into the darkness of the giant cave, my eyes slowly adjusting to the light, I cannot resist testing out the famed acoustics with a quick 'dum di dum dum' of the Indiana Jones theme tune.

For I am following in the footsteps of the swashbuckling archaeologist as I enter the Orecchio di Dionisio (Ear of Dionysus) in Syracuse, Sicily — the filming location of a key scene in the new movie, *Indiana Jones And The Dial Of Destiny*.

The 23-metre-high limestone cave, which is shaped like an enormous ear, was originally carved out in Greek/Roman times to store water, although it was named in 1608 by the painter Caravaggio, after the legend of the ancient ruler Dionysus, who kept political prisoners captive in the cave.

The story goes that because of the cave's great acoustics, he was able to eavesdrop on their plans and use the echoes to amplify the screams from their torture.

Emerging back into the light, I feel a sense of relief to be back in the open, out of the ominous surroundings — which do not need any great leap of the imagination to see how the magnificent cave could be turned into a movie set.

To reach this elegant city, whose waterfront castle also features in the new movie, I have been on my own little adventure — cycling through the south-east corner of Italy's southernmost island to discover the region's UNESCO protected towns.

It feels like stepping, or pedalling, back in time, just like Harrison Ford — only with less snakes and wearing a cycling helmet instead of a leather hat.

At dawn on the first morning, the sound of cows moo-ing enters my dreams and pulls me to my senses as the warm Mediterranean sun starts to filter through the shutters into my rustic hotel room in rural Sicily.

Having arrived after dark the previous night, I had no impression of my surroundings. But as I walk down the stairs, I realise my room is located above a large entrance gate overlooking old stables adjoined to an aristocrat's home, now turned into the Feudo Baully Hotel.

I am greeted by Giuseppe who kits me out with my bike for the next five days and a pile of maps, although these are just

a back-up, as tour operator Macs Adventure have created an app with downloadable maps to guide me on the rides each day.

After a breakfast of ham and cheese, I set off, with my first stop the nearby pretty Palazzolo Acreide, the first of the UNESCO World Heritage protected baroque towns of the Val di Noto (Noto Valley) on my unescorted tour, which turns out to be an appetiser for Ragusa — the birthplace of Sicilian baroque design where the buildings seemingly grow out of the very rocks they are built on.

I have just pedalled my way along the quiet country road to the top of a valley, passing an occasional house, so peaceful it feels like no one lives there, when I get a first glimpse of Ragusa, which is built on a wide limestone hill between two deep valleys.

The earth-coloured houses merge into one another as they spread organically across the hillside and, as I get closer, the Santa Maria dell'Itria church suddenly stands out, imitating the cloudless sky above with its bright blue dome.

After cycling up the winding road to the main square, I am happy to find a cafe with a cold drink to cool me down, before I start to explore the narrow and, thankfully, shady streets — which lead from the 14th century gate of the city's first church of St George, up to the replacement church built

in the 16th century, after the original was destroyed in an earthquake.

Ragusa was split over two levels after a great earthquake in 1693 flattened many towns in the area, leading to a flurry of building

in the Sicilian baroque style of the time, with the higher half, Ragusa Superiore, gaining a modern grid layout while the lower part, Ragusa Ibla, retained its original medieval streets.

After dousing myself with cool water from a drinking fountain, I head on to Modica, another town spreading over a hilltop, which will be my bed for the night. I'm staying in Le Magnolie hotel, a modern conversion in the middle of the town's endlessly climbing streets.

The next morning, after stopping to buy some of the local chocolate famously made from an ancient Aztec recipe, I set off, fuelled by a croissant breakfast, over the surrounding hill, before heading down to the coastal town of Pozzallo.

After just half an hour of mostly downhill rolling, I arrive in Scicli, another of the eight UNESCO listed towns, where I refresh with a drink in the main piazza, once again surrounded by the Sicilian baroque grandeur, before the call of the sea draws me back on to my saddle.

Soon, I get my first tantalising glimpse of the Mediterranean shimmering in the distance, taunting me as I roll down to the seaside town of Sampieri.

Although it's only another hour to



**PICTURE PERFECT:** Ragusa in Sicily (also below); and (bottom) Dionysus Cave in Syracuse, Pozzallo in Sicily and the grand baroque streets of Noto



Pozzallo, I cannot resist locking up the bike and running into the shallow, lapping waters. (Luckily I had packed my swimming shorts in my pannier bag.)

Pleasantly cooled-off, I wipe the sand off and ride the final stretch to Pozzallo and the centrally-located Sikania Suite hotel, where I drop my bags and quickly head for the promenade for another dip.

The long sandy beach feels very much a part of the town, filled with local families relaxing after a day of work and teenagers participating in the eternal battle of beach football.

The next day, the landscape changes,

as does the temperature. I lazily cycle in the dry heat past row after row of greenhouses brimming with tomatoes and melons, and on to the wetlands at Granelli, where I stop pedalling in disbelief, I spot a group of flamingos slowly plodding through the low waters, which are a feature of this south-eastern corner of the island.

As I keep riding, I eventually run out of road and end up on a beach overlooking the uninhabited Isola delle Correnti (Island Of The Tides) which is Sicily's (and Italy's) southernmost point. I can see people wading across, but I settle for a dip in the calm turquoise sea.

I continue my journey through the pretty fishing port of Marzamemi and on to my accommodation in the tranquil Agriturismo La Vignazza, where a plate of fresh fruit and a swimming pool awaits, to help me cool off once again.

The next morning, the heat is already waiting for me as I get on the bike, but fortunately, it's a shorter journey today with only one stop — the beach in the tranquil surroundings of the Vendicari nature reserve.

As I wallow in the refreshing shallows of the wild beach, I spy a flash of pastel pink in the sky and realise it's a flamingo coming into land in the wetlands just metres away, which are home to various migratory species and have hides to allow you to discreetly watch.

From this oasis of calm — where even beach games are banned, so as not to disturb the birds — my ride takes me across the sauna-hot farmlands, before one last climb up to Noto, another of the beautiful baroque hilltop towns and my last stop before my descent to Syracuse and the home comforts of the Hotel Gran Bretagna.

But, on my last ride, I spot on the road ahead of me Indiana's biggest enemy — a snake — although luckily for me, it stopped breathing some time ago.

"Dum di dum dum."

Inside my head, that famous theme tune plays once again as the curtain falls on my own Sicilian adventure. ■

### How to plan your trip

**Macs Adventure (macsadventure.com; 0141 530 5452) offers the seven-day Cycle Sicily's South itinerary from €1,085 per person, including B&B accommodation, transfer from Catania, baggage transfers, route notes, maps and local information, access to the Macs Adventure smartphone app and emergency support if needed. Flights and travel to Catania/ from Syracuse and bike hire are not included.**

**"The earth-coloured houses merge into one another as they spread organically.."**

## ARIES 21 MARCH - 20 APRIL

**LOVE AND LIFE:** If you only carry one thing throughout your entire life, let it be hope. Better things are a step away.  
**WORK AND MONEY:** Team spirit is not about one person. It is a whole army of interested parties acting as one. Remind someone.

## TAURUS 21 APRIL - 21 MAY

**LOVE AND LIFE:** Know that you shine and all the more when your heart is full of love and your soul full of well wishes.  
**WORK AND MONEY:** We may have our share of trouble and strife but we have to face it – the Pattern of Life! Together.

## GEMINI 22 MAY - 21 JUNE

**LOVE AND LIFE:** It's no use going back to yesterday because I was a different person then. (Lewis Carroll, Alice in Wonderland.)

**WORK AND MONEY:** You wanted to do some shopping, checked your account and can only look. Your good humour is a tonic.

## CANCER 22 JUNE - 22 JULY

**LOVE AND LIFE:** It is best to see with the heart and remember with the soul. Eyes can deceive and memories are subjective.

**WORK AND MONEY:** Your wonderful reassuring words make all the difference. Good work. Especially in difficult times.

## LEO 23 JULY - 23 AUGUST

**LOVE AND LIFE:** Sometimes the smallest things are the most important and are remembered and appreciated in a big way.

**WORK AND MONEY:** You are guided by right and reasonable. Those who do wrong get short shrift or a telling off. Words are powerful.

## VIRGO 24 AUGUST - 22 SEPTEMBER

**LOVE AND LIFE:** You can't calm the storm so stop trying. What you can do is calm yourself and reassure others. The storm will pass.

**WORK AND MONEY:** Rather than flit from this to that, concentrate on one thing at a time. This will prove the most effective method.



# Horoscopes

## Top astrologist Ali has the lowdown on your life and love for the week ahead

For more information follow Ali on Twitter [@sugg\\_ali](#)

## LIBRA 23 SEPTEMBER - 23 OCTOBER

**LOVE AND LIFE:** When your arms can't reach the people close to your heart, remember to hug them in your prayers and good wishes.

**WORK AND MONEY:** If you enjoy what you do, you will get it done in half the time. If you don't, don't drag your heels.

## SCORPIO 24 OCTOBER - 21 NOVEMBER

**LOVE AND LIFE:** Sorting through keepsakes brings up fond memories. An old friend is on your mind. Will you get in touch? Why not?

**WORK AND MONEY:** Money may be tight but yet you will find a way to do right by someone who needs your support.

## SAGITTARIUS 22 NOVEMBER - 20 DECEMBER

**LOVE AND LIFE:** They say life is a journey. Learn and grow as you go and know that what is today, will soon be tomorrow.

**WORK AND MONEY:** You have a lot of concerns at the moment. Rather than be overwhelmed, try and approach them one at a time.

## CAPRICORN 21 DECEMBER - 20 JANUARY

**LOVE AND LIFE:** Whatever about looking with the eye, be sure to see with the heart. Practise compassion.

**WORK AND MONEY:** Working from home doesn't have to feel like work at all for you... but perhaps for others it does?

## AQUARIUS 21 JANUARY - 19 FEBRUARY

**LOVE AND LIFE:** It is easier to build strong children than it is to repair broken adults. (Frederick Douglas). Heal your inner child.

**WORK AND MONEY:** Stay calm during a time of professional change, upended routines and certainty. It's not forever.

## PISCES 20 FEBRUARY - 20 MARCH

**LOVE AND LIFE:** Re-set, re-adjust, re-focus as many times as you need. Especially when it comes to family and friends.

**WORK AND MONEY:** Where will you be this time next year? Who knows! In the meantime, get shaping those ambitions.

## Celeb birthday CHARLIZE THERON 07/08/1975

**C**harismatic Charlize is a force to be reckoned with and others are often left in her wake as she forges ahead. Failure for her is not an option so she will tend to aim for the achievable and then there is no stopping her as she goes above and beyond. Delighting in glory and success, lack lustre result can bring disappointment.

### PHILOSOPHY

Parents can only give good advice... but the final forming of a person's character lies in their own hands. (Anne Frank)

### PREDICTION

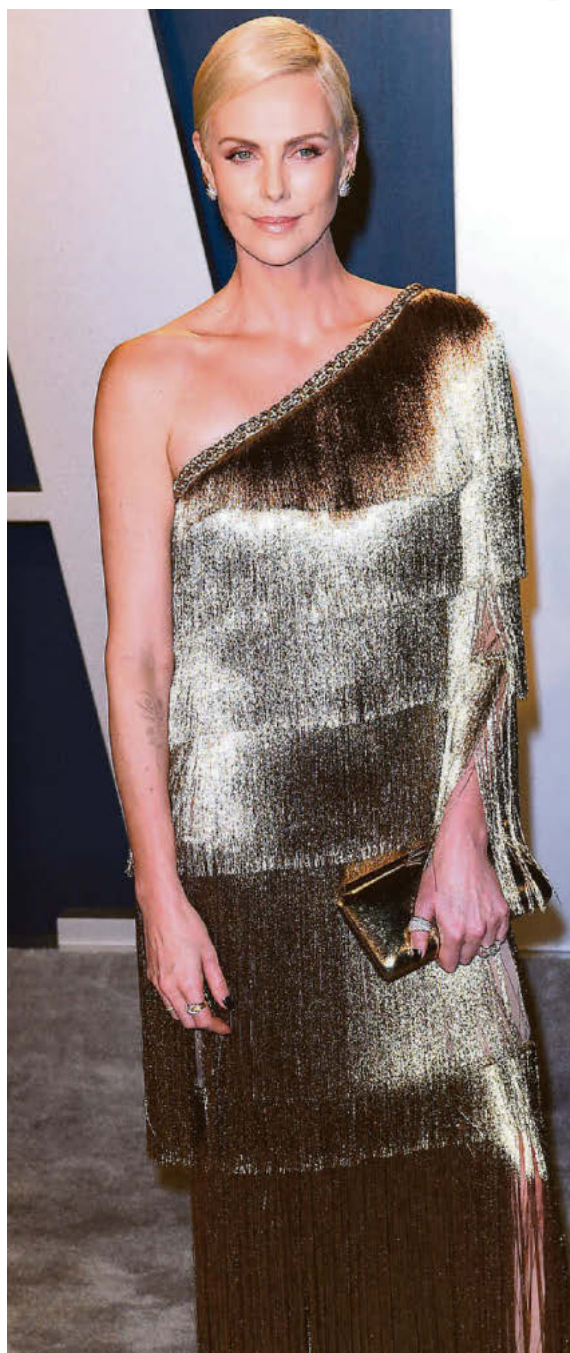
Charlize knows she has it good but she cannot help but want it better. Professionally, she desires a challenge while personally, she craves peace. Once she sets a standard, she seeks to improve and only those open to personal development and professional progress will be compatible. Those who rest on their laurels don't impress her, no matter how successful.

### BE WARNED

This star shines so bright that Leo's absence is sorely noted when connections lapse.

### MINDFUL MEDITATION

You can't go back and change the beginning but you can start where you are and change the ending.





# Dear Jennifer

**Our agony aunt Jennifer is here to help. Write to her at c/o Irish Daily Star, Independent House, 27-30 Talbot Street, Dublin 1, or email dearjennifer@thestar.ie. Unfortunately, she cannot enter into any personal correspondence.**

## WHERE DO I START GIVING TO CHARITY?

**DEAR JENNIFER:** I am lucky to have a high-paying, secure job, especially just now when so many people are struggling.

As such, I think I should be giving back in some way and would like to choose some charities. The problem is, where do I start?

My grandfather died recently having had type 2 diabetes for years. He lost his sight for the last year of his life as well, so I did a web search for these two issues.

I also had a look at a Charity Commission website. I got swamped with information about possible charities in these fields, all of which seem to say they need funds.

There are so many of them competing for funds, I can't work out which ones are worthwhile and which ones aren't.

Also, how do I know whether any of them are bogus? I've found a few references to tax-effective giving.

Is this for me or the charities? It seems like a minefield so how do I make sure that my money goes where it's needed most?

**JENNIFER SAYS:** *It's good that you want to give. In fact, I think anyone who can afford to, should — and give enough for it to hurt just a bit.*

*That said, I think donors need to act responsibly and be informed about the organisations they support. As you've already found, there are thousands of charities out there seeking funding, and probably hundreds working in the fields of diabetes and blindness alone.*

*This means it's also important to find a secure and trustworthy way to give.*

*There are several organisations that link donors with charities and process donations. Probably the most established is the Charities Aid Foundation, often known as just CAF (see [www.cafonline.org/docs](http://www.cafonline.org/docs)). This has a search-*



*able database that you can use to find charities working in your preferred areas.*

*The site will have limited information about the charity, as well as a link to a website if you want to do further research.*

*Additionally, you can call CAF if you*

*need some guidance. If you want to dig further still, Revenue.ie will have more detailed information on tax obligations and all that.*

*You can give safely through CAF in the knowledge that it has verified that your chosen charity is legitimate.*

## MONEY PUTTING STRAIN ON US

**DEAR JENNIFER:** My husband is holding down a stressful, full-time job and works most weekends on another. He earns OK money from these — but we are still broke all the time. We are also deep in debt.

He's under a lot of stress and is exhausted most of the time, though this doesn't stop him playing darts at the local pub whenever he can.

He's also irritable often, especially if he thinks I am not trying hard enough to find a part-time job. The problem is there's not much out there.

We also have a two-year-old and as I have no family nearby, there's no one to look after her while I work.

So even if I could eventually find work, it will probably be badly paid and if I then have to pay a childminder, I'll end up with next to nothing.

We're arguing a lot about money, but I just don't see what I can do.

Would I be better off without him?



**JENNIFER SAYS:** *Persistent money worries and debt can wreak havoc in a relationship, as you've found, but please don't make any hasty life decisions. Right now, a lot of people are struggling and trying to deal with exactly this kind of stress, so you're not alone.*

*Your husband is clearly showing it — and if he's working a seven-day week, it is understandable.*

*It's also no surprise that he feels the need to unwind, as we all do. However, what he is not understanding is that you're just as stressed.*

*And caring for a toddler is a demanding job in itself.*

*You need to work together to get through this.*

*As a first step, you need to deal with the worrying debt overhang.*

*Once you get on top of your finances, you will feel a little bit lighter and can work through your other issues.*

## HOW CAN I GET MY EX-BOYFRIEND BACK?

**DEAR JENNIFER:** Back when I was 19, I went out with a guy I really liked. For reasons I can't remember, we split up and went our separate ways.

Seven years on, I have just met him again and it has brought back all the old feelings. I think I still love him.

Unfortunately, he's married and has two children. I really want to be with him again, so I have thought about going to see his wife and telling her that he is seeing me on the side. Hopefully, it will make her want to leave and I can then be with him and his family.

Do you think it will work?

**JENNIFER SAYS:** *I am seldom shocked, but you've managed it. Are you seriously expecting me to help you break up a family? Well, it's not happening.*

*You had your chance with this man seven years ago, so now is the time to think of him as 'the one who got away' — and move on with your life.*

*Look for love elsewhere, with someone who is free to return it.*

*Please do not approach his wife.*

*To do so would simply be spiteful, and it won't work anyway.*

*Wreck this man's family and I guarantee you he'll never forgive you.*



By Rachel Beresford

# Terrible CORRIE ON



**COMPROMISING POSITIONS:** Stephen and Lou; and (right) Chesney, Henry and Gemma



**CORONATION ST.**

In this week's Corrie, Rufus' wife Lou calls at the factory and tells Stephen and Michael she's cancelled the meeting as the inquest report into Rufus' death is due out tomorrow — and she suspects foul play and she's contacted the Gazette.

Stephen masks his panic and, alone in the factory office, scours the press for reports about Rufus' death.

As Carla and Stephen see a client out of the factory, Lou approaches and Stephen's heart sinks.

She confides in him and Carla that the Coroner found that Rufus died by misadventure — and she tells Stephen that as far as she's concerned, Rufus' drug-fuelled death still doesn't stack up.

Stephen assures her it was obviously a tragic accident.

Later, a guilty Stephen struggles at Rufus' memorial and, after being asked by Rufus' son Jools how he knew his dad, he hurries out. Returning with the staff from

the factory in tow, he explains to Carla that he thought it would make Rufus look more popular.

And when Jools makes an emotional speech about his dad, Stephen hurries off to the gents, watched by Carla and Lou.

He returns and is horrified when he sees his tie pin in a bag that Lou shows him containing Rufus' things that were found by the side of the pool.

When Lou mentions Rufus' missing watch Peter is forced to confess to Carla that he found it in the back of his cab and pawned it for her rehab.

And Stephen is shocked when Lou reveals she is going to show the tie pin to the police as it didn't belong to Rufus.

Elsewhere, Jenny and Daisy are gutted when a croaky Glenda reveals she has lost her voice and can't perform at the event they are throwing to impress the Newtons.

Philip Newton is impressed, however, when he finds out Glenda had booked singer Glyn Young. And when an elderly old man

with a hearing aid arrives, Jenny, Glenda and Daisy are thrown into panic.

Will the night be a flop and will Philip and Henry agree to buy the Rovers?

Later, Henry gently breaks the news to Jenny that having looked at the accounts, the brewery isn't prepared to buy the Rovers and hands her the contact details of a developer.

Meanwhile, a despondent Jenny tells Daisy that a property developer is coming to value the pub while in the Kabin, Steve and George reveal that they've set up a crowdfunding page in the hope they can save the Rovers.

George suggests to Gemma that given her history with Henry she could use her womanly wiles to change his mind about buying the place.

Gemma arrives at a hotel expecting to work on a cider promotion but Henry explains that there is no promotion and he just wanted some time alone with her.

How will she react?

And when George lets slip that Gemma is meeting Henry and going to try and work her magic on him, Chesney's angry to realise she lied to him and heads over to the hotel.

What will he find?

Richard, a property developer, meanwhile, calls at the Rovers and when Daisy explains that Jenny has no option but to sell up, Steve and George are gutted.

Back at home, Gemma explains she was only trying to save the Rovers and is not interested in Henry.

She feels bad about the pub going up for sale when she feels she could put a stop to it all if Chesney would let her work with Henry.

Bernie calls at the kebab shop and tells Chesney that he needs to get over his dislike of Henry and prove to Gemma that he trusts her to work with him.

Gemma meets up with Henry in the precinct and tells him that if he promises to save the pub, she'll accept his job offer.

## ZAK'S BACK TO HIS OLD WAYS...

In this week's trip to Fair City, Zak learns Killo is doing a job for Aidan and wants to know the details.

Meanwhile, Tommy is uneasy when Zak changes the passwords to the business accounts.

As Dearbhla tries to show Zak she's on his side, her distrust grows when he receives a suspicious phone call.

So when Gar's gym is burgled, Dearbhla accuses Zak while Gar gives him the benefit of the doubt, but Dearbhla's accusation causes friction.

And Zak's anger grows when he realises that Gar suspects he's guilty too. Later, Zak is unsettled by a voice note from the same unknown caller.

Meanwhile, Tommy is taken aback by Zak's cold demeanour when he announces he's through working with him.

Later, Zak sends a text to the mystery

number confirming that he's on board for a job.

He meets with Goo Eyes to get details on the gun drop and plays it cool when Fidelma asks about his recent time away.

Meanwhile, when Carol clears Zak's name for the gym robbery, Tommy urges Dearbhla to apologise.

But when Zak tries to keep Tommy out of the bathroom after learning Gar will be fixing a plumbing issue, he makes Tommy suspicious.

And when Tommy finds a gun concealed in the cistern, he hides his discovery from Dearbhla.

Later he asks Carol for advice, and she urges him to confront Zak about the gun and Carol forces him to accept that Zak is lying to him and advises he get rid of the weapon.

Zak is distraught when Tommy lies

and tells him that he's thrown the gun in the canal.

He finds where Tommy has hidden the weapon and tries to leave as Carol instructs him to tie Zak to the radiator to stop him escaping.

Elsewhere, Damien and Mairead pressure Fidelma for answers on McCabe, but she reminds them she must follow protocol.

Fidelma is suspicious of McCabe when Ronan reports an anonymous domestic violence incident at Mairead's.

Later, Fidelma orders Mairead to invite McCabe around to talk.

Hughie is blindsided when Carol suggests third party investors buy McCoy's.

Carol confronts Hayley for inflating the selling price, but Hayley stands firm — and Hayley gives Carol until the end of the day to make an offer.

Renee and Bob, meanwhile, advise Hughie to trust his reservations about Carol's investors.

**DISCOVERY:** Tommy



FAIR CITY

Pick  
of the  
WEEK



“STEPHEN IS SHOCKED WHEN LOU REVEALS SHE IS GOING TO SHOW THE TIE PIN TO THE POLICE...”

## DANGEROUS LIAISONS

Emotions run high this week in the Dales as Laurel and Jai's plans to leave for India are jeopardised by a distraught Archie.

And chaos ensues when Laurel reveals Archie's illness, leading Jai to explode in anger.

The house soon becomes a battlefield and Laurel's attempts to calm him prove futile, leaving him even more upset.

Soon Jai's solo journey to India begins, while Laurel contemplates her guilt at home and receives a warning from Suni.

Determined to support Jai, Laurel decides to join him in India.

But when she goes to retrieve Marshall's passport, Colin turns nasty and locks her in Marshall's bedroom.

Terrified and scared and without her phone, Laurel is trapped and needs to find a way to free herself from Colin's grip.

Suni and Nicola worry they haven't heard from Laurel – and Suni's suggestion to message Jai and find out

is shut down by Nicola, who thinks they might need some space.

Negotiations, prayers and a desperate plan unfold as Colin's unstable behaviour escalates.

As Laurel tries to escape, she hits Colin over the head and tries to dash for the door but she's locked in.

Meanwhile, Jai, Nicola and Suni are all very concerned about her absence and Arthur reveals Laurel was meant to pick up Marshall's passport from Colin's.

In the house, an unstable Colin forces Laurel to unlock her phone and Colin texts Jai in a way which implies Laurel has relapsed.

As Colin's reactions become increasingly dangerous, the arrival of a police officer raises hope for Laurel's rescue, but Colin's manipulation prolongs her ordeal.

And before long, Jai and Suni take matters into their own hands in their search for Laurel.

But will they find her in time?

TERRIFIED:  
Laurel and Colin



EMMERDALE

VILLAIN OF  
THE WEEK

Colin is, of course, this week's villain for holding Laurel captive – and leaving everyone in the village worried about her safety. And at this point, we don't even know if she survives her ordeal...



STRUGGLING: Max Bowden as Ben



## INADEQUATE BEN

In this week's trip to Walford, Ben is struggling with his feelings of inadequacy ahead of Jay's parental hearing and is evasive when Billy tries to organise a celebration in The Vic that night.

Later, Ben looks certain to miss the court date altogether as he takes his frustrations out on the gym bag until George intervenes.

He advises Ben to be there for Lexi, no matter how he feels.

Jay is relieved when Ben makes it after all, but later, at The Vic, Honey picks up on troubled Ben's behaviour around food.

She follows him home and tries to get Ben to open up to her, sharing her own experiences with bulimia.

But unable to share his pain, Ben lashes out and orders Honey to leave.

After she's gone, Ben breaks down, feeling horribly alone.

Sonia has no idea why Reiss is so off with her, unaware that he thinks she's cheated.

She's still reeling over his comments about not wanting to be a dad, worried that she's pregnant already. Back at No 25, Whitney is there supporting Sonia – who is taking a pregnancy test – when she catches Reiss trying to hack into his girlfriend's phone.

Devastated Sonia reasons that Reiss wants kids – just not with her.

Meanwhile, Kim recruits Patrick to dish out love advice in her latest 'Kimfluencer' video.

Reluctant Patrick starts dispensing relationship wisdom on camera until he's interrupted by the arrival of a special visitor – Yolande.

Her boyfriend Anton has thrown her out and she wants to stay with him, but nervous Patrick isn't sure that's a good idea.

Bruised, Yolande leaves in a huff. Elsewhere, Kat is frantic when she hears Freddie is off to visit Little Mo.

### HOLLYOAKS

In Hollyoaks this week, Sharon is concerned that Felix could end up getting seriously hurt, but Norma has a fight lined up for him with big money up for grabs.

Felix tells Norma the risks are too high and he's out, but she's determined to make her money-making idea a success and ploys him, while Sharon listens in from the door.

Felix goes against the advice of his friend and agrees to the fight, but Sharon follows Felix and is on hand when things turn ugly after the bell.

Elsewhere, Jack hosts the Earl of Dee survival workshop which has 2 VIP tickets for a festival up for grabs as an incentive to get the teens to participate.

At the café, Tom tells Pearl how although he's an ex-policeman, Jack lacks skills in survival and so she joins forces with him to co-run the workshop.

Lucas confides in Dillon that he handed in an old phone as a decoy so he could keep his real one, however, Pearl discovers the phone in his hand and

confiscates it. Lucas and Dillon decide to team up and come up with a plan on how they can ensure they win the tickets.

Later in the week, in the village Hunter is giving Zoe a private art class but when Freya passes by she invites herself to join.

Felix tells Mercedes his latest injuries are as a result of being in a boxing ring to bring in more money to help her family.

Hurt he's putting any blame on her, she walks out.

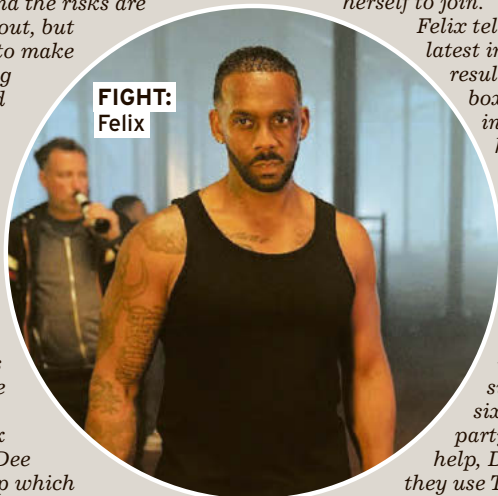
Meanwhile, Cindy is out of hospital and wants to make up to Ella and suggests a sweet sixteenth birthday party, wanting to help, Dave proposes they use The Loft and offers to speak to Shing Lin

to smooth things over between the two teens.

At home, Cindy reflects on losing the Market which was her and Luke's legacy and Dave tries to support her.

Elsewhere, Warren confronts Norma about the fake job, she confessed it was to keep him out of the way while Terry Smart was around.

Norma suggests to her son they go into



FIGHT:  
Felix

## TV & MOVIE PICKS

### Top of the Box By Keeley Ryan

#### SATURDAY

##### Moneyball, Virgin Media One, 6pm

Contestants put their knowledge to the test as they answer questions to try and build the prize pot.

#### SUNDAY

##### The Summer Show, RTE One, 6.30pm

This week, it's all about an 'Island Special', with each of the stories coming from one of the diverse islands that populate Ireland's coastline.

##### Alone, Ch4, 9pm

The ultimate survival test begins with eleven people dropped alone in the Canadian wilderness — with the last one standing winning £100,000.

##### Love Island Reunion, Virgin Media Two, 9pm

Their summer of love may be over, but it's time for the Islanders to get back together for the special reunion.

##### Magnum P.I., Sky Max & NOW, 9pm

Magnum and Higgins are on the case to investigate the robbery of an elderly man suffering from Alzheimer's.

##### Fleadh 2023 - Na Cúigí, TG4, 9.30pm

Doireann Ní Ghlaicáin and Peadar Ó Goill take viewers on a trip across Ballina, Dublin, Tralee and Dromore to catch up with emerging musical talent.

##### The Blacklist, Sky Max & NOW, 10pm

The Freelancer's return unveils a conspiracy involving a local photographer, while Ressler hits a personal milestone.

#### MONDAY

##### Dr Death, Ch4, 0.05am

In the series finale, Dunsch stands trial — while Henderson and Kirby struggle with the medical system's failure to stop him.

##### Winning Time: The Rise of the Lakers Dynasty, Sky Atlantic & NOW, 9pm

The journey exploring the professional and personal lives of the 1980s LA Lakers continues, including the first professional rematch of Magic Johnson and Larry Bird.

#### TUESDAY

##### Ultimate Wedding Planner, BBC Two, 9pm

Sara Davies, Fred Sirieix and Raj So-maiya are on the search for the Ultimate

#### MONDAY:

##### Winning Time: The Rise of the Lakers Dynasty, Sky Atlantic & NOW, 9pm



Wedding Planner — and the competition gets off to an explosive start.

##### FROM, Sky Sci-Fi & NOW, 9pm

As word of her return begins to spread throughout the town, Sara has to face the consequences of her actions.

##### Law & Order: Organized Crime, Sky Witness & NOW, 10pm

Bell enlists the task force's help after learning that an untouchable crime boss may have been behind her former partner's death.

#### WEDNESDAY

##### Turas Réaltaí TG4 i bPeil na mBan, TG4, 8.30pm

The LGFA's Stars head on tour to Austin, Texas to play an exhibition game against local club the Celtic Cowboys and showcase the skills of the talented players.

##### Departure, Sky Witness & NOW, 9pm

The race for recovery continues — along with the gathering of evidence — after signs of life are located on board the sunken vessel.

#### THURSDAY

##### Painkiller, Netflix

The scripted limited series explores

some of the origins and aftermath of the opioid crisis in America, highlighting the stories of the perpetrators, victims, and truth-seekers.

##### And Just Like That..., Sky Comedy & NOW, 9pm

Carrie, Miranda and Charlotte continue to navigate the complicated reality of life, love and friendship in their 50s.

#### FRIDAY

##### Cruel Summer, Prime Video

The anthology is back for a three-time-line mystery surrounding the friendship between Megan, Isabella, and Megan's best friend Luke and all the twists and turns that followed.

##### Then You Run, Sky Max & NOW, 9pm

Stink's fallen into the clutches of Turi and Darian, who have orders to kill her — but that turns out to be a much more complex task than it first appeared.

##### The Power of Parker, BBC One, 9.30pm

Martin Parker has what appears to be the picture-perfect life — but in reality, he's swimming in a sea of life and it falls to the two women in his life, Kath and Diane to plot his downfall.

#### SUNDAY:

##### The Summer Show, RTE One, 6.30pm



## Movie PICKS

#### SATURDAY

##### Terminator Genisys, Ch4, 10.30pm

Arnold Schwarzenegger is back again, this time starring alongside Jai Courtney, Jason Clarke and Game of Thrones' Emilia Clarke in the fifth instalment of the Terminator franchise.

In 2029, John Connor (Clarke) and his Resistance movement are on the cusp of defeating Skynet, the artificial intelligence programme that attempted to obliterate the human race.

But before they can do so, Skynet send a Terminator cyborg travel back to 1984 to kill John's mother Sarah (Clarke) before John's even born. So John sends his best friend Kyle (Courtney) back in time to protect Sarah.

But, unlike in the original movies, Kyle arrives in an alternate reality to the one he was expecting; one where Sarah has already teamed up with her reprogrammed Terminator

guardian (Schwarzenegger), can look after herself, and would rather stop Skynet herself than just give birth to a future Resistance leader. Directed by Alan Taylor.

#### SUNDAY

##### How To Lose A Guy In 10 Days, Ch4, 2.50pm

Kate Hudson and Matthew McConaughey star in Donald Petrie's witty battle-of-the-sexes comedy. Andie Anderson (Hudson), who writes an advice column for a fashionable magazine, agrees to demonstrate how easy it is to attract and then alienate a man in just 10 days.

She chooses advertising executive Benjamin Barry (McConaughey) as her guinea pig, but what she doesn't know is that his job rests on proving that he understands women so well that he can make someone fall for him within just two weeks...

#### TUESDAY

##### Keeping Up With The Joneses, Film4, 6.45pm

Zach Galifianakis, Isla Fisher, Jon Hamm and Gal Gadot star in director Greg Mottola's action-comedy.

Jeff Gaffney (Galifianakis) works in human resources at the McDowell-Burton International aerospace company and lives nearby in an upmarket cul-de-sac with his interior-designer wife Karen (Fisher).

They're excited because their estate agent friend Meg (Maribeth Monroe) has just sold the expensive detached house next door to them sight unseen.

Their new neighbours are Tim and Natalie Jones (Hamm and Gadot), an impossibly glamorous and accomplished couple who are ostentatiously in love and very, very keen to make friends with the Gaffneys.

Jeff is immediately won over, but Karen is suspicious. She's right to be: the Joneses are secret agents and only interested in the Gaffneys because they want access to Jeff's workplace.

And it's not long before Karen's curiosity and Jeff's stupidity lands them both in deep danger.

#### FRIDAY

##### Bend It Like Beckham, Film4, 6.45pm

Parminder Nagra and Keira Knightley star in director Gurinder Chadha's feel-good footie comedy.

The film follows the fortunes of teenager Jess (Nagra), whose ambition to become a pro like her hero David Beckham is at odds with the plans of her traditional Sikh parents.

Living a double life in west London and concealing her dreams from her family, Jess is encouraged by her friend Jules (Knightley) to join local women's team Hounslow Harriers, where she plays well and hopes to get spotted by a talent scout. But with a crucial match coinciding with her sister's wedding, can Jess realise her dream in the face of cultural expectations?



Film of the WEEK



# SATURDAY

Chic  
pick



**MALPRACTICE, VIRGIN MEDIA ONE, 1.20AM** Dr Lucinda Edwards (pictured) is on a busy shift in A&E when she has to make a tough decision: she has two patients in need of one bed, and one will have to move wards. The tragic consequences of this choice have devastating repercussions.

● **ALSO RECOMMENDED: SEE TV PICKS ON PAGE 32**

## RTE ONE

- 6.00 EURONEWS 6.45** Teleshopping (R) **7.55** Ros na Rún (R, S) **8.55** Fair City Omnibus (S) **10.55** Monarch of the Glen (R, S) **11.55** Filthy Garden SOS (R, S) **12.50** RTÉ News
- 1.00 THE SUMMER SHOW (S)**  
**2.00 MY UNI LIFE (R, S)**  
**2.30 FILM: SUPERMAN III** (1983) The Man of Steel battles to thwart the schemes of an evil tycoon and a computer genius. Comic-book adventure sequel, starring Christopher Reeve. ★★ (S)  
**4.50 THE 1% CLUB** Quiz show, hosted by Lee Mack. (S)  
**5.45 NUACHT**  
**5.55 RTÉ NEWS WITH SIGNING**  
**6.00 THE ANGELUS**  
**6.01 RTÉ NEWS**  
**6.35 FILM: HOTEL TRANSYLVANIA 3: A MONSTER VACATION** (2018) Count Dracula and company go on a cruise for monsters, unaware that their boat is being commandeered by a monster-hating family. Animated sequel, with the voices of Adam Sandler, Andy Samberg and Selena Gomez. ★★★★★ (S)  
**8.25 DIY SOS: THE BIGGER BUILD IRELAND** First of a two-part special focusing on rehousing Ukrainian refugees. (R, S)  
**9.25 RTÉ NEWS**  
**9.55 FILM: MISBEHAVIOUR** (2020) Premiere. The 1970 Miss World beauty pageant is disrupted by the newly formed women's liberation movement. Comedy drama, starring Keira Knightley and Gugu Mbatha-Raw. ★★★★★  
**12.00 FILM: MAGNUM FORCE** (1973) Action thriller sequel, starring Clint Eastwood and Hal Holbrook. ★★ (S)  
**2.20** Unforgotten (R, S) **3.10** EuroNews

## RTE TWO

- 6.00 EURONEWS 7.55 TRTÉ 8.30** Live FIFA Women's World Cup. Peter Collins presents coverage of the second last-16 match (Kick-off 9am. (S) **11.30** Home and Away (R, S)
- 1.00 TRTÉ**  
**1.10 FILM: DENNIS THE MENACE** (1993) Slapstick comedy, starring Walter Matthau, Mason Gamble and Joan Plowright. ★★ (S)  
**3.00 FILM: FROM THE ROUGH** (2013) Drama, starring Taraji P Henson, Tom Felton and Michael Clarke Duncan. ★★★★★ (S)  
**4.45 DIY SOS: HOMES FOR VETERANS (R, S)**  
**6.00 SECRETS OF THE JURASSIC DINOSAURS** Liz Bonnin joins the palaeontologists as they unearth the remains of fearsome Jurassic predators. (S)  
**7.00 FIFA WOMEN'S WORLD CUP HIGHLIGHTS** Action from the opening two last-16 matches, held at Eden Park and Wellington Regional Stadium. (S)  
**7.30 BANK OF IRELAND NATIONS SERIES** Ireland v Italy (Kick-off 8pm). All the action from the match at Aviva Stadium. Ireland won 34-20 in Rome when the sides last met in this year's Six Nations and they will expect another victory ahead of clashes with England and Samoa here in the build-up to next month's World Cup in France. (S)  
**10.30 FILM: LONDON HAS FALLEN** (2016) The US president and the head of his Secret Service must foil a terrorist attack on the city of London. Action thriller sequel to Olympus Has Fallen, starring Gerard Butler. ★★ (S)  
**12.20 LANCE (R, S)** **2.10** EuroNews

## VIRGIN ONE

- 6.10 JOHN AND LISA'S WEEKEND KITCHEN (R)** **7.00** Who's Doing the Dishes? (R, S) **8.00** The Pet Show (R) **9.00** Ireland AM (S) **12.00** John and Lisa's Weekend Kitchen (R)
- 1.00 CALL THE CLEANERS (R)**  
**1.30 LIVE RACING** Day five of the Glorious Goodwood festival.  
**4.00 FASTEST FINGER FIRST** Quiz, hosted by Anita Rani. (R)  
**5.00 DON'T LOOK BACK IN ANGER** News stories from 2008. (R, S)  
**5.30 NEWS AT 5.30 (S)**  
**6.00 ● MONEYBALL** Ian Wright hosts as three more teams of two try to bank money by dropping a ball from the Launcher onto an amount of cash. (S)  
**7.00 TIPPING POINT: LUCKY STARS** Ben Shephard hosts, with Roisin Conaty, Chris Bavin and Jordan Banjo. (S)  
**8.00 BEAT THE CHASERS** Bradley Walsh hosts as more contestants come forward hoping to win big money by conquering the combined efforts of the Chasers. Last in series. (R, S)  
**9.00 CELEBRITY CATCHPHRASE** Stephen Mulhern hosts a charity edition of the game show, with Fern Britton, Dominic Brunt and Kelle Bryan trying to guess the familiar phrases. (S)  
**10.00 THE GRAHAM NORTON SHOW** The second of two compilations of highlights from the recent series. (R)  
**11.05 COOKING WITH THE STARS** The remaining celebrity contestants prepare dishes inspired by French cuisine. (R, S)  
**12.05 INSIDE DUBAI: PLAYGROUND OF THE RICH (R)** **1.20** Malpractice. Medical thriller, with Niamh Algar. (R, S)

## VIRGIN TWO

- 7.00 ALPHABETICAL (R, S)** **8.00** Bling (R) **9.00** Tipping Point (R, S) **10.00** WWE SmackDown **11.00** Bling (R) **12.00** Tipping Point (R, S)
- 1.00 CASH TRAPPED (R, S)**  
**2.00 TIPPING POINT (R, S)**  
**3.00 JUDGE RINDER (R, S)**  
**4.00 BRADLEY & BARNEY WALSH: BREAKING DAD** From Poland. (R, S)  
**4.30 BRADLEY & BARNEY WALSH: BREAKING DAD** The duo are in Denmark. (R, S)  
**5.00 TIPPING POINT: LUCKY STARS (R, S)**  
**6.00 THE CHASE CELEBRITY SPECIAL** Quiz show. (R, S)  
**7.00 POSH PAWN (R, S)**  
**8.00 DRESS TO IMPRESS (S)**  
**9.00 THE JONATHAN ROSS SHOW** With Ed Sheeran. (S)  
**10.05 INSIDE MONACO: PLAYGROUND OF THE RICH** Documentary series. (R, S)  
**11.20 GOGGLEBOX IRELAND (R, S)**  
**12.20 UNBELIEVABLE MOMENTS CAUGHT ON CAMERA (R)** **1.20** Love Island: Australia. Reality show. (R) **2.30** More Than This (R, S)

## VIRGIN THREE

- 6.25 HEARTBEAT 7.15** The Chase Australia **8.00** The Hotel Inspector **9.00** Guess This House **9.55** Agatha Christie's Poirot **12.00** Emmerdale **3.00** Peter Andre's 60 Minute Makeover **5.00** River Monsters **6.00** Bling **7.00** Hotel Benidorm: Sun, Sea & Sangria **8.00** Showhouse Showdown **9.00** Age Before Beauty. Drama series. **10.15** The Tower **11.15** 10,000 BC **12.15** Somewhere Between **1.15** FILM Unexpected Journey (2004) ★★

## TG4

- 6.00 CÚLA 4 9.30** GAA Cúl Camps **10.00** GAA 2023 **11.00** Hart to Hart **11.55** The Golden Girls **12.25** The Wonder Years. Comedy series. **12.50** Domhan an Dúla - Fiántas Nua na hEorp **1.47** An Aimsir Láithreach **1.50** RáSaí Na Gaillimhe 2023 **6.15** Hup! **6.57** An Aimsir Láithreach **7.00** Nuacht TG4 **7.15** Cispheil Beo **9.30** FILM Good Night, and Good Luck (2005) ★★★★★ **11.12** An Aimsir Láithreach **11.15** Stateless **12.20** Cois Móire **1.20** Cumasc: Seisiúin sa Black Gate

## VIRGIN MORE

- 1.00 CLASSIC UEFA CHAMPIONS LEAGUE** Juventus v Manchester United from 1999.  
**1.55 CLASSIC 6 NATIONS**  
**2.50 UCL DEFINING MOMENTS**  
**3.45 HISTORY OF THE UCL**  
**4.35 FORMULA E HIGHLIGHTS**  
**5.30 HISTORY OF THE UCL**  
**6.20 CLASSIC UEFA CHAMPIONS LEAGUE**  
**7.10 CLASSIC 6 NATIONS** A memorable encounter between Ireland and England from 2001.  
**8.00 FORMULA E: THE RECHARGE** Taking a look back at recent events.  
**8.30 EXTREME E MAGAZINE SHOW** The latest news from the motor racing series.  
**9.00 BUMP** Australian drama, starring Nathalie Morris.  
**9.30 BUMP**  
**10.00 INTRUDER**  
**10.50 THE REAL STORY OF** The stories behind famous films.  
**11.40 WORLD RUGBY U20 CHAMPIONSHIP**  
**12.30 FORMULA E: ICE DRIVE**  
**1.25** Sport Stories: Famon Dunphy

## SKY SHOWCASE

- 6.00 MONKEY LIFE 7.30** American Auto **9.00** The Simpsons **10.30** The Hundred Live **2.00** FILM The Twilight Saga: Eclipse (2010) ★★ **4.10** The Simpsons **5.00** Game4Ukraine **9.00** FILM Hummingbird (2013) Crime thriller, starring Jason Statham and Agata Buzek. ★★★★★ **11.00** Rob & Romesh vs Crufts. Rob Beckett and Romesh Ranganathan enter their dogs in Crufts **12.00** An Idiot Abroad **1.00** Road Wars **2.00** Caught on Dashcam **3.00** Nothing to Declare

## SKY ATLANTIC

- 6.00 THE GUEST WING 9.00** Britannia **2.25** The Sopranos **7.55** Game of Thrones. Ned searches for the truth about Jon Arryn's death. **9.00** Game of Thrones. A suspicious death threatens to overshadow the tournament. **10.05** Game of Thrones **11.10** Game of Thrones **12.15** Game of Thrones **1.20** Euphoria: Trouble Don't Last Always **2.25** Das Boot **3.35** In Treatment **4.05** The Guest Wing

## BBC ONE

- 6.00 BREAKFAST** Sports reports. (S) **10.00** Saturday Kitchen Live (S) **11.30** Nadiya Bakes (R, S) **12.00** Homes Under the Hammer (R, S)
- 1.00 BBC NEWS (S)**  
**1.15 CYCLING: WORLD CHAMPIONSHIPS 2023** Live coverage of day three from Fort William, Scotland, featuring the mountain bike downhill finals. (S)  
**4.45 GARDEN RESCUE (R, S)**  
**5.45 BBC NEWS (S)**  
**5.55 BBC NEWSLINE (S)**  
**6.05 THE HIT LIST** With contestants from Nottingham, Bristol, Basingstoke and Camberley. (S)  
**6.50 THE WEAKEST LINK** Daytime TV stars try to win £50,000 for charity. (R, S)  
**7.35 POINTLESS CELEBRITIES** A star-studded version of the general knowledge quiz show. Last in series. (S)  
**8.25 CASUALTY** Max returns to the ED to treat a mother and son involved in a car accident. (S)  
**9.15 CHAMPION** Beres, Aria and Vita travel to Jamaica for a family funeral, where the story of Aria's musical career comes to light. (S)  
**10.00 BBC NEWS (S)**  
**10.20 FILM: WHEN HARRY MET SALLY** (1989) A man and a woman develop a close friendship, but a mutual sexual attraction threatens to ruin the relationship. Romantic comedy, with Billy Crystal. ★★★★★ (S)  
**11.50 FILM: EIGHTH GRADE** (2018) Comedy, starring Elsie Fisher, Josh Hamilton and Emily Robinson. ★★★★★ (S)  
**1.20 WEATHER FOR THE WEEK AHEAD (S)** **1.25** BBC News (S)

## BBC TWO

- 6.40 HEY DUGGEE (R, S)** **6.55** Supertato (R, S) **7.05** Shaun the Sheep (R, S) **7.15** Dennis & Gnasher Unleashed! (R, S) **7.25** Boy Girl Dog Cat Mouse Cheese (R, S) **7.40** The Deep (R, S) **8.00** The Dengeiners (R, S) **8.30** One Zoo Three (R, S) **8.50** Newsround (S) **9.00** Blue Peter (R, S) **9.30** Deadly 60 (R, S) **10.00** Animals Unexpected (R, S) **11.00** Undiscovered Worlds with Steve Backshall (R, S) **12.00** Caribbean Food Made Easy (R, S) **12.30** Food & Drink (R, S)
- 1.00 FILM: WHISKY GALORE!** (1949) Ealing comedy, starring Basil Radford and James Robertson Justice. ★★★★★ (S)  
**2.20 HONEY BADGERS: MASTERS OF MAYHEM - NATURAL WORLD (R, S)**  
**3.00 NETBALL WORLD CUP 2023** Live coverage of the second semi-final (Centre-pass 3pm). (S)  
**5.00 FLOG IT! (R, S)**  
**5.45 THE HUNDRED** Birmingham Phoenix v Trent Rockets (Start-time 6pm). Live coverage of the men's match from Edgbaston, Birmingham. (S)  
**9.00 TONY BENNETT AT THE LONDON PALLADIUM: BBC SESSIONS** A 2011 concert in which the American singer marked his 85th birthday. (R, S)  
**10.00 ARENA: TONY BENNETT'S NEW YORK** The singer takes a tour around his native city. (R, S)  
**11.20 TONY BENNETT SINGS.. (R, S)**  
**11.50 TONY BENNETT SINGS.. (R, S)**  
**12.20 TONY BENNETT: BBC SESSIONS (R, S)** **1.20 FILM: LUZZU** (2021) Drama, with Jesmark Scicluna, Marlene Schranz and David Scicluna. ★★★★★ (S) **2.50** This Is BBC Two (S)

## CHANNEL 4

- 6.10 THE KING OF QUEENS (R, S)** **7.20** Cheers (R, S) **8.55** The Simpsons. Animated comedy series. (R, S) **12.15** Undercover Boss USA (R, S)
- 1.15 FILM: MOUSEHUNT** (1997) Slapstick comedy, starring Lee Evans, Nathan Lane and Christopher Walken. ★★★★★ (S)  
**3.05 FOUR IN A BED (R, S)**  
**3.35 FOUR IN A BED (R, S)**  
**4.10 FOUR IN A BED (R, S)**  
**4.40 FOUR IN A BED (R, S)**  
**5.10 FOUR IN A BED (R, S)**  
**5.45 CHANNEL 4 NEWS (S)**  
**6.15 ELIZABETH II: MAKING A MONARCH** Part one of two. Documentary exploring Queen Elizabeth II's early life. (S)  
**7.15 NEW: THE QUEENS THAT CHANGED THE WORLD** The reigns of influential queens throughout history. (S)  
**8.15 MATT BAKER'S TRAVELS IN THE COUNTRY: USA** Matt travels across the Atlantic to experience rural USA. (R, S)  
**9.15 BECOMING ELIZABETH** Having been sent away from Catherine and Thomas's household, Elizabeth is among strangers in the house of Kat's brother-in-law Antony Denny. (S)  
**10.30 FILM: TERMINATOR GENISYS** (2015) A time traveller sent on a rescue mission discovers a plot to change history beyond recognition. Sci-fi adventure sequel, starring Arnold Schwarzenegger. ★★ (S)  
**12.50 FILM: BLOODSHOT** (2020) Sci-fi thriller, starring Vin Diesel. ★★ (S) **2.40** Couples Come Dine with Me (R, S) **3.35** Hollyoaks Omnibus (R, S) **5.40** Beat the Chef. Andi Oliver hosts. (R, S)

## UTV

- 6.00 CIVT 8.25** Oti Mabuse's Breakfast Show (S) **9.25** ITV News (S) **9.30** James Martin's American Adventure (R, S) **10.30** Catchphrase. Stephen Mulhern hosts. (R, S) **11.15** Jason Atherton's Dubai Dishes (S) **12.10** Cooking with the Stars (R, S)
- 1.15 ITV NEWS (S)**  
**1.30 ITV RACING: GLORIOUS GOODWOOD (S)**  
**4.00 FILM: GOLDENEYE** (1995) Spy adventure, starring Pierce Brosnan, Sean Bean and Famke Janssen. ★★★★★ (S)  
**6.30 ITV NEWS (S)**  
**6.45 UTV LIVE (S)**  
**7.00 CATCHPHRASE CELEBRITY SPECIAL** Quiz show. (R, S)  
**8.00 MONEYBALL (S)**  
**9.00 CELEBRITY CHASE (R, S)**  
**10.00 IRVINE WELSH'S CRIME (S)**  
**10.55** ITV NEWS (S)  
**11.15 EFL HIGHLIGHTS (S)**  
**12.40 TIPPING POINT: LUCKY STARS (R, S)** **1.30** Romeo & Duet (R, S) **2.25** Paul Sinha's TV Showdown (R, S) **3.00** Code Blue: The Killing of June Fox-Roberts (R, S)

## MAIN EVENT

- 7.00 GOOD MORNING SPORTS FANS 7.30** My Icon: Rachel Yankey **7.45** LIVE Netball World Cup **9.45** My Icon: Ebony Rainford-Brent **10.00** Soccer Saturday Pre-Match **10.30** LIVE Sky Sports News Special **11.00** Soccer Saturday Pre-Match **11.30** LIVE SPFL **3.00** Gillette Labs Soccer Saturday **5.00** LIVE SPFL **7.30** LIVE The Hundred Live **9.00** LIVE PGA Tour Golf **11.00** Sky Sports News **3.00** LIVE NRLW **5.00** LIVE NRLW

## TNT SPORTS 1

- 6.00 LIVE WORLD RALLY CHAMPIONSHIP 8.45** Around The Block **9.00** LIVE World Rally Championship **10.00** What I Wore **10.15** LIVE Sri Lanka Premier League **2.15** T20 Cricket **3.15** WWE **4.45** What I Wore **5.00** LIVE National League **7.45** Premier League **8.45** Around The Block **9.00** WWE **10.30** World Rally Championship **11.00** MotoGP **11.30** European Rally Championship **12.00** LIVE UFC **2.00** LIVE UFC

# SUNDAY



Chic pick

**CRAZY RICH AGENTS: SELLING DREAM HOMES, BBC TWO, 9PM** A group of newbie real estate brokers (pictured) – each with their own unique backgrounds – are setting out to risk it all and make it big in the world of luxury real estate, with the potential opportunity of a lifetime waiting for them.

● **ALSO RECOMMENDED: SEE TV PICKS ON PAGE 32**

## RTE ONE

- 6.00 EURONEWS 6.05** Teleshopping (R) **7.10** Holby City (S) **8.05** Casualty (S) **8.55** Mass **11.10** Keeping Up Appearances. Comedy. (R) **12.00** The Great House Revival (R, S)
- 1.00** **RTE NEWS**
- 1.10** **SCOTLAND'S SACRED ISLANDS WITH BEN FOGLE** From the Inner Hebrides. (R, S)
- 2.20** **ONLY FOOLS AND HORSES** Comedy, with David Jason. (R, S)
- 2.50** **SISTER BONIFACE MYSTERIES** (R, S)
- 3.45** **FILM: SLEEPLESS IN SEATTLE** (1993) Romantic comedy, starring Tom Hanks, Meg Ryan and Rita Wilson. ★★★★★ (S)
- 5.45** **NUAUCHT**
- 5.50** **RTÉ NEWS WITH SIGNING**
- 6.00** **THE ANGELUS**
- 6.01** **RTÉ NEWS**
- 6.30** ● **THE SUMMER SHOW** (S)
- 7.30** **CHEAP EUROPEAN HOMES** Maggie Molloy helps Moira and Damien to find their dream home in France. (R, S)
- 8.00** **THE FULL IRISH HIDDEN CAMERA SHOW** Donncha O'Callaghan and Carl Mullan play pranks on the public. (R, S)
- 8.30** **HIGH ROAD, LOW ROAD** Clelia Murphy and author Claudia Carroll head to Tokyo. (R, S)
- 9.00** **RTÉ NEWS**
- 9.30** **FILM: CALM WITH HORSES** (2019) Premiere The feared enforcer of a drug-dealing family finds his loyalties tested when he is asked to kill for the first time. Crime drama, starring Cosmo Jarvis. ★★★★★ (S)
- 11.30** **SMOTHER** (R, S)
- 12.35** **CRIME** Drama. (R, S) **1.35** The Secrets She Keeps (R, S) **2.30** Call the Midwife (R, S) **3.25** EuroNews

## BBC ONE

- 6.00** **BREAKFAST** (S) **9.00** BBC News (S) **10.00** Sunday Morning Live (S) **11.00** Settling Down: A Believer's Guide (R, S) **11.45** Homes Under the Hammer (R, S) **12.15** Bargain Hunt. Anita Manning hosts the show. (R, S)
- 1.00** **BBC NEWS** (S)
- 1.10** **WEATHER FOR THE WEEK AHEAD** (S)
- 1.15** **SONGS OF PRAISE: THE 12TH CENTURY CHURCH IN A HOSPITAL** (S)
- 1.50** **MONEY FOR NOTHING** (R, S)
- 2.20** **CYCLING: WORLD CHAMPIONSHIPS 2023** (S)
- 4.30** **ESCAPE TO THE COUNTRY** (S)
- 4.55** **FILM: GHOSTBUSTERS** (1984) Three eccentric scientists set up a ghost-catching business together and end up having to save the world. Supernatural comedy, starring Bill Murray and Dan Aykroyd. ★★★★★ (S)
- 6.35** **BBC NEWS** (S)
- 6.50** **BBC NEWSLINE** (S)
- 7.00** **COUNTRYFILE** Matt Baker and Charlotte Smith return to Dumfries House. (S)
- 8.00** **ANTIQUES ROADSHOW** Fiona Bruce presents the show from the grounds of Wollaton Hall in Nottingham. (R, S)
- 9.00** **WORLD ON FIRE** Kasia takes on her first assignment as an agent. Meanwhile, a familiar face comes to David's aid. (S)
- 10.00** **BBC NEWS** (S)
- 10.25** **BBC NEWSLINE** (S)
- 10.30** **FILM: THE KING'S SPEECH** (2010) Fact-based drama, starring Colin Firth and Geoffrey Rush. ★★★★★ (S)
- 12.20** **WEATHER FOR THE WEEK AHEAD** (S) **12.25** BBC News (S)

## RTE TWO

- 6.00 EURONEWS 7.50** TRTÉ **9.30** Live FIFA Women's World Cup. Coverage of the fourth-last 16 match. (S) **12.40** The Sunday Game Live. Clare v Tipperary (Throw-in 12.50pm). (S)
- 2.35** **THE SUNDAY GAME LIVE** Derry v Meath (Throw-in 2.45pm). Marie Crowe presents live coverage of the Intermediate All-Ireland Camogie Championship final from Croke Park. (S)
- 4.40** **THE SUNDAY GAME LIVE** Cork v Waterford (Throw-in 5.00pm). Marie Crowe presents live coverage of the Senior All-Ireland Camogie Championship final from Croke Park. (S)
- 7.00** **NEW: SERENGETI III** Many families of animals have made their homes near a beautiful lake – but when a great fire builds on the horizon, they face a difficult choice – stay or flee. (S)
- 8.00** **NEW: THE FRONTIER** The history of the American frontier. As British Colonies on the east coast became the USA, sights were set on what lay West. (S)
- 9.00** **FIFA WOMEN'S WORLD CUP HIGHLIGHTS** Action from the third and fourth last-16 matches in Australia. (S)
- 9.30** **THE SUNDAY GAME** Jacqui Hurley presents highlights of this afternoon's All-Ireland Camogie finals, including Cork v Waterford in the Senior All-Ireland Camogie Championship. (S)
- 11.00** **CARGO** Kiki needs 50,000 euros in cash. Drama, starring Evelyn Rasmussen Osazuwa. (S)
- 11.55** **NCIS** (R, S)
- 12.45** **THIS TIME WITH ALAN PARTRIDGE** (R, S) **1.25** No Activity. Comedy. (R, S) **1.55** EuroNews

## BBC TWO

- 6.35** **GARDENERS' WORLD** (R, S)
- 7.35** Countryfile (R, S) **8.30** Beechgrove Garden (R, S) **9.00** Life in a Cottage Garden with Carol Klein (R, S) **9.30** Saturday Kitchen Best Bites (S) **11.00** Strawbridge Over the Drawbridge (R, S) **11.30** Pizza Boys. Comedy. (R, S) **12.00** Great British Menu (R, S)
- 1.00** **THE BEST DISHES EVER** (R, S)
- 1.20** **FILM: PILLOW TALK** (1959) Romantic comedy, starring Rock Hudson, Doris Day and Tony Randall. ★★★★★ (S)
- 3.00** **PERFECT PARTNERS: TALKING PICTURES** (R, S)
- 4.00** **FLOG IT!** (R, S)
- 5.00** **NETBALL WORLD CUP 2023** The gold medal match. (S)
- 7.00** **A STITCH THROUGH TIME** The designers make a skirt. (R, S)
- 7.30** **BARRA'S RETURN OF THE WILD** (R, S)
- 8.00** **NEW: AMAZING HOTELS: LIFE BEYOND THE LOBBY** (S)
- 9.00** **NEW: CRAZY RICH AGENTS: SELLING DREAM HOMES** Five brokers compete in the world of luxury real estate, with the winner being given the opportunity to work at an agency's headquarters in New York. (S)
- 10.00** **THE MISADVENTURES OF ROMESH RANGANATHAN** Last in the series. (R, S)
- 11.00** **FILM: ALI** (2001) Michael Mann's biopic of Muhammad Ali, chronicling his life from 1964 to his legendary Rumble in the Jungle with George Foreman in 1974. Biopic, starring Will Smith and Jamie Foxx. ★★★★★ (S)
- 1.30** **MUHAMMAD ALI: A LIFE IN TEN PICTURES** (R, S) **2.30** Sign Zone: Wolf (R, S) **3.30** This Is BBC Two (S)

## VIRGIN ONE

- 6.10** **JOHN AND LISA'S WEEKEND KITCHEN** (R) **7.00** Who's Doing the Dishes? (R, S) **8.00** The Pet Show (R) **9.00** Ireland AM (S) **12.00** John and Lisa's Weekend Kitchen (R)
- 1.00** **MONEYBALL** (R, S)
- 2.00** **TIPPING POINT: LUCKY STARS** (R, S)
- 3.00** **BEAT THE CHASERS** Quiz, hosted by Bradley Walsh. (R, S)
- 4.00** **CELEBRITY CATCHPHRASE** With Fern Britton, Dominic Brunt and Kelle Bryan. (R, S)
- 5.00** **BRADLEY & BARNEY WALSH: BREAKING DAD** Bradley and Barney visit the Red River Gorge in Kentucky. (R, S)
- 5.30** **NEWS AT 5.30** (S)
- 6.00** **FASTEST FINGER FIRST** Anita Rani hosts the quiz show.
- 7.00** **FAMILY FORTUNES** Game show, presented by chef Gino D'Acampo. (R, S)
- 8.00** **THE CHASE CELEBRITY SPECIAL** With AJ Pritchard, Hollie Arnold, Giovanna Fletcher and Russell Watson. (R, S)
- 9.00** **WHO WANTS TO BE A MILLIONAIRE?** Big-prize quiz in which another line-up of contestants answer questions that could change their lives.
- 10.00** **THE HOLIDAY** Alistair makes a shocking discovery while snooping on Jake's phone. (R)
- 11.00** **KATE GARRAWAY'S LIFE STORIES** Anton Du Beke chats about his rise, and how he went through many years of struggle, some of which he speaks about for the very first time. (R, S)
- 12.00** **THE HOTEL INSPECTOR** (R, S)
- 1.00** Cold Case Forensics: The Murder of Lynette White (R) **5.35** The Six O'Clock Show. Chat show. (R, S)

## CHANNEL 4

- 6.10** **THE KING OF QUEENS** (R, S)
- 7.00** Cheers (R, S) **8.25** Bake Off: The Professionals (R, S) **9.30** Sunday Brunch (S) **12.30** The Simpsons (R, S)
- 1.00** **THE SIMPSONS** With the voice of Drew Barrymore. (R, S)
- 1.30** **THE SIMPSONS** Featuring the voices of tennis stars Venus and Serena Williams. (R, S)
- 2.00** **THE SECRET LIFE OF THE ZOO** An outbreak of disease in the penguin colony leaves one chick fighting for its life. (S)
- 2.50** **FILM: HOW TO LOSE A GUY IN 10 DAYS** (2003) Romantic comedy, starring Kate Hudson, Matthew McConaughey and Adam Goldberg. ★★★★★ (S)
- 5.00** **CHANNEL 4 NEWS** (S)
- 5.30** **FILM: STAR TREK INTO DARKNESS** (2013) Sci-fi adventure sequel, with Chris Pine and Zachary Quinto. ★★ (S)
- 8.00** **NEW: LEVISON WOOD: WALKING WITH ORANGUTANS** The explorer tracks down some of the most endangered animals. (S)
- 9.00** ● **NEW: ALONE** Wilderness survival challenge. (S)
- 10.00** **GOGGLEBOX** The households' opinions on Strictly Come Dancing, Antiques Roadshow and Frozen Planet II. (R, S)
- 10.55** **GOGGLEBOX** The households' opinions on Bad Sisters and Nadiya's Everyday Baking. (R, S)
- 12.00** **QUEER AS FOLK US** (S) **12.45** **FILM: THE WORST PERSON IN THE WORLD** (2021) Comedy romance, starring Renate Reinsve. ★★★★★ **2.50** Ramsay's Kitchen Nightmares USA (R, S) **3.40** Come Dine with Me. Reality show. (R, S) **5.45** Beat the Chef (R, S)

## VIRGIN TWO

- 7.00** **ALPHABETICAL** (R, S) **8.00** Bling (R) **9.00** Tipping Point. Quiz. (R, S) **10.00** WWE: Raw (S) **11.00** Bling (R) **12.00** Cash Trapped (R, S)
- 1.00** **TIPPING POINT** (R, S)
- 2.00** **CASH TRAPPED** (R, S)
- 3.00** **JUDGE RINDER** (R)
- 4.00** **THE CHASE CELEBRITY SPECIAL** Quiz show. (R, S)
- 5.00** **THE CHASE CELEBRITY SPECIAL** Quiz show. (R, S)
- 6.00** **BBQ CHAMP** (R, S)
- 7.00** **10 YEARS YOUNGER IN 10 DAYS** (R, S)
- 8.00** **BRADLEY & BARNEY WALSH: BREAKING DAD** The duo head to Sweden. (R, S)
- 8.30** **BRADLEY & BARNEY WALSH: BREAKING DAD** The duo are in Norway. (R, S)
- 9.00** ● **LOVE ISLAND: THE REUNION** Reality series. (S)
- 10.35** **THE GRAHAM NORTON SHOW** Chat show. (R, S)
- 11.35** **THE JONATHAN ROSS SHOW** With Nish Kumar. (R, S)
- 12.35** **UFC: THE ULTIMATE FIGHTER** (R, S) **1.35** Schitt's Creek (R) **2.30** More Than This (R, S)

## VIRGIN MORE

- 1.15** **CLASSIC UEFA CHAMPIONS LEAGUE**
- 2.10** **SPORT STORIES: DERMOT GALLAGHER**
- 3.00** **CLASSIC 6 NATIONS**
- 3.55** **FORMULA E: RACE TO THE FUTURE**
- 4.50** **UCL DEFINING MOMENTS**
- 5.45** **UCL DEFINING MOMENTS**
- 6.40** **UCL DEFINING MOMENTS** Famous moments from the UEFA Champions League.
- 7.35** **EXTREME E MAGAZINE SHOW** The latest news from the motor racing series.
- 8.05** **FORMULA E HIGHLIGHTS** Action from race two at the New York City ePrix.
- 9.00** **THE GIRL BEFORE** As Emma's fate is revealed, Jane fights to stop the deadly cycle claiming her too.
- 10.00** **WENTWORTH: THE FINAL SENTENCE**
- 10.50** **CRACKER**
- 11.45** **WORLD RUGBY U20 CHAMPIONSHIP**
- 12.40** **A SHORT HISTORY OF THE UCL** **1.30** Extreme E Magazine Show

## UTV

- 6.00** **CITY** **8.25** Katie Piper's Breakfast Show (S) **9.25** ITV News (S) **9.30** Love Your Weekend with Alan Titchmarsh (R, S) **11.30** Jason Atherton's Dubai Dishes (R, S) **12.30** Love Your Garden (R, S)
- 1.00** **ITV NEWS** (S)
- 1.15** **CATCHPHRASE** (R, S)
- 2.00** **DNA JOURNEY** (R, S)
- 3.15** **KATE GARRAWAY'S LIFE STORIES** Live Manchester City v Arsenal (Kick-off 4pm). (S)
- 6.30** **ITV NEWS** (S)
- 6.50** **UTV LIVE** (S)
- 7.00** **VERA** The detective investigates the death of a school teacher. (R, S)
- 9.00** **A SPY AMONG FRIENDS** (S)
- 10.05** **ITV NEWS** (S)
- 10.20** **LONG LOST FAMILY** (R, S)
- 11.20** **KATE GARRAWAY'S LIFE STORIES** (R, S)
- 12.20** **ROMEO & DUET** (R, S) **1.20** The Masked Singer (R, S) **2.35** Paul Sinha's TV Showdown (R, S) **3.05** Motorsport UK (R, S) **3.55** Unwind with ITV (S) **5.10** Ainsley's Mediterranean Cookbook (R, S)

## VIRGIN THREE

- 7.05** **THE CHASE AUSTRALIA** **7.50** The Hotel Inspector **8.50** Guess This House **9.50** Agatha Christie's Poirot **12.00** Coronation Street **3.00** **FILM** Unexpected Journey (2004) ★★ **4.50** Into the Blue **7.00** The Instant Gardener. The team transforms a garden for a Doctor Who fan. **8.00** Building Giants **9.00** Mum **9.40** Mum **10.15** Showhouse Showdown **11.15** Age Before Beauty **12.30** **FILM** A Birthmother's Secret (2020) ★★

## TG4

- 6.00** **CÚLA 4** **9.30** C.L.U.B **10.00** Tímeall na Tíre **10.30** Caipíní **11.00** Hart to Hart **11.55** Golden Girls **12.25** Domhan an Dúlra – Ainmhithe **1.25** Aon Lá Amháin **1.55** Éire ag Athrú **2.27** An Aimsir Láithreach **2.30** GAA Beo **4.50** Cloch Le Carn **5.20** Laochra Gael **6.20** Spin **6.50** Glór Tíre **7.12** An Aimsir Láithreach **7.15** Nuacht TG4 **7.30** Cluiche Ceannais Camógaiochta 2023 **9.00** Laochra Gael ● **9.30** **NEW** Fleadh23 – Na Cúigi **10.30** Geantraí Lá Fhéile Pádraig **11.28** An Aimsir Láithreach

## SKY SHOWCASE

- 6.00** **ABOMINABLE AND THE INVISIBLE CITY** **6.50** Lego DREAMzzz **7.15** Challenge DanTDM **7.30** Draw With Will – Video Games **7.40** Monkey Life **9.00** The Simpsons **11.00** Attenborough's Journey **12.00** NCIS: New Orleans **2.00** The Hundred Live **5.30** The Simpsons **7.00** Islands **8.00** Rob & Romesh vs Crufts **9.00** Magnum PI **10.00** The Blacklist **11.00** Ricky Gervais Live: Animals. Comedy. **12.30** Then You Run **1.30** Road Wars **2.00** Caught on Dashcam

## SKY ATLANTIC

- 6.00** **THE GUEST WING** **7.00** Richard E Grant's Hotel Secrets **8.00** Fish Town **10.00** Britannia **3.25** The Sopranos **7.50** The Sopranos. Guest starring Ben Kingsley and Lauren Bacall. **9.00** True Detective **10.10** Tin Star **11.15** Little Birds **12.20** The Gilded Age **1.30** In Treatment **2.00** **NEW** Winning Time: The Rise of the Lakers Dynasty **3.25** Richard E Grant's Hotel Secrets **4.15** Fish Town

## MAIN EVENT

- 6.00** **SKY SPORTS NEWS** **7.00** Good Morning Sports Fans **7.30** My Icon: Solomon Wilcotts **7.45** **LIVE** Netball World Cup **9.45** My Icon: Mary Cholhok **10.00** **LIVE** Netball World Cup **11.30** **LIVE** EFL **2.15** **LIVE** EFL **4.45** **LIVE** EFL **7.30** **LIVE** The Hundred Live **9.00** **LIVE** PGA Tour Golf. The Wyndham Championship. A Sedgefield Country Club in Greensboro, North Carolina. **11.00** Sky Sports News **12.00** Sky Sports News

## TNT SPORTS 1

- 7.00** **LIVE WORLD RALLY CHAMPIONSHIP** **9.15** UEFA Champions League **9.30** Ariel Helwani Meets **10.00** WWE **11.00** **LIVE** World Rally Championship **12.45** Badminton **1.00** Currie Club **1.30** National League **2.00** Cricket **3.00** **LIVE** T20 Cricket **7.15** Badminton **7.30** Down The Clubhouse **8.30** Ariel Helwani Meets **9.00** WWE SmackDown **10.00** WWE NXT **11.45** UEFA Champions League **12.00** **LIVE** MLB **3.30** MLB

# MONDAY



Chic pick

**LAW AND ORDER: SPECIAL VICTIMS UNIT, SKY WITNESS & NOW, 10PM** Fin tries to help a woman who was drugged and left for dead as Benson and Carisi (pictured) put a vengeful crime boss on trial. Velasco, meanwhile, takes drastic action to get information from a witness.

● **ALSO RECOMMENDED: SEE TV PICKS ON PAGE 32**

## RTE ONE

- 6.00 EURONEWS 6.10** Teleshopping (R) **7.20** Holby City (R, S) **8.30** Summer Best of Today (R, S) **9.30** The Kelly Clarkson Show (S) **10.20** Bridge of Lies (S) **11.20** The Repair Shop (S) **12.15** Doctors (S) **12.50** RTE News
- 1.00 HOME AND AWAY (S)**  
**1.25 SHORTLAND STREET (S)**  
**1.50 FAIR CITY (R, S)**  
**2.25 DEATH IN PARADISE (R, S)**  
**3.25 FILM: MRS DOUBTFIRE (1993)** Comedy, starring Robin Williams, Sally Field, Pierce Brosnan and Harvey Fierstein. ★★★★★ (S)
- 5.45 NUACHT**  
**5.55 RTE NEWS WITH SIGNING**  
**6.00 THE ANGELUS**  
**6.01 RTE NEWS**  
**6.30 THE WAY WE WERE** How Irish people used to enjoy themselves. (R, S)
- 7.30 EASTENDERS** Ben feels inadequate ahead of Jay's parental hearing and Honey continues to worry about his eating habits. (S)
- 8.00 TAKEAWAY TITANS** James Kavanagh and Carl Mullan meet the final three contenders for the title, visiting Spice Cottage and Dosa Dosa in Dublin and Indian Spice Kitchen in Cork. (R, S)
- 9.00 RTE NEWS (S)**  
**9.30 FILM: KNIVES OUT (2019)** The apparent suicide of a wealthy crime novelist is investigated by a private detective. Comedy mystery, starring Daniel Craig and Chris Evans. ★★★★★ (S)
- 11.55 BEYOND PARADISE** A man is found dead in the middle of a crop circle. Detective drama. (S)
- 1.00 WHO DO YOU THINK YOU ARE?** (R, S) **2.10** Doctors (R, S) **2.40** Dr Phil. Talk show. (S) **3.20** EuroNews

## BBC ONE

- 6.00 BREAKFAST (S)** **9.15** Countryfile Treasures (S) **10.00** Dom Does America (R, S) **10.30** Defenders UK (R, S) **11.15** Homes Under the Hammer (R, S) **12.15** Bargain Hunt. Game show. (R, S)
- 1.00 BBC NEWS AT ONE (S)**  
**1.30 BBC NEWSLINE (S)**  
**1.45 NEW: ANIMAL PARK (S)**  
**2.30 RICK STEIN'S CORNWALL (R, S)**  
**3.00 I ESCAPED TO THE COUNTRY (R, S)**  
**3.45 MAKE IT AT MARKET (R, S)**  
**4.30 THE REPAIR SHOP (R, S)**  
**5.15 POINTLESS (S)**  
**6.00 BBC NEWS AT SIX (S)**  
**6.30 BBC NEWSLINE (S)**  
**7.00 RIP OFF BRITAIN: HOLIDAYS (R, S)**  
**7.30 EASTENDERS** Ben feels inadequate ahead of Jay's parental hearing. (S)
- 8.00 A STITCH THROUGH TIME** The competition reaches its climax as the final two designers go head to head with ideas inspired by a group of Ulster-Scots poets. (S)
- 8.30 PANORAMA** In-depth current affairs report covering a story behind the headlines. (S)
- 9.00 WOLF** Jack delves deeper into the Donkey Pitch case, arranging a prison visit and listening to recordings of Lincoln interviewing Sophie and Hugo's classmates. (S)
- 10.00 BBC NEWS AT TEN (S)**  
**10.30 BBC NEWSLINE (S)**  
**10.40 TRUE NORTH: KEEPING UP WITH THE MAILEYS (R, S)**  
**11.10 HAVE I GOT NEWS FOR YOU** Adil Ray hosts. (R, S)  
**11.40 THE HIT LIST (R, S)**  
**12.30 BBC NEWS (S)**

## RTE TWO

- 6.00 EURONEWS 7.55** TRTÉ **8.25** Live FIFA Women's World Cup (S) **10.30** TRTÉ **11.00** Live FIFA Women's World Cup. (Kick-off 11.30am). (S)
- 2.00 TRTÉ: Lost & Found Music Studios (R, S)** **2.30** First Day (R, S) **2.55** Nova Jones (R, S) **3.30** Wild Journeys (R, S)
- 4.30 THE SIMPSONS (R, S)**  
**5.00 THE GOLDBERGS (S)**  
**5.30 THE BIG BANG THEORY (R, S)**  
**6.00 SHORTLAND STREET (R, S)**  
**6.30 HOME AND AWAY (R, S)**  
**7.00 NEW: AUSTRALIA IN COLOUR** Restored archive footage of the country from the 19th century to the mid-1970s. (S)
- 8.00 FIFA WOMEN'S WORLD CUP HIGHLIGHTS** Action from the fifth and sixth last-16 matches, held at Lang Park in Brisbane and Stadium Australia in Sydney, respectively. (S)
- 8.30 HORSE COUNTRY** Liam Lynskey heads to the Connemara pony sales in Clifden. Last in series. (R, S)
- 9.00 AVOIDANCE** Jonathan lies to Claire about finding a new place to live. Comedy, starring Romesh Ranganathan, Jessica Knappett and Lisa McGrillis. (R, S)
- 9.35 SIX FOUR** Glasgow police detective Chris O'Neill fixates on curious similarities between his personal anguish and the unsolved case of a local girl called Julie Mackie. (S)
- 10.35 GOSSIP GIRL** Audrey juggles her father, his new girlfriend, and Kiki's launch. (S)
- 11.40 SHORTSCREEN** Directed by Michael-David McKernan. (R, S)
- 12.00 THE FALL (R, S)** **1.10** The Walking Dead (R, S) **2.05** EuroNews

## BBC TWO

- 6.30 GLORIOUS GARDENS FROM ABOVE (R, S)** **7.15** Bargain Hunt (R, S) **8.00** Sign Zone: Clive Myrie's Italian Road Trip (R, S) **8.30** Sign Zone: Great British Railway Journeys (R, S) **9.00** Nicky Campbell. Calls on the day's talking points. (S) **11.00** BBC News (S)
- 1.00 IMPOSSIBLE (R, S)**  
**1.45 MASTERMIND (R, S)**  
**2.15 THE HAIRY BIKERS (R, S)**  
**2.30 CYCLING: WORLD CHAMPIONSHIPS 2023** Live coverage of day five. (S)
- 6.00 THE FARMERS' COUNTRY SHOWDOWN (R, S)**  
**6.30 THE FARMERS' COUNTRY SHOWDOWN (R, S)**  
**7.00 MEDITERRANEAN WITH SIMON REEVE (R, S)**  
**8.00 ONLY CONNECT (S)**  
**8.30 UNIVERSITY CHALLENGE (S)**  
**9.00 EARTH** Chris Packham looks at development of the planet's atmosphere, revealing how a period of extraordinary upheaval began when the Earth was pummeled by asteroids. (S)
- 10.00 TRAD AR FAD!** Caoimhe Ní Chathail introduces music from the Festival Interceltique de Lorient. (R, S)
- 10.30 NEWSNIGHT (S)**  
**11.10 WEATHER (S)**  
**11.15 FILM: ENTEBBE (2018)** Fact-based thriller inspired by the 1976 hijacking of a plane and the Israeli mission to rescue those on board. Starring Daniel Bruhl, Rosamund Pike and Eddie Marsan. ★★★★★ (S)
- 1.00 SIGN ZONE: COUNTRYFILE (R, S)** **1.55** Sign Zone: Rip Off Britain (R, S) **2.40** Sign Zone: Wolf. Thriller. (R, S) **3.40** This Is BBC Two (S)

## VIRGIN ONE

- 6.20 FILM THE ENGAGEMENT RING (2005)** Romantic comedy, starring Patricia Heaton and Vincent Spano. ★★ **8.10 FILM: CARRY ON LOVING (1970)** Comedy, starring Sid James. ★★ **10.00** This Morning **12.30** Heathrow: Britain's Busiest Airport (R)
- 1.00 THE CHASE** Quiz show, presented by Bradley Walsh. (S)  
**2.00 THE CHASE** Quiz show, presented by Bradley Walsh. (S)  
**3.00 LOOSE WOMEN** Celebrity interviews and studio discussion.  
**4.00 PAUL O'GRADY: FOR THE LOVE OF DOGS (R, S)**  
**4.30 JUDGE JUDY** Double bill.  
**5.30 NEWS AT 5.30 (S)**  
**6.00 CELEBRITY CATCHPHRASE** Stephen Mulhern hosts. (R, S)  
**7.00 DON'T LOOK BACK IN ANGER** Archive news documentary chronicling some of the highs and lows of 2022 and all the chaos in between. (R, S)
- 7.30 EMMERDALE** Laurel and Jai's plans are jeopardised. (S)  
**8.00 CORONATION STREET** Staff and regulars unite to help Jenny to save the Rovers. (S)  
**8.30 CORONATION STREET** Rufus's widow alarms Stephen with an update on the inquest. (S)
- 9.00 NEW: THE CONTROL ROOM** An emergency call handler has his world turned upside down when he receives a desperate call from a woman who appears to know him. Thriller, starring Iain De Caestecker. (S)
- 10.15 COLD CASE FORENSICS: THE MURDER OF STEPHEN LAWRENCE** Last in series.  
**11.15 PGA TOUR HIGHLIGHTS**  
**12.20 MUM** Starring Lesley Manville. (R, S) **1.35** The Restaurant (R)

## CHANNEL 4

- 6.15 COUNTDOWN (R, S)** **6.55** Cheers (R, S) **7.50** Everybody Loves Raymond (R, S) **8.40** Frasier (R, S) **9.40** The Big Bang Theory (R, S) **10.35** The Simpsons (R, S) **11.35** Channel 4 News Summary (S) **11.40** Four in a Bed (R, S)
- 1.10 FOUR IN A BED (R, S)**  
**1.40 FOUR IN A BED (R, S)**  
**2.10 COUNTDOWN (S)**  
**3.00 A PLACE IN THE SUN (R, S)**  
**4.00 A NEW LIFE IN THE SUN: WHERE ARE THEY NOW?** From Mallorca. (R, S)  
**5.00 SUN, SEA AND SELLING HOUSES (R, S)**  
**6.00 THE SIMPSONS** Marge has a nervous breakdown. (R, S)  
**6.30 HOLLYOAKS** Warren gives Mercedes some advice regarding her boyfriend. (R, S)  
**7.00 CHANNEL 4 NEWS (S)**  
**8.00 NEW: A COTSWOLD FARM SHOP** Behind the scenes at the family-run Gloucester Service Station. (S)  
**9.00 24 HOURS IN A&E** Twenty one-year-old Connor is rushed in after a motorbike accident. (R, S)  
**10.00 CONFESSIONS OF A CAM GIRL** Two cam performers consider teaming up. (S)  
**11.05 THE UNIQUE BOUTIQUE** Abi wants a sophisticated gown, footballer Isaac wants the same look as his sporting idols. (S)
- 12.05 ● DR DEATH** Last in series. (S)  
**1.15** Ramsay's Kitchen Nightmares USA (R, S) **2.05** Couples Come Dine with Me (R, S) **2.55** The Dog House (R, S) **3.50** The Great Big Tiny Design Challenge with Sandi Toksvig (R, S) **4.45** Grand Designs (R, S) **5.40** Sunday Brunch Best Bits. Talk Show. (R, S) **5.50** Beat the Chef (R, S)

## VIRGIN TWO

- 7.10 THE SWITCH (R, S)** **8.10** Tipping Point (R, S) **9.10** The Chase (R, S) **11.10** Eggheads. Quiz show. (S) **12.30** Harbour Cops (R, S)
- 1.00 DRESS TO IMPRESS (R, S)**  
**2.00 JUDGE RINDER (S)**  
**3.00 ALPHABETICAL (R, S)**  
**4.00 TIPPING POINT (S)**  
**5.00 TIPPING POINT (S)**  
**6.00 THE CHASE (R, S)**  
**7.00 THE CHASE** Contestants Jason, Vickie, Thora and Tom take on today's Chaser. (R, S)
- 8.00 THE CHASE CELEBRITY SPECIAL** With Mikey North, Una Healy, Carl Froch and Alison Hammond. (R, S)
- 9.00 LOADED IN PARADISE** Jamie and Guy swipe the Gold Card and are crowned as the Spenders for the second time.  
**10.00 HELL'S KITCHEN** The two chefs go head to head for the final time. Last in the series.  
**11.00 THE REAL HOUSEWIVES OF NEW JERSEY** Reality series.  
**11.55 VANDERPUMP RULES (R, S)**  
**12.50 THE CABINS** Dating show. (R, S) **1.50** Love Island: Australia (R)

## VIRGIN MORE

- 1.15 CLASSIC 6 NATIONS**  
**2.10 CLASSIC UEFA CHAMPIONS LEAGUE SPORT STORIES:**  
**3.05 PHILLY MCMAHON**  
**3.55 EXTREME E MAGAZINE SHOW** The latest news.  
**4.25 FORMULA E HIGHLIGHTS**  
**5.20 FORMULA E: ICE DRIVE**  
**6.15 CLASSIC UEFA CHAMPIONS LEAGUE** Barcelona v Juventus in the 2015 final.  
**7.10 CLASSIC 6 NATIONS** Ireland v England from 2007.  
**8.05 UCL DEFINING MOMENTS** Celebrating 65 years of European Cup and UEFA Champions League football.  
**9.00 LUCY INVESTIGATES** Lucy Kennedy explores the world of social media influencers.  
**9.50 MISSING: FIONA SINNOTT - TRUE LIVES**  
**10.40 SIGNIFICANT OTHER**  
**11.10 JANN**  
**11.40 WORLD RUGBY U20 CHAMPIONSHIP**  
**12.30 9 DAYS IN BERLIN**  
**1.25** Formula E Highlights

## UTV

- 6.00 GOOD MORNING BRITAIN (S)** **9.00** Lorraine (S) **10.00** This Morning (S) **12.30** Loose Women (S)
- 1.30 ITV LUNCHTIME NEWS (S)**  
**1.50 UTV LIVE (R, S)**  
**2.00 JAMES MARTIN'S ISLANDS TO HIGHLANDS (R, S)**  
**3.00 LINGO (R, S)**  
**3.59 UTV WEATHER (S)**  
**4.00 TIPPING POINT (R, S)**  
**5.00 THE CHASE (R, S)**  
**6.00 UTV LIVE (S)**  
**6.30 ITV EVENING NEWS (S)**  
**7.30 EMMERDALE (S)**  
**8.00 CORONATION STREET (S)**  
**9.00 LONG LOST FAMILY (S)**  
**10.00 ITV NEWS AT TEN (S)**  
**10.30 UTV LIVE (S)**  
**10.45 THE MURDER OF GRACE MILLANE: SOCIAL MEDIA MURDERS (R, S)**  
**11.40 ENGLISH FOOTBALL LEAGUE HIGHLIGHTS (R, S)**
- 1.00 ALL ELITE WRESTLING: DYNAMITE (R, S)** **2.40** Winning Combination (R, S) **3.30** 1987 FA Cup Final: Coventry v Tottenham - ITV Football Classics (R, S)

## VIRGIN THREE

- 6.55 THE CHASE AUSTRALIA 8.35** Born to Be Wild **9.45** Loose Women **10.15** Judge Judy **11.15** The Switch **12.15** Judge Rinder **1.15** The Royal **2.15** Emmerdale **2.45** Coronation Street **3.50** The Hotel Inspector **4.50** Heartbeat **5.55** A Touch of Frost **7.55** Heartbeat **9.00** Maternal **10.00** Somewhere Between **10.55** Coronation Street **11.25** Coronation Street **11.55** Emmerdale **12.25** Bodyguard. Thriller, starring Keeley Hawes. **1.40** Victoria

## TG4

- 6.00 CÚLA 4 10.40** Ainmhithe Craiceáilte **11.10** The Wonder Years **11.40** The Golden Girls **12.10** A Chef's Life **12.40** Bailte **1.10** Hart to Hart **2.05** Shark Tank **3.00** Cúla 4 **5.02** An Aimsir Láithreach **5.05** FILM Paper Planes (2014) ★★★★★ **6.57** An Aimsir Láithreach **7.00** Nuacht TG4 **7.15** Abair Amhrán **7.30** Na Slimmers **8.00** GAA 2023 **9.00** Glór Tíre: Rogha & Togha **9.30** FILM The Death of Stalin (2017) ★★★★★ **11.32** An Aimsir Láithreach **11.35** Téacs Taistil **12.35** Klangor

## SKY SHOWCASE

- 6.00 THE EARLY RUNDOWN 7.00** Kay Burley **8.00** Monkey Life **9.00** Nothing to Declare **10.00** The Flash **11.00** NCIS: New Orleans **1.00** Hawaii Five-0 **2.00** MacGyver **3.00** The Equalizer **4.00** A League of Their Own **5.00** The Simpsons **5.30** American Auto **6.30** The Simpsons **8.00** Fast & Furious: Greatest Moments Refuelled **9.00** FILM Fast & Furious 7 (2015) ★★★★★ **11.30** Superpowered: The DC Story **12.35** Road Wars **1.35** Caught on Dashcam **2.30** Road Wars

## SKY ATLANTIC

- 6.00 RICHARD E GRANT'S HOTEL SECRETS 7.55** Boardwalk Empire **10.05** The Sopranos **12.15** Game of Thrones **1.20** Britannia **3.30** Boardwalk Empire **5.45** The Sopranos **7.55** Game of Thrones ● **9.00** Winning Time: The Rise of the Lakers Dynasty **10.25** Euphoria: F\*\*\* Anyone Who's Not a Sea Blob **11.25** Billions **12.35** Mildred Pierce **1.55** Game of Thrones **4.05** Richard E Grant's Hotel Secrets

## MAIN EVENT

- 6.00 SKY SPORTS NEWS 7.00** Good Morning Sports Fans **9.00** LIVE Good Morning Transfers **10.00** Sky Sports News **12.00** Transfer Talk **1.00** Sky Sports News **2.30** LIVE The Hundred Live. Manchester Originals Women v Birmingham Phoenix Women. **6.00** LIVE The Hundred Live **9.30** Sky Sports News **10.00** Sky Sports News **10.30** LIVE Back Pages Tonight **11.00** Sky Sports News **12.00** Sky Sports News. The sports news.

## TNT SPORTS 1

- 6.00 T20 CRICKET HIGHLIGHTS** **7.00** WWE NXT Highlights **8.00** Fight Night Live **10.00** What I Wore: Owen Hargreaves **10.15** LIVE Sri Lanka Premier League **2.15** T20 Cricket Highlights **3.15** LIVE Sri Lanka Premier League **7.15** T20 Cricket Highlights **8.15** What I Wore **8.30** Rugby Stories **9.00** LIVE MLB **12.30** Vanarama National League Highlights **1.00** LIVE WWE Monday Night Raw. Wrestling coverage. **4.15** Ariel Helwani Meets

# TUESDAY

Chic pick



**ONLY MURDERS IN THE BUILDING, DISNEY+** Charles, Mabel and Oliver (pictured) are in for their toughest case yet as they find themselves entangled in a murder that takes place behind the scenes of a Broadway show. This season's cast also includes Meryl Streep, Paul Rudd and Jesse Williams.

● **ALSO RECOMMENDED: SEE TV PICKS ON PAGE 32**

## RTE ONE

**6.00 EURONEWS 6.40** Teleshopping (R) **7.15 Holby City** (R, S) **8.25 Lark Rise to Candleford** (R, S) **9.25 The Kelly Clarkson Show** (S) **10.15 Bridge of Lies** (S) **11.15 The Repair Shop** (S) **12.10 Doctors** (S) **12.45 Telly Bingo** (S)

**1.00 RTÉ NEWS**  
**1.15 HOME AND AWAY** (S)  
**1.45 SHORTLAND STREET** (S)  
**2.15 DONALD'S FAMILY KITCHEN** (R, S)  
**2.45 EASTENDERS** (R, S)  
**3.20 WEATHER**  
**3.35 MASTERCHEF: THE PROFESSIONALS** (S)  
**4.45 SELLING IRELAND'S DREAM HOMES** (R, S)  
**5.45 NUACHT**  
**5.55 RTÉ NEWS WITH SIGNING**  
**6.00 THE ANGELUS**  
**6.01 RTÉ NEWS** (S)  
**6.30 REELING IN THE YEARS** News and music from 1980. (R, S)  
**7.00 HOME OF THE YEAR** The judges visit properties in Dublin, Co Kildare and Co Mayo. (R, S)  
**7.30 EASTENDERS** Honey tries to get Ben to open up to Callum. (S)  
**8.00 FAIR CITY** Zak makes a huge decision when Dearbhla accuses him of being behind a break-in at Gar's. (S)  
**8.30 FOOD MATTERS** In this edition, Michael Kelly explores Ireland's food sustainability. (R, S)  
**9.00 RTÉ NEWS** (S)  
**9.35 ROOM TO IMPROVE** A couple downsizing for their retirement years. (R, S)  
**10.35 THE MURDOCHS: EMPIRE OF INFLUENCE** (S)  
**11.30 DEATH IN PARADISE** (S)  
**12.35 COMPULSION** (R, S) **1.30 Telly Bingo** (R, S) **1.45 Doctors** (R, S) **2.15 Dr Phil** (S) **3.00 EuroNews**

## BBC ONE

**6.00 BREAKFAST** (S) **9.15 Countryfile Treasures** (S) **10.00 Dom Does America** (R, S) **10.30 Defenders UK** (R, S) **11.15 Homes Under the Hammer** (R, S) **12.15 Bargain Hunt** (R, S)

**1.00 BBC NEWS AT ONE** (S)  
**1.30 BBC NEWSLINE** (S)  
**1.45 ANIMAL PARK** The koala breeding programme prepares for a new arrival. (S)  
**2.30 RICK STEIN'S CORNWALL** From St Ives. (R, S)  
**3.00 I ESCAPED TO THE COUNTRY** In Dumfries and Galloway. (R, S)  
**3.45 MAKE IT AT MARKET** (R, S)  
**4.30 THE REPAIR SHOP** (R, S)  
**5.15 POINTLESS** (S)  
**6.00 BBC NEWS AT SIX** (S)  
**6.30 BBC NEWSLINE** (S)  
**7.00 RIP OFF BRITAIN: HOLIDAYS** The holiday makers who arrived at their hotels that had been closed for years. (R, S)  
**7.30 EASTENDERS** Honey attempts to get a very reluctant Ben to open up to Callum. (S)  
**8.00 DRAGONS' DEN** Pitches include eco-friendly disinfectant. (R, S)  
**9.00 WOLF** Jack becomes convinced the Donkey Pitch killer is still at large. (S)  
**10.00 BBC NEWS AT TEN** (S)  
**10.30 BBC NEWSLINE** (S)  
**10.40 BIKES! ARMOY ROAD RACES** Stephen Watson presents highlights of the motorcycling event from County Antrim. (S)  
**11.20 GAIA: A DEATH ON DANCING LEDGE** Zara McDermott's investigation uncovers a world of online grooming. (R, S)  
**12.05 EXTRAORDINARY PORTRAITS WITH BILL BAILEY** With Belinda Eaton. (R, S) **12.40 BBC News** (S)

## RTE TWO

**6.00 EURONEWS 7.55 TRTÉ 8.30** Live FIFA Women's World Cup (S)  
**2.30 TRTÉ: FIRST DAY** (R, S)  
**3.00 NOVA JONES** (R, S)  
**3.30 WILD JOURNEYS** (R, S)  
**4.30 THE SIMPSONS** (R, S)  
**5.00 THE GOLDBERGS** (S)  
**5.30 THE BIG BANG THEORY** (R, S)  
**6.00 SHORTLAND STREET** Hospital drama series set in an accident and emergency ward. (R, S)  
**6.30 HOME AND AWAY** Summer Bay is rocked by disaster. Meanwhile, Bree springs into action to save a life. (R, S)  
**7.00 THE SIMPSONS** Moe's bar towel somehow turns out to have a life of its own. (R, S)  
**7.30 TOP GEAR** Comedian Romesh Ranganathan joins the team in the studio. (R, S)  
**8.30 FIFA WOMEN'S WORLD CUP HIGHLIGHTS** Action from the seventh and eighth last-16 matches in Australia. (S)  
**9.00 THE CLEANER** Wicky is bothered by a shaman with his own mystical agenda. Dark comedy, starring Greg Davies, with Alex Lawther. (S)  
**9.35 GREY'S ANATOMY** A patient celebrates a milestone with help from Levi. (S)  
**10.25 GREY'S ANATOMY** The threats against Bailey come to a terrifying head. (S)  
**11.15 GLOW UP IRELAND** Creating a distinctive drag look. (R, S)  
**12.15 THE WAY WE WERE** (R, S) **1.15 The Tommy Tiernan Show** (R, S) **2.25 Super Garden** (R, S) **3.15 Operation Transformation** (R, S) **4.10 Home Rescue: The Big Fix** (R, S) **5.00 The Zoo** (R, S) **5.25 All Walks of Life** (R, S) **5.50 EuroNews**. Headlines update.

## BBC TWO

**6.30 SATURDAY KITCHEN BEST BITES** With Matt Tebbutt. (R, S) **8.00 Sign Zone: Earth** (R, S) **9.00 Nicky Campbell** (S) **11.00 BBC News** (S)

**1.00 THE SUPER LEAGUE SHOW** The latest action. (R, S)  
**1.30 IMPOSSIBLE** (R, S)  
**2.15 MASTERMIND** (R, S)  
**2.45 BEECHGROVE REPOTTED** (R, S)  
**3.00 GREAT BRITISH MENU** (R, S)  
**4.00 WORLD'S SNEAKIEST ANIMALS** (R, S)  
**5.00 PORTILLO'S STATE SECRETS** (R, S)  
**5.30 CYCLING: WORLD CHAMPIONSHIPS 2023** Coverage of day six. (S)  
**7.00 MEDITERRANEAN WITH SIMON REEVE** Simon Reeve explores Cyprus, Lebanon, Israel and Gaza. (R, S)  
**8.00 YOUR HOME MADE PERFECT** Architects compete to rethink a Solihull barn conversion. (S)  
**9.00 NEW: ULTIMATE WEDDING PLANNER** Eight aspiring wedding planners battle it out to become the best. (S)  
**10.00 THE OMID DJALILI SHOW** Featuring a stand-up comedy and sketch show. (R, S)  
**10.30 NEWSNIGHT** (S)  
**11.10 WEATHER** (S)  
**11.15 FILM: CLEMENCY** (2019) A prison warden grapples with emotions as she strikes up a bond with a death-row inmate. Drama, starring Alfre Woodard and Richard Schiff. ★★★ (S)  
**1.00 SIGN ZONE: REFRAMED: MARILYN MONROE** (R, S) **2.30 Sign Zone: Claimed and Shamed** (R, S) **3.15 This Is BBC Two** (S)

## VIRGIN ONE

**6.10 CELEBRITY CATCHPHRASE** (R, S) **7.00 Ireland AM** (S) **10.00 This Morning** **12.30 News** at 12:30 (S)

**1.00 THE CHASE** Contestants from Wiltshire, Newcastle, Cheshire and North Yorkshire take part. (S)  
**2.00 THE CHASE** Quiz show, hosted by Bradley Walsh. (S)  
**3.00 LOOSE WOMEN** Topical debate from a female perspective.  
**4.00 PAUL O'GRADY: FOR THE LOVE OF DOGS** The comedian meets a Dalmatian that can open locked doors. (R, S)  
**4.30 JUDGE JUDY** Double bill.  
**5.30 NEWS AT 5.30** (S)  
**6.05 THE SIX O'CLOCK SHOW** (S)  
**7.00 NEWS AT 7** (S)  
**7.30 EMMERDALE** Laurel decides to join Jai but is captured by Colin. Nate double deals. Dan makes a decision about his future. (S)  
**8.00 CALL THE CLEANERS** Steve and Jamie help a man who has struggled following two bereavements. Last in series. (R)  
**8.30 DON'T LOOK BACK IN ANGER** News documentary looking back at the headline stories of the past 20 years, focusing this week on 2009. (R, S)  
**9.00 COOKING WITH THE STARS** Emma Willis and Tom Allen host the final of the celebrity cookery series, as the three remaining stars face their toughest challenge yet. Last in series. (S)  
**10.00 INSIDE DUBAI: PLAYGROUND OF THE RICH** Focusing on aspirational Brits choosing to live and work in Dubai.  
**11.15 WHO WANTS TO BE A MILLIONAIRE?** Big-prize quiz.  
**12.20 MUM** Comedy, starring Lesley Manville. (R, S) **1.30 The Restaurant** (R)

## CHANNEL 4

**6.15 COUNTDOWN** (R, S) **6.55 Cheers** (R, S) **7.50 Everybody Loves Raymond** (R, S) **8.40 Frasier** (R, S) **9.40 The Big Bang Theory** (R, S) **10.35 The Simpsons** (R, S) **11.35 Channel 4 News Summary** (S) **11.40 Four in a Bed** (R, S)

**1.10 FOUR IN A BED** (R, S)  
**1.40 FOUR IN A BED** (R, S)  
**2.10 COUNTDOWN** (S)  
**3.00 A PLACE IN THE SUN** Laura Hamilton helps Doc and Lucia find their dream home. (R, S)  
**4.00 A NEW LIFE IN THE SUN: WHERE ARE THEY NOW?** Scuba divers plan to expand their business in Spain. (R, S)  
**5.00 SUN, SEA AND SELLING HOUSES** (R, S)  
**6.00 THE SIMPSONS** (R, S)  
**6.30 HOLLYOAKS** Felix finds himself in a web of lies. (R, S)  
**7.00 CHANNEL 4 NEWS** (S)  
**8.00 BAKE OFF: THE PROFESSIONALS** The teams compete in Chocolate Week. (S)  
**9.00 SKY COPPERS** The Drone Unit follows a passenger fleeing from a hit and run, leaving the driver to face the music. (S)  
**10.00 999: ON THE FRONT LINE** Paramedics are called to reports of a man collapsed in the street and in cardiac arrest. (R, S)  
**11.05 FIRST DATES** Those taking part include self-confessed man-eater Caroline. (R, S)  
**12.10 RAMSAY'S KITCHEN NIGHTMARES USA** In West Babylon, New York. (R, S) **1.00 The Last Leg** (R, S) **1.55 The Girl from Plainville** (R, S) **3.35 The Unique Boutique** (R, S) **4.30 The Great Big Tiny Design Challenge** with Sandi Toksvig (R, S) **5.25 Undercover Boss Australia** (R, S)

## VIRGIN TWO

**7.10 THE SWITCH** (R, S) **8.10 Tipping Point** (R, S) **9.10 The Chase Quiz** (R, S) **11.10 Egghead Quiz show** (S) **12.30 Harbour Cops** (R, S)

**1.00 DRESS TO IMPRESS** (R, S)  
**2.00 JUDGE RINDER** (S)  
**3.00 ALPHABETICAL** (R, S)  
**4.00 TIPPING POINT** (S)  
**5.00 TIPPING POINT** (S)  
**6.00 THE CHASE** Quiz show, hosted by Bradley Walsh. (R, S)  
**7.00 THE CHASE** Contestants Ashley, Roy, Lauren and Sue take part in the quiz. (R, S)  
**8.00 THE CHASE CELEBRITY SPECIAL** With contestants Louise Hazel, Joel Dommett, Sinitta and Les Dennis. Hosted by Bradley Walsh. (R, S)  
**9.00 LOADED IN PARADISE** First-time Spenders Ieuan and Kane are determined to splash cash at the best restaurant in town.  
**10.00 KAVOS WEEKENDER**  
**11.00 THE REAL HOUSEWIVES OF NEW JERSEY**  
**12.00 VANDERPUMP RULES** (R, S) **12.55 The Cabins** (R, S) **1.55 Love Island: Australia**. Reality series. (R)

## VIRGIN MORE

**12.55 CLASSIC UEFA CHAMPIONS LEAGUE** Action from Paris Saint-Germain v Manchester United.  
**1.50 SPORT STORIES: JOHN ALDRIDGE**  
**2.40 CLASSIC 6 NATIONS**  
**3.35 FORMULA E**  
**4.05 UCL DEFINING MOMENTS**  
**5.00 FORMULA E HIGHLIGHTS**  
**5.55 EXTREME E MAGAZINE SHOW** The latest news.  
**6.25 FORMULA E: ICE DRIVE** Formula E prepares to run the Formula E car on an ice cap.  
**7.20 CLASSIC 6 NATIONS** Wales v Ireland from 2009.  
**8.10 A SHORT HISTORY OF THE UCL** A look back at the UEFA Champions League since its inception in 1992.  
**9.00 GRACE** Crime drama.  
**10.30 BORN TO KILL?** A look at the crimes of Robert Reldan.  
**11.20 LUCY INVESTIGATES** A look at social media influencers.  
**12.10 RUGBY U20 CHAMPIONSHIP** Ireland v South Africa. **1.05 Sport Stories: Dermot Gallagher**

## UTV

**9.00 LORRAINE** (S) **10.00 This Morning** (S) **12.30 Loose Women** (S)

**1.30 ITV LUNCHTIME NEWS** (S)  
**1.55 UTV LIVE** (S)  
**2.00 JAMES MARTIN'S ISLANDS TO HIGHLANDS** (R, S)  
**3.00 LINGO** (R, S)  
**3.59 UTV WEATHER** (S)  
**4.00 TIPPING POINT** (R, S)  
**5.00 THE CHASE** (R, S)  
**6.00 UTV LIVE** (S)  
**6.30 ITV EVENING NEWS** (S)  
**7.30 EMMERDALE** (S)  
**8.00 HIDDEN NORTHERN IRELAND** (S)  
**8.30 MAHON'S WAY** (S)  
**9.00 COOKING WITH THE STARS** Last in series. (S)  
**10.00 ITV NEWS AT TEN** (S)  
**10.30 UTV LIVE** (S)  
**10.45 LOVE YOUR GARDEN** (S)  
**11.15 PAUL O'GRADY'S LITTLE HEROES** (R, S)  
**11.45 BRITISH TOURING CAR CHAMPIONSHIP HIGHLIGHTS** (R, S)  
**1.10 THE MASKED SINGER** (R, S)  
**2.20 Winning Combination** (R, S)

## VIRGIN THREE

**6.35 THE CHASE AUSTRALIA** **8.05 Born to Be Wild** **9.20 Loose Women** **10.15 Judge Judy** **11.15 The Switch** **12.15 Judge Rinder** **1.15 The Royal** **2.15 Emmerdale** **2.45 Coronation Street** **3.50 The Hotel Inspector** **4.50 Heartbeat** **5.55 A Touch of Frost** **7.55 Heartbeat** **9.00 Vera**. The detective investigates a death in a coastal community. Starring Brenda Blethyn. **10.55 Emmerdale** **11.25 Hospital** **12.25 Aquarius** **1.25 Victoria**. Period drama.

## TG4

**6.00 CÚLA 4** **10.40 Aímhíthe Craiceáilte** **11.10 The Wonder Years** **11.40 The Golden Girls** **12.10 A Chef's Life** **12.40 Blasta** **1.10 Hart to Hart** **2.05 Shark Tank** **3.00 Cúla 4** **5.27 An Aimsir Láithreach** **5.30 An Cóstá Thiar** **6.00 The Golden Girls** **6.30 The Wonder Years** **6.57 An Aimsir Láithreach** **7.00 Nuacht TG4** **7.15 Abair Amhrán** **7.30 Seoda Bhaillúchán na Scol** **8.00 Ar Son Na Poblachta** **8.30 Bailte** **9.00 Glór Tíre: Rogha & Togha** **9.30 Opry le Daniel** **10.30 Better Call Saul**

## SKY SHOWCASE

**6.00 THE EARLY RUNDOWN** **7.00 Kay Burley** **8.00 Monkey Life** **9.00 Nothing to Declare** **10.00 The Flash** **11.00 NCIS: New Orleans** **1.00 Hawaii Five-0** **2.00 MacGyver** **3.00 The Equalizer** **4.00 A League of Their Own** **5.00 The Simpsons** **5.30 American Auto** **6.30 The Simpsons** **8.00 David Attenborough's Global Adventure: The Rise of Nature** **9.00 From 11.05 The Blacklist** **12.05 The Force: North East** **1.05 Road Wars** **2.00 The Equalizer** **3.00 Hawaii Five-0** **4.00 MacGyver**

## SKY ATLANTIC

**6.00 RICHARD E GRANT'S HOTEL SECRETS** **7.55 Boardwalk Empire** **10.05 The Sopranos** **12.15 Game of Thrones** **1.20 Britannia** **3.30 Boardwalk Empire** **5.45 The Sopranos** **7.55 Game of Thrones**. Fantasy drama, with Richard Madden. **9.00 The Gilded Age** **10.05 Mildred Pierce** **11.25 Little Birds** **12.30 The Time Traveler's Wife** **1.35 Game of Thrones** **4.00 Richard E Grant's Hotel Secrets**

## MAIN EVENT

**6.00 SKY SPORTS NEWS** **7.00 Good Morning Sports Fans** **8.00 Good Morning Sports Fans** **9.00 LIVE** Good Morning Transfers **10.00 Sky Sports News** **11.00 Sky Sports News** **12.00 Transfer Talk** **1.00 Sky Sports News** **2.30 LIVE** The Hundred Live. London Spirit Women v Southern Brave Women. **6.00 LIVE** The Hundred Live **7.00 LIVE** EFL Cup **10.30 LIVE** Back Pages Tonight **11.00 Sky Sports News** **12.00 Sky Sports News**

## TNT SPORTS 1

**9.00 V8 SUPERCARS HIGHLIGHTS** **11.00 MotoGP 12.30 MotoGP** Chequered Flag **1.30 West Indies v England - Cricket Classics** **2.00 T20 Cricket Highlights** **3.00 LIVE** T20 Cricket **7.15 Badminton Weekly** **7.30 UEFA Champions League - Stories of the Finals** **8.00 LIVE** UEFA Champions League **10.00 Premier League Preview** **11.00 UFC: The Ultimate Fighter** **12.00 WWE NXT Highlights** **1.00 LIVE** **WWE NXT** **3.15 Ariel Helwani Meets**

# WEDNESDAY

Chic pick



**ROB AND ROMESH VS CLASSICAL MUSIC, SKY MAX & NOW, 9PM** To celebrate the 90th anniversary of the London Philharmonic Orchestra, Rob and Romesh (pictured) are invited to perform with them – and learn various roles in the orchestra, from conducting to opera – before facing their final challenge at the Royal Festival Hall.  
**● ALSO RECOMMENDED: SEE TV PICKS ON PAGE 32**

## RTE ONE

**6.00 EURONEWS 6.20** Teleshopping (R, S) **7.30** Holby City (R, S) **8.35** Lark Rise to Candleford (R, S) **9.40** The Kelly Clarkson Show. With Eddie Redmayne. (S) **10.30** Bridge of Lies (S) **11.30** The Repair Shop (S) **12.25** Doctors (S)

**1.00 RTE NEWS (S)**  
**1.15 HOME AND AWAY (S)**  
**1.45 SHORTLAND STREET (S)**  
**2.15 FAIR CITY (R, S)**  
**2.45 EASTENDERS (R, S)**  
**3.20 WEATHER**  
**3.35 MASTERCHEF: THE PROFESSIONALS (S)**  
**4.45 SELLING IRELAND'S DREAM HOMES (R, S)**

**5.45 NUACHT**  
**5.55 RTE NEWS WITH SIGNING**  
**6.00 THE ANGELUS**  
**6.01 RTE NEWS (S)**  
**6.30 REELING IN THE YEARS** News and music from 1981. (R, S)  
**7.00 NATIONWIDE (S)**  
**7.30 EASTENDERS** Kat makes a breakthrough with Ben. (S); Lotto  
**8.00 PAUL FLYNN'S FOOD TRUCK FAVOURITES** Chef Paul Flynn hits the road in search of trucks serving great seafood. (R, S)  
**8.30 MARK MORIARTY: OFF DUTY CHEF** Mark prepares a monkfish sandwich. (R, S)  
**9.00 RTE NEWS (S)**  
**9.35 FILM: DOWNTON ABBEY** (2019) Drama based on the TV series, starring Hugh Bonneville and Michelle Dockery. ★★★★★ (S)  
**11.50 THIS IS GOING TO HURT** Adam learns he is the subject of a serious complaint. (R, S)  
**12.45 NORTH ATLANTIC (R, S)** **1.45** Build Your Own Home (R, S) **2.45** Gaelic in the Joy (R, S) **3.40** At Your Service (R, S) **4.35** Home Rescue: The Big Fix (R, S) **5.25** EuroNews

## BBC ONE

**6.00 BREAKFAST (S)** **9.15** Countryfile Treasures (S) **10.00** Dom Does America (R, S) **10.30** Defenders UK (R, S) **11.15** Homes Under the Hammer (S) **12.15** Bargain Hunt From Somerset. (S)

**1.00 BBC NEWS AT ONE (S)**  
**1.30 BBC NEWSLINE (S)**  
**1.45 ANIMAL PARK (S)**  
**2.30 RICK STEIN'S CORNWALL** Rick meets Gillian Burke. (R, S)  
**3.00 I ESCAPED TO THE COUNTRY** From Staffordshire. (R, S)  
**3.45 MAKE IT AT MARKET (R, S)**  
**4.30 THE REPAIR SHOP (R, S)**  
**5.15 POINTLESS (S)**  
**6.00 BBC NEWS AT SIX (S)**  
**6.30 BBC NEWSLINE (S)**  
**7.00 RIP OFF BRITAIN: HOLIDAYS** The team turn the spotlight on the holiday companies letting consumers down. (R, S)  
**7.30 EASTENDERS** Kat makes a breakthrough with Ben. (S)  
**8.00 THE REPAIR SHOP** Restoring a pinball machine, an antique weather device and a rocking horse. (R, S)  
**8.30 EXTRAORDINARY PORTRAITS WITH BILL BAILEY** Belinda Eaton depicts an end-of-life care nurse at the Royal Shrewsbury Hospital. (S)  
**9.00 CELEBRITY MASTERCHEF** A new group of celebrities compete in the second week of Heats. (S)  
**10.00 BBC NEWS AT TEN (S)**  
**10.30 BBC NEWSLINE (S)**  
**10.40 DREAMING WHILST BLACK** Comedy series. (R, S)  
**11.05 DREAMING WHILST BLACK** With Adjani Salmon. (R, S)  
**11.25 QUESTION OF SPORT (R, S)**  
**12.00 WEATHER FOR THE WEEK AHEAD (S)** **12.05** BBC News (S)

## RTE TWO

**6.00 EURONEWS 8.00 TRTÉ 12.00 FILM: THE BORROWERS** (1997) Children's fantasy, with John Goodman and Jim Broadbent. ★★ (S)  
**1.40 TRTÉ: STORYBUD (R, S)**  
**1.50 SHAUN THE SHEEP (R, S)**  
**2.00 LOST & FOUND MUSIC STUDIOS (R, S)**  
**2.30 FIRST DAY (R, S)**  
**3.00 NOVA JOURNES (R, S)**  
**3.30 WILD JOURNEYS (R, S)**  
**4.30 THE SIMPSONS (R, S)**  
**5.00 THE GOLDBERGS (S)**  
**5.30 THE BIG BANG THEORY (R, S)**  
**6.00 SHORTLAND STREET** Hospital drama series set in an accident and emergency ward. (R, S)  
**6.30 HOME AND AWAY** In the aftermath of her assault, Felicity dodges questions from a concerned Tane. (R, S)  
**7.00 WORLD'S MOST LUXURIOUS** In this episode, cameras take a peek inside the world's most luxurious hotels. (R, S)  
**8.00 AMAZING HOTELS: LIFE BEYOND THE LOBBY** Giles Coren and Monica Galetti travel to Copenhagen to work at Nimble Hotel in Tivoli Gardens. (R, S)  
**9.00 BLUE BLOODS** Danny and Baez investigate after their friend is hospitalised. (S)  
**9.50 FIVE BEDROOMS** The gang camp out for Little Benny Chigwell's birthday. (S)  
**10.45 CONVERSATIONS WITH FRIENDS (R, S)**  
**11.20 CONVERSATIONS WITH FRIENDS (R, S)**  
**11.55 SPECIAL FORCES: ULTIMATE HELL WEEK – THE PROFESSIONALS (R, S)**  
**12.55 FRIDAY NIGHT DINNER (R, S)**  
**1.25** The Office (R, S) **2.05** EuroNews

## BBC TWO

**6.30 ANIMAL PARK (R, S)** **8.00** Sign Zone: Extraordinary Portraits with Bill Bailey (R, S) **8.30** Sign Zone: Yarnbombers – Our Lives (R, S) **9.00** Nicky Campbell (S) **11.00** BBC News (S) **12.45** Impossible (R, S)

**1.30 MASTERMIND** Specialist subjects include The Good Life and Taika Waititi. (R, S)  
**2.00 HOME IS WHERE THE ART IS** Three artists pitch ideas to celebrate the success of a choir. Last in series. (R, S)  
**2.45 THE HUNDRED** Oval Invincibles v Manchester Originals (Start-time 3pm). (S)  
**6.00 THE HUNDRED** Oval Invincibles v Manchester Originals (Start-time 6.30pm). Live coverage of the men's match from Kia Oval, London. (S)  
**9.30 QI** Aisling Bea, Roisin Conaty, Jessica Fostekew and Alan Davies take part. (R, S)  
**10.00 MOCK THE WEEK** Angela Barnes, Ed Byrne, Sean McLoughlin and Glenn Moore take part. First broadcast in October 2022. (R, S)  
**10.30 NEWSNIGHT (S)**  
**11.10 WEATHER (S)**  
**11.15 COUPLES THERAPY** Nadine and Christine attempt a new relationship dynamic. (S)  
**11.45 ULTIMATE WEDDING PLANNER** Eight aspiring wedding planners battle it out to become the best. (R, S)  
**12.45 SIGN ZONE: DAVID HAREWOOD ON BLACKFACE (R, S)** **1.45** Sign Zone: Money for Nothing (R, S) **2.30** Sign Zone: Celebrity MasterChef. With Marcus Brigstocke (R, S) **3.30** This Is BBC Two (S)

## VIRGIN ONE

**6.10 THE SIX O'CLOCK SHOW (R, S)** **7.00** Ireland AM (S) **10.00** This Morning **12.30** News at 12:30 (S)

**1.00 THE CHASE** Quiz show, presented by Bradley Walsh. (S)  
**2.00 THE CHASE** Contestants from Devon, Cumbria, Powys and Dufftown take part in the quiz. (S)  
**3.00 LOOSE WOMEN** Topical debate from a female perspective.  
**4.00 PAUL O'GRADY: FOR THE LOVE OF DOGS** The comedian helps train a cairn terrier. (R, S)  
**4.30 JUDGE JUDY** Double bill.  
**5.30 NEWS AT 5.30 (S)**  
**6.05 THE SIX O'CLOCK SHOW (S)**  
**7.00 NEWS AT 7 (S)**  
**7.30 EMMERDALE** Colin's unstable behaviour escalates. (S)  
**8.00 CORONATION STREET** Gemma asks Henry to reconsider his decision. (S)  
**8.30 CORONATION STREET** Stu informs Bridget of Eliza's contact with her father. Meanwhile, Lou tells Stephen that Rufus's death was no accident. (S)  
**9.00 GOGGLEBOX IRELAND** Deirdre O'Kane provides the voiceover as a selection of telly addicts comment on a week of programmes aired during October 2022 from the comfort of their living rooms. (R, S)  
**10.00 KATE GARRAWAY'S LIFE STORIES** The presenter talks to comedian, performer and author Ruby Wax. (S)  
**11.00 MICHAEL PALIN: INTO IRAQ** Michael embarks on an epic journey through Iraq. (R)  
**12.00 MUM** It is November and Cathy is having a bonfire. (R, S) **1.15** The Restaurant. Businessman Bobby Kerr takes part in the culinary challenge. (R)

## CHANNEL 4

**6.15 COUNTDOWN (R, S)** **6.55** Cheers (R, S) **7.50** Everybody Loves Raymond (R, S) **8.40** Frasier (R, S) **9.40** The Big Bang Theory (R, S) **10.35** The Simpsons (R, S) **11.35** Channel 4 News Summary (S) **11.40** Four in a Bed (R, S)

**1.10 FOUR IN A BED (R, S)**  
**1.40 FOUR IN A BED (R, S)**  
**2.10 COUNTDOWN (S)**  
**3.00 A PLACE IN THE SUN (R, S)**  
**4.00 A NEW LIFE IN THE SUN: WHERE ARE THEY NOW?** Bar owners in Spain seek a better work-life balance. (R, S)  
**5.00 SUN, SEA AND SELLING HOUSES (R, S)**  
**6.00 THE SIMPSONS (R, S)**  
**6.30 HOLLYOAKS** Ella's birthday party doesn't go to plan. (R, S)  
**7.00 CHANNEL 4 NEWS (S)**  
**8.00 GEORGE CLARKE'S OLD HOUSE, NEW HOME** The architect meets Duncan and Josie, who are taking on an 18th-century barn. (R, S)  
**9.00 BRITAIN'S MOST EXPENSIVE HOUSES** Jaishree puts a two-bed apartment in Chelsea on the market for £2.6million. (S)  
**10.00 THE GIRL FROM PLAINVILLE** Michelle's isolation pushes her to a breaking point. (S)  
**11.05 CELEBRITY GOGGLEBOX** Shows appraised include Platinum Party at the Palace and Stranger Things. (R, S)  
**12.10 ALONE (R, S)** **1.05** Queer as Folk US (R, S) **1.55** FILM: LOVE, SIMON (2018) Comedy drama, starring Nick Robinson and Jennifer Garner. ★★★★★ (S) **3.45** Couples Come Dine with Me (R, S) **4.40** Beat the Chef (R, S) **5.05** Undercover Boss Australia (R, S) **5.55** Kirstie's House of Craft (R, S)

## VIRGIN TWO

**7.10 THE SWITCH (R, S)** **8.10** Tipping Point (R, S) **9.10** The Chase. Quiz. (R, S) **11.10** Eggheads. Quiz show. (S) **12.30** Harbour Cops (R, S)

**1.00 DRESS TO IMPRESS (R, S)**  
**2.00 JUDGE RINDER (S)**  
**3.00 ALPHABETICAL (R, S)**  
**4.00 TIPPING POINT (S)**  
**5.00 TIPPING POINT (S)**  
**6.00 THE CHASE** Quiz show, hosted by Bradley Walsh. (R, S)  
**7.00 THE CHASE (R, S)**  
**8.00 THE CHASE: I'M A CELEBRITY SPECIAL** Former campmates Rita Simons, Malique Thompson-Dwyer, Fleur East and James McVey take part in the quiz. (R, S)  
**9.00 LOADED IN PARADISE** Kara and Kishon and Jamie and Guy face the chop.  
**10.00 CELEBRITY OBSESSED** The obsessive phenomenon of stalking celebrities. (S)  
**11.00 VANDERPUMP RULES (S)**  
**12.00 THE REAL HOUSEWIVES OF NEW JERSEY (R)** **1.00** The Cabins (R, S) **2.00** Unbelievable Moments Caught on Camera (R)

## VIRGIN MORE

**12.55 CLASSIC UEFA CHAMPIONS LEAGUE** Action from Juventus v Manchester United from 1999.

**1.50 SPORT STORIES: JOHN ALDRIDGE**  
**2.40 CLASSIC 6 NATIONS**  
**3.35 FORMULA E: RACE TO THE FUTURE**  
**4.05 UCL DEFINING MOMENTS**  
**5.00 FORMULA E HIGHLIGHTS**  
**5.55 CLASSIC UEFA CHAMPIONS LEAGUE**  
**6.50 EXTREME E MAGAZINE SHOW** The latest news.  
**7.20 A SHORT HISTORY OF THE UCL** A look back at the UEFA Champions League since its inception in 1992.  
**8.10 CLASSIC 6 NATIONS** Wales v Ireland from 2009.  
**9.00 WACO UNTOLD: THE BRITISH STORIES** The 23 people from the UK who died during the siege.  
**9.50 THE DECEIVED**  
**10.40 GRACE** Crime drama.  
**12.10 CRACKER** Crime drama.  
**1.05** A Short History of the UCL

## UTV

**6.00 GOOD MORNING BRITAIN (S)**  
**9.00** Lorraine (S) **10.00** This Morning (S) **12.30** Loose Women (S)

**1.30 ITV LUNCHTIME NEWS (S)**  
**1.55 UTV LIVE (S)**  
**2.00 JAMES MARTIN'S ISLANDS TO HIGHLANDS (R, S)**  
**3.00 LINGO (R, S)**  
**3.59 UTV WEATHER (S)**  
**4.00 TIPPING POINT (R, S)**  
**5.00 THE CHASE (R, S)**  
**6.00 UTV LIVE (S)**  
**6.30 ITV EVENING NEWS (S)**  
**7.30 EMMERDALE (S)**  
**8.00 CORONATION STREET (S)**  
**9.00 KATE GARRAWAY'S LIFE STORIES** With Ruby Wax. (S)  
**10.00 ITV NEWS AT TEN (S)**  
**10.30 UTV LIVE (S)**  
**10.45 THE MURDER OF ALEX RODDA: SOCIAL MEDIA MURDERS (R, S)**  
**11.40 DNA JOURNEY (R, S)**  
**12.40 EFL CARABAO CUP HIGHLIGHTS (R, S)** **1.55** The Masked Singer (R, S) **3.05** Britain's Dirty Water: What Went Wrong? Tonight. With Joe Crowley. (R, S)

## VIRGIN THREE

**6.35 THE CHASE AUSTRALIA** **8.05** Born to Be Wild **9.20** Loose Women **10.15** Judge Judy **11.15** The Switch **12.15** Judge Rinder **1.15** The Royal **2.15** Emmerdale **2.45** Benidorm **ER 3.50** The Hotel Inspector **4.50** Heartbeat **5.55** Agatha Christie's Marple **7.55** Heartbeat **9.00** Law & Order: Special Victims Unit **9.55** Coronation Street **10.25** Coronation Street **10.55** Emmerdale **11.25** Victoria **12.25** Victoria. Period drama.

## TG4

**6.00 CÚLA 4** **10.40** Ainmhithe Craiceáilte **11.10** Golden Girls **12.10** A Chef's Life **12.40** Blasta **1.10** Hart to Hart **2.10** Shark Tank **3.00** Cúla 4 **5.27** An Aimsir Láithreach **5.30** Mná na Talún **6.00** Golden Girls **6.57** An Aimsir Láithreach **7.00** Nuacht TG4 **7.15** Abair Amhrán **7.30** Bliain an tSneachta Mhóir **8.00** Scéalta na gCorn **8.30** Turas Réaltai TG4 i bPeil na mBan **9.00** Glór Tíre **9.30** Marú in Iarthar Chorcaí **10.57** An Aimsir Láithreach **11.00** FILM Misha and the Wolves (2021) ★★★★★

## SKY SHOWCASE

**6.00 THE EARLY RUNDOWN** **7.00** Kay Burley **8.00** Monkey Life **9.00** Nothing to Declare **9.30** The Flash **10.30** NCIS: New Orleans **12.30** Hawaii Five-0 **1.30** MacGyver **2.30** The Hundred Live **6.00** The Simpsons **8.00** An Idiot Abroad **9.00** Rob & Romesh vs Classical Music **10.00** Ricky Gervais: Politics **11.20** Road Wars **12.25** Road Wars **12.55** The Force: North East **2.00** American Auto **3.00** Hawaii Five-0 **4.00** MacGyver **5.00** The Early Rundown

## SKY ATLANTIC

**6.00 URBAN SECRETS** **7.55** Boardwalk Empire **10.05** The Sopranos **12.15** Game of Thrones **1.20** Britannia **3.30** Boardwalk Empire **5.40** The Sopranos **7.55** Game of Thrones **9.00** The Staircase. Kathleen prepares for a Christmas to remember in 2001. **10.15** The Time Traveler's Wife **11.25** Tin Star **12.30** Banshee **1.40** Billions **2.50** Game of Thrones. US drama series. **4.00** Urban Secrets

## MAIN EVENT

**6.00 SKY SPORTS NEWS** **7.00** Good Morning Sports Fans **9.00** LIVE Good Morning Transfers **10.00** Sky Sports News **11.00** LIVE The Hundred Live **2.30** LIVE The Hundred Live. Trent Rockets Men v Northern Superchargers Men. **6.00** LIVE The Hundred Live. **7.00** LIVE EFL Cup. Burton Albion v Leicester City. All the action from Pirelli Stadium. **10.30** LIVE Back Pages Tonight **11.00** Sky Sports News **12.00** Sky Sports News

## TNT SPORTS 1

**9.30 ARIEL HELWANI MEETS** **10.00** UEFA Documentaries **11.01** UEFA Champions League **2.00** Fishing: On the Bank **3.00** V8 Supercars Highlights **5.00** World Rallycross Championship Highlights **6.00** TNT Sports Reload **6.30** Vanarama National League Highlights **7.00** MotoGP Highlights **8.00** LIVE UEFA Champions League **10.00** Premier League Stories **10.30** V8 Supercars Highlights **12.30** World Rallycross Championship Highlights

# THURSDAY

Chic pick



**CELEBRITY MASTERCHEF, BBC ONE, 8PM** The Heats continue as the celebrities hope to impress judges John Torode and Gregg Wallace (pictured) and land a place in the Quarter Final. There are three more culinary challenges, including The Pairs Challenge – a test of teamwork and communication.

● **ALSO RECOMMENDED: SEE TV PICKS ON PAGE 32**

## RTE ONE

**6.00 EURONEWS 6.50** Teleshopping (R) **7.25** Holby City (R, S) **8.25** Lark Rise to Candleford (R, S) **9.25** The Kelly Clarkson Show (S) **10.15** Bridge of Lies (S) **11.15** The Repair Shop (S) **12.10** Doctors (S) **12.45** Telly Bingo (S)

**1.00** RTÉ NEWS (S)  
**1.15** HOME AND AWAY (S)  
**1.45** SHORTLAND STREET (S)  
**2.15** GOODBYE HOUSE (R, S)  
**2.45** EASTENDERS (R, S)  
**3.20** WEATHER (S)  
**3.35** MASTERCHEF: THE PROFESSIONALS (S)  
**4.45** SELLING IRELAND'S DREAM HOMES (R, S)  
**5.45** NUACHT  
**5.55** RTÉ NEWS WITH SIGNING  
**6.00** THE ANGELUS  
**6.01** RTÉ NEWS (S)  
**6.30** REELING IN THE YEARS News and music from 1982. (R, S)  
**7.00** HOME OF THE YEAR Properties in Cork, Down and Dublin. (R, S)  
**7.30** EASTENDERS Kat supports Ben through an assessment. (S)  
**8.00** ALL FIRED UP Nico Reynolds cooks for his grandmother. (R, S)  
**8.30** FAIR CITY Tommy makes a shocking discovery. (S)  
**9.00** RTÉ NEWS (S)  
**9.35** PRIME TIME (S)  
**10.10** ONCE UPON A TIME IN NORTHERN IRELAND An insight look at how the police and the army infiltrated paramilitary organisations. (S)  
**11.15** PAGE TURNERS With the members of the Tertulia book club, who chats literary classics over tea and coffee. (R, S)  
**12.20** HARRY WILD Starring Jane Seymour. (R, S) **1.20** Prime Time (R, S) **1.55** Telly Bingo (R, S) **2.10** Doctors (R, S) **2.40** Dr Phil (S) **3.25** EuroNews

## BBC ONE

**6.00** BREAKFAST (S) **9.15** Countryfile Treasures (S) **10.00** Dom Does America (R, S) **10.30** Defenders UK (R, S) **11.15** Homes Under the Hammer (S) **12.15** Bargain Hunt. Game show. (R, S)

**1.00** BBC NEWS AT ONE (S)  
**1.30** BBC NEWSLINE (S)  
**1.45** ANIMAL PARK (S)  
**2.30** RICK STEIN'S CORNWALL (R, S)  
**3.00** I ESCAPED TO THE COUNTRY From Shropshire. (R, S)  
**3.45** MAKE IT AT MARKET (R, S)  
**4.30** THE REPAIR SHOP (R, S)  
**5.15** POINTLESS (S)  
**6.00** BBC NEWS AT SIX (S)  
**6.30** BBC NEWSLINE (S)  
**7.00** RIP OFF BRITAIN: HOLIDAYS Planes and airlines that don't always understand the needs of disabled tourists. (R, S)  
**7.30** EASTENDERS Kat supports Ben through an assessment. (S)  
**8.00** CELEBRITY MASTERCHEF Good communication is certainly key as the four remaining celebrities face three more culinary challenges. (S)  
**9.00** WHO DO YOU THINK YOU ARE? Liz Carr traces her family tree, discovering a paternal ancestor was involved in the attempted murder of a landlord in Armagh in the 1850s. (R, S)  
**10.00** BBC NEWS AT TEN (S)  
**10.30** BBC NEWSLINE (S)  
**10.40** THE PADDY RAFF SHOW Granny Raff gets a surprise visitor for Valentine's Day. (R, S)  
**11.10** FILM: ELIZABETH: THE GOLDEN AGE (2007) Historical drama sequel, starring Cate Blanchett. ★★★★★ (S)  
**12.55** BBC NEWS Headlines. (S)

## RTE TWO

**6.00 EURONEWS 7.55** TRTÉ **12.00** FILM: WOLFALKERS (2020) Animated adventure, featuring the voice of Honor Kneafsey. ★★★★★ (S)

**1.55** TRTÉ: SHAUN THE SHEEP (R, S)  
**2.05** LOST & FOUND MUSIC STUDIOS (R, S)  
**2.30** FIRST DAY (R, S)  
**3.00** NOVA JONES (R, S)  
**3.30** LIONS V HYENAS (R, S)  
**4.30** THE SIMPSONS (R, S)  
**5.00** THE GOLDBERGS (S)  
**5.30** THE BIG BANG THEORY (R, S)  
**6.00** SHORTLAND STREET Hospital drama series set in an accident and emergency ward. (R, S)  
**6.30** HOME AND AWAY Eden bristles at Mercedes after being woken by her violin practice. (R, S)  
**7.00** SUPER RICH SLEEPOVERS Sally Lindsay heads to Marbella to stay at hosts Helen and Hans' six-bedroom villa. (S)  
**8.00** GRAND DESIGNS Neurologists Penny Talelli and Mark Edwards transform a derelict Victorian gatehouse in London. (R, S)  
**9.00** FILM: THE HANGOVER PART III (2013) Drinking buddies Phil, Stu and Alan are forced by the Mob to track down manic gangster Mr Chow. Comedy sequel, starring Bradley Cooper and Zach Galifianakis. ★★ (S)  
**10.50** YELLOWSTONE John makes swift changes at the Capitol, and Rip updates John on his solution to the wolves. (R, S)  
**11.55** DOLLFACE The friends attend an all-female musical festival. Jules teams up with a teenager to find her friends. (R, S)  
**12.25** DOLLFACE (R, S) **1.00** Line of Duty (R, S) **2.10** EuroNews. Headlines.

## BBC TWO

**6.30** BARGAIN HUNT (R, S) **7.15** Animal Park (R, S) **8.00** Sign Zone: Electric Cars: What They Really Mean for You (R, S) **9.00** Nicky Campbell (S) **11.00** BBC News (S) **12.45** Impossible. Quiz, hosted by Rick Edwards. (R, S)

**1.30** MASTERMIND (R, S)  
**2.00** CYCLING: WORLD CHAMPIONSHIPS 2023 Coverage of the women's road time trial, as the championships continue in Glasgow. (S)  
**4.45** PORTILLO'S STATE SECRETS (R, S)  
**5.15** FLOG IT! (R, S)  
**6.00** THE FARMERS' COUNTRY SHOWDOWN (R, S)  
**6.30** THE FARMERS' COUNTRY SHOWDOWN (R, S)  
**7.00** MEDITERRANEAN WITH SIMON REEVE (R, S)  
**8.00** THE HIDDEN WORLD OF HOSPITALITY WITH TOM KERRIDGE The chef discovers how some businesses are finding clever ways to build and retain strong, effective teams. (S)  
**9.00** GARDENERS' WORLD Frances Tophill gives viewers an update on her first garden. (S)  
**10.00** NO ACTIVITY (R, S)  
**10.25** LAUGH LESSONS (R, S)  
**10.30** NEWSNIGHT (S)  
**11.10** WEATHER (S)  
**11.15** GOLF: THE WOMEN'S OPEN Highlights of day one of the Major Championship. (S)  
**12.15** THE HIDDEN WORLD OF HOSPITALITY WITH TOM KERRIDGE (R, S) **1.15** Sign Zone: Garden Rescue. With Charlie Dimmock. (R, S) **2.00** Sign Zone: Clean It, Fix It (R, S) **2.45** Sign Zone: Celebrity MasterChef (R, S) **4.15** This Is BBC Two (S)

## VIRGIN ONE

**6.10** THE SIX O'CLOCK SHOW Chat show. (R, S) **7.00** Ireland AM (S) **10.00** This Morning **12.30** News at 12:30 (S)

**1.00** THE CHASE (S)  
**2.00** THE CHASE (S)  
**3.00** LOOSE WOMEN  
**4.00** PAUL O'GRADY: FOR THE LOVE OF DOGS The comedian ends his stay meeting Battersea's ugliest dog. (R, S)  
**4.30** JUDGE JUDY Double bill.  
**5.30** NEWS AT 5.30 (S)  
**6.05** THE SIX O'CLOCK SHOW Chat show, featuring celebrity interviews, and guidance on a wide range of topics. (S)  
**7.00** NEWS AT 7 (S)  
**7.30** EMMERDALE Laurel is terrified, and Dan and Amelia set off after saying their veiled goodbyes. (S)  
**8.00** EMMERDALE It remains to be seen whether Nate will escape the dodgy double dealing. (S)  
**8.30** BRADLEY & BARNEY WALSH: BREAKING DAD The duo arrive in Ohio, where they head for Dayton – the birthplace of aviation – before the pair attend a local rodeo later. (R, S)  
**9.00** DESPERATE MEASURES Rowan hits upon a plan to rob the bank where she works. After her ex-boyfriend Patrick agrees to help, he suggests planting a spy camera on Varisha to get the safe codes. (S)  
**10.00** MICHAEL PALIN: INTO IRAQ Michael continues his journey into the heart of Iraq, with visits to Kirkuk and Tikrit.  
**11.00** THE CONTROL ROOM Thriller, starring Iain De Caestecker and Joanna Vanderham. (R, S)  
**12.15** MUM (R, S) **1.35** The Hotel Inspector. With Alex Polizzi. (R, S)

## CHANNEL 4

**6.15** COUNTDOWN (R, S) **6.55** Cheers (R, S) **7.50** Everybody Loves Raymond (R, S) **8.40** Frasier (R, S) **9.40** The Big Bang Theory (R, S) **10.35** The Simpsons (R, S) **11.35** Channel 4 News Summary (S) **11.40** Four in a Bed (R, S)

**1.10** FOUR IN A BED (R, S)  
**1.40** FOUR IN A BED (R, S)  
**2.10** COUNTDOWN (S)  
**3.00** A PLACE IN THE SUN (R, S)  
**4.00** A NEW LIFE IN THE SUN: WHERE ARE THEY NOW? A return to Portugal. (R, S)  
**5.00** SUN, SEA AND SELLING HOUSES (R, S)  
**6.00** THE SIMPSONS Lisa falls in with a bad crowd. (R, S)  
**6.30** HOLLYOAKS Goldie receives some bad news. (R, S)  
**7.00** CHANNEL 4 NEWS (S)  
**8.00** THE DOG ACADEMY Yorkshire terrier Marley adores his owner Louise, but suffers severe stress whenever she leaves the room. Last in the series. (S)  
**9.00** THE SUPERVET: NOEL FITZPATRICK Eight-month-old Labrador puppy is rushed in after being hit by a car. (S)  
**10.00** THE GIRL FROM PLAINVILLE The trial begins and a new Michelle emerges. (S)  
**11.05** 24 HOURS IN A&E Twenty one-year-old Connor is rushed in after a motorbike accident. (R, S)  
**12.05** SKY COPPERS (R, S) **1.00** FILM: ASSASSINATION NATION (2018) Comedy thriller, starring Odessa Young. ★★★★★ (S) **2.45** Becoming Elizabeth (R, S) **3.45** The Great Big Tiny Design Challenge with Sandi Toksvig (R, S) **4.40** Undercover Boss Australia (R, S) **5.30** Beat the Chef (R, S) **5.55** Find It, Fix It, Flog It (R, S)

## VIRGIN TWO

**7.10** THE SWITCH (R, S) **8.10** Tipping Point (R, S) **9.10** The Chase (R, S) **11.10** Eggheads. Quiz show. (S) **12.30** In for a Penny (R, S)

**1.00** DRESS TO IMPRESS (R, S)  
**2.00** JUDGE RINDER (S)  
**3.00** ALPHABETICAL (R, S)  
**4.00** TIPPING POINT (S)  
**5.00** TIPPING POINT (S)  
**6.00** THE CHASE Contestants Kerry, Amy, Paul and Rory take on today's Chaser. (R, S)  
**7.00** THE CHASE Quiz show, hosted by Bradley Walsh. (R, S)  
**8.00** TIPPING POINT: LUCKY STARS With the Rev Richard Coles, Toyah Willcox and Sharron Davies. (R, S)  
**9.00** LOADED IN PARADISE The five pairs are back on the Chase on the island of los.  
**10.00** IAIN STIRLING'S CELEBABILITY Entertainment game show.  
**10.45** VANDERPUMP RULES (S)  
**11.45** THE REAL HOUSEWIVES OF NEW JERSEY (S)  
**12.45** OUT OF THE WOODS  
**1.45** Love Island: Australia (R)

## VIRGIN MORE

**12.55** CLASSIC UEFA CHAMPIONS LEAGUE Action from the 2011 final.  
**1.50** SPORT STORIES: GRAEME SOUNESS  
**2.40** EXTREME E MAGAZINE SHOW The latest news.  
**3.10** BEST OF UEFA CHAMPIONS LEAGUE 2022/2023  
**3.35** 9 DAYS IN BERLIN  
**4.05** UCL DEFINING MOMENTS  
**5.00** FORMULA E HIGHLIGHTS  
**5.55** CLASSIC UEFA CHAMPIONS LEAGUE  
**6.50** 9 DAYS IN BERLIN  
**7.45** BEST OF UEFA CHAMPIONS LEAGUE 2022/2023  
**8.10** CLASSIC 6 NATIONS A memorable encounter between Ireland and England from 2001.  
**9.00** THE BAY Crime drama series, starring Morven Christie.  
**9.50** MRS BIGGS  
**10.55** BAD CHEFS  
**11.45** SPORT STORIES: JOHN ALDRIDGE  
**12.35** SPORT STORIES: JOHN ALDRIDGE **1.25** Extreme E Magazine Show. The latest news.

## UTV

**9.00** LORRAINE (S) **10.00** This Morning (S) **12.30** Loose Women (S)

**1.30** ITV LUNCHTIME NEWS (S)  
**1.55** UTV LIVE (S)  
**2.00** JAMES MARTIN'S ISLANDS TO HIGHLANDS (R, S)  
**3.00** LINGO (R, S)  
**3.59** UTV WEATHER (S)  
**4.00** TIPPING POINT (R, S)  
**5.00** THE CHASE (R, S)  
**6.00** UTV LIVE (S)  
**6.30** ITV EVENING NEWS (S)  
**7.30** EMMERDALE (S)  
**8.30** DANGEROUS DOGS: WHAT'S THE TRUTH? TONIGHT (S)  
**9.00** CODE BLUE: THE KILLING OF JUNE FOX-ROBERTS (S)  
**10.00** ITV NEWS AT TEN (S)  
**10.30** UTV LIVE  
**10.45** HEATHROW: BRITAIN'S BUSIEST AIRPORT (R, S)  
**11.45** ALL ELITE WRESTLING: RAMPAGE (S)  
**12.40** THE MASKED SINGER (R, S) **1.50** Winning Combination (R, S) **2.45** Euro 96 England v Germany – ITV Football Classics (R, S)

## VIRGIN THREE

**6.30** THE CHASE AUSTRALIA **8.00** Born to Be Wild **9.15** Loose Women **10.15** Judge Judy **11.15** The Switch **12.15** Judge Rinder **1.15** The Royal **2.15** Emmerdale **2.45** Coronation Street **3.50** The Hotel Inspector **4.50** Heartbeat **5.55** Agatha Christie's Marple **7.55** Heartbeat. With Lloyd McGuire and Geoffrey Hughes. **9.00** Morse and the Last Endeavour **10.00** Emmerdale **10.30** Emmerdale **11.00** SeaChange **12.10** Buried Treasure

## TG4

**6.00** CÚLA 4 **10.40** Aímhíthe Craiceáilte **11.10** The Golden Girls **12.10** A Chef's Life **12.40** Blasta **1.10** Hart to Hart **2.05** Shark Tank **3.00** Cúla 4 **5.27** An Aimsir Láithreach **5.30** Na Slimmors **6.00** The Golden Girls **6.57** An Aimsir Láithreach **7.00** Nuacht TG4 **7.15** Abair Amhrán **7.30** Mná na Talún **8.00** An Cósá Thiar **8.30** Na Ceithre Ráithe sna Déise **9.00** Glór Tíre: Rogha & Togha **9.30** Fleadh23 Beo **11.02** An Aimsir Láithreach **11.05** Fíorscéal **12.10** No Tears **1.10** Shark Tank

## SKY SHOWCASE

**6.00** THE EARLY RUNDOWN **7.00** Kay Burley **8.00** Monkey Life **9.00** Nothing to Declare **10.00** The Flash **11.00** NCIS: New Orleans **1.00** Hawaii Five-0 **2.00** MacGyver **3.00** The Equalizer **4.00** A League of Their Own **5.00** The Simpsons **5.30** American Auto **6.30** The Simpsons **8.00** The 00s: Cinema's Greatest Decade **9.00** And Just Like That **10.00** Mission to Burnley **11.00** Magnum PI **12.00** Then You Run **1.00** Road Wars **2.00** Caught on Dashcam **3.00** Hawaii Five-0

## SKY ATLANTIC

**6.00** URBAN SECRETS **7.55** Boardwalk Empire **10.05** The Sopranos **12.15** Game of Thrones **1.20** Britannia **3.30** Boardwalk Empire **5.45** The Sopranos **7.55** Game of Thrones **9.00** True Detective. Matthew McConaughey stars. **10.10** Winning Time: The Rise of the Lakers Dynasty **11.30** Billions **12.40** Billions **1.45** Domina **2.50** Game of Thrones **4.00** Urban Secrets **5.00** NEW Billions

## MAIN EVENT

**6.00** SKY SPORTS NEWS **7.00** Good Morning Sports Fans **8.00** Good Morning Sports Fans **9.00** LIVE Good Morning Sports **10.00** Sky Sports News **11.00** LIVE Women's Golf. The AIG Women's Open. Coverage of day one of the Major Championship. **6.00** LIVE The Hundred Live. Birmingham Phoenix Men v Welsh Fire Men. **9.30** LIVE PGA Tour Golf. The FedEx St Jude Championship. **11.00** Sky Sports News **12.00** Sky Sports News

## TNT SPORTS 1

**6.00** MOTOGP REWIND **6.15** PTO Triathlon **7.15** WWE NXT **9.00** Ariel Helwani Meets **10.00** MotoGP Highlights **11.00** MotoGP Films **12.00** UEFA Champions League **3.00** PTO Triathlon **4.00** MotoGP Highlights **5.00** MLB: Off The Bat **5.30** LIVE MLB **9.00** MLB Plays of the Week **9.30** Ligue 1 Highlights **10.30** Ligue 1 Show **11.00** Premier League – The Big Interview **11.30** LIVE MLB **3.00** 2020 World Series Review **4.00** MLB Classic

# FRIDAY



**BILLIONS, SKY ATLANTIC & NOW, 9PM** Wendy, Wags and Taylor turn to an old pal for some guidance, while Chuck aligns with an unlikely ally in hopes of ending his freedom. Prince's political ambition, meanwhile, comes with an unexpected twist – and his intentions are met with some skepticism.

● ALSO RECOMMENDED: SEE TV PICKS ON PAGE 32

## RTE ONE

**6.00 EURONEWS 6.40** Teleshopping (R, S) **7.50** Keeping Up Appearances (R, S) **8.25** Lark Rise to Candleford (R, S) **9.25** The Kelly Clarkson Show (S) **10.15** Bridge of Lies (S) **11.15** The Repair Shop (S) **12.10** Doctors (S) **12.45** Telly Bingo. Game show. (S)

**1.00 RTÉ NEWS (S)**  
**1.15 HOME AND AWAY (S)**  
**1.45 SHORTLAND STREET (S)**  
**2.15 FAIR CITY (R, S)**  
**2.45 EASTENDERS (R, S)**  
**3.20 WEATHER**  
**3.30 MASTERCHEF: THE PROFESSIONALS (S)**  
**4.40 SELLING IRELAND'S DREAM HOMES (R, S)**  
**5.45 NUACHT**  
**5.55 RTÉ NEWS WITH SIGNING**  
**6.00 THE ANGELUS**  
**6.01 RTÉ NEWS (S)**  
**6.30 REELING IN THE YEARS** News and music from 1983. (R, S)  
**7.00 NATIONWIDE (S)**  
**7.30 FAIR CITY** Gar is put under pressure by the arrival of his brother Fergal. (S)  
**8.00 FLEADH CHEOIL** Sharon Shannon plays at Canton Casey's in Mullingar. (R, S)  
**8.30 YOUNG SHELDON** Missy makes a new friend. (S)

**9.00 RTÉ NEWS (S)**  
**9.35 FILM: JUST MERCY (2019)** A death row prisoner, with the help of a young civil rights defence attorney, appeals his murder conviction. Fact-based drama, starring Michael B Jordan and Jamie Foxx. ★★★★★ (S)

**12.05 FILM: FINDING YOUR FEET (2017)** Comedy, starring Imelda Staunton. ★★★ (S) **2.10** Nationwide (R, S) **2.40** Telly Bingo (R, S) **2.50** Doctors (R, S) **3.20** EuroNews

## RTE TWO

**6.00 EURONEWS 7.55 TRTÉ 8.25** Live FIFA Women's World Cup (S) **10.30 TRTÉ 12.00 FILM: THE MUPPETS TAKE MANHATTAN (1984)** Kermit, Miss Piggy, Fozzie Bear and company try to take Broadway by storm with their college show. Puppet comedy, with Liza Minnelli. ★★★★★ (S)

**1.45 DUBLIN HORSESHOW** Ruby Walsh is joined by Gerry Mullins and Nicola Fitzgibbon for live coverage of the Nations' Cup from the RDS. (S)

**6.00 SHORTLAND STREET** Long-running hospital drama set in a New Zealand accident and emergency ward. (R, S)

**6.30 HOME AND AWAY** Andrew struggles to adjust to his new life, and Eden seeks common ground with Mercedes. (R, S)

**7.00 FIFA WOMEN'S WORLD CUP HIGHLIGHTS** Action from the opening two quarter-finals in New Zealand, held at Wellington Regional Stadium and Eden Park in Auckland. (S)

**7.30 LEAGUE OF IRELAND LIVE** Full coverage of a match from Ireland's elite competition. (S)

**10.00 FILM: PULP FICTION (1994)** A series of interlinked stories about the Los Angeles underworld. A hitman plays minder to his boss's wife, and he and his partner deal with a dead body following a mishap with a gun. Meanwhile, a washed-up boxer goes on the run after refusing to throw a fight, and two lovers plot a hold-up in a diner. Crime drama, starring John Travolta and Samuel L Jackson. ★★★★★ (S)

**12.50 LIVE AT THE APOLLO (S)** **1.45** The Outlaws (R, S) **3.00** EuroNews

## VIRGIN ONE

**6.10 THE SIX O'CLOCK SHOW** Chat show. (R, S) **7.00** Ireland AM (S) **10.00** This Morning **12.30** News at 12:30 (S)

**1.00 THE CHASE** Quiz show, hosted by Bradley Walsh. (S)

**2.00 THE CHASE (S)**  
**3.00 LOOSE WOMEN** Topical debate from a female perspective.  
**4.00 PAUL O'GRADY: FOR THE LOVE OF DOGS** Paul meets seven staffie puppies whose mother has rejected them. (R, S)  
**4.30 JUDGE JUDY** Double bill.  
**5.30 NEWS AT 5.30 (S)**  
**6.05 THE SIX O'CLOCK SHOW** Featuring celebrity interviews and food from leading chefs. (S)  
**7.00 NEWS AT 7 (S)**  
**7.30 EMMERDALE** Confusion at the B&B and Bob shows a darker side, and Lydia has an idea. (S)  
**8.00 CORONATION STREET** Stephen's conscience is pricked when he meets Rufus's son. Meanwhile, Peter shocks Carla with a confession. (S)  
**8.30 CORONATION STREET** Gemma strikes a bargain with Henry, and Lauren has a trial at the cafe. (S)  
**9.00 MALPRACTICE** As the Medical Investigation Unit continues to examine whether she is fit to practise, Lucinda learns more about why her patient died. (S)

**10.00 FILM: MARLEY & ME (2008)**  
 A look at the journalist John Grogan's account of life with a mischievous golden Labrador he bought for his wife. Comedy drama, starring Owen Wilson and Jennifer Aniston. ★★★

**12.20 GOGGLEBOX IRELAND (R, S)** **1.25 FILM: THE SECRETS SHE KEEPS (2021)** Premiere. Thriller, starring Zoe Cramond. ★★★

## VIRGIN TWO

**7.10 THE SWITCH (R, S)** **8.10** Tipping Point (R, S) **9.10** The Chase. Quiz. (R, S) **11.10** Eggheads. Quiz show. **12.30** In for a Penny (R, S)

**1.00 DRESS TO IMPRESS (R, S)**  
**2.00 JUDGE RINDER (S)**  
**3.00 ALPHABETICAL (R, S)**  
**4.00 TIPPING POINT (S)**  
**5.00 TIPPING POINT (S)**  
**6.00 THE CHASE** Bradley Walsh asks the questions as players Mick, Roberta, Danny and Katie take part. (R, S)  
**7.00 THE CHASE** Quiz show, hosted by Bradley Walsh. (R, S)  
**8.00 CELEBRITY CATCHPHRASE** With David James, Chelcee Grimes and Marvin Humes. Stephen Mulhern hosts. (R, S)  
**9.00 LOADED IN PARADISE**  
**10.00 UFC: THE ULTIMATE FIGHTER (S)**  
**11.00 THE JONATHAN ROSS SHOW** With Ed Sheeran. (R, S)  
**12.00 THE CABINS (R)** **1.00** Love Island: Australia (R) **2.05** Vanderpump Rules. Part one of two. (R) **3.00** Live Bellator MMA. Logan Storley v Brennan Ward. (S)

## VIRGIN THREE

**6.30 THE CHASE AUSTRALIA 8.00** Born to Be Wild **9.15** Loose Women **10.15** Judge Judy **11.15** The Switch **12.15** Judge Rinder **1.15** The Royal **2.15** Emmerdale **3.20** Paul O'Grady: For the Love of Dogs **3.50** The Hotel Inspector **4.50** Heartbeat **5.55** Agatha Christie's Marple **7.55** Heartbeat **9.00** Trigger Point **10.00** Coronation Street **10.30** Coronation Street **11.00** Emmerdale **11.30** The Loch **12.30** Victoria. Period drama. **1.30** The Loch

## TG4

**6.00 CÚLA 4 10.40** Ainmhithe Craiceáilte **11.10** The Golden Girls **12.10** A Chef's Life **12.40** Blasta **1.10** Hart to Hart **2.05** Shark Tank **3.00** Cúla 4 **5.52** An Aimsir Láithreach **5.55** Domhan an Dúira – Sioráf is a Lao **6.57** An Aimsir Láithreach **7.00** Nuacht TG4 **7.15** Abair Amhrán **7.30** FILM Two Rode Together (1961) ★★★ **9.30** Fleadh23 Beo **11.32** An Aimsir Láithreach **11.35** Small Axe: Mangrove **2.00** Nuacht TG4 **2.15** Fleadh23 Beo **3.45** Go Gasta **4.40** Geantraí

## VIRGIN MORE

**1.10 CLASSIC UEFA CHAMPIONS LEAGUE**  
**2.05 SPORT STORIES: GRAEME SOUNESS**  
**2.55 CLASSIC 6 NATIONS**  
**3.50 FORMULA E VS CHEETAH**  
**4.20 A SHORT HISTORY OF THE UCL**  
**5.10 FORMULA E HIGHLIGHTS**  
**6.05 CLASSIC UEFA CHAMPIONS LEAGUE** Liverpool v Tottenham Hotspur.  
**7.00 CLASSIC 6 NATIONS** Ireland v Scotland from 2004.  
**7.30 FORMULA E: THE RECHARGE** Taking a look back at recent events.  
**8.00 FORMULA E: THE RECHARGE**  
**8.30 FORMULA E: THE RECHARGE**  
**9.00 TITANIC** Barnes finds Watson loitering in steerage.  
**9.50 EXTREME E MAGAZINE SHOW** The latest news from the motor racing series.  
**11.30 LIVE BELLATOR MMA** Coverage of the preliminary bouts for Bellator 298.

## SKY SHOWCASE

**6.00 THE EARLY RUNDOWN 7.00** Breakfast With Anna Jones **8.00** Monkey Life **9.00** Nothing to Declare **10.00** The Flash **11.00** NCIS: New Orleans **1.00** Hawaii Five-0 **2.00** MacGyver **3.00** The Equalizer **4.00** A League of Their Own **5.00** The Simpsons **5.30** American Auto **6.30** Live FNF **10.15** Mission to Burnley **11.15** Then You Run **12.15** Rob & Romesh vs Classical Music **1.15** The Blacklist **2.10** Caught on Dashcam **3.05** Hawaii Five-0 **4.00** MacGyver

## SKY ATLANTIC

**6.00 URBAN SECRETS 7.55** Boardwalk Empire **10.05** The Sopranos **12.15** Game of Thrones **1.20** Britannia **3.30** Boardwalk Empire **5.45** The Sopranos **7.55** Game of Thrones. Tyrion plots to identify Cersei's spy on the small council. **9.00** Billions **10.00** Domina **11.10** True Detective **12.15** The Staircase **1.25** Banshee **2.30** Game of Thrones **3.35** In Treatment **4.05** Urban Secrets

## BBC ONE

**6.00 BREAKFAST (S)** **9.15** Countryfile Treasures (S) **10.00** Dom Does America (R, S) **10.30** Defenders UK (R, S) **11.15** Homes Under the Hammer (R, S) **12.15** Bargain Hunt. Eric Knowles hosts. (S)

**1.00 BBC NEWS AT ONE (S)**  
**1.30 BBC NEWSLINE (S)**  
**1.45 ANIMAL PARK (S)**  
**2.30 RICK STEIN'S CORNWALL** The north Cornish coast. (R, S)  
**3.00 I ESCAPED TO THE COUNTRY** From the West Country. (R, S)  
**3.45 MAKE IT AT MARKET (R, S)**  
**4.30 THE REPAIR SHOP (R, S)**  
**5.15 POINTLESS (S)**  
**6.00 BBC NEWS AT SIX (S)**  
**6.30 BBC NEWSLINE (S)**  
**7.00 RIP OFF BRITAIN: HOLIDAYS (R, S)**  
**7.30 FAST TRACK TO GLORY: OUR LIVES** The fortunes of a determined woman chasing her first season as a racing driver. (S)  
**8.00 QUESTION OF SPORT** With Joleon Lescott, Jazmin Sawyers, Anthony Ogogo, and Keely Hodgkinson. (S)  
**8.30 WOULD I LIE TO YOU?** Material from the comedy panel show, not originally shown in the series 16 episodes. (R, S)  
**9.00 CELEBRITY MASTERCHEF** The contestants have to cook a two-course meal in a bid to make the semi-finals. (S)

**9.30 ● THE POWER OF PARKER (S)**  
**10.00 BBC NEWS AT TEN (S)**  
**10.30 BBC NEWSLINE (S)**  
**10.40 FILM: 21 BRIDGES (2019)** Thriller, starring Chadwick Boseman, Sienna Miller and JK Simmons. ★★★★★ (S)

**12.10 WEATHER FOR THE WEEK AHEAD (S)** **12.15** BBC News (S)

## BBC TWO

**6.30 GLORIOUS GARDENS FROM ABOVE (R, S)** **7.15** Animal Park (R, S) **8.00** Sign Zone: Gardeners' World (R, S) **9.00** Nicky Campbell (S) **11.00** BBC News (S) **12.45** Impossible (R, S)

**1.30 MASTERMIND** Specialist subjects include the motorways of England and the Poldark novels. (R, S)

**2.00 GREAT BRITISH MENU** The two remaining South West chefs try to impress the judges. (R, S)

**2.30 CYCLING: WORLD CHAMPIONSHIPS 2023** Coverage of the men's individual time-trial, as the annual event continues in Glasgow. (S)

**5.15 FLOG IT!** Paul Martin presents from Capesthorpe Hall in Cheshire. (R, S)

**6.15 THE HUNDRED** Northern Superchargers v Oval Invincibles (Start-time 6.30pm). Coverage of the men's match from Headingley, Leeds. (S)

**9.30 MORTIMER & WHITEHOUSE: GONE FISHING** Paul and Bob head to a lake deep in the Surrey Hills, an area of outstanding natural beauty. (R, S)

**10.00 PRIDE LIVE AT THE APOLLO** Part one of two. Celebrating LGBT+ stand-up comedy. (R, S)

**10.30 NEWSNIGHT (S)**  
**11.00 WEATHER (S)**  
**11.05 GOLF: THE WOMEN'S OPEN** Highlights of day two. (S)  
**12.05 EARTH (R, S)** **1.05** Sign Zone: Panorama (R, S) **1.35** Sign Zone: A Wright Family Holiday (R, S) **2.05** Sign Zone: Couples Therapy (R, S) **2.35** Sign Zone: The Hidden World of Hospitality with Tom Kerridge (R, S) **3.35** This Is BBC Two (S)

## CHANNEL 4

**6.15 COUNTDOWN (R, S)** **6.55** Cheers (R, S) **7.50** Everybody Loves Raymond (R, S) **8.40** Frasier (R, S) **9.40** The Big Bang Theory (R, S) **10.35** The Simpsons (R, S) **11.35** Channel 4 News Summary (S) **11.40** Four in a Bed (R, S)

**1.10 FOUR IN A BED (R, S)**  
**1.40 FOUR IN A BED (R, S)**  
**2.10 COUNTDOWN (S)**  
**3.00 A PLACE IN THE SUN (R, S)**  
**4.00 A NEW LIFE IN THE SUN: WHERE ARE THEY NOW?** A return to Majorca. (R, S)  
**5.00 SUN, SEA AND SELLING HOUSES (R, S)**  
**6.00 THE SIMPSONS** A dejected Santa's LittleHelper runs away from home. (R, S)  
**6.30 HOLLYOAKS** Things begin to get ugly between James and the McQueens. (R, S)  
**7.00 CHANNEL 4 NEWS (S)**  
**8.00 MILLIONAIRE HOARDERS** Experts sift through the nine-bed Georgian home of retired artists Carole and Roger. (S)  
**9.00 8 OUT OF 10 CATS DOES COUNTDOWN** Jimmy Carr hosts as Jon Richardson and Katherine Ryan take on Richard Ayoade and Laura Smyth. (S)  
**10.00 THE LAST LEG** Rylan and Rose Matafeo join in the comic review. Last in the series. (S)  
**11.05 ADAM HILLS: GROW ANOTHER FOOT (S)**  
**12.10 FILM: HAPPY DEATH DAY (2017)** Comedy horror, starring Jessica Rothe and Israel Broussard. ★★★★★ (S) **1.45** Ramsay's Kitchen Nightmares USA (R, S) **2.35** Come Dine with Me (R, S) **4.40** Undercover Boss Australia (R, S) **5.30** Beat the Chef (R, S) **5.55** Sunday Brunch Best Bits (S)

## UTV

**6.00 GOOD MORNING BRITAIN (S)** **9.00** Lorraine (S) **10.00** This Morning (S) **12.30** Loose Women (S)

**1.30 ITV LUNCHTIME NEWS (S)**  
**1.55 UTV LIVE (S)**  
**2.00 JAMES MARTIN'S ISLANDS TO HIGHLANDS (R, S)**  
**3.00 LINGO (R, S)**  
**3.59 UTV WEATHER (S)**  
**4.00 TIPPING POINT (R, S)**  
**5.00 THE CHASE (R, S)**  
**6.00 UTV LIVE (S)**  
**6.30 ITV EVENING NEWS (S)**  
**7.00 UTV LIFE (S)**  
**7.30 EMMERDALE (S)**  
**8.00 CORONATION STREET (S)**  
**9.00 THE REUNION (S)**  
**10.50 ITV NEWS (S)**  
**11.20 UTV LIVE (S)**  
**11.35 THE MURDER OF MOLLY MCLAREN: SOCIAL MEDIA MURDERS (R, S)**  
**12.30 KAREN CARNEY'S LEADERS OF THE PACK (R, S)**  
**12.55** Paul Sinha's TV Showdown (R, S) **1.30** All Elite Wrestling: Collision (R, S) **3.10** Cooking with the Stars (R, S) **4.00** Unwind with ITV (S)

## MAIN EVENT

**6.00 SKY SPORTS NEWS 7.00** Good Morning Sports Fans **8.00** Good Morning Sports Fans **9.00** LIVE Good Morning Transfers **10.00** Sky Sports News **11.00** Sky Sports News **12.00** LIVE Women's Golf **6.30** LIVE FNF: Burnley v Manchester City. Action from Turf Moor. **10.45** Mission to Burnley **11.45** PL Greatest Games **12.00** Sky Sports News **2.00** Super League Gold **2.05** LIVE NRLW **3.50** LIVE NRLW **5.50** Super League Gold

## TNT SPORTS 1

**9.00 PREMIER LEAGUE 10.00** Premier League – The Big Interview **10.30** LIVE AFL **1.30** Badminton Weekly **1.45** Rio Ferdinand's Between the Lines **2.15** Premier League Review **5.15** Ligue 1 Highlights **6.15** Ligue 1 – Goals of the Season **7.15** Ligue 1 Show **7.45** LIVE Ligue 1 **10.00** Premier League Preview **10.30** Premier League – The Big Interview **11.00** WWE NXT **12.00** WWE SmackDown **1.00** LIVE WWE Friday Night SmackDown

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