

26 September 2021

Patricia Hodge

'I wish I could have saved my husband from dementia'

SUNDAY EXPRESS

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(1420-1500)



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PHOTOS: PA IMAGES

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On the cover:
Blouse **Sister Jane £69**
Trousers **LPA at Resolve £153**

To see more photos from the archives for your area, visit Memory Lane
memorylane.co.uk



Get this!

Here's what's pulling at our purse strings this week



FLOWER POWER
Blouse **Plümo** £120



SEE THE LIGHT
Lamp **George Home**
at **Asda** £12



DON'T SWEAT IT
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Joggers £59 **both Go by Ghost**



IN FRINGE
Bag **Ba&sh** £360



THAT CINCHES IT
Leather waistcoat
Mango £229.99



JUST ADD FLOWERS
Vase **Boohoo**
£18



TO THE POINT
Shoes **Charles & Keith** £45



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Wearcommando.com
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Bag Next £38



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Codex Beauty
Labs £36



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Dress Little Mistress £68



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Spring £22



**TAKE A
STEP**
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Williams
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quality for all



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Reviews

STEREOPHONICS

Kelly Jones and the lads are back with another belter of a single - *Hanging On Your Hinges* - ahead of a new album and tour next year. The album, *Oochya!*, isn't out until March, but you can grab tickets for the arena shows now, with stops including Manchester, London, Bournemouth and Liverpool. For details, go to stereophonics.com/tour



EVENT

MUSIC

1 Love, Hope, Help! A Day In The Life and War Child Presents Heroes

Charity War Child has released four albums to support its life-saving work, helping children whose lives have been torn apart by war. Whether you're a fan of rock bands such as Muse, Radiohead and Oasis or pop acts like Coldplay and George Michael, there'll be one to suit you. All albums are out now digitally and available to pre-order on vinyl.

For details, go to warchild.org.uk



PHOTOS: SEAN EBSWORTH BARNES, SCARLET PAGE



THEATRE

Back To The Future The Musical

Adelphi Theatre, London

Whether you're a fan of the hit 80s film or are new to the classic time travel adventure, there's lots to like in this high-energy stage production - the set alone is spectacular.

There are plenty of laughs as Marty McFly tries to find his way back to 1985 after being transported back 30 years in his scientist pal Doc Brown's time machine. This musical will keep a smile on your face long after you've left the theatre. Details at lwtheatres.co.uk



The Fault Line: Dying For A Fight

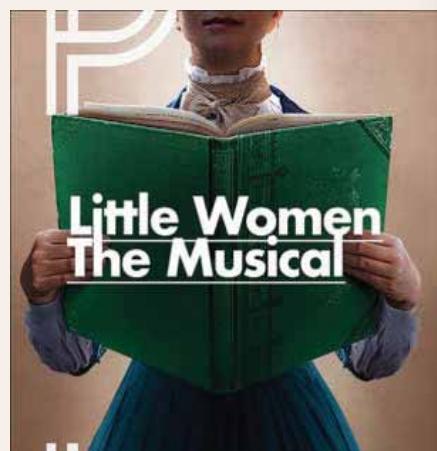
This factual series, made by the people behind the acclaimed *Bush*, *Blair* and *Iraq* series, looks into how Portland in the US became a hotbed for political violence and extremism. Host Sergio Olmos starts by looking at the 2019 death of a prominent member of Portland's anti-fascist movement, 23-year-old Sean Kealiher, who was killed in a hit and run that's still unsolved. Featuring exclusive interviews, it's a sobering listen.

THEATRE

Little Women The Musical

Park Theatre, London (from 11 November)

Having been transformed into two hit films, Louisa May Alcott's literary classic is now returning to the stage. This all-singing, all-dancing version is back in London for the first time in six years. Empowering, heartwarming and devastatingly sad, the show follows the March sisters as second-eldest sibling Jo struggles to find her place in the world. It's the perfect pre-Christmas treat. For details, go to parktheatre.co.uk





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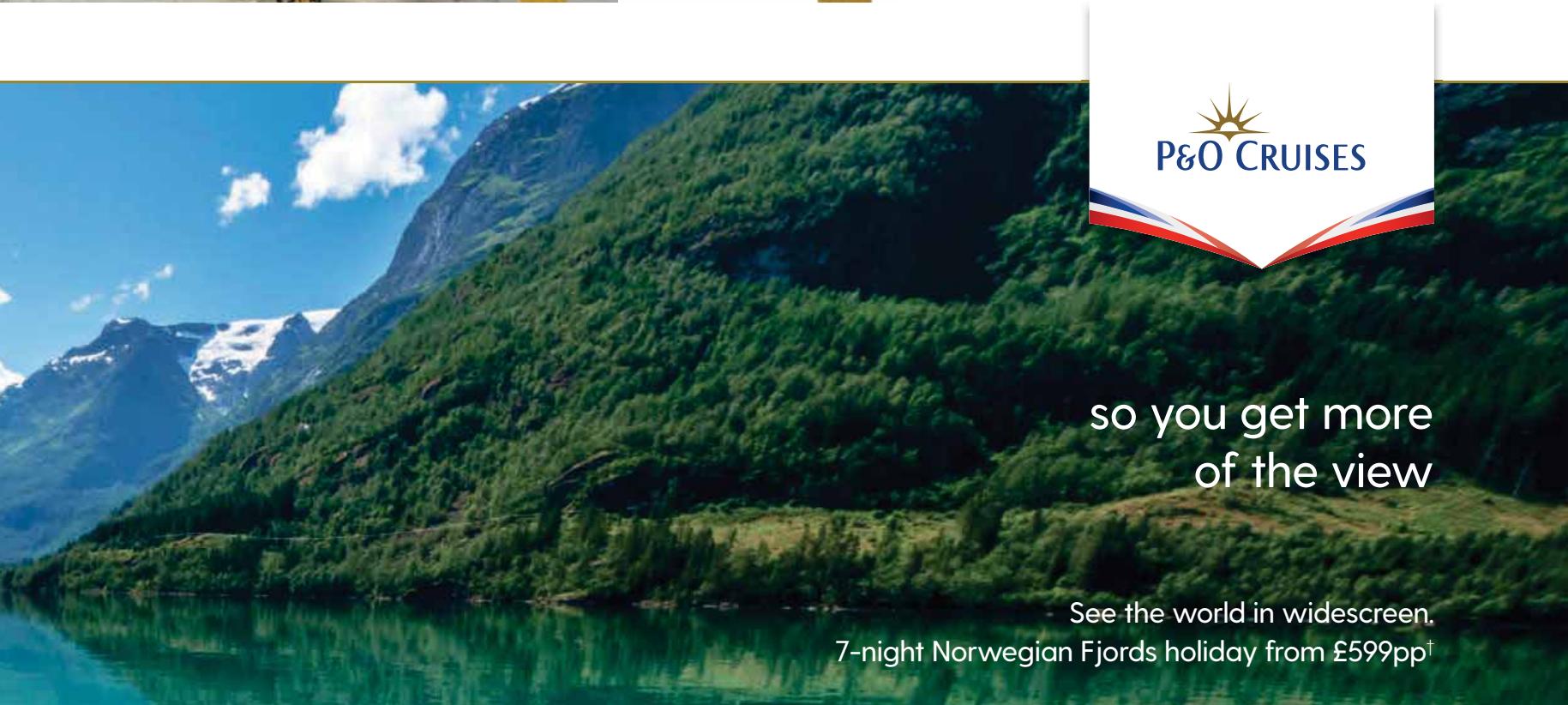
¹Early Saver price of £599 per person is based on two adults sharing the lowest grade of Inside cabin available on Iona G214. Prices are subject to availability and may go up or down. Bookings are made at the relevant cabin grade and a cabin number is allocated by P&O Cruises prior to departure. Dining preferences are not guaranteed. Shuttle buses in port are an additional cost. Early Saver prices apply to new bookings only. These terms and conditions vary, where relevant, to the applicable booking conditions which are otherwise unchanged. For up-to-date prices and full P&O Cruises terms and conditions which you must read before booking, please visit pocrises.com.



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Cardigan **Nasty Gal** £32
Trousers **Scotch & Soda** £125
Heels **Office** £15



Blouse **Sister Jane** £69
Trousers **LPA at Revolve** £153

No need to suffer in silence

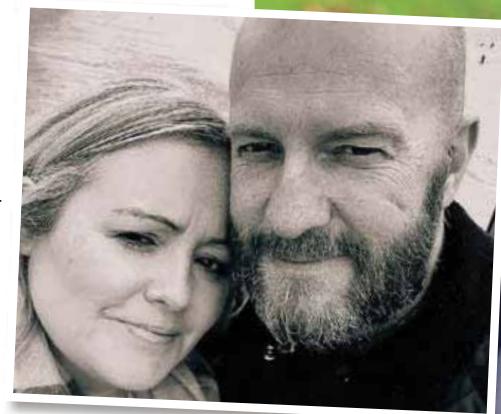
Are you struggling to hear properly? Don't delay - head to Specsavers and get your hearing checked out

Hearing loss can happen to any of us at any age and affects one in five adults in the UK*. If you feel your hearing has changed in any way, get it checked. Hearing aids are now extremely effective and discreet - some even look like you are wearing the latest tiny ear buds!

Specsavers has been offering audiology services nationwide for over 20 years. As well as private hearing aids, it's a trusted provider of NHS hearing services in many locations across England - so you'll be in safe hands.

Book an appointment today at one of 900 stores across the UK to assess your hearing and explore its Advance hearing-aid range. Options go from simple devices to feature-packed hearing aids that you can control from your phone.

A hearing aid package costs



Hearing aid packages cost from £495 including a free hearing test and a four-year warranty

from £495 and includes a full free hearing test, a four-year warranty on hearing aids and accessories, and a 100-day money back guarantee**.

Specsavers' experts will help you at every stage of the process, including the ability to fine tune your hearing aid at home with the remote fine tuning app on its latest models.

Hearing aids can take some getting used to, so you can come back in for help if you need it.

Its services extend to other areas of ear care too, such as wax removal and hearing protection. So put half-caught conversations and avoiding noisy bars in the past - book today and find out how you could be able to hear clearly again.

*Anovum - 2018 - Eurotrak UK 2018. **From date of fitting



**HEAR TODAY
For Abby - here
with her partner and
son - her quality
of life has improved**

Abby Jobson, 44

‘What hearing aids mean to me is inclusion. Without being dramatic, I love them! ’

For Abby Jobson, getting hearing aids helped restore her confidence...

"It took me two years to get around to accepting that I needed hearing aids, but now I can hear my other half say 'I love you', and my eight-year-old son when he whispers funny things in my ear.

"In social situations I can now hear what my

friends are saying instead of looking blankly at them and not wanting to ask them to repeat what they said, and I no longer have to piece together parts of conversations.

"All of those things had affected my confidence and quality of life, so what hearing aids mean to me is inclusion. Without being dramatic, I love them!"

For more info and to book a hearing test, visit specsavers.co.uk/hearing

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Vest **Reserved** £29.99
Trousers **Oasis** £42
Heels **Schuh** £28



Stylist: Harriet Wheeler
Photographer: David Venni
Hair and make-up: Anna Gibson
using Mac cosmetics
Model: Sophie Pumfrett at Hive

'I'm so fortunate to have a job I love with no retirement age'

Legendary actress Patricia Hodge on staying positive and her beauty secrets

Patricia Hodge has been entertaining the nation for 40 years, dazzling us with her red hair, delicate features and cut-glass accent. And she's worked with some of the biggest names in film, theatre and TV - from Dame Judi Dench to Hugh Grant.

Her big break came in the long-running TV series *Rumpole Of The Bailey*, then she went on to star in *The Life And Loves Of A She-Devil*, *Waking The Dead* and *A Very English Scandal* to name a few.

One of her most popular roles came aged 65, when she landed the part of Miranda Hart's pushy posh mum Penny in the hit BBC comedy series

Miranda. Millions will never forget her giddy catchphrase: "Such fun!"

Patricia was widowed in 2016 when her music publisher husband Peter - with whom she has two grown-up sons, Alexander and Edward - lost his battle with dementia.

Now, 74, Patricia, an OBE, is back on the box in the iconic Yorkshire vet series *All Creatures Great And Small*, having taken over the role of pooch-mad Mrs Pumphrey after Dame Diana Rigg's death last year. Here, Patricia talks about staying positive, her scary lockdown moment and keeping busy...

Patricia, it's so lovely to see you joining the cast of *All Creatures Great & Small*...

Well, I've been a big fan of it - how can you not be? This last series was absolutely enchanting. And I knew

Margaretta Scott, who played Mrs Pumphrey in the original series (1978-1990). So

when it came to my role in it, they never wanted me to step

straight into Diana's shoes, but to do whatever felt right and what it meant to me.

They say you should never work with children or animals, but you're working closely with a very regal-looking Pekinese known as Tricki Woo...

I have worked with children before and they are absolutely delightful - though I did once work with one who was an absolute little monster. I've never really formed a bond with a dog before, but the one who plays Tricki Woo - Derek in real life - is a really special animal. He has the most amazing disposition.

What's happening with Mrs Pumphrey this series?

Everything is driven by Tricki Woo, you understand. He's the reason for her to keep going to see the vets. But Mrs Pumphrey loves to look after people and is generous with it.

How have you been throughout the lockdowns?

It's been unbelievably difficult for everybody, but I didn't spend



As posh Mrs Pumphrey in *All Creatures Great & Small*

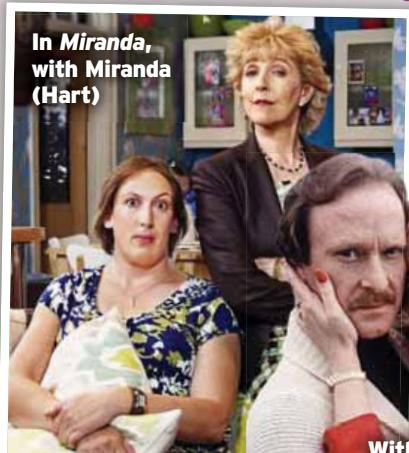
every day thinking, "This is so difficult." When it first happened we all thought, "No, it can't be," and then after a while it was like, "Wow, this is really serious."

It was hard for anyone living alone. How did you cope?

I've always thought there's no point in exercising a lot of energy over something you can do nothing about. So for me it was all about keeping going and staying active, because I knew I had a big professional theatre engagement, *Private Lives*, coming up.

What did you do to stay active?

When the pool was open, I swam a lot. I like to swim every day. I did a three mile walk every day and I read a lot of things that I wouldn't normally have had time for. I even discovered things



With Dennis Waterman in *The Life & Loves Of A She-Devil*



In 2002 with her sons Alexander and Edward

on YouTube, which was a revelation - things that I've never really had time to look at, like amazing archive footage and old films. I was obsessed with that for a while.

Did you and your family all manage to stay clear of the virus throughout?

I was absolutely fine. Deeply unfortunately, having been the most careful young person I know, my older son (Alexander) got it. He was poorly. He'd had one jab, but not the second one. He was not well for about eight days, but he came through.

Did you ever worry that the pandemic might bring your amazing career - and many others' in stage and TV - to an abrupt end?

No, I didn't allow myself to think like that. It would have been a bit too depressing, really. I had no way of knowing if it would all be OK, but I kept the flame of hope alive and believed that we would eventually do *Private Lives*, which was supposed to be on last September. It's been knocked on by an entire year. Just having a goal to aim for was enough.





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WORDS: ANGELA HAGAN PHOTOS: CAMERA PRESS/AUSSA CONNAN; CAMERA PRESS/CLARA MOLDEN/TELEGRAPH; GETTY IMAGES, MIRRORPIX, REX/SHUTTERSTOCK

Do you think you will ever retire?

No, not really. I mean, I think it's such a fortunate thing to have a job that you love, which doesn't have a retirement age - except for when you really can't do it any more, or when it no longer requires your services.

You seem such a strong, positive person. How do you keep that going?

Well, I keep swimming wildly - holding on and trying to keep my head above water, because I wouldn't like to go under!

And you look amazing - hardly a wrinkle in sight! Care to reveal any beauty secrets?

Well, no, the only the only thing I will say is that I am extremely pale-skinned because I'm a redhead. My eyelashes are white and my skin burns like mad. This means I have to be very good [in the sun]. I watch my skin all the time and check it. I did have a dermatologist who said years ago, while pointing at the freckles on my arms, "You do realise that is damage to the skin?" I thought it was just a natural part of my inner make-up. So I keep out of the sun, I'm never in it. I've always been very



pale, when I was younger I was almost anaemic-looking. I can't tell you the number of times I was put on iron pills and iron medicine, because they thought I was extremely anaemic. In fact, it was just my colouring! Nowadays, people love having red hair, but when I was young, I felt like an alien being.

Do you have any regrets in life?

I wish I could say sorry to my husband, because I couldn't save him from his dementia.

Losing Peter after 40 years together must have been very tough for you and your sons Alexander and Edward...

Peter was such a strong and dependable figure in the boys' lives, so we live with great sadness in our hearts, but you just have to get on with life.

What's the biggest thing you've learnt from your extraordinary career?

You never know what's around the corner. You can think things

are sewn up and they're not. I've done television things that you know we're bound to be running for 10 years and they lasted one season. And then similarly, you do things for a bit of fun and suddenly you've got three, four years work out of it. You can never ever predict.

Patricia stars in All Creatures Great & Small on Thursdays, 9pm, Channel 5, and the stage show Private Lives is touring the country



Laura Mulley

Brighten up

Has summer left its mark on your skin? Here's how to salvage sun damage and put a halt to pesky pigmentation for a clearer, more even complexion

For many of us, this summer hasn't been our usual affair - jumpers on in July, pre-flight excitement punctuated with swabs stuck up our nose. But for some, there's one guaranteed summer occurrence that's about as welcome as a swarm of wasps at a picnic: hyperpigmentation. Age spots, sun spots, liver spots - whatever you call them, pigmentation is often just the thing spoiling your post-summer glow.

Defined as an area of skin where the cells have produced more melanin, making it look darker than the surrounding area, pigmentation is often either caused or reactivated by sun exposure, hence why you may notice it more at this time of year.

But there are different types, with different treatment methods. Here's how to send those pesky dark spots packing...

What type of pigmentation do I have?

The two most common types are chronic sun damage, which shows itself as mottled, freckly pigmentation spread over a wide area, and melasma, which is larger patches with an indistinct border, usually on the face.

"We're not completely sure what causes melasma, but hormones play a role," explains cosmetic dermatologist Dr Stefanie Williams, which is why it's not uncommon for women to develop melasma during pregnancy and menopause. "It can also be triggered by sun exposure," she says.

Solar lentigines, also known as sun spots or age spots, are another type. These are brown or black spots that can appear on the hands, chest and face, and are also a result of sun exposure.

Finally, there's post-inflammatory hyperpigmentation (PIH), which are marks left from healed scars, acne spots or other skin conditions, such as eczema.

What products will help?

As with most skin concerns, skincare prescribed by a doctor will be the most effective, on all types of pigmentation. This typically contains a combination of hydroquinone, steroids and tretinoin (a vitamin A derivative). If seeing a specialist isn't an option, the dermatologist-to-your-doorstep services like Dermatica and Skin+Me can give you access to prescription-only ingredients after a short online consultation.

What about off-the-shelf creams?

With over-the-counter skincare, look out for arbutin, kojic acid and azelaic acid in the ingredients list, advises Dr Stefanie. And a good vitamin C serum is great for general maintenance. "Use a vitamin C serum in the morning, then something more specifically anti-pigment in the evening," she says. Glycolic acid, tranexamic acid, niacinamide and retinoids are also well-known skin brighteners.

What clinic treatments are available?

Laser, IPL (intense pulse light) and AFT (advanced fluorescent technology) are popular anti-pigmentation treatments. Laser is one wavelength, IPL is a range of wavelengths and AFT is a hybrid of the two. But make sure you know what type of pigmentation you have before booking.

"Lasers, IPL and AFT are very effective on solar lentigines and mottled sun damage, but I don't advise light treatment on melasma," warns Dr Stefanie. "It can seem to give a good result, then after a few months it can be worse than ever."

Chemical peels can also help, but ensure you're going to a reputable practitioner who offers solid aftercare advice to avoid the risk of developing post-inflammatory

pigmentation from skin shedding that may follow. Expect laser treatments to start from about £200 and chemical peels from £150.

So what if I have melasma?

For this type of pigmentation, Dr Stefanie advises topical products, prescription strength if you can. Also look out for a new tranexamic acid oral medication coming soon, which has seen impressive results.

Are there any gadgets I can use at home?

The LYMA Laser is a new device that promises to deliver medical-grade laser technology safely at home. Our tester reported noticeable results on a facial sun spot after trialling this daily for two months. But it costs an eye-watering £2,000, and you'll need to be sure you can commit to using it daily for up to six months, as that's when you can expect to see optimum results.

Any other tips?

Don't expect miracles to happen overnight. "The key with pigmentation is maintenance," explains Dr Stefanie. "That's the most common mistake people make - they do a treatment then they think it's done. What works well is to start with a clinic or a prescription treatment for three months, then maintain with shop-bought skincare."

I'm already planning next summer's holiday. What can I do to prevent pigmentation from coming back?

"Sun protection goes above everything," Dr Stefanie stresses. "But even with protection, dark spots can still appear. Use your skincare while you're away, and the more you can stay in the shade the better. Antioxidant supplements like Heliocare Oral Capsules, £27 for 60, are also good to add to your routine before you go away."

SKIN REVITALISING SERUMS

Murad Rapid Dark Spot Correcting Serum, £75

Contains tranexamic and glycolic acids to even skin tone and give a gentle exfoliating action - 84% of testers saw a reduction in the look of their pigmentation in just two weeks.



Wild Science Lab Root + Fruit Light Switch Hyperpigmentation Serum, £30

This has azelaic and tranexamic acids combined with soothing natural extracts for glow and hydration.

The INKEY List Tranexamic Acid Night Treatment, £14.99

An overnight serum that can be applied all over the face or dabbed directly onto darker patches.



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Dynamic duo

CBD and manuka honey are superstars in their own right for treating skin inflammation, dryness and blemishes, but now they've finally come together like two A-listers finding their soulmate.

Award-winning US brand **Cannuka** is the first to unite this power pair and, having hit on the optimised way for them to work together, it's bringing its best-sellers here.

You'll find the dream team for healthier, glowing skin in its **Purifying Gel Balm Cleanser, £29**, **Harmonizing Face Cream, £49**, **Calming Eye Balm, £35**, **Hydrating Lip Balm, £8**, and **Healing Skin Balm, £49**, all at cannuka.co.uk.



New scentsation

Is it a robot? No, it's a male fragrance - and a very high-tech one at that. **Paco Rabanne** is out to reboot the beauty universe with **Phantom, £76** at Boots, which is guaranteed to appeal to men who love a gadget.

The scent is a citrus and vetiver blend, programmed for sex appeal, and it's housed in the first ever connected fragrance bottle. Tap a phone on the top, and it'll connect to a whole Phantom Universe with personalised playlists, interactive games and curated filters. The future looks - and smells - amazing.



Staying power

I love the idea of budge-proof liquid lipstick but the reality can be drying, harsh and unflattering. Not so with **Max Factor Colour Elixir Soft Matte, £9.99** at Superdrug, which blots down to a lightweight finish. Any blending residue on my finger works a treat as a cheek stain.

Sleep talking

It's official - taking 40 winks can improve your mood and energy levels. But only if you snooze like a pro!

There are only so many hours in the day, but you should use yours productively by taking a nap. Yep, that's right.

Sleeping in the afternoon is far from lazy - it's smart.

According to the National Sleep Foundation, a daytime doze can increase productivity and rejuvenate you. Consider it an interval, allowing you to put on a fab finale.

Dr Verena Senn, neurobiologist and head of sleep research at Emma The Sleep Company is also a big fan of naps. She says, "Research has shown that naps help to 'reboot' your brain by allowing your body to enter the early, restorative stages of sleep. This improves your memory, learning, reaction time and logistical reasoning. It also lets you approach the rest of your day from a fresh perspective."

"Naps are so effective that even athletes such as Usain Bolt praise them. He's been known to take naps in the hours leading up to competitions, including before his record-breaking 100 metres in 2009."

Dr Senn continues, "However, western nations are predominantly set to a monophasic sleep schedule, which means all our sleep comes in one sitting."

But now some companies, such as Google, provide office nap pods for staff, while Ben & Jerry's has nap rooms. And with more of us working from home, it's easier than ever to adopt an afternoon kip.

So how do you ensure you go about it the right way? Dr Senn explains...



**Sleep expert
Dr Verena
Senn**



**Nap fan
Usain Bolt**



RULE 1: RESTRICT YOUR NAP TO 20 MINUTES

"Ten to 20 minutes is the perfect length of time to rest. It gives your body time to enter the first stages of restorative sleep without falling into a deep sleep."

"The first two stages of sleep - NREM or non-REM sleep - are the lightest. That's when your heart rate, temperature and brain activity slowly decrease. During the third stage of sleep, at around 30 minutes, your heart rate, temperature and brain activity will begin to reach their lowest points. If you wake at this stage you can feel groggy and confused."



RULE 2: NAP IN THE EARLY AFTERNOON

"Most studies tell us that naps are best taken in the early and mid-afternoon, which is when you are most likely to experience a natural decline in your energy and your alertness."

"If your naps take you into the later part of the afternoon, you run the risk of impacting the sleep you would usually get at night. Oversleeping during the day can make it much more difficult to rest at night."



Your bed
is the best
place for
a snooze

RULE 3: BE PICKY ABOUT YOUR NAP ENVIRONMENT

"Many people struggle with falling asleep for a short time, especially if they know they have to be up within 20 minutes. Find the perfect environment for your nap. It may seem obvious but the best

place to rest at any point in the day is your bed. It's the only piece of furniture built specifically to be slept on.

"Many people may nap on their sofa but it doesn't offer the same support for your back, neck and head as a mattress, meaning you're more likely to wake up with aching pains and a sore neck. Meditate, listen to relaxing sounds or put earplugs in to block out distracting sounds."



RULE 4: KEEP TO A SCHEDULE

"Try to stick to a regular nap schedule. After keeping to the same routine for several weeks, our bodies learn when 'sleeping time' is coming and begin to produce hormones and neurotransmitters to prepare you to rest."

RULE 5: DO WHAT WORKS FOR YOU

"It's vital that you assess whether your body will be able to manage such a shift in sleep patterns by introducing a siesta into your day. Changing too much too quickly could have implications for both your physical and mental health. Proceed with caution and stick to a routine to avoid deprivation."

Proceed with
caution when
changing sleep
patterns



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'Napping has become a lifesaver for me'

Writer Josie Copson gives her verdict on afternoon naps after a week-long trial



Back in my student days, napping was as important to me as Super Noodles. Then adulthood took a grip and my two-for-one blue VK alcops were replaced by herbal teas. But now I've switched from office worker to home-based employee due to the pandemic, I have a new opportunity to embrace the nap.



Day 1: I lower the bedroom blind, put on a Spotify napping playlist and shut my eyes. I can't shake the feeling someone might be messaging me with a work emergency. Then my dad comes home early, shouting, "Alright, Jos!" When I tell him he's disturbed my nap, he laughs and I feel judged. The shame ruins any chance of nodding off.

Day 2: I've lost my first day jitters and remind myself if anyone has a work query, it's likely they can wait. I don't know whether it's my new Primark loungewear or the fact I've been for a run that morning, but I'm out like a light. My alarm startles me but I know I can't snooze it because a) if you nap for too long it can have a negative impact and b) I may face a disciplinary. Back at my desk, I yawn my way through my emails but after half an hour I feel refreshed.

The rest of the week: Enjoying lunchtime naps for a whole week feels like I've had access to a secret weapon that nobody knew about. And it's become a lifesaver on the days where I've pushed myself in my marathon training. I don't think I'll be taking a siesta every day now the experiment is over as I like to occasionally use my lunch hour to do important things, like watching Molly-Mae's YouTube videos or buying jam doughnuts from Greggs. But I know the naps are there if I need an afternoon boost once more.



My verdict: I will listen to my body from now on and if I think afternoon sleep is what it needs, who am I to deprive it?

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Jane O'Gorman

Our agony aunt gets to the heart of your relationship problems

I've always helped her – now she blanks me

My oldest friend has a very short memory. When we were younger, I paid for her drinks. I started work at 18, whereas she carried on studying and was always broke. Money was tight when she married, so a gang of us organised her wedding. I helped her get a post at my firm and looked after her children when her husband left her and she took a second job.

Now she's married to a rich man and I struggle to get her on the phone. Her social media posts look like boasts and I can't respect the fact she's become so materialistic. Surely I'm entitled to seek her out, if only to remind her of all I've done? Sadly, if you expect gratitude and acknowledgement from your friend, you'll continue to be disappointed. She has a new life

and clearly wishes to leave the past behind. Presumably, she thanked you at the time for the drinks and the effort you put into her wedding. Do you expect her to grovel or be eternally in your debt? Accept the two of you had your best times when you were younger. This is a new era. You're not doing yourself any good by looking back with expectation and anger in your heart.

Lover says I remind him of his gran

I've been dating a much younger man. I thought he liked me for myself and I've been buying trendier clothes and bragging to my friends about our "deep emotional connection" and sizzling sex life. Recently, however, he cut me to the core by announcing he likes being with me because I remind him of his late grandmother. Now I feel such an idiot. I know my friends - they'll be laughing their heads off. How can I ever show my face in public again?

If your boyfriend's grandmother was a strong, accomplished woman, then I suspect he was complimenting you. Why give up on an enjoyable relationship just because you suspect your friends are sniggering? I bet they're more envious than you imagine. Hold your head high and enjoy the moment. As long as you and your guy are kind and mutually respectful, then this time is yours.

They throw me out at mealtimes

I am never invited to stay for a meal at my son and daughter-

in-law's place. It doesn't matter what time I visit, I'm only ever offered a cup of tea and a biscuit. More than once, my son has said, "You'll have to go now, mum, we're about to eat." Yet they don't hold back when they come to me for Sunday roasts. Dare I query this?

Are they on a limited budget? Offer to contribute a dish next time, so you can all bond and eat together. Sadly, if they can't be bothered to lay an extra place, explain to your son how hurt you feel. Being dismissed is insulting, especially as you make such an effort for them. Don't allow this

JANE O'GORMAN'S ADVICE LINES

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* Calls cost 80p per minute plus your telephone company's network access charge and last approximately four minutes.

to make you bitter. Keep playing host to them for as long as you can afford to - and enjoy it. But don't be taken for granted.

Contact Jane at S Magazine, One Canada Square, Canary Wharf, London E14 5AP or email jane.ogorman@express.co.uk. Jane regrets that she cannot reply personally to your letters

Sex matters

My new partner is keen for us to go away together and share a bed, but I've not had sex since my husband died in 2017. I know it sounds ridiculous, but I feel bad about "cheating" on the father of my children. My husband was a wonderful lover and we enjoyed a fantastic physical relationship right to the end. But what if I freeze in the arms of my new man? I'm terrified of looking - and feeling - foolish.

Tell your new partner how you feel so you can take things slowly. Explain this is a new chapter and you're feeling a little self-conscious, guilty and rusty. If he's a kind, decent person, he'll empathise. He's probably feeling nervous, too. Trust your instincts. If things don't seem right with your new partner, don't allow yourself to be put under pressure. Would it help to talk things through with a friend? Check out cruse.org.uk for reassurance.



Doctor, doctor

Dr Rosemary Leonard MBE is a GP with many years' experience working in London's top teaching hospitals

I have several red and swollen insect bites on my leg, which I thought were infected, but my GP says it's just a reaction. How can you tell the difference?

The chemicals in an insect bite can trigger the immune system to produce histamine, which causes inflammation, redness, swelling and itching, usually within a few hours. A secondary bacterial infection

tends to be sore and painful and starts several days after the bite. If a bite becomes inflamed, take an antihistamine tablet and apply hydrocortisone cream. Get medical advice if the swelling continues.

Contact Dr Leonard at S Magazine, One Canada Square, Canary Wharf, London E14 5AP, or email dr.leonard@express.co.uk. Dr Leonard regrets that she cannot reply personally to letters. Read her column every Tuesday in the Daily Express

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The powered rotating brush bar is great for picking up pet hair from carpets or hard floor surfaces. Combined with the unique AirLOC technology, designed to work deep down in carpets and between tiles and floorboards, the Gtech AirRAM K9 effortlessly picks up large debris from the surface as you push forwards, and locks on the back-stroke to suck up embedded dust. With a combined runtime of up to 60 minutes* you can clean from the floor up to the ceiling.

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Both vacuums include scented cartridges



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Life as I know it

Strictly Come Dancing's professional dancer, 32, on the bravest thing she's ever done and making clothes for her co-stars

Not a lot of people know this but I'm very good at...

sewing and making things. I love upcycling and repurposing. The first thing I did was make his and hers jackets for Janette [Manrara] and Aljaž [Škorjanec] for their wedding. They loved them and still wear them now. I also made one for Alex Scott and some of my other Strictly friends. I'm also good at DIY and I build all my furniture myself - I even own a saw!

My best friend is...

there are a few of them because I moved countries. I still have my two best friends from school back home in Russia. That's the type of friendship that, no matter how long you've not seen each other, you just know they're there for you no matter what. In the UK, I have Joanne Clifton and Sasha Latoya, who are my besties, and then on Strictly I'm probably closest with Janette. We all have a tight girl gang. We have a WhatsApp group without the boys!

My nickname is... Kit Kat or Crazy Kat.

The best day of my life so far is... there have been quite a few! My life has been in sections and chapters, so I feel like I've had a few memories in each that have been really special. When you're competing and you win a world championship or make the final for the first time, those things are

so special. Then with Strictly and winning the Glitterball [with actor Joe McFadden in 2017], that was amazing. But then the best day of my life could be yet to come. I'm the type of person who loves making every experience the best ever.

The bravest thing I've ever done is...

probably doing Gangnam Style on national television with Ed Balls! We didn't know what the outcome was going to be and it could have gone horrifically bad, but you have to take that risk. It paid off in the end.

My perfect evening is...

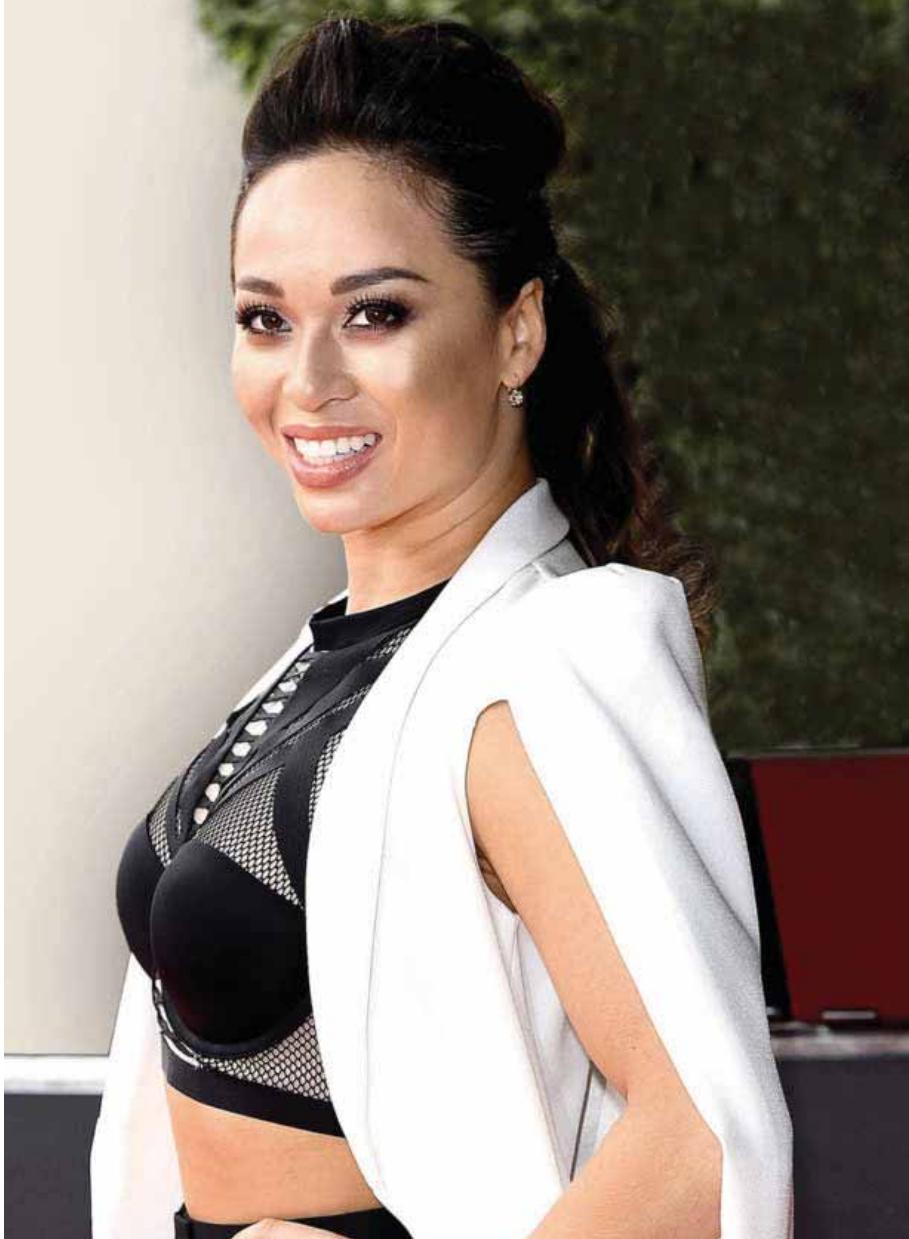
a gathering with my girlfriends with cheese, biscuits and a glass of gin and tonic. We'll watch a movie with face masks on and have a chat.

The best thing my parents taught me is...

hard work and discipline. Being naturally talented is one thing but you've got to work hard. My family are so close and I've always felt that feeling of safety and like they have my back.

My greatest weakness is...

food. I turned vegetarian in September and I find it really easy and I'm really enjoying it. I haven't gone vegan yet, I love cheese too much, but we'll see how I get on. It used to be shopping, but I'm not addicted to that any more. I made a



Katya Jones

pledge to not buy anything and I ended up doing it for 14 months. It was actually really easy and completely changed my mentality about shopping.

My first kiss was... when I was a teenager. It was back in Russia with one of the dancers

at my dance club. He was my first boyfriend.

Katya is an ambassador for National Numeracy, a charity which helps children and adults to get on with numbers so they can fulfil their potential at work, home and school.

Deliciously dainty

Bring out the silverware and your prettiest china for these teatime treats



INDULGENT DEVIL'S FOOD CHOCOLATE CAKE

SERVES 10-12

FOR THE SPONGES	FOR THE CHOCOLATE ICING
200g plain flour	120g soft butter
240g caster sugar, sifted	340g icing sugar, sifted
1¼ tsp bicarbonate of soda	340g cocoa powder, sifted
¼ tsp cream of tartar	4 drops of vanilla essence
45g cocoa powder	A few drops of milk
140g soft butter (with a little extra for greasing)	TO DECORATE
200ml of milk	A large handful of berries (strawberries, raspberries, redcurrants and blackberries)
2 eggs	

1. Preheat the oven to 220°C/200°C fan/gas mark 7.
2. Grease 2 x 20cm cake tins and line with parchment paper.
3. To make the sponges, mix together all the dry ingredients in a large bowl.
4. Add the softened butter and the milk (a little at a time) and use a hand mixer on a medium speed setting to beat until smooth.
5. Add the eggs one at a time and beat in (with the hand mixer on a high speed setting) for one minute.
6. Pour the mixture into the prepared cake tins and bake for 20-25 minutes. Test the sponge is cooked by inserting a skewer into the centre. If it comes out clean, it's ready.
7. Once the sponges are cooked, allow them to cool in their tins for a couple of minutes, then turn them out onto a cooling rack to cool completely.
8. To make the butter icing, cream together the butter, icing sugar and cocoa powder.
9. Add the vanilla essence and a few drops of milk and beat this mixture together until you get a spreadable consistency.
10. On a cake stand, sandwich the sponges together with half of the butter icing, then spread the rest on top. Decorate with the berries.



CLASSIC SCONES

MAKES 8-10 SCONES

350g self-raising flour, plus more for dusting
¼ tsp salt
1 tsp baking powder
85g butter, cut into cubes
2 tbsp caster sugar
175ml milk
1 beaten egg, to glaze
Strawberry jam and clotted cream

1. Preheat the oven to 220°C/200°C fan/gas mark 7.
2. Add the self-raising flour to a large bowl with the salt and the baking powder. Mix to combine.
3. Add the butter cubes, then rub in with your fingers until the mix looks like fine crumbs. Stir in the caster sugar.
4. Make a well in the centre of the mix and stir in the milk. Stir until the mixture is even and the dough comes together.
5. Turn the dough out onto a floured surface and shape into a rough round about 4cm thick.
6. With a 5cm cutter, cut out the scones. Press what's left of the dough back into a round until you have 8-10 scones.
7. Brush the tops with a beaten egg, then carefully arrange on a baking tray. Bake for 10-15 mins until risen and golden on the top.
8. Eat just warm or cold on the day of baking, generously topped with jam and clotted cream.

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PERFECT CUCUMBER SANDWICHES

SERVES 4

1/2 cucumber, plus a couple of extra slices for decoration

Salt and freshly milled pepper

Cream cheese

Chives

Squeeze of lemon

12 slices of soft white bread

Edible flower (optional)

- 1. Slice the cucumber thinly. Place the slices in a colander and sprinkle with a pinch of salt. Mix together (gently) and allow to drain of its excess moisture for half an hour. Once drained, pat dry with a paper towel.

2. In a small bowl, mix together the cream cheese, chives and lemon juice. Season with freshly milled pepper.

3. Butter one side of a slice of bread and remove the crusts. Spread with the cream cheese mix and layer with the slices of cucumber. Butter both sides of a second slice of bread and place on top. Add another layer of cream cheese and cucumber and top with a third slice of buttered bread.

4. Cut the sandwiches in half and decorate with a piece of cucumber and an edible flower, if you like.



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ROSE ETON MESS

SERVES 4

6 shop-bought meringue nests

500ml double cream

4 tbsp rosewater

300g strawberries, halved

300g redcurrants

Rose petals to decorate (optional)

- 1. Break up the meringue nests into varying bite-sized

pieces. Tip into a bowl.

2. Whip the cream until it is thick and holds its shape. Add the rosewater and whisk to combine.

3. Fold the meringue pieces through the cream.

4. Spoon the meringue mixture into teacups and tumble the strawberries and redcurrants over the top.

5. Decorate with a rose petal, if you like.

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Relish brand **Hawkshead** has released its new **Scotch Bonnet Sauce**. Packed with fresh chillies and tomatoes, it makes a fiery alternative to ketchup or can be used as a marinade for prawns or smothered over chicken wings. At £3.25 for a 270g jar, it's suitable for vegetarians and vegans, and is gluten-free. See hawksheadrelish.com.

The daily grind

The **Breville Barista Max VCF126 coffee machine**, priced at £349, features a built-in coffee grinder so you can start your day with the freshest of brews. For cappuccino lovers there's also an integrated steam pipe for frothing milk. Available from Currys.



Let them eat cake

Suitable for coeliacs and vegetarians, these gluten, wheat and milk-free **Rumble In The Crumble Apple Slices** are handmade in the Lake District by master bakers **We Love Cake**. Available from Waitrose, they cost £1.80 for a pack of four.

Chocs in the post

Chocolate pioneer **Russell & Atwell** (russellandatwell.com) has launched a range of fresh luxury chocolates. They come in recycled glass jars, priced from £30 for a twin pack. The chocs keep in the fridge for up to six weeks and the jars can be replenished via letterbox-friendly, biodegradable refill



packs (£12.90 for a twin pack). Simply order using the handy QR code on the label.



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With its modern technology, this electric razor gives you a smooth shave every day.

Whether you usually use wet shave or electric razors, you'll definitely replace them with the "Power4"!

Its 4 rotating blades give you a close shave and a perfect finish, with no irritation. With its great performance, rechargeable battery and accessories, it's the perfect shaver for you!

4 Ultra-performance heads

The "Power 4" electric razor gives you a great shave in just a few minutes thanks to its 4 rotating heads which perfectly mould to the shape of your face. For the finishing touch, it has a trimmer to neaten your sideburns and trim your neck.



4 Ultra-sharp hard-wearing blades



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If you are not 100% satisfied simply return it for a full refund*



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ESH81**

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<input type="checkbox"/>	1 Electric Shaver	£29.95
<input type="checkbox"/>	SAVE £50.00	£99.90
<input type="checkbox"/>	2 Electric Shavers	£49.90
<input type="checkbox"/>	USB Plug	£4.95
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Jamie Goode

Our wine expert raises a glass to seven fruity numbers from Portugal

Portugal is one of the first wine countries I fell in love with. Back then, the quality could be a bit patchy, but there were enough interesting wines to hold my attention and I adored the rich scenery and authentic food. Now, things have improved substantially and Portugal has a diverse range of wines, with most bottles over-delivering on quality considering their often modest prices. Here are seven worth checking out...



Esporão Monte Velho Branco Alentejano 2020 £7.95, **The Wine Society**, 13% alcohol

This deliciously intense and expressive dry white has bright pear and yellow plum fruit and a hint of peachiness. A lemony acidity keeps things fresh.

Estrada Douro White 2019 £8, **Co-op**, 13% alcohol

A blend of local varieties, this Douro is pure, fine and mellow with a good acidity supporting

the citrus and white peaches. There's lots of fruit here.

Marks & Spencer Classics Vinho Verde 2020 £7, **Marks & Spencer**, 10% alcohol

A zippy and lively vinho verde from northern Portugal. This is an excellent example of its type, with zesty citrus fruit and just a touch of spritz. It's relatively low in alcohol, too.

Quinta de Azevedo Vinho Verde 2020 £8.99, **Waitrose**, 12% alcohol

Lively aromas of fresh lime, fine herbs and a touch of

melon form the basis of this modern take on a non-spritzed vinho verde. In the mouth, it is focused, offering some acidity and a gently tapering lemony finish.

Morrisons The Best Douro 2019 £7.50, **Morrisons**, 13.5% alcohol

An exceptionally drinkable and delicious mid-weight red full of fabulous floral cherry fruit aromatics. Bright, supple and juicy in the mouth, there's also a slight herbal hint and a touch of pepper. It has a stony, mineral streak on the finish.

Altano Naturalmente Organic Douro Tinto 2019 £11.80, **Tanners**, 14% alcohol

An organic blend of local varieties, this Douro is full of the beautiful floral aromatics of sweet black cherries and blackberries, with some notes of olives and fine green herbs. The palate is fresh and focused, with excellent tannins and acidity, supple black fruits and subtle hints of tar.

Porta 6 Lisboa 2019 £7.50, **Tesco**, 13.5% alcohol

Massively drinkable, it's easy to see why this sweetly fruited red tipple has become so popular. It has broad appeal, with the toothsome berry flavours offsetting the sour cherries on the finish.



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a bottle!

Natural choice

Create a calm and peaceful home with pale wood, gentle earth shades, textured ceramics and dainty florals

Cosy up in Loaf's new comfy Banoffee love seat, seen here in Poached Pear laundered linen, which is priced at £1,295. The oak and marble Marmo coffee table is £575 and the Marbler side table costs £245. The Bobble hand-knotted rug is priced from £245.



GET THE LOOK



Bronte rug
Shimu £209



Ariane
wooden
mirror
**The Grey
Works £125**



Strawberry Thief cushion
Wanderlust & Found £39.05

Set of six
twisted
candles
**Rockett
St
George £28**

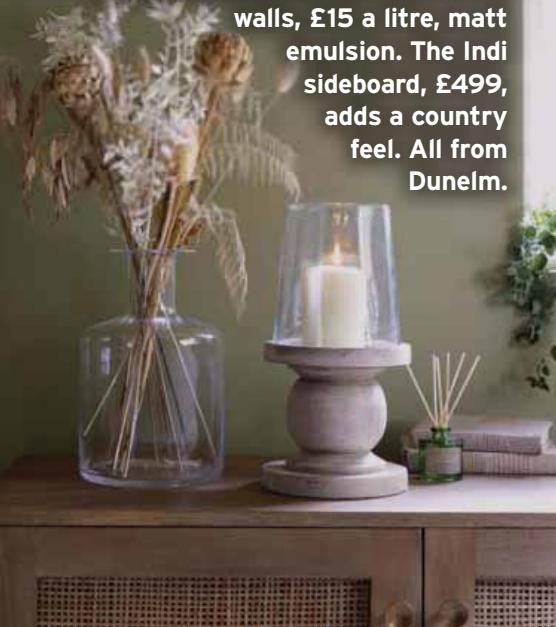


Vintage wooden
shelf unit
Scaramanga £325



Green is synonymous with the Arts & Crafts movement and these Castello bowls and bottles, from £7, make a lovely group. Fill them with plants or just admire their charming shapes.
Get them at All Garden Trading.

Dried everlasting flowers look beautiful with this scheme, teaming perfectly with the traditional hurricane lantern against calming Light Moss green walls, £15 a litre, matt emulsion. The Indi sideboard, £499, adds a country feel. All from Dunelm.



Rebecca Udall's Cabbage Crockery leaf design tableware is crafted from earthenware by an artisan manufacturer in Portugal. It's priced from £48 for a box of four side plates. The Gabriella Murano water glass costs £40.



Dunelm's new A/W collection is inspired by the work of iconic textile designer William Morris. This pretty floral Meadow Ditsy duvet set is priced from £22. It features a dainty pattern in soft blues and pinks and is reversible. The chunky knit throw is £15, the Indi bedside table is £169, the Churchgate Langton ceiling light is £65, and the Churchgate floral prints are £30 for the pair.



Victoria Gray's best



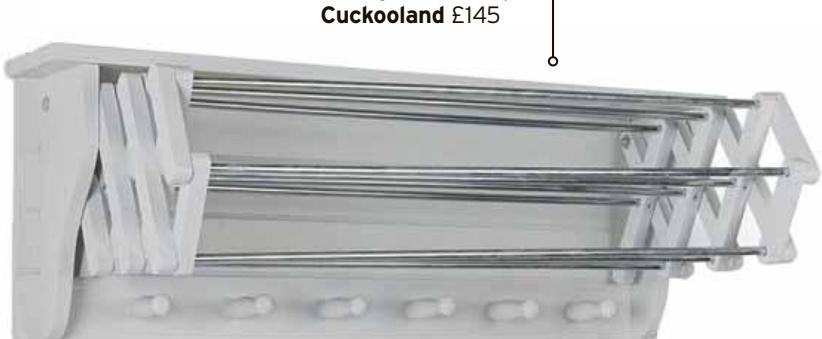
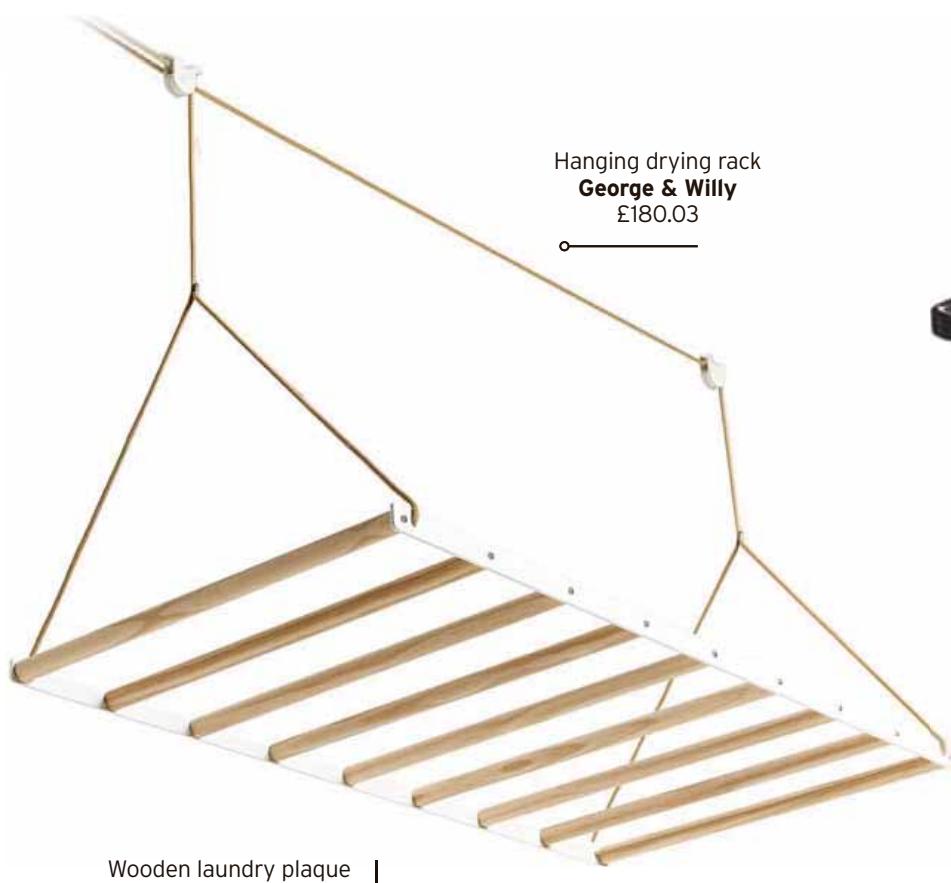
Washing wonders

Make doing the laundry a joy with these stylish essentials



Black wire storage baskets
House of Flora £99







Alan Titchmarsh



Start a compost heap to make your own, free soil-enricher

There's no such thing as garden waste, says Alan - with a bit of ingenuity, everything can be recycled

Our grandparents got rid of prunings and clippings on the bonfire, but these days that's considered very unfriendly - both to the neighbours and the environment. Fortunately there are several much better ways to dispose of your garden waste.

HEAPS OF FUN

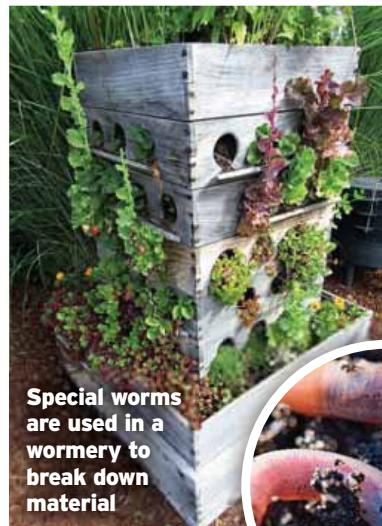
Because it recycles them into free soil-improver, a compost heap or bin is by far the best way to deal with lawn mowings, soft hedge clippings, annual weeds, old bedding plants and the like. You can also add fallen leaves and kitchen waste such as vegetable peelings (although not food waste or meat, which attracts pests and scavengers).

Build up your compost in layers, adding a little soil or

manure (fresh works best) every six inches or so. When your compost heap or bin is full, cover it with a lid or a piece of old carpet and leave for six months to a year, until the ingredients have rotted down into what looks like fibrous soil. You now have fine garden compost, which you

can use to improve soil when preparing new beds, putting in new plants or digging over the vegetable patch.

plus a liquid that makes excellent natural plant feed. Just be careful not to overload it.



Special worms are used in a wormery to break down material

By composting kitchen waste, you're making good use of nutrients

Don't throw it all away

THE WORMS THAT TURN

A worm bin is a small container used to house worms, which are regularly fed by spreading thin layers of kitchen scraps, shredded paper and leafy waste (but no meat or woody material) inside. The worms, which are different from common earthworms, digest the waste and convert it into a rich compost that is ideal for adding to veg beds or large outdoor plant tubs,

BIN THERE, DONE THAT

If you don't have enough room for a compost heap, or you produce more garden waste than you can cope with, make use of your local council's green bin scheme. Most local authorities now offer a dedicated bin for garden and appropriate food waste. You may have to request one and/or pay a small fee, but then all your clippings will be taken away and composted without you having to lift a finger (although someone else gets the benefit of the compost).



HERE'S A TIP

If you're not yet a regular, get to know your council waste recycling site, otherwise known as the tip. Here they'll take green garden waste and most other materials, provided you separate them and throw them in the right skip. They're usually open on Saturdays and Sundays - check online to see what your nearest one accepts and when it's open, as there are some variations.

GLORIOUS MUD... AND MORE

If you're doing a big gardening job that will produce a lot of waste all at once, consider a hippobag. Available from garden

centres and DIY stores, these giant-sized nylon bags open out into mini-skips. Fill one, make a phone call and a grab lorry will come and take it away. It's not cheap, but it's very easy.

REUSE, NOT REFUSE

Before you dispose of anything, even in the greenest way possible, think whether you can reuse it. Twigs and dropped prunings, for example, dry out well and can be used for lighting a barbecue or wood burner. Old

What to do in the garden this week

Create a new compost bin or heap using old bedding plants and the tops of perennials you cut back when starting to tidy up the garden. Pile up any existing compost on vacant ground in your vegetable patch, so it's ready to dig in when you have time.



Cut off any aubergines and peppers that are big enough to use. Don't wait for them to reach full size, as they won't grow any larger at this time of year.

Pull out old cucumber and melon plants as soon as you've cut the last of the crop, since they won't have time to grow any more this late in the season.

Watch the progress of autumn cauliflowers and cabbages, then use them as soon as they're ready - don't let them spoil. Start using early varieties of leeks and Brussels sprouts as soon as they are big enough.

plastic sacks are ideal for collecting manure from local stables, taking rubbish to the tip or lining hanging baskets after being cut up. All sorts of things - unwanted building materials such as surplus patio slabs, perhaps a shed or greenhouse you are taking down, or unwanted plants you need to dig out - can find eager new owners via the internet, thanks to sites such as freecycle.org. And best of all, the recipient collects!



Reader offer

FLOWER POWER

We have brought together six popular varieties of dwarf rockery *Narcissi*, growing to only 20-35cm in height.

Perfect for garden borders, rockeries or patio containers, the pretty flowers bloom in March and April and will really light up your garden. In the collection you will receive 20 each of *Tete-a-Tete*, *Minnow*, *Pueblo*, *Sundisc*, *Marinette* and *Canaliculatus*. Buy 20 of one variety for £7.99. Top quality 8-10cm bulbs supplied.

Buy the complete 120 Dwarf Rockery Collection for only £21.94 and save £26 off RRP. Order online at shop.express.co.uk/EXP687, call 0871 664 1469, or send a cheque made payable to "Express Newspapers" to Express Offer EXP687, 14 Hadfield Street, Old Trafford, Manchester M16 9FG. Free delivery within 28 days. All prices include P&P.

PLANT
OF THE
WEEK



Top fives



Fiction

- 1. Beautiful World, Where Are You**
by Sally Rooney
(Faber & Faber, £16.99)
- 2. Empire Of The Vampire**
by Jay Kristoff
(HarperCollins, £16.99)
- 3. The Thursday Murder Club**
by Richard Osman
(Penguin, £8.99)
- 4. Find You First**
by Linwood Barclay
(HQ, £8.99)
- 5. Piranesi**
by Susanna Clarke
(Bloomsbury, £8.99)

Non-fiction

- 1. Together**
by Jamie Oliver
(Michael Joseph, £26)
- 2. Comfort Mob**
by Ben Lebus
(Hodder & Stoughton, £18.99)
- 3. Pinch Of Nom Food Planner: Quick & Easy**
by Kay Featherstone, Kate Allinson & Laura Davis
(Bluebird, £10.99)
- 4. Jane's Patisserie**
by Jane Dunn
(Ebury, £20)
- 5. Too Many Reasons To Live**
by Rob Burrow
(Macmillan, £20)

Children's

- 1. An Inspector Calls**
by JB Priestley
(Heinemann, £9.99)
- 2. You Are A Champion**
by Marcus Rashford & Carl Anka
(Macmillan Children's, £9.99)
- 3. Megamonster**
by David Walliams & Tony Ross
(HarperCollins, £14.99)
- 4. They Both Die At The End**
by Adam Silvera
(S&S Children's, £7.99)
- 5. Macbeth**
by William Shakespeare
(OUP, £7.50)



Charlotte Heathcote

Open season

Candid new offerings with a hard - and frequently hilarious - take on life, the universe and everything...

This Much Is True ****

by Miriam Margolyes

(John Murray, £20)

The ebullient Miriam Margolyes has never been afraid to speak her mind - and that's definitely the case in her no-holds-barred memoir. Now 80, Margolyes claims to be quiet and boring at home but it's hard to believe. Nothing is off limits as she spills the beans about everything from her sexual experiences to bodily functions.

"I lack the filter others possess and out of my potty mouth pop filthy sexual anecdotes, verbal and physical flatulence on a grand scale," the actress declares.

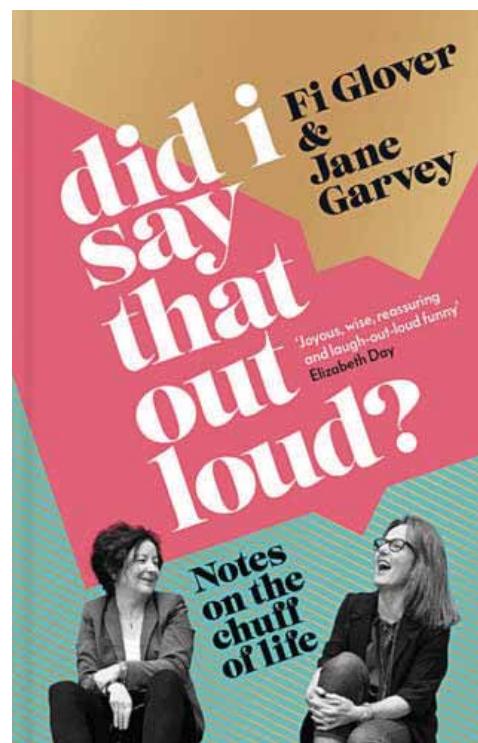
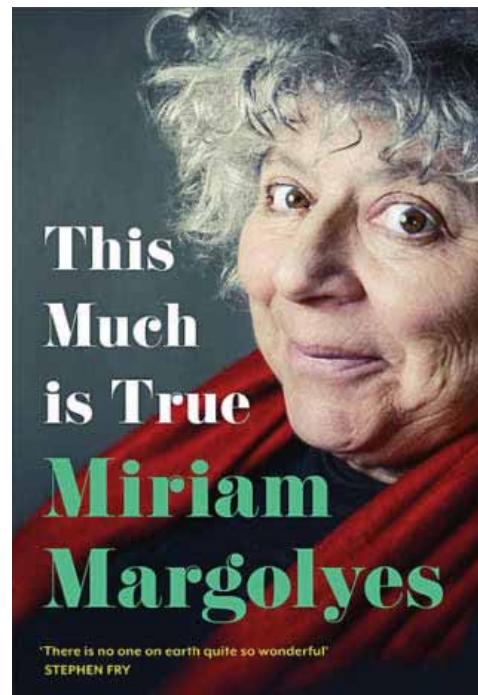
She's enjoyed a stellar career, appearing as Professor Sprout in the Harry Potter films, Lady Whiteadder in *Blackadder* and Mrs Manson Mingott in Martin Scorsese's *The Age Of Innocence* (for which she won a BAFTA). She has also made a string of highly praised documentaries, including *The Real Marigold Hotel* and *Miriam's Big Fat Adventure*.

Her reminiscences range from the mildly surprising to the downright astonishing. She modelled for renowned artist Augustus John as a teenager, was the first person to swear on national TV (on *University Challenge* in 1963), mooned at Warren Beatty on the set of the film *Reds* and was ordered to "be quiet" by the Queen at a Buckingham Palace reception.

Margolyes was devoted to her parents. Her father was a buttoned-up doctor who looked like Charlie Chaplin, while her free-spirited mother, a successful student landlord in Oxford, did the housework in the nude. But she writes poignantly of her regret about telling them she was gay.

She worries to this day that her revelation caused her mother's first stroke.

Margolyes' autobiography isn't for readers who are easily shocked, but it's blisteringly honest and hugely entertaining. Lovingly dedicated to Heather, her partner of 53 years, it's a story of love, friendship and extraordinary adventures.



Shades of darkness

Chilling tales of murder, mystery and suspense in paperback

Did I Say That Out Loud? ****

by Fi Glover & Jane Garvey
(Trapeze, £16.99)

Fi Glover and Jane Garvey are two of the nation's best-loved radio broadcasters. Glover presents *The Listening Project* on BBC Radio 4, while Garvey was the first voice on Radio 5 Live when it launched in 1994 and she also hosted *Woman's Hour* for 14 years.

For the last four years, the forthright pair have presented *Fortunately... With Fi And Jane*, an award-winning podcast where they chew the fat on everything from bingo wings to dodgy boilers.

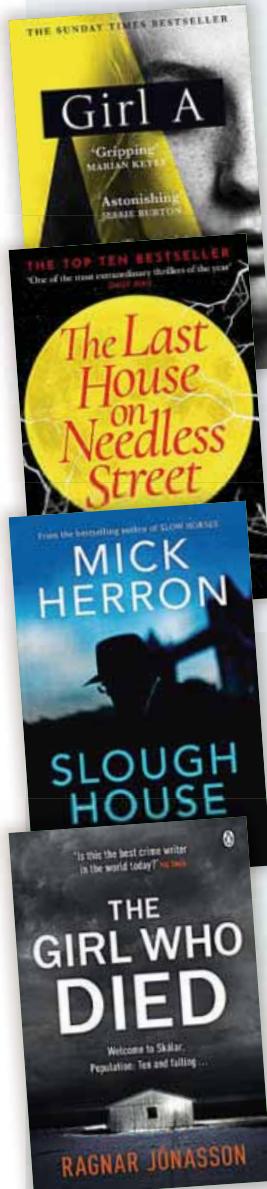
Now they have recreated the podcast in book form, taking it in turns to write a chapter to which the other responds. No subjects are off the table as they discuss the hierarchy of radio presenters (apparently breakfast hosts are top of the pile), poke fun at Gwyneth Paltrow's wellness empire and reveal the trials and tribulations of parenting teenagers.

Among all the mirth, Glover and Garvey are smart and perceptive with a dry sense of humour and a knack of hitting the nail squarely on the head. The two women clearly get on like a house on fire, bouncing ideas off each other and agreeing that they don't have all the answers by a long chalk.

Highlights include Fi Glover's hilarious account of her trip to a medical spa, complete with coconut mouthwashes and meals eaten in total silence, and Garvey's insistence that Christmas is a hereditary disease, passed down the maternal line and fraught with unwanted responsibilities.

Subtitled *Notes On The Chuff Of Life*, this book inevitably lacks the spontaneity of the pair's podcast but nonetheless it's wise, laugh-out-loud funny and, just like the authors themselves, it never preaches.

Emma Lee-Potter



Girl A

by Abigail Dean
(HarperCollins, £8.99)
Compelling and heartbreaking, *Girl A* is a beautifully crafted story about the devastating after-effects of trauma. Lex Gracie is "Girl A", raised in a "house of horrors" by abusive parents. Now an adult, she has spent years trying to forget her past. But when her mother dies in prison, Lex is made executor of the will. In this assured debut, she is forced to confront her past as she contacts her estranged siblings to decide what to do with their childhood home.

Mernie Gilmore

The Last House On Needless Street

by Catriona Ward
(Viper, £8.99)
Eleven years ago, six-year-old Lulu vanished while on holiday with her parents and sister Dee. Recluse Ted was a suspect - but he had an alibi. Dee is convinced he took her sister and rents the house next door so she can spy on him, vowing revenge if she discovers the girl who lives with him is Lulu. Unsettling yet deeply moving, this chilling masterclass in suspense enthrals.

Jon Coates

Slough House

by Mick Herron
(John Murray, £8.99)
After a blunder by two Russian secret service assassins left a British citizen dead, MI5 chief Diana Taverner mounts a counteroffensive. But to fund it, she has to strike a deal with unscrupulous ex-politician Peter Judd. Meanwhile, a series of fatal accidents make the Slough House misfits fear they'll be targeted next, and a new populist movement is taking hold of London's streets. This is Mick Herron's best novel yet and an absolute tour-de-force.

Jon Coates

The Girl Who Died

by Ragnar Jónasson
(Penguin, £8.99)
Una takes a job in a tiny coastal village, teaching two girls in a community of 10. But the villagers are unfriendly, the weather bleak and she struggles with isolation. She thinks she's losing her mind after hearing ghostly singing in her creaky loft bedroom. Then a girl dies and Una fears a villager has blood on their hands. This haunting psychological novel is tinged with the supernatural.

Jon Coates

To buy these books see Express Bookshop on page 69

Special offer for Express readers

Get 25% off Under The Hairdryer: Fergie - The Untold Tales by John Richardson. Out on October 7, pre-order now for £15 (rrp £20) at reachsportshop.com

Sir Alex Ferguson is arguably Britain's greatest football manager. In the year he marks his 80th birthday, this new book gives insights into what makes him tick, how he operates and how he's changed the footballing landscape. Journalist John Richardson, who covered every season of Fergie's time at Manchester United, tells of working with him and talks to those who know him best - players, colleagues and the man who coined the "hairdryer" phrase, Mark Hughes.

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Electro-stimulation creates a regular pumping effect in the veins, as if you were walking, to reactivate blood flow in different parts of the body. So you'll feel like you're having a real vibrating massage to stimulate your feet, boost circulation and relieve fatigue in as little as 2 minutes!



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We may also share your postal details with selected charities and approved companies selling similar health and lifestyle products. If you do not want us to share your details in this way please tick this box *Refund on request within 90 days of delivery. If not all items are returned then refund will be pro rata. Risk free trial and offers applicable to first order only. Postage and packaging is non-refundable. For details on how we look after your data please see our privacy policy at www.branshaws.co.uk/privacy or call/write to the number/address above.

Great escapes

Edited by Emma Jones

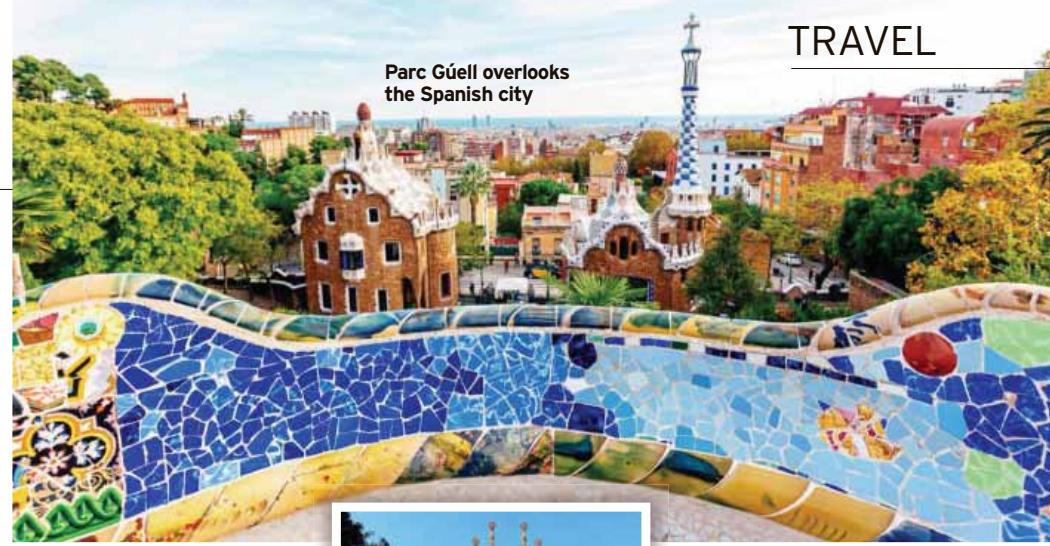
Where to stay

For a family-friendly hotel with a sophisticated vibe, try Hilton Diagonal Mar at Platja de Llevant beach. The Executive Panorama Suites connect with twin rooms, giving you oodles of space and sweeping views of the beach. Hilton caters brilliantly for younger guests, with locally inspired kids' menus, kiddie-sized bathrobes and slippers, treasure hunts and more. The popular Purobeach club, open in summer around the outdoor pool, boasts spa treatments, music and food.

If you prefer a self-catering option, check out the Casagrand, just around the corner from the chic shopping district of Passeig de Gràcia. It offers luxurious apartments sleeping up to nine guests, with access to five-star hotel facilities, including room service and a spectacular pool. The penthouse suite has a

fabulous terrace with awe-inspiring views. Do check before you travel, though, as some facilities may be closed due to Covid restrictions. Visit hilton.com and casagrand.com

A spacious Hilton room with sea views



Parc Güell overlooks the Spanish city

Soak up some culture

A top spot for architecture, Barcelona's big draw is the incredible creations of modernist designer Gaudí. Parc Güell, with its fairy-tale feel, fully immerses visitors in his work. You're greeted at the gates by el drac, a brightly coloured salamander that is a taster of Gaudí's mosaic work found throughout the park. You can even visit the Gaudí House Museum, where he used to live.



La Sagrada Família is Gaudí's largest legacy

Gaudí's most famous work in the city is La Sagrada Família - the unfinished but stunning church that is due for completion in 2026, the centenary of his death.

Find time to visit the Picasso Museum too, an extensive collection of the legendary artist's work. It's free to enter on Thursday afternoons and the first Sunday of the month.

Meanwhile, history buffs will enjoy seeing a glimpse of Barcelona's Roman past in the layout of streets in the Barri Gòtic, or Gothic Quarter.

Viva España

Head to Barcelona and immerse yourself in amazing architecture, beautiful beaches and quiet retreats

Getting around

When you've had your fill of culture, head to one of the city's fabulous beaches to chill. Barceloneta is the most traditional beach, while Nova Icaria, with 400m of golden sands, is one of the most peaceful. And from Sant Sebastià Beach you get a view of the whole coastline.

Pop into a Barcelona Turisme office (there are several branches) to sign up for a walking tour and to buy venue tickets. Purchase a Hola Barcelona travel card for 2-5 days' use on the Metro, buses, tram,



Explore the city's wide, sandy beaches

funicular and railways. This will cover your airport transfers and visits to attractions such as Tibidabo amusement park and FC Barcelona's Camp Nou stadium. See barcelonaturisme.com



Best bites

No visit to Barcelona is complete without a stroll along Las Ramblas, the famous boulevard that runs through the centre of the city. The busy market bordering it, Mercado de la Boqueria, is a great place to lunch like a local. Tapas is popular and we kicked off with gambas pil pil (juicy prawns in garlicky oil) before trying an array of classic dishes.

In the Barri Gòtic you'll find Can Culleretes, Barcelona's oldest restaurant, on C/Quintana. And if you have a taste for tapas, then be sure to seek out Cal Pep in Plaça de les Olles and El Xampanyet in C/Montcada.

The sitter

A portrait can reveal more about the artist than the subject
Short story by Catherine Cooper

The temperature dips as soon as I step inside the thick walls of the chateau away from the blistering heat of the sun. Since I arrived in France I've driven past many chateaux - some beautifully restored and almost perfect in every way, others dilapidated and tumbledown but still retaining a hint of their former glory. But this is the first time I've been inside one that isn't open to the general public.

This chateau is neither pristine nor a near ruin, but somewhere between the two - lived in, but not perfect. "Thank you for coming, Laura," the man says as he closes the door behind me. He is smartly dressed but nondescript looking - aged around 50 or so. "Will you come with me to the studio please? Then we can get started. I don't like to waste time unnecessarily."

"Female sitter with long brown hair needed by artist," the advert on the local Facebook group for anglophones had said. "No nudity. Top rates paid." It was posted by someone called Robert with a profile image depicting a paintbrush.

I follow him along the flagstoned, bare-walled corridor, my shoes making a clack-clack sound which makes me self-conscious.

At the end we reach a large, light room with a wall of French doors overlooking a garden which has seen better days. The ceiling is high, with a glittering chandelier hanging from the middle of an elaborate rose. In the centre of the polished wooden floor is a wooden chair, and opposite it, an easel. One wall is almost entirely taken up with a painting of a woman in period dress - I'd guess from sometime around the 1800s.

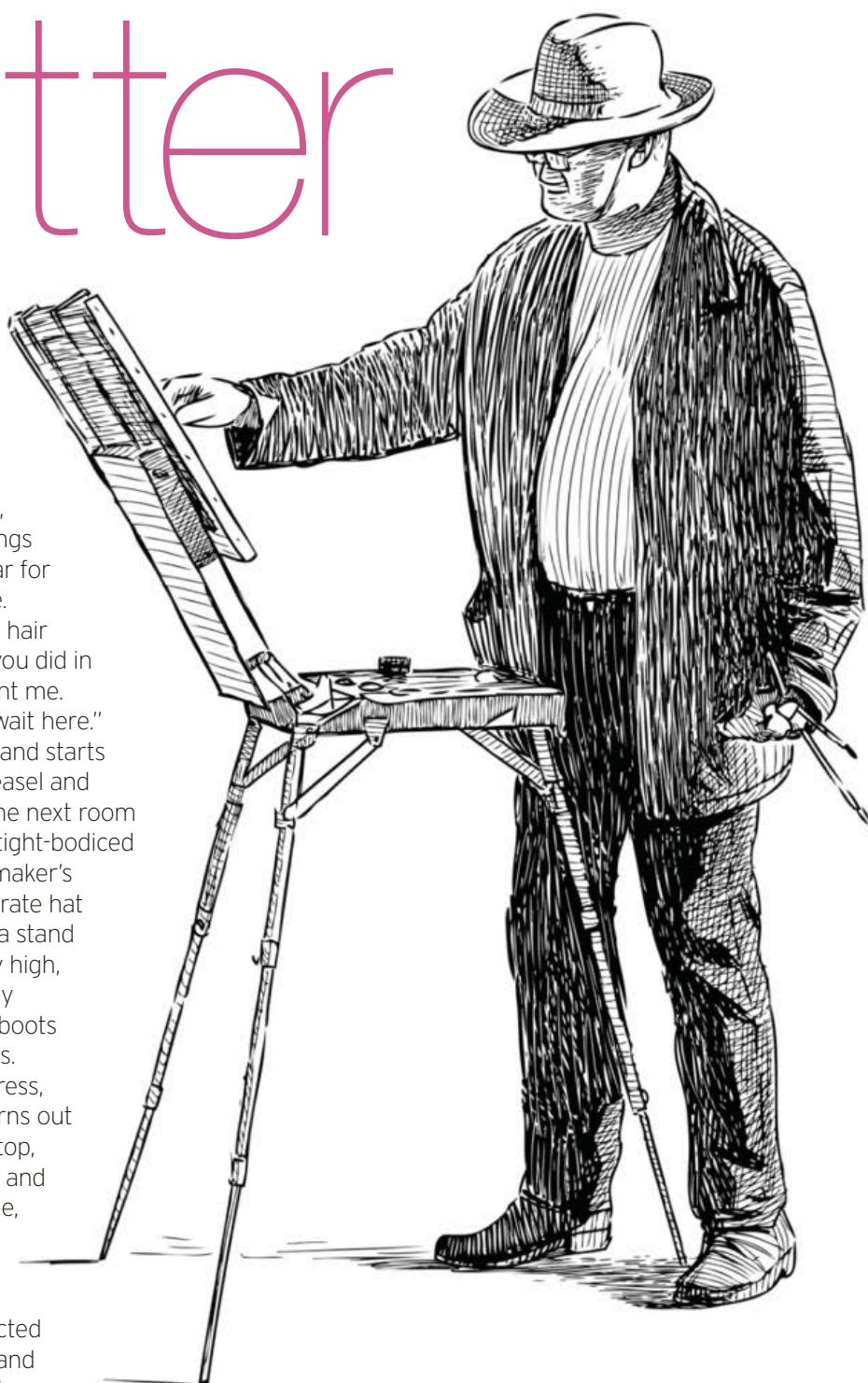
Robert indicates a door in the corner of

the room. "If you go through there, you'll find the things I'd like you to wear for the sitting, please. Please wear your hair down loose, like you did in the photo you sent me. Thank you. I will wait here."

He turns away and starts fiddling with his easel and paints. I go into the next room where there is a tight-bodiced dress on a dressmaker's dummy, an elaborate hat with feathers on a stand and a ridiculously high, though admittedly beautiful, pair of boots laced with ribbons.

I remove the dress, which actually turns out to be a skirt and top, from the dummy and find there's a large, hooped petticoat underneath. I assume I'm expected to wear that too and am thankful for the coolness inside the building. The top is lacy and off-the-shoulder and the skirt is enormous and ruched at the base. They are clearly not original - the top is stretchy and the skirt fastens with a zip, but they fit perfectly. As do the boots. I try and fail to remember if I sent my measurements.

I release my hair, put the hat on and look in the mirror. I smile. I look ridiculous, but



somehow the outfit suits me. It is tricky to walk in the boots as the leather is stiff and the heels are so high. I teeter over to the door, back into the room which Robert called the studio and sit down on the chair. He is still fiddling with something on his easel and doesn't look up.

"I'll sit here, shall I?" I ask, already relieved to be off my feet.

He looks up. "Thank you. Yes please. If you could keep your back straight, angle your knees slightly toward the fireplace and direct your gaze at the other wall... yes, that's it, like that. Thank you."

Having positioned myself as he asked, it occurs to me I haven't asked exactly how long the job would take. The hourly rate was so exceptional I got overexcited and simply said "yes" before someone else snapped it up. I haven't found much work since I arrived in France from Ireland six months ago on a whim after splitting up with a boyfriend, so I could definitely use the money. This pose isn't the most comfortable of positions, but I resolve to be as amenable as possible.

The room is silent but for the gentle sounds as he mixes colours on the palette and the rasp of his brush on the canvas.

I stare at the huge painting of the woman on the wall and realise that she's wearing exactly the same dress as I am now. She's also styled her long, dark hair the same way he asked me to, loose down my back.

Robert doesn't seem interested in conversation, but after about half an hour of silence I can't bear any more so I venture, "Who is the woman in the picture?"

He shrugs. "No one. Just a sitter."

We fall silent again. Because of the way he has asked me to angle my head I can't help but gaze at the painting. As I stare at it, I realise it's not just what she's wearing which is familiar, but also her face.

Perhaps she looks like me? Is that what it is? Maybe Robert has a type.

But as I continue to look, I realise it's not that. Her face is actually nothing like mine - much narrower, with a wider nose and fuller lips. I wonder which of us is better looking. Which of us does Robert think is more beautiful? Does he even care? Perhaps we are just bodies in a costume to him and he's not bothered what we look like. Given that I am wearing exactly the same dress as the woman in the painting, I imagine it is the costumes he is most interested in.

In spite of the chill in the chateau, I'm hot under my layers of skirts and my neck is stiff from the way I am twisting my head. But I don't want to complain as he is paying so well

that I definitely want to be asked back. The other painting is enormous - depending on his process, this could potentially be weeks of work for me.

But at the same time, I could really do with a break to stretch out my aching body and maybe take the hat off for a while. I figure the best way in to asking for one is to start a conversation, even if he is unwilling.

"She looks familiar," I say. "What's her name? I think I've met her."

He shrugs again. "I don't remember. Lucy maybe. Something like that."

We lapse into silence again as I continue to stare at the painting. The more I look, the more I see that she is nothing like me. But I recognise her. I'm sure I do.

I'm too hot, bored and aching and Robert is annoying me, excellent rate of pay or not.



*'The room
is silent but
for the rasp of
brush on the
canvas'*

He hasn't even offered me a glass of water. I'm determined to continue the conversation just so I can find a natural way in to asking for the break, which I'm sure I deserve by now.

"I'm sure I know her. Is she French? English?"

"Italian," he says. I feel a leap of joy as he engages in the conversation. It might have only been one word, but at least he's spoken to me with something that hasn't been an instruction.

"I couldn't help notice that I'm wearing the same dress as she is in the picture. Does the dress mean something to you? Or are you interested in the fashion of the period?"

He doesn't answer and carries on painting as if I haven't spoken.

I try a different tack. "I like her smile. She looks friendly. What is she like?"

Robert sighs. "A nice enough woman. Easily pleased. Maybe too easily pleased." I'm not sure what he means by that but I don't ask.

"Does she not sit for you any more?" I persist, wondering if she gave up because she was never offered a break.

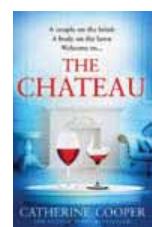
"No. She had too many other things she wanted to do. And she talked too much," he adds, pointedly.

As I continue to look at the painting I suddenly remember why she seems familiar. Her picture was in the paper and on the news. She went missing. A few weeks ago.

My face grows hot and a bead of sweat runs down my back. "Other things? Like what?" I ask, trying to keep my voice steady. "Where is she now?"

He sighs again. "She's still here. But she's silent now. Shall we get on? I would so like another one just like her to add to my collection. I've locked the doors, in case you're wondering. Now, could you turn your head back towards the wall? Thank you."

Catherine Cooper's new novel *The Chateau* (HarperFiction, £7.99) is out now. Available from Amazon and all good bookshops



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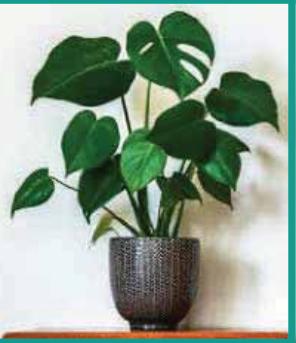
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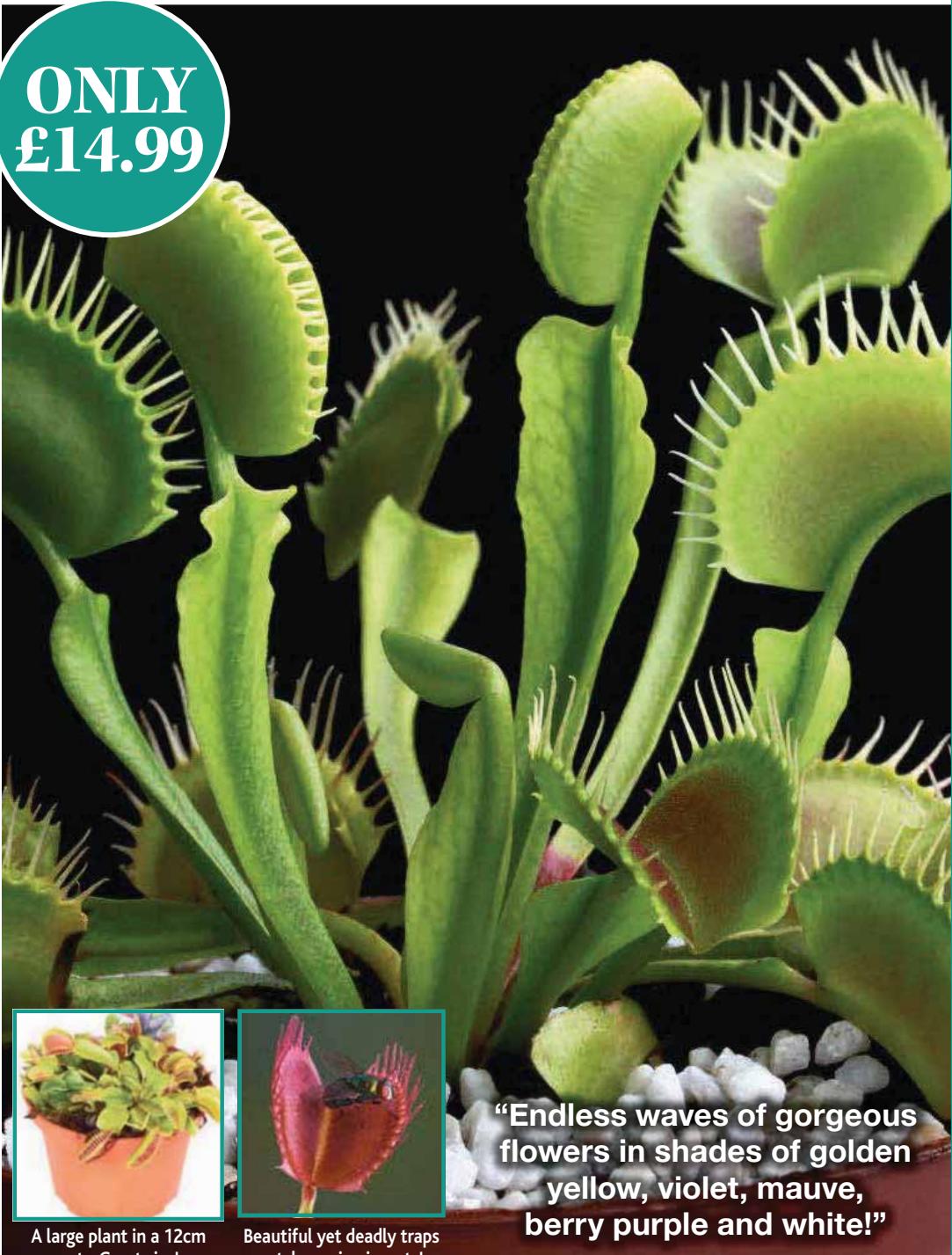
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What to watch

Don't miss our pick of the biggest and best programmes on television this week



COMEDY



DRAMA

Hollington Drive
Wednesday, 9pm, ITV
This thrilling series centres on sisters Theresa and Helen (Anna Maxwell Martin and Rachael Stirling), whose lives are thrown into turmoil when a child goes missing.

As well as the mystery of the missing child, viewers are soon left wondering about the hideous codependent relationship between the two siblings, and the secrets in their past.

DOCUMENTARY

The Real Manhunt: The Night Stalker Thursday, 9pm, ITV
To accompany the drama *Manhunt*, starring Martin Clunes, here's a documentary about Operation Minstead, which saw the capture of a serial rapist who'd been terrorising people for over 17 years.

Presenter Susanna Reid interviews senior investigating officers Colin Sutton and Simon Morgan about the operation, as she explores the real story of the long hunt for the Night Stalker, as well as the 17-day stakeout that led to his eventual arrest.



Hitmen: Reloaded

Wednesday, 9pm, Sky Comedy

There's trouble afoot for misfit contract killers Jamie and Fran (Mel Giedroyc and Sue Perkins) in this new series of the comedy.

They reconnect with former school pal Kat (Katherine Parkinson), who is now a wealthy lifestyle guru. But when Kat and Jamie bond, Fran becomes jealous.

Strictly:

It Takes Two

Monday, 6.30pm, BBC Two

"Keeeeep dancing" all week with the return of the nightly *Strictly* fan show.

The contestants and pro dancers come on here to talk about how their training is going and share any pre-dance nerves - and to have a bit of a laugh while they're at it!

The show welcomes a new presenting duo this year, with dancer Janette Manrara replacing Zoe Ball as Rylan Clark-Neal's hosting partner.

NEW



ENTERTAINMENT



Gordon, Gino & Fred Go Greek!

Monday, 9pm, ITV

With a TV Choice award and a clutch of nominations under their belts, TV's chattiest foodies are back with an exploration of the Greek islands.

Gordon Ramsay, Gino D'Acampo and Fred Sirieix are on a mission to prove that Greece is home to some of the best dishes in Europe - while bickering and bantering in equal measure, of course.

BBC One

F'VIEW 1 • SKY 101 • VIRGIN 101 • F'SAT 101

- 6.00am Breakfast** 7.35 Match of the Day (R) **9.00** The Andrew Marr Show **10.00** Politics England **10.30** Homes Under the Hammer (R) **11.00** **LIVE** Great Manchester Run
1.00pm BBC News; Weather
1.15 Songs of Praise
1.50 Points of View TV opinions.
2.05 Lifeline An appeal.
2.15 Escape to the Country (R)
3.00 Money for Nothing (R)
3.30 Serengeti II The great river crossing begins. Last in series.
4.30 Global Citizen Live Highlights: Music Festival for the Planet
5.35 BBC News; Regional News
6.00 RHS Chelsea Flower Show: Best of 2021 Highlights of the famous horticultural event.

7.00 Countryfile (39/52) Matt Baker and Helen Skelton present the One Man And His Dog sheepdog trials from Penrhyn castle in Gwynedd, North Wales. Helen also goes in search of the area's wildlife.

8.00 Antiques Roadshow Fiona Bruce presents the show from the Royal Botanic Garden in Edinburgh. Items brought in to be valued include rare Russian jewels and a collection of dolls' house crockery.
9.00 Vigil Amy is trapped and running out of time. On land, Kirsten chases down the traitor's accomplice. When the traitor on Vigil puts their plans into action, the crew are forced to fight for their lives. Conclusion of the crime drama, starring Suranne Jones and Rose Leslie. Last in series.

10.00 BBC News; Regional News
10.30 Match of the Day 2 Mark

Chapman reviews the day's action, featuring Arsenal v Tottenham Hotspur at Emirates Stadium, and Southampton v Wolverhampton Wanderers at St Mary's Stadium.

11.30pm The Women's Football Show Highlights of the weekend's games in the Super League. **12.05am** Tonight with Target. Jorja Smith, Unknown T, and Enny perform live in the studio, as Target is joined by Zeze Millz and Young T & Bugsey for a chat.
12.55 FILM True Story (2015/15) Fact-based drama, starring Jonah Hill.
★★★ 2.25 Weather for the Week Ahead **2.30-6.00am** BBC News

BBC Two

F'VIEW 2 • SKY 102 • VIRGIN 102 • F'SAT 102

- 6.20am Countryfile** (R) **7.15** Golf: Ryder Cup Highlights (R) **9.15** Landward (R) **9.45** Saturday Kitchen Best Bites **11.15** The Hairy Bikers Go North (R)
12.15pm **LIVE** MOTD: Women's Super League. Manchester United v Chelsea.
2.40 Cycling World Championships Live Coverage of the men's road race at the UCI Road World Championships in Belgium, which saw Julian Alaphilippe claim the title last year.
5.00 Jay's Yorkshire Workshop Jay and his workshop make furniture for a ex-forces serviceman. (R)
6.00 Saving Lives at Sea In Trearddur Bay, the crew battle through gale force winds to try to save a surfer. (R)

7.00 Incredible Journeys with Simon Reeve Simon looks back on wildlife stories he has encountered. (R)
8.00 Mortimer & Whitehouse: Gone Fishing (5/6) Bob Mortimer and Paul Whitehouse fish for wild carp in Mid Wales.
8.30 Chris and Meg's Wild Summer (5/6) Chris Packham and Megan McCubbin visit the Cairngorms, exploring the ancient Caledonian woodlands of Abernethy National Nature Reserve on a mission to find a very rare flower.
9.00 The Last Mountain The story of climber Tom Ballard, who died during an expedition to Pakistan's Nanga Parbat mountain in February 2019, following his sister Kate on a pilgrimage to the site to say goodbye to her brother.

10.50 Live at the Apollo Leading performers on the stand-up circuit share their light-hearted views on modern life in this show recorded before a packed house at London's Hammersmith Apollo. (R)
11.20pm Golf: Ryder Cup Highlights Eilidh Barbour presents action from day three of the prestigious team event between USA and Europe, with the decisive singles matches taking place at Whistling Straits in Wisconsin. With commentary by Andrew Cotter, Ken Brown, Iona Stephen and Ned Michaels. **1.20am FILM** Southside with You (2016/12) Biographical drama, starring Tika Sumpter. ★★★
2.35 Question Time (R) **3.35** Holby City (R) **4.15-6.30am** This Is BBC Two

ITV

F'VIEW 3 • SKY 103 • VIRGIN 103 • F'SAT 103

- 6.00am CITV 9.25** ITV News **9.30** Cornwall and Devon Walks with Julia Bradbury (R)
10.00 Love Your Weekend with Alan Titchmarsh **11.55** All Around Britain. Ria Hebdon and Alex Beresford visit Cardiff.
12.55pm Love Your Garden (R)
2.00 ITV News; Weather
2.10 Diamonds Are Forever (1971/ PG) James Bond spy adventure, starring Sean Connery. ★★
4.30 Dickinson's Biggest and Best Deals David Dickinson shares his favourite moments.
5.30 The Cube Friends Stefan and Faruk, and brothers Tayif and Mo take part in the show. (R)
6.30 ITV News; Weather
6.45 Regional News; Weather

7.00 Family Fortunes Gino D'Acampo hosts as the Collards of Barry Island go up against the Mitchell family of Croydon, trying to guess the most popular responses to surveys posed to 100 people for a chance to win a £30,000 jackpot prize.
8.00 Endeavour The team is called to investigate the violent and peculiar murder of an Oxford college don, but when Thursday makes an unexpected discovery, Morse's suitability to work on the case is compromised and he is side-lined. Meanwhile, things at home become quite tense for Thursday and Win when they receive disturbing news from abroad. Inspector Morse prequel, with Shaun Evans and Roger Allam. Last in the series.

10.00 ITV News; Weather
10.20 Being James Bond Daniel Craig reflects on his time as 007 in conversation with producers Michael G Wilson and Barbara Broccoli in the lead-up to his final performance as Bond in No Time To Die. (R)
11.15pm Goodwood Revival Highlights Classic cars take to Goodwood Motor Circuit. **12.10am** Manhunt The Night Stalker. DCI Colin Sutton is asked to review the police investigation into a serial rapist terrorising southeast London. Martin Clunes stars. (R) **1.00** Home Shopping **3.00** FYI Extra **3.15** Motorsport UK (R)
4.05 ITV Nightscreen **5.05-6.00am** Tipping Point. Coin-drop quiz. (R)

Channel 4

F'VIEW 4 • SKY 104 • VIRGIN 104 • F'SAT 104

- 6.10am Mike & Molly** (R) **6.50** The King of Queens (R) **8.05** Frasier (R) **9.30** Sunday Brunch. Gyles Brandreth talks about his autobiography, and Jo Hartley chats about the film Sweetheart.
12.30pm The Simpsons (R)
3.30 The Great British Bake Off Noel Fielding and Matt Lucas welcome 12 new contestants into the tent, baking mini rolls, a teatime classic and a cake that expresses their creativity. (R)
5.00 Channel 4 News Including sport and weather reports.
5.30 Formula 1: Russian Grand Prix Highlights Steve Jones, David Coulthard, Lee McKenzie and Mark Webber present a chance to see the 15th round of the season at the Sochi Autodrom.

8.00 Lost Treasure Tombs of the Ancient Maya (1/2) Archaeologists search for evidence of the Maya civilisation and what became of it, making use of revolutionary new technology to analyse a 1200-year-old temple. The first episode examines one of the most magnificent royal burials ever found in Palenque, Mexico.
9.00 Celebrity SAS: Who Dares Wins (5/6) The recruits are split into two teams and challenged to transport boats across boggy terrain, as well as performing an open water rescue exercise. Alexandra Burke struggles with a race up a cliff, and Wes Nelson undergoes interrogation by the directing staff, while messages from home put the whole team on an emotional knife edge.

10.00 Foxy's Fearless 48 Hours New with Rob Delaney The first in a series in which Jason Fox sets celebrities daring challenges. First up is actor and comedian Rob Delaney, who starts by jumping off a viaduct.
10.55 8 Out of 10 Cats Does Countdown With Roisin Conaty and Lucy Beaumont. (R)
12.00m't Ramsay's Kitchen Nightmares USA (R) **12.55** Couples Come Dine with Me (R) **1.45 FILM** Capernaum (2018/15) Drama, starring Zain Al Rafeea. ★★★★ **3.50** Iris Prize Best British Shorts: Just Me (R) **4.05** George Clarke's Amazing Spaces (R)
5.00 Location, Location, Location (R)
5.50-6.00am Food Unwrapped (R)

Channel 5

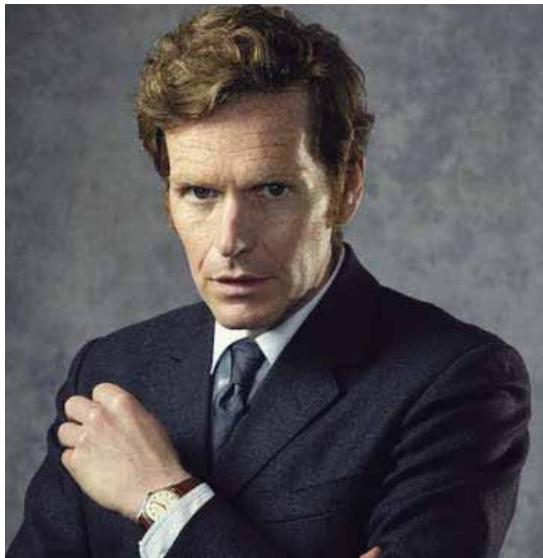
F'VIEW 5 • SKY 105 • VIRGIN 105 • F'SAT 105

- 6.00am Milkshake!** Children's shows.
10.00 SpongeBob SquarePants (R)
10.25 Entertainment News on 5
10.30 NFL End Zone NFL action.
10.55 Cruising with Jane McDonald
11.10 Friends Four episodes. (R)
1.10pm George Clarke's Build a New House in the Country (R)
2.10 Dream Kitchens & Bathrooms with Mark Millar (R)
3.10 Nick Knowles' Big House Clearout Last in series. (R)
4.10 10 Ways the Victorians Changed Britain (R)
5.40 All Creatures Great and Small Drama, with Nicholas Ralph. (R)
6.35 5 News Weekend Headlines.
6.40 10 Mistakes That Sank the Titanic Documentary. (R)

- 8.00 Million Pound Motorhomes (3/4)** Chef James Martin goes for a day out in his luxurious Hymer vehicle, while Michael and Ruth visit the Southern Motorhome & Campervan Show. Trudi and Adam run a motorhome rentals company and have decided to double their fleet and spend more than half a million pounds on a new vehicle.
9.00 Rich House, Poor House Kim and Dave have risked everything by converting a field in Northumberland into an organic farm, growing fruit and vegetables, and raising pigs and other animals, but rarely have time off. They and their children swap lives and homes with millionaire businesswoman Ampika, who lives just outside the city of Manchester. (R)

- 10.00 The Da Vinci Code** (2006/12) An academic falsely accused of murder uncovers a conspiracy to conceal an ancient secret. Thriller based on Dan Brown's novel, starring Tom Hanks, Audrey Tautou and Ian McKellen. ★★★

- 1.00am The 21.co.uk Live Casino Show 3.00** Violent Child, Desperate Parents. Parents being physically abused by their children. (R) **3.50 The Great Gardening Challenge**. Nicki Chapman and Diarmuid Gavin host a horticultural competition. (R) **4.50 Wildlife SOS**. The work of a wildlife sanctuary. (R) **5.15 Great Artists (R)**
5.40 Milkshake! Monkey's Amazing Adventures (R) **5.45 Peppa Pig Double bill**. **5.55-6.00am Peppa Pig (R)**



Endeavour

8pm, ITV

Strictly speaking, Endeavour isn't meant to be working on this latest case, in which an Oxford don has met a particularly violent end. For reasons that'll make sense when you watch, he's been sidelined. But you know what he's like: he can never resist pursuing a lead. Which is unfortunate, given what happens next.

ITV2

F'VIEW 6 • SKY 118 • VIRGIN 115 • F'SAT 113

- 6.00am** Totally Bonkers Guinness World Records **6.25** You've Been Framed! **6.50** Love Bites **8.50** Dress to Impress **11.55** Family Fortunes
12.55pm Celebrity Catchphrase **1.55** You've Been Framed! Top 100 Senior Moments **3.00** You've Been Framed! Attacks **4.00** FILM Robots (2005/U) Animated adventure. ★★★ 5.45 Minions and Monsters **5.55** FILM Despicable Me 3 (2017/U) Animation, with the voice of Steve Carell. ★★★
7.40 FILM Pitch Perfect 2 (2015/12) Comedy, with Anna Kendrick. ★★★★
10.00 NEW Karaoke Club: Drag Edition Singing contest.
11.00 Family Guy **12.00m't** American Dad! **12.55** Plebs **2.00** Iain Stirling's CelebAbility **2.40** Totally Bonkers Guinness World Records **3.05** FYI Extra **3.20-3.30am** Nightscreen

BBC Four

F'VIEW 9 • SKY 116 • VIRGIN 107 • F'SAT 107

- 7.00pm** Classic Quartets at the BBC Classical music performances, beginning with string quartets.
8.00 Dame Fanny Waterman: A Lifetime in Music The renowned pianist reflects on her life and career.
8.30 Leeds International Piano Competition 2021 Highlights from the finals of the 2021 Leeds International Piano Competition.
10.00 How to Build a Nuclear Submarine The construction of HMS Astute, the Royal Navy's biggest and most powerful attack submarine, which is able to circumnavigate the globe without surfacing.
11.00 Seven Ages of Starlight
12.30am Vienna: Empire, Dynasty and Dream **1.30** Classic Quartets at the BBC **2.30-3.30am** How to Build a Nuclear Submarine

ITV3

F'VIEW 10 • SKY 119 • VIRGIN 117 • F'SAT 115

- 6.00am** Emmerdale Omnibus **9.30** George and Mildred **10.00** FILM Carry On Up the Jungle (1970/PG) Comedy, starring Sid James. ★★
11.45 FILM Charade (1963/PG) Romantic thriller, with Audrey Hepburn and Cary Grant. ★★★★★
2.00pm Agatha Christie's Poirot **6.00** Agatha Christie's Poirot Agatha Christie whodunit with David Suchet.
8.00 Kate: The Making of a Modern Queen Profile of Kate Middleton.
9.00 The Queen: Inside the Crown How the Queen has mastered the art of being a monarch over her reign.
10.00 Vera A physiotherapist is murdered at a luxury country retreat.
12.05am Coronation Street Omnibus **2.50** Emmerdale Omnibus **5.30** George and Mildred. Yootha Joyce stars. **5.55-6.00am** Nightscreen

Drama

F'VIEW 20 • SKY 143 • VIRGIN 130 • F'SAT 158

- 6.00am** Teleshopping **7.10** The Bill **11.00** Mansfield Park. Drama.
6.10pm Last of the Summer Wine Truly finds a woman for Clegg.
6.50 Bleak House The notorious lawsuit finally draws to a close.
8.00 Call the Midwife Shelagh organises a ballroom dance to raise money for the maternity home, and Sister Hilda is determined to make sure a dying patient gets one last dance.
9.20 Broken As events of the night send shockwaves through the community, Father Michael must process his own guilt. Sean Bean stars.
10.40 Rebus A prostitute is found buried at a local landmark – awakening memories of a case Rebus investigated 20 years earlier.
12.10am Trial & Retribution **2.20** Lovejoy **4.00-6.00am** Teleshopping

SUNDAY

SEPTEMBER 26

Scotland & Wales

BBC Scotland

- 12.00noon** This Is BBC Scotland **7.00pm** The Seven **7.15** Sportscene. Highlights of today's Scottish Premiership matches.
8.30 The Mountain. The Ski Patrol receives avalanche training. **9.00** Scots in China. Part two of two. Neil Oliver looks at what the future holds for China. **10.00** Still Game. The open road proves a nightmare for Victor when Jack forces him to drive a car. Ford Kiernan and Greg Hemphill star.
10.30 David Wilson's Crime Files. The criminologist explores how police and prosecutors build a murder case when no body has been found, looking at the disappearance of Arlene Fraser in 1998.
11.00pm-12.00m't Seven Days

BBC One Scotland

- As BBC One except: **10.00-10.30am** The Sunday Show **5.50-6.00pm** Reporting Scotland **11.30** Sportscene **12.45am** The Women's Football Show **1.20** Tonight with Target **2.10** Weather for the Week Ahead **2.15-6.00am** BBC News

BBC One Wales

- As BBC One except: **10.00-10.30am** Politics Wales. With James Williams. **3.00-3.30pm** Hidden Wales with Will Millard. Wales' hidden history of the Second World War. **5.50-6.00pm** BBC Wales Today

BBC Two Wales

- As BBC Two except: **5.00pm** NEW Inside Culture. **5.30** Take a Hike **6.00** Scrum V. A review of the opening United Rugby Championship matches. **6.45-7.00pm** Nature's Weirdest Events. Chris Packham investigates unusual natural events.

STV

- As ITV except: **6.45-7.00pm** STV News

ITV Wales

- As ITV except: **6.45-7.00pm** ITV News Cymru Wales. Headlines; Weather

S4C

- 6.00am** Cyw **8.50** Penblwyddi Cyw **9.00** Llwybrau'r Eirth **10.00** Fit Cymru **11.00** Mamwlod Gyda Ffion Hague **11.30** Dechrau Canu Dechrau Cannol **12.00noon** Yr Wythnos **12.30** Dan Do **1.00** Rygbi Pawb **1.45** Dudley **2.45** Straeon Tafarn **3.15** Teithiau Tramor Iolo **3.45** Eisteddfod AmGen: Cwt Cerdd **4.45** Triathlon Cymru **5.15** Ffermio **5.45** Pobol y Cwm Omnidbws **7.15** Newyddion a Chwaraeon **7.30** Dechrau Canu Dechrau Cannol. Nigel Owens meets the Christian Surfers. **8.00** Am Dro! Walks in Aberystwyth, Tregarth, Merthyr Tydfil and Llanwrst. **9.00** Drych: Jason Mohammad - Trelai, Y Terfysg A Fi. Jason Mohammad looks back on the riots in Ely in 1991. **10.00** Clwb Rygbi. Dragons v Ospreys. Delayed full-match coverage of the clash from the opening round of fixtures in the United Rugby Championship, from Rodney Parade. **11.45pm-12.15am** Y Byd yn ei Le gyda Guto Harri

BBC One

F'VIEW 1 • SKY 101 • VIRGIN 101 • F'SAT 101

6.00am Breakfast 9.15 Morning Live

10.00 NEW Defenders UK.

Trading Standards Officers investigate a driving school.

10.45 Close Calls: On Camera (R) **11.15** Homes Under the Hammer (R) **12.15pm** Bargain Hunt. From Brackley.

1.00 BBC News; Regional News

1.45 Doctors Rob and Karen are stunned by some news.

2.15 Unbeatable Quiz show.

3.00 Escape to the Country

New Jules Hudson helps a couple find a new home in Derbyshire.

3.45 Garden Rescue (R)

4.30 Antiques Road Trip Experts go in search of a profit in Kent.

5.15 Pointless Low-scoring quiz.

6.00 BBC News; Regional News

7.00 The One Show

Jermaine Jenas and Alex Scott host.

7.35 NHS: Wait or Pay?

– Panorama Victoria

Derbyshire talks to people on the NHS waiting list for hospital treatment, which has hit a record high of 5.61 million.

8.05 EastEnders

Bobby plans a special surprise for Dana.

8.30 The Goes Wrong Show

New (1/5) Robert takes charge of the first show of the second series, putting on a period drama. When the usual mishaps occur, he becomes determined to start over.

9.00 Silent Witness

(7/10) Part one of two. A tricky murder case leads Jack and Nikki into the world of underground boxing, while a talented forensic ecologist proves to be just what the team needs.

10.00 BBC News; Regional News

10.35 RuPaul's Drag Race UK

New (1/10) Matt Lucas joins the first round of the drag queen competition as a guest judge, and must decide which of the 12 contestants will be dropping out straight away.

11.50pm NEW The Apprentice

Australia With two undercover advisers in their midst, the celebrities must create selfie-inspired artworks to sell at auction for charity. The team with the highest profit will win. The losing team must face Lord Sugar and someone will be fired. **1.05am** The Graham Norton Show. With Daniel Craig. (R) **1.55 Weather for the Week Ahead** **2.00-6.00am** BBC News

BBC Two

F'VIEW 2 • SKY 102 • VIRGIN 102 • F'SAT 102

6.30am Bargain Hunt (R) 7.15

Antiques Road Trip (R) **8.00**

Jay's Yorkshire Workshop (R) **9.00** BBC News at 9

10.00 BBC News **12.15pm** Politics Live Conference 2021

1.00 Eggheads Weekday quiz. (R)

1.30 Golf: Ryder Cup Highlights

Action from day three. (R)

3.30 Equestrian World Eventing Championships Highlights

Action from the competition held in Avenches, Switzerland.

5.15 Flog It! From Surrey. (R)

6.00 Richard Osman's House of Games

Featuring Yasmine Akram, Cariad Lloyd, Geoff Norcott and Dennis Taylor.

6.30 Strictly: It Takes Two

New News and gossip from the first weekend of the competition.

7.00 Take a Hike (11/15)

The first of five countryside in the Highlands and Islands.

7.30 Mastermind Specialist

subjects include Rodgers and Hammerstein musicals and the animated series, The Simpsons.

8.00 Only Connect

First-round losers the Godynys and the Woolgatherers get a second chance to progress in the quiz.

8.30 University Challenge

The first-round matches continue with the University of Dundee going up against the Royal Northern College of Music.

9.00 Fever Pitch: The Rise of the Premier League (4/4)

The impact of the appointment of Arsene Wenger as Arsenal manager in 1996, when he introduced modern coaching techniques and lifestyle and dietary improvements.

10.00 Alma's Not Normal (3/6)

Alma discovers Bolton Acting School and decides to join up, and also arranges another family meeting between Lin and Joan at an upmarket restaurant.

10.30 Newsnight

With Emily Maitlis. **11.15pm** A Killing in Tiger Bay With three of the men sentenced to life in prison, the families begin a campaign to have their convictions overturned. It soon attracts worldwide attention and begins to unearth some disturbing facts about the case. Meanwhile, the real killer is still at large and one of the accused faces a threat to his own life. (R) **12.15am** Countryfile (R) **1.15 Saving Lives at Sea (R) 2.15 When Ruby Wax Met (R) 3.15-6.30am** This Is BBC Two

ITV

F'VIEW 3 • SKY 103 • VIRGIN 103 • F'SAT 103

6.00am Good Morning Britain

9.00 Lorraine Entertainment news.

10.00 This Morning Celebrity chat and lifestyle features.

12.30pm Loose Women Celebrity interviews and topical debate.

1.30 ITV Lunchtime News; Weather

1.55 Regional News; Weather

2.00 Judge Rinder's Crime Stories

New The criminal barrister examines more real-life cases.

3.00 Winning Combination

New Return of the numbers-based quiz, hosted by Omid Djalili.

4.00 Tipping Point

Coin-drop quiz, hosted by Ben Shephard.

5.00 The Chase

Neil, Bev, Bertie and Linda take part in the quiz.

6.00 Regional News; Weather

6.30 ITV Evening News; Weather

Channel 4

F'VIEW 4 • SKY 104 • VIRGIN 104 • F'SAT 104

6.00am Countdown (R) 6.40

Cheers (R) **7.40** The King of Queens (R)

9.05 Frasier (R) **10.30** Ramsay's Kitchen Nightmares USA (R)

11.30 Find It, Fix It, Flog It (R)

12.30pm Steph's Packed Lunch

2.10 Countdown Word game.

3.00 A Place in the Sun

In Valencia.

4.00 Chateau DIY

Transforming caves under a chateau into a wine venue and event space.

5.00 Four in a Bed

The competition begins at B&B at No 3 in Market Bosworth, Leicestershire.

5.30 The Perfect Pitch

A selection of motorhome enthusiasts explore

New Britain's luxury campsites.

6.00 The Simpsons

Animation. (R)

6.30 Hollyoaks

Peri realises that she may have a stalker. (R)

7.00 Channel 4 News

8.00 Jamie Oliver: Together

The chef prepares a taco night inspired by his travels in Mexico, featuring slow-cooked pork belly served in handmade masa harina flour tacos with chunks of roasted pineapple and hot red pepper sauce, cheesy black beans cooked in a splash of tequila, green salsa, and a citrusy red cabbage slaw.

9.00 24 Hours in Police

New **Custody** (1/6) Police officers search for a man in Luton who disguises himself as a delivery driver to force his way into people's homes. However, when the police investigation fails to make headway, the family of one of the victims launch a campaign for information on social media.

10.00 First Dates

A DJ who has learned some new things about her sexuality after a recent holiday to Ibiza now has to get to grips with London's same-sex dating scene.

11.05pm The Holden Girls: Mandy & Myrtle

Double bill. Amanda and Myrtle embark on a disastrous mini break; Myrtle embarks on her bucket list. (R)

12.05am Sex Actually with Alice Levine

What sex means for modern Brits. (R)

1.05 Ramsay's Kitchen Nightmares USA (R) 1.55

Undercover Boss USA (R) **2.45** 24 Hours in A&E (R) **3.40** Couples Come Dine with Me (R)

4.30 Iris Prize Best British Shorts: Rhiw Goch (On the Red Hill) (R)

4.40 Location, Location, Location (R)

5.35-6.00am Beat the Chef (R)

Channel 5

F'VIEW 5 • SKY 105 • VIRGIN 105 • F'SAT 105

6.00am Milkshake! **9.15** Jeremy Vine
11.15 Nightmare Tenants, Slum Landlords (R) **12.15pm** 5 News at Lunchtime **12.20** Traffic Cops. The working life of officers patrolling Britain's roads. (R)

1.15 Home and Away See 6.00pm.

1.45 Neighbours See 5.30pm.

2.15 The Crossword Mysteries:

A Puzzle to Die For (2019/PG) Drama, starring Lacey Chabert and Brennan Elliott. ★★★

4.00 Bargain-Loving Brits in the Sun Documentary series. (R)

5.00 5 News at 5 Headlines.

5.30 Neighbours Toadie keeps trying to get Melanie back. (R)

6.00 Home and Away Justin and John struggle to agree. (R)

6.30 5 News Tonight Headlines.

7.00 Traffic Cops A woman is suspected of drink-driving at 10am, while Andy Swift goes on the trail of a driver who has allegedly failed to stop after a collision. (R); 5 News Update

8.00 Motorway Cops: Catching Britain's Speeders (2/8)

Officer Matt Turner brings a car to a stop in the middle of the motorway, coming across an unexpected haul as well as a surprising passenger who stops him in his tracks. Followed by 5 News Update

9.00 D-Day: Invasion Part one of two. The events of June 6, 1944, when more than 150,000 troops took part in the largest amphibious invasion in history with the aim of liberating Europe from Germany. With expert commentary from Max Hastings and Onyeka Nubia.

10.00 Casualty 24/7: Every Second Counts A 72-year-old man is rushed into hospital suffering from severe chest pains, while Dr Hughes treats a man who has fallen from a ladder while cutting hedges. (R)

11.05pm Britain's Tiniest Teenager The challenges faced by primordial dwarves Liam, Finn and Alex as they make new friends, endure medical procedures and make their way in life. (R) **12.05am** A&E After Dark. A patient is brought in for treatment to a split eyebrow. (R) **1.00 LIVE** NFL: Monday Night Football. Dallas Cowboys v Philadelphia Eagles (kick-off 1.15am).

4.30 Britain's Greatest Bridges (R)

4.45 Wildlife SOS (R) **5.10-6.00am** House Doctor: double bill (R)



The Goes Wrong Show 8.30pm, BBC One

If you're a fan of *Downton Abbey*, you'll no doubt be delighted to hear there's a *Downton*-style family drama going out this very evening on BBC One. You might be somewhat less thrilled, mind you, to discover it's the work of the notoriously calamitous Cornley Drama Society, launching this new series of theirs.

ITV2

F'VIEW 6 • SKY 118 • VIRGIN 115 • F'SAT 113

6.15am Love Bites **7.20** Ellen DeGeneres **8.00** Emmerdale **8.30** Coronation Street **9.35** Ellen's Game of Games **10.30** Dress to Impress **11.30** Love Bites **12.30pm** Emmerdale **1.00** Coronation Street **2.00** Ellen DeGeneres **3.00** Dress to Impress **4.00** Love Bites **5.00** You've Been Framed! **5.30** You've Been Framed! Gold **6.00** Celebrity Catchphrase **7.00** Superstore Double bill of fun. **8.00** Bob's Burgers Double bill. **9.00** Family Guy Animated antics. **9.30** American Dad! Cartoon capers. **10.00** Karaoke Club: Drag Edition **11.00** Family Guy **11.30** American Dad! **12.00m't** Bob's Burgers **12.55** Superstore **1.45** Don't Hate the Playaz **2.40** Totally Bonkers Guinness World Records **3.05** FYI Extra **3.20** Nightscreen **3.30-6.00am** Teleshopping

BBC Four

F'VIEW 9 • SKY 116 • VIRGIN 107 • F'SAT 107

7.00pm Great British Railway Journeys Michael Portillo explores York, Leeds and Bradford. **7.30 The Joy of Painting** Bob Ross paints an autumnal landscape. **8.00 Secrets of the Museum** A Star Wars costume is missing its head. **9.00 Inside America's Treasure House: The Met** Friends rally round to save the Met. Last in series. **10.00 Masterspy of Moscow: George Blake – Storyville** Documentary charting the life of Soviet agent George Blake, who was sentenced to 42 years in jail but escaped five years into his term. **11.30 Secret Agent Selection: WW2** **12.30am Art of America** **1.30** Great British Railway Journeys **2.00** Inside America's Treasure House: The Met **3.00-4.00am** Secrets of the Museum

ITV3

F'VIEW 10 • SKY 119 • VIRGIN 117 • F'SAT 115

6.00am Classic Coronation Street **7.00** Classic Emmerdale **8.05** Heartbeat **9.05** Man About the House **9.40** George and Mildred **10.40** Agatha Christie's Poirot **12.40pm** Heartbeat **1.45** Classic Emmerdale **2.50** Classic Coronation Street **3.50** Agatha Christie's Poirot **5.50** The Darling Buds of May. Pop faces hostility. **6.55 Wycliffe** A student is shot. **8.00 Lewis** A college quiz weekend leads to murder. Alan Davies guests. **10.00 Blue Murder** Pete pressures Janine for a divorce as she grapples with the case of a murdered childminder in which the only witness is an autistic youngster. **11.35 Wycliffe**. Mystery drama series. **12.45am** The Darling Buds of May **1.50** Man About the House **2.20** Nightscreen **2.30-6.00am** Teleshopping

Drama

F'VIEW 20 • SKY 143 • VIRGIN 130 • F'SAT 158

7.30am A Place to Call Home **8.30** The Bill **9.30** Classic Holby City **10.55** Classic Casualty **12.00noon** The Bill **1.00** Classic EastEnders **2.20** Peak Practice **3.20** Bergerac **4.20** Auf Wiedersehen, Pet **5.20** Birds of a Feather. Sharon becomes broody. **6.00 Bread** Aveline gets engaged to Oswald. Comedy, with Melanie Hill. **6.40 'Allo 'Allo!** Classic comedy. **7.20 Last of the Summer Wine** Clegg and Truly reminisce about Compo. **8.00 The Brokenwood Mysteries** Mike, Kristin, and the team look into the murder of a farmer's market owner. Detective drama, starring Neill Rea. **10.00 New Tricks** Pullman agrees to reinvestigate the case of a teenager who was abducted and left to die. **11.20 Bad Girls** **12.35am** Waking the Dead **2.30-4.00am** Bad Girls

MONDAY

SEPTEMBER 27

Scotland & Wales

BBC Scotland

12.00noon This Is BBC Scotland **2.00pm** Sign Zone: Disclosure: On a Cliff Edge **2.30** Sign Zone: Grand Tours of Scotland's Lochs **3.00** Sign Zone: The Generation Frame **4.00** This Is BBC Scotland **7.00** Sportscene: SWPL Highlights. Action from the latest fixtures. **7.30** Landward. How the staycation summer affected parts of rural Scotland. **8.00** Born to Be Wild. Theresa releases a hedgehog and its newborns into the wild. Last in series. **9.00** The Nine **10.00** River City. Jessie attempts to be peacemaker between Alex and Karen. **11.00** Scot Squad **11.30pm-12.00m't** Scary Adult Things

BBC One Scotland

As BBC One except: **6.30-7.00pm** Reporting Scotland **7.35-8.05** Disclosure: Priced Out. Chris Clements reports on Scotland's housing emergency. **10.35** The Scots **11.05** NHS: Wait or Pay? – Panorama **11.35** Sportscene: SWPL Highlights **12.05am** The Edit **12.20** NEW RuPaul's Drag Race UK **1.35** NEW The Apprentice Australia **2.50** Weather for the Week Ahead **2.55-6.00am** BBC News

BBC One Wales

As BBC One except: **6.30-7.00pm** BBC Wales Today. The day's headlines; Weather

STV

As ITV except: **1.55-2.00pm** STV News; Weather **6.00-6.30** STV News at Six; Weather **10.45** STV News **10.50** Scotland Tonight **11.20** Heathrow: Britain's Busiest Airport **11.50** Manhunt The Night Stalker **12.40-3.00am** Home Shopping

ITV Wales

As ITV except: **1.55-2.00pm** ITV News Cymru Wales **6.00-6.30** ITV News Wales at Six **10.45** ITV News Cymru Wales **11.00-11.30pm** Sharp End

S4C

6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05** Wil ac Aeron: Taith yr Alban **12.30** Heno **1.00** Darn Bach o Hanes **1.30** Liefydd Sanctaidd **2.00** Newyddion S4C a'r Tywydd **2.05** Prynawn Da **3.00** Newyddion S4C a'r Tywydd **3.05** 47 Copa: Her Huw Jack Brassington **4.00** Awr Fawr: Blociau Rhif **4.05** Jambori **4.15** Rapsgalwn **4.30** Pablo **4.45** Patrol Pawennau **5.00** Stwñsh: Dennis a Dannedd **5.10** Bwystfil **5.20** Y Brodr Adrenalin **5.30** Sgorio **5.55** Ffeil **6.00** Y Sioe Fwyd **6.30** Garejis: Dan y Bonet **6.57** Newyddion S4C **7.00** Heno **7.30** Newyddion S4C a'r Tywydd **8.00** Pobol y Cwm. Dani progresses through labour with no sign of the midwife. **8.25** Sgwrs Dan y Lloer. Elin Fflur chats to author Caryl Lewis. **8.55** Newyddion S4C a'r Tywydd **9.00** Ffermio. Agricultural issues. **9.30** Cegin Bryn: Y Dosbarth Meistr. Colin Owen from Pentir asks for tips for vegetarian cooking. **10.00** Ceifylau Cymru **10.30** Bois y Rhondda **11.00-11.35pm** Cymry ar Gynfas

BBC One

F'VIEW 1 • SKY 101 • VIRGIN 101 • F'SAT 101

- 6.00am Breakfast** **9.15** Morning Live
10.00 Defenders UK **10.45** Close Calls: On Camera (R) **11.15** Homes Under the Hammer **12.15pm** Bargain Hunt (R)
1.00 BBC News; Regional News
1.45 Doctors Harriet confronts Rob.
2.15 Unbeatable General knowledge quiz, hosted by Jason Manford.
3.00 Escape to the Country Nick Chapman helps a couple from Surrey find a new home.
3.45 Garden Rescue Charlie Dimmock and the Rich brothers attend a garden near Chester. (R)
4.30 Antiques Road Trip Serhat Ahmet and Catherine Southon tour the East Midlands.
5.15 Pointless Low-scoring quiz.
6.00 BBC News; Regional News

- 7.00 The One Show** Another mix of nationwide reports and live studio-based chat.
7.30 EastEnders Whitney is offered a fantastic singing opportunity, and Jean heads off to court on drug charges.
7.50 Holby City Fletch confronts Jeni about what she did to Evie, but she tries to sweet-talk her way out of trouble.
8.30 My Family Janey needs some driving experience as she practises for her test, but a disastrous road trip with Nick leaves her with only one option – to get into a car with Ben. (R)
9.00 Silent Witness (8/10) Part two of two. The team investigate a second death that brings them back to the same underground boxing ring, while Jack is torn between his brother and his family's safety.

- 10.00 BBC News; Regional News**
10.35 Back to Life (5&6/6) Double bill. Miri's nerves are on edge as a result of recent events, and her stress levels are exacerbated when Janice reminds her that her driving test is today; with a return to prison on the cards, Miri wants to spend her last morning of freedom with Billy – only for an unexpected family member to come along.
11.35pm Question of Sport With Eddie Hearn, Katharine Merry, Alex Yee and Laura Collett. (R) **12.05am** Ambulance. A child with a dislocated knee kicks off another busy night shift. (R) **1.05** Weather for the Week Ahead **1.10-6.00am** BBC News. Headlines.

BBC Two

F'VIEW 2 • SKY 102 • VIRGIN 102 • F'SAT 102

- 6.30am Bargain Hunt** (R) **7.05** Antiques Road Trip (R) **7.50** Shop Well for Less? (R) **8.50** Lifeline **9.00** BBC News at 9 **10.00** BBC News **12.15pm** Politics Live Conference 2021
1.00 Head Hunters Quiz show. (R)
1.45 Eggheads Quiz show. (R)
2.15 The Big Painting Challenge A portrait-painting challenge. (R)
3.15 An Island Parish: Anguilla (R)
3.45 Curiosity Gameshow. (R)
4.30 Glorious Gardens from Above Exploring Oxfordshire. (R)
5.15 Flog It! Paul Martin and the team are in Sheffield. (R)
6.00 Richard Osman's House of Games With Yasmine Akram.
6.30 Strictly: It Takes Two Weekly fanzine, with Rylan Clark-Neal.

- 7.00 Take a Hike** Opera singer Tony leads a musical hike along Cromarty's coastal path, in the second Highlands and Islands walk. Narrated by Rhod Gilbert.
7.30 Iolo: The Last Wilderness of Wales Iolo Williams heads for the Elan Valley in search of cuckoos, finds red squirrels in a conifer plantation and looks for golden plover, one of the rarest breeding birds in Wales. (R)
8.00 Saving Lives at Sea (6/10) In St Agnes, the crew is involved in a race against time to rescue two young men.
9.00 A House Through Time The final episode opens at the outbreak of the Second World War, with the house home to the Woods. Father John serves as an ARP warden, and son Geoffrey joins the Merchant Navy. Last in series.

- 10.00 Mortimer & Whitehouse: Gone Fishing** Bob Mortimer and Paul Whitehouse fish for wild carp in Mid Wales, spending their first day at an ancient glacial lake where Bob tries out new gear he is keen to use and hopes will make a difference to his fishing. (R)
10.30 Newsnight With Emily Maitlis.
11.15pm NFL This Week Action from the third week of fixtures, including Kansas City Chiefs v Los Angeles Chargers, Cleveland Browns v Chicago Bears, and Los Angeles Rams v Tampa Bay Buccaneers. **12.05am** Lambing Life – Our Lives (R) **12.35** Ambulance (R) **1.35** A Killing in Tiger Bay (R) **2.35-6.30am** This Is BBC Two

ITV

F'VIEW 3 • SKY 103 • VIRGIN 103 • F'SAT 103

- 6.00am Good Morning Britain**
9.00 Lorraine Entertainment news.
10.00 This Morning Celebrity chat and lifestyle features.
12.30pm Loose Women Celebrity interviews and topical debate.
1.30 ITV Lunchtime News; Weather
1.55 Regional News; Weather
2.00 Judge Rinder's Crime Stories The barrister tells the story of six-year-old Stanley Metcalfe.
3.00 Winning Combination Quiz, hosted by Omid Djalili.
4.00 Tipping Point Quiz show, hosted by Ben Shephard.
5.00 The Chase Bradley Walsh presents as Geoff, Natalie, Ofure and Jullien take part.
6.00 Regional News; Weather
6.30 ITV Evening News; Weather

- 7.00 Emmerdale** Leyla fears Liam is hiding something, and she is thrown by his mood.
7.30 Wonders of Scotland with David Hayman The actor embarks on a journey into Speyside and the Cairngorms, where he fulfils a childhood dream aboard a restored steam train and feeds Nordic reindeer.
8.00 Love Your Garden The team create a cross between a woodland glade and a forest school for care worker Carl, and transform a back garden into a magical slice of nature.
9.00 Unbelievable Moments Caught on Camera A selection of extraordinary eyewitness footage, including the dramatic moment a man in danger of being swept over a steep waterfall is rescued from a fast-flowing icy river.

- 10.00 ITV News at Ten; Weather**
10.30 Regional News; Weather
10.45 On Assignment Robert Moore investigates why so many US veterans struggle on their return to civilian life, and Rageh Omaar explores Iceland's relationship with its beautiful but deadly volcanoes.
11.15pm Junk and Disorderly Henry Cole and Sam Lovegrove head to an automotive show in Chippenham. (R)
12.10am Manhunt The Night Stalker. The Force Tasking Group have to come to a decision about funding Colin's high stakes gamble. (R)
1.00 Home Shopping **3.00** FYI Extra
3.15 ITV Nightscreen **5.05-6.00am** Tipping Point. Coin-drop quiz. (R)

Channel 4

F'VIEW 4 • SKY 104 • VIRGIN 104 • F'SAT 104

- 6.00am Countdown** (R) **6.40** Cheers (R) **7.40** The King of Queens (R) **9.05** Frasier (R) **10.30** Ramsay's Kitchen Nightmares USA (R) **11.30** Find It, Fix It, Flog It (R) **12.30pm** Steph's Packed Lunch
2.10 Countdown Word game.
3.00 A Place in the Sun A couple search for a home in Cyprus.
4.00 Chateau DIY Edward sets out to rebuild the pool house.
5.00 Four in a Bed At the Bull Hotel in Buckinghamshire.
5.30 The Perfect Pitch The campers' pitch up at Park Foot Holiday Park in Penrith.
6.00 The Simpsons Lisa discovers Bart's demented twin. (R)
6.30 Hollyoaks Timmy takes drastic measures to cover his tracks. (R)

- 7.00 Channel 4 News** Headlines.
8.00 The Great British Bake Off It's crunch time for the bakers as biscuit week arrives and they are asked to produce their take on filled brandy snaps, followed by a jammy childhood favourite in the technical challenge. In the showstopper, they have to come up with an interactive toy made entirely from biscuit.
9.30 Spice Girls: How Girl Power Changed Britain (3/3) The final part of the documentary follows the girls' attempts to carve out solo careers, while also raising families – difficult for anyone, but virtually impossible for an ex-Spice Girl. Victoria juggled home life and new career as interest in the Beckham brand grew more, while Mel B moved to LA as a single mum.

- 10.30 Gogglebox** The critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions. (R)
11.35pm Taskmaster Alan Davies, Desriee Burch, Guz Khan, Morgana Robinson and Victoria Coren Mitchell compete. (R) **12.35am** Foxy's Fearless 48 Hours with Rob Delaney. Jason Fox sets celebrities daring challenges designed to push boundaries. (R) **1.30** Ramsay's Kitchen Nightmares USA. An Irish pub hampered by family feuds. (R)
2.15 Iris Prize Best British Shorts: Cindy (R) **2.30** The Handmaid's Tale (R)
3.35 Couples Come Dine with Me (R)
4.30 Location, Location, Location (R)
5.25 Beat the Chef (R) **5.50-6.00am** Jamie's Comfort Food Bites (R)

Channel 5

F'VIEW 5 • SKY 105 • VIRGIN 105 • F'SAT 105

- 6.00am Milkshake!** **9.15** Jeremy Vine **11.15** Nightmare Tenants, Slum Landlords (R) **12.15pm** **5 News** **12.20** Traffic Cops. (R)
- 1.15 Home and Away** See 6.00pm.
- 1.45 Neighbours** See 5.30pm.
- 2.15 Killer Mother: Switched at Birth** (2020/PG) Drama, starring Lindsay Hartley. ★★★
- 4.00 Bargain-Loving Brits in the Sun** New arrivals Chris and Gary start looking for work. (R)
- 5.00 5 News at 5** Headlines.
- 5.30 Neighbours** Terese insists on visiting Julie in prison and Paul opens up to David. (R)
- 6.00 Home and Away** After souring his relationship with Cash, Tane hits it off with his sister. (R)
- 6.30 5 News Tonight** Headlines.

- 7.00 GPs: Behind Closed Doors** Dr Crosse sees Tina, who recently had a fall and suffered a head injury, and has experienced memory loss. Dr Amir Syed is visited by Malcolm, who has become unsteady on his feet. Followed by 5 News Update
- 8.00 The Yorkshire Vet** (4/12) Two brothers are worried about their cow, which is foaming at the mouth, and ask for Peter's help to get to the bottom of the issue. Peter also has a daunting visit to a farm. Followed by 5 News Update
- 9.00 D-Day: Victory** Part two of two. Documentary looking at the events of June 6, 1944 from 7.30am onward, when British and Canadian forces landed with the Americans pinned down on Omaha Beach.

- 10.00 Police Code Zero: Officer Under Attack** Programme exploring the rising number of assaults on police officers, revealing what they face in the line of duty, and the emotional toll these incidents take.

- 11.05pm FILM Timecop** (1994/15) A federal agent goes back in time to track down a corrupt politician who has the power to manipulate history. Sci-fi adventure, starring Jean-Claude Van Damme. ★★★ **1.00am** The 21.co.uk Live Casino Show **3.00** Inside King's Cross: The Railway. A passenger falls between a platform and a train. (R)
- 3.50** The Great Gardening Challenge (R) **4.45** Wildlife SOS (R) **5.10** House Doctor (R) **5.35** Fireman Sam (R) **5.45-6.00am** Paw Patrol (R)



ITV2

F'VIEW 6 • SKY 118 • VIRGIN 115 • F'SAT 113

- 6.00am FYI Extra** **6.15** Love Bites **7.20** The Ellen DeGeneres Show **8.00** Emmerdale **8.30** Coronation Street **9.30** Ellen's Game of Games **10.30** Dress to Impress **11.30** Love Bites **12.30pm** Emmerdale **1.00** Coronation Street **2.00** The Ellen DeGeneres Show **3.00** Dress to Impress **4.00** Love Bites **5.00** You've Been Framed! Gold **6.00** Celebrity Catchphrase **7.00** Superstore Double bill of fun. **8.00** Bob's Burgers Double bill. **9.00** Family Guy Double bill of fun. **10.00** Karaoke Club: Drag Edition Vinegar Strokes joins the contest. **11.00** Family Guy. Animation. **11.30** American Dad! **12.25am** Bob's Burgers **1.25** Superstore **2.15** Totally Bonkers Guinness World Records **3.10** FYI Extra **3.25** Nightscreen **3.30-6.00am** Teleshopping

BBC Four

F'VIEW 9 • SKY 116 • VIRGIN 107 • F'SAT 107

- 7.00pm Great British Railway Journeys** From Sheffield to Nantwich. **7.30** The Joy of Painting Bob Ross captures a hidden swamp surrounded by birds and moss-clad trees. **8.00** The Good Life Barbara and Tom's work disturbs the neighbours. **8.30 Porridge** Tension mounts. **9.00 Kim Philby – His Most Intimate Betrayal** Double bill. Ben Macintyre examines the life and career of the Soviet double agent; Philby is summoned back to London in 1951 and faces interrogation, but evades detection for the next 12 years thanks to the help of his friend Nicholas Elliot. **11.00** The Princess Spy: Timewatch. Documentary. **11.50** Secret Agent Selection: WW2 **1.50am** Great British Railway Journeys **2.20-3.20am** Inside America's Treasure House: The Met

Holby City

7.50pm, BBC One

Remember what Donna said last week about evil Jeni Sinclair? "I swear, if the police do not lock her up," she vowed, "I will kill her myself." Well, it looks as though the Holby constabulary have had other matters to attend to, because guess who swans into work tonight as per normal? Over to you then, Ms Jackson...

TUESDAY

SEPTEMBER 28

Scotland & Wales

BBC Scotland

- 12.00noon** This Is BBC Scotland **7.00pm** Roaming in the Wild **7.30** Island Medics **8.00** The Storm That Saved a City. The transformation of Glasgow in the wake of the devastating storm that hit Scotland in January 1968. **9.00** The Nine **10.00** This Is Our Land. Young Scots in the countryside share their hopes regarding climate change. **11.00pm-12.00m't** Scots in China

BBC One Scotland

- As BBC One except: **6.30pm** Reporting Scotland **7.00** River City. Jessie attempts to be peacemaker between Alex and Karen. **8.00** EastEnders. Whitney is offered a fantastic singing opportunity. **8.20-9.00pm** Holby City. Fletch confronts Jeni about what she did to Evie.

BBC One Wales

- As BBC One except: **6.30-7.00pm** BBC Wales Today **8.30-9.00pm** NEW The Crash Detectives. A crash on the M4 closes the motorway in both directions.

BBC Two Wales

- As BBC Two except: **1.45pm** Welsh First Minister's Questions **2.35** Eggheads **3.05** A to Z of TV Gardening **3.30** The Big Painting Challenge **4.30** Curiosity **5.15-6.00pm** Glorious Gardens from Above

STV

- As ITV except: **1.55-2.00pm** STV News; Weather **6.00-6.30** STV News at Six; Weather **10.30** STV News **10.40** Scotland Tonight **11.05** On Assignment. Why so many US veterans struggle on their return to civilian life. **11.40** All Elite Wrestling: Dynamite **12.30am** Manhunt The Night Stalker **1.20-3.00am** Home Shopping

ITV Wales

- As ITV except: **1.55-2.00pm** ITV News Cymru Wales **6.00-6.30** ITV News Wales at Six **10.30** ITV News Cymru Wales **10.45** Fishlock's Choice. The story of Swansea. **11.10** On Assignment **11.45pm-12.10am** Heathrow: Britain's Busiest Airport

S4C

- 6.00am Cyw** **12.00noon** Newyddion S4C a'r Tywydd **12.05** Caru Siopa **12.30** Heno **1.00** Ar y Lein **1.30** Ffermio **2.00** Newyddion S4C a'r Tywydd **2.05** Prynwawn Da **3.00** Newyddion S4C a'r Tywydd **3.05** Noson Lawen 2021 **4.00** Awr Fawr: Sali Mali **4.05** Stiw **4.20** Anifeiliaid Bach y Byd **4.30** Octonots **4.45** Ahoi! **5.00** Stwnsh: Byd Rwtsh Dai Potsh **5.15** Cer I Greu **5.35** Un Cwestiwn **5.55** Ffeil **6.00** Wil ac Aeron: Taith yr Alban **6.30** Rownd a Rownd **6.57** Newyddion S4C **7.00** Heno **7.30** Newyddion S4C a'r Tywydd **8.00** Pobol y Cwm. Lois is apprehensive about meeting Mathew following Eifion's warning. **8.25** Rownd a Rownd. Sophie finally shares her big news. **8.55** Newyddion S4C a'r Tywydd **9.00** Cynefin. The rich history of Cardiff. **10.00** Heliwr **11.10-11.45pm** Pobl a'u Gerddi

BBC One

F'VIEW 1 • SKY 101 • VIRGIN 101 • F'SAT 101

6.00am Breakfast **9.15** Morning Live
10.00 Defenders UK **10.45**
Close Calls: On Camera (R)
11.15 Homes Under the Hammer (R) **12.15pm** Bargain Hunt. From Malvern. (R)

1.00 BBC News; Regional News
1.45 Doctors Rob seeks help as he feels he faces a bleak future.
2.15 Unbeatable Quiz show.
3.00 Escape to the Country (R)
3.45 Garden Rescue A garden in St Ives, Cambridgeshire. (R)
4.30 Antiques Road Trip Serhat Ahmet hears of a woman who went to fight on the front line.
5.15 Pointless Low-scoring quiz.
6.00 BBC News; Regional News
6.55 Party Political Broadcast
By the Labour Party.

7.00 The One Show Jermaine Jenas and Alex Scott present the magazine show.
7.30 The Girl with the Colourful Leg – Our Lives Documentary following amputee Bernadette Hagans from Belfast as she takes part in a national magazine fashion shoot and competes in the final of Miss Northern Ireland 2021.
8.00 The Repair Shop The team takes on two well-loved dolls, a beaten-up 1950s drum kit with magical memories, a painted German toy box, and the oldest ever item to enter the barn. (R)
9.00 28 Up: Millennium Generation (1/3) Catching up every seven years with people from across the UK. Injury has forced Sanchez to give up football, while Gemma is struggling to find work. **New**

10.00 BBC News; Regional News
10.35 Gossip Girl (6/10) Obie's mother pays a visit, causing Zoya to question his upbringing. Julien takes her brand to the next level, while Aki and Max come together to support Audrey. Last in series.
11.35pm Hayley Goes... Hayley Pearce meets the people going to extreme lengths to get the perfect face, body and life, to explore what effect the 'perfect pandemic' is having on people. **12.05am** Shop Well for Less? Joanna Page and Melanie Sykes help a Gloucester family stop spending on store cards and credit. (R)
1.05 Weather for the Week Ahead
1.10-6.00am BBC News. Headlines.

BBC Two

F'VIEW 2 • SKY 102 • VIRGIN 102 • F'SAT 102

6.30am Escape to the Country (R) **7.15** Antiques Road Trip (R)
8.00 Weatherman Walking: The Welsh Coast (R) **8.30** Beechgrove (R) **9.00** BBC News at 9 **10.00** BBC News **11.30** Politics Live Conference 2021
1.00pm Head Hunters Quiz. (R)
1.45 Eggheads Quiz show. (R)
2.15 The Big Painting Challenge (R)
3.15 An Island Parish: Anguilla (R)
3.45 Curiosity A duo from Loch Lomond compete. (R)
4.30 Glorious Gardens from Above Exploring Northumberland. (R)
5.15 Flog It! From Hampshire. (R)
6.00 Richard Osman's House of Games Light-hearted quiz.
6.30 Strictly: It Takes Two Janette Manrara finds out about training.

7.00 Take a Hike (13/15) Tattoo shop manager Katrina leads the group around Loch Long.
7.30 Iolo: The Last Wilderness of Wales Iolo Williams continues his exploration of the Cambrian mountains, heading to the Tywi forest to track goshawks, nesting curlew and the Welsh clearwing moth. (R)
8.00 Your Home Made Perfect Architects Lizzie Fraher and Julian McIntosh compete using virtual reality to remodel a London home for mother and son Jacqueline and Jamie. Presented by Angela Scanlon.
9.00 Jay's Yorkshire Workshop Jules and Jackie come to the workshop to tell Jay Blades about their 12-year-old son Henry, who saved Jules's life when the pair were on a countryside run. Last in series.

10.00 Mock the Week Dara Ó Briain hosts as Maisie Adam, Angela Barnes, Ed Gamble, Glenn Moore and Ahir Shah join regular Hugh Dennis to take a comic look at the news. (R)
10.30 Newsnight With Emily Maitlis.
11.15pm FILM Boy Erased (2018/15) Premiere. A preacher's son is forced to participate in a church-supported gay conversion programme after being outed to his parents. Drama based on the book by Garrard Conley, starring Lucas Hedges and Nicole Kidman, and Joel Edgerton, who also wrote the screenplay and directed.
★★★ 1.05am A House Through Time (R) **2.05** Celebrity MasterChef (R) **3.05-6.30am** This Is BBC Two

ITV

F'VIEW 3 • SKY 103 • VIRGIN 103 • F'SAT 103

6.00am Good Morning Britain
9.00 Lorraine Entertainment news.
10.00 This Morning Celebrity chat and lifestyle features.
12.30pm Loose Women Celebrity interviews and topical debate.
1.30 ITV Lunchtime News; Weather
1.55 Regional News; Weather
2.00 Judge Rinder's Crime Stories Detective Bob Taylor talks about the death of a mother-of-two.
3.00 Winning Combination Quiz.
4.00 Tipping Point Coin-drop quiz.
5.00 The Chase Contestants Jill, Jack, Pippa and Peter take part.
6.00 Regional News; Weather
6.25 Party Political Broadcast By the Labour Party.
6.30 ITV Evening News; Weather

7.00 Emmerdale April's struggles weigh heavy on Marlon.
7.30 Coronation Street It is the day of Kelly's sentencing, and Kevin rages at Sabeen.
8.00 Heathrow: Britain's Busiest Airport A passenger has an entourage of armed police officers waiting for him, while a propeller plane arrives from the Isle of Man.
8.30 Coronation Street Toyah is perturbed to realise Imran lied to her, Rita is furious with Audrey, and Jack reveals that Corey has been promoted to County's first team.
9.00 Hollington Drive (1/4)
New Grief tears through a street when a 10-year-old boy is declared missing, and secrets begin to surface in the wake of the tragedy. Drama, starring Anna Maxwell Martin.

10.00 ITV News at Ten; Weather
10.30 Regional News; Weather
10.45 Peston Political magazine show presented by Robert Peston, featuring major interviews with MPs, topical guests and cultural figures.
11.40pm Beat the Chasers Contestants from across the UK take on the six experts. (R) **12.35am** Manhunt The Night Stalker. As the search for the rapist continues, the team are losing morale, and it seems unlikely Minstead Man will appear again after such a close call. Last in series. (R) **1.25** Home Shopping
3.00 FYI Extra **3.15** ITV Nightscreen
5.05-6.00am Tipping Point. Coin-drop quiz, hosted by Ben Shephard. (R)

Channel 4

F'VIEW 4 • SKY 104 • VIRGIN 104 • F'SAT 104

6.00am Countdown (R) **6.40** Cheers (R) **7.40** The King of Queens (R)
9.05 Frasier (R) **10.30** Ramsay's Kitchen Nightmares USA (R)
11.30 Find It, Fix It, Flog It (R)
12.30pm Steph's Packed Lunch
2.10 Countdown Word game.
3.00 A Place in the Sun Searching for an apartment in La Cala de Mijas, southern Spain.
4.00 Chateau DIY Metal-detecting enthusiast Lee goes on the hunt for artefacts at Chateau Mareuil.
5.00 Four in a Bed The rivals stay at the Chequers Inn in Battle.
5.30 The Perfect Pitch The campers visit Burns Farm Campsite.
6.00 The Simpsons Cartoon. (R)
6.30 Hollyoaks Shaq wants to find out who his dad is. (R)

7.00 Channel 4 News
8.00 Location, Location, Location **New** Kirstie Allsopp and Phil Spencer are house-hunting in South London with couples at different stages of their lives, including Jess and Zac who are searching in a popular area, and post-lockdown have realised more space indoors to work from home.
9.00 Grand Designs Kevin McCloud meets Dan and Nina, who want to build a sleek, unique family house. But the plot they have bought, near an estuary in West Sussex, is dominated by a swampy pond that they are unable to fill in. Instead, they plan to make it central to their design, turning the pond into a biodiverse waterscape, and then floating their house above it.

10.00 Sex Actually with Alice Levine Alice explores the world of bondage, domination and sadomasochism, meeting people whose appetite to play with power and pain is about much more than just whips, chains and latex.
11.05pm 24 Hours in Police Custody Police officers search for the man behind a series of brutal assaults. (R)
12.05am The Great British Bake Off: An Extra Slice (R) **1.05** Joe Lycett's Got Your Back (R) **2.00 FILM** The Gift (2015/15) Thriller, starring Rebecca Hall and Jason Bateman. **★★★**
3.45 Iris Prize Best British Shorts: Go Home Polish (R) **4.10** Couples Come Dine with Me (R) **5.05-6.00am** Location, Location, Location (R)

Channel 5

F'VIEW 5 • SKY 105 • VIRGIN 105 • F'SAT 105

- 6.00am Milkshake!** **9.15** Jeremy Vine **11.15** Nightmare Tenants, Slum Landlords (R) **12.15pm** **5 News at Lunchtime** **12.20** Traffic Cops. Documentary. (R)
- 1.15 Home and Away** See 6.00pm.
- 1.45 Neighbours** See 5.30pm.
- 2.15 Secrets That Kill** (2020/12) Thriller, starring Jillian Murray and Carolyn McCormick. ★★★
- 4.00 Bargain-Loving Brits in the Sun** A football-themed event. (R)
- 5.00 5 News at 5** Headlines.
- 5.30 Neighbours** Terese is baffled to hear that Jesse has handed in his resignation. (R)
- 6.00 Home and Away** Tane regrets hooking up with a cop's sister, and there's exciting news. (R)
- 6.30 5 News Tonight** Headlines.

7.00 The Gadget Show (1/12) **New** Craig Charles, Jon Bentley, Georgie Barrat and Ortis Deley return with more tech advice and reviews. Tonight, Jon puts three budget phones to the test. Followed by 5 News

8.00 Coastal Devon & Cornwall with Michael Portillo (6/6) This final part of Michael's adventure begins on Hope's Nose, a headland outside Torquay on the English Riviera, where he embraces as many experiences as he can. Followed by 5 News Update

9.00 This Week on the Farm (3/7) Rob and Dave Nicholson head to an auction in search of a Swiss Valais Blacknose tup – a breed dubbed 'the cutest sheep in the world'. At Cannon Hall Farm shire horse Lottie requires a life-saving operation

10.00 Lost Boy: The Killing of James Bulger The definitive story of the abduction and murder of James Bulger, which shocked the nation in 1993, and continues to resonate to this day. With access to his mother Denise Fergus, his brothers, the police and others closely involved in the case. (R)

12.00m't Rochdale Groomers: Crimes That Shook Britain Examining the child sex abuse ring. **1.00** The 21.co.uk Live Casino Show **3.00** Inside King's Cross: The Railway (R) **3.50** The Great Gardening Challenge (R) **4.45** Wildlife SOS (R) **5.10** House Doctor (R) **5.35** Fireman Sam (R) **5.45-6.00am** Paw Patrol (R)



28 Up: Millennium Generation

9pm, BBC One
Pictured here, we have Gemma, Gemma, Gemma and Gemma. Yes, quite – it's the same person, but the photos were taken seven years apart. Gemma is one of 14 people this series first met in the year 2000 and has been catching up with at seven-year intervals ever since. Tonight's is the first of two updates.

ITV2

F'VIEW 6 • SKY 118 • VIRGIN 115 • F'SAT 113

- 6.00am FYI Extra** **6.15** Love Bites **7.20** The Ellen DeGeneres Show **8.00** Emmerdale **8.30** You've Been Framed! Presents Top 100 Shockers **9.30** Ellen's Game of Games **10.30** Dress to Impress **11.30** Love Bites **12.30pm** Emmerdale **1.00** You've Been Framed! **2.00** The Ellen DeGeneres Show **3.00** Dress to Impress **4.00** Love Bites **5.00** You've Been Framed! Top 100 Senior Moments. Clips of giddy grandparents.
- 6.00 Celebrity Catchphrase** **7.00 Superstore** Double bill of fun. **8.00 Bob's Burgers** Double bill. **9.00 Family Guy** Double bill of fun. **10.00 Karaoke Club: Drag Edition** **11.00 Family Guy** **11.30** American Dad! **12.25am** Bob's Burgers **1.25** Superstore **2.15** Totally Bonkers Guinness World Records **3.10** FYI Extra **3.25-3.30am** Nightscreen

BBC Four

F'VIEW 9 • SKY 116 • VIRGIN 107 • F'SAT 107

- 7.00pm LIVE Women's FA Cup** Football Arsenal v Tottenham Hotspur (kick-off 7.15pm). At Meadow Park. **9.30 Tornado: The 100mph Steam Engine** A new A1 class steam engine tries to achieve 100mph. **10.00 The Blob: A Genius without a Brain** An organism that challenges the concept of intelligent life. **10.50 Premium Bond with Mark Gatiss and Matthew Sweet** Mark Gatiss and Matthew Sweet ponder the 007s seen on screen since Dr No in 1962. To date, six actors have taken on the role of Bond, and the pair consider which one is the best. **11.45 Secret Agent Selection: WW2** The SOE finishing school. **12.45am Arcadia** **2.05** Tornado: The 100mph Steam Engine **2.35-3.35am** Kim Philby – His Most Intimate Betrayal

ITV3

F'VIEW 10 • SKY 119 • VIRGIN 117 • F'SAT 115

- 6.00am Classic Coronation Street** **7.00** Classic Emmerdale **8.05** Heartbeat **9.05** Man About the House **9.40** George and Mildred **10.40** Agatha Christie's Poirot **12.40pm** Heartbeat **1.45** Classic Emmerdale **2.50** Classic Coronation Street **3.50** Agatha Christie's Poirot **5.50** The Darling Buds of May. The Larkins are taken hostage. **6.55 Wycliffe** An ancient Cornish custom ends in a brutal murder. **8.00 Agatha Christie's Marple** The sleuth encounters dark magic in the Caribbean. Julia McKenzie stars. **10.00 Blue Murder** The discovery of a child's body presents Janine with a particularly tough case. **11.35 Wycliffe**. Mystery drama. **12.45am** The Darling Buds of May **1.50** Man About the House **2.20** Nightscreen **2.30-6.00am** Teleshopping

Drama

F'VIEW 20 • SKY 143 • VIRGIN 130 • F'SAT 158

- 6.00am Teleshopping** **7.30** A Place to Call Home **8.25** The Bill **9.30** Classic Holby City **10.55** Classic Casualty **12.00noon** The Bill **1.00** Classic EastEnders **2.20** Peak Practice **3.20** Bergerac **4.20** Auf Wiedersehen, Pet **5.20** Birds of a Feather. Comedy. **6.00 Bread** Grandad has a fall and Adrian takes up art in a big way. **6.40 'Allo 'Allo!** Leclerc and Rene plot to blow up Lt Gruber's bedroom. **7.20 Last of the Summer Wine** Glenda is interested in her neighbours. **8.00 The Inspector Lynley Mysteries** A famous cricketer is murdered. **10.00 New Tricks** The unsolved-crime squad re-examines an assault case that left the victim in a coma. **11.20 Bad Girls** **12.35am** Waking the Dead. Crime drama. **2.30** The Casual Vacancy **4.00-6.00am** Teleshopping

WEDNESDAY

SEPTEMBER 29

Scotland & Wales

BBC Scotland

- 12.00noon** This Is BBC Scotland **7.00pm** The Storm That Saved a City **8.00** Viva Variety. Three performers who made their mark on TV talent shows. **8.30** Hidden Lives. Feminist Vonny Leclerc learns about the modern incarnation of cheerleading. **9.00** The Nine **10.00** Two Doors Down. Everyone is encouraged to reveal their hidden talents. **10.30** Debate Night. The big issues. **11.30pm-12.00m't** David Wilson's Crime Files

BBC One Scotland

- As BBC One except: **2.15pm** Politics Scotland **3.00-3.45** Unbeatable **6.30** Reporting Scotland **6.55-7.00** Party Political Broadcast by the Scottish Labour Party **12.05-1.05am** Debate Night

BBC One Wales

- As BBC One except: **6.30pm** BBC Wales Today **6.55-7.00** Party Election Broadcast by the Welsh Labour Party **7.30-8.00** Betty Campbell: Statue for a Heroine **10.30** BBC Wales Live **11.05pm-12.05am** Gossip Girl **1.05-6.00am** BBC News

BBC Two Wales

- As BBC Two except: **3.15pm** An Island Parish: Anguilla **4.15** Curiosity **5.00** Glorious Gardens from Above **5.45-6.00** Flog It! **10.00-10.30pm** The Crash Detectives

STV

- As ITV except: **1.55-2.00pm** STV News; Weather **6.00-6.25** STV News at Six; Weather **10.30** STV News **10.40** Scotland Tonight **11.05** Peston **12.00m't** Junk and Disorderly **12.50am** Manhunt The Night Stalker **1.40-3.00am** Home Shopping

ITV Wales

- As ITV except: **1.55-2.00pm** ITV News Cymru Wales; Weather **6.00-6.25** ITV News Wales at Six; Weather **10.30-10.45pm** ITV News Cymru Wales; Weather

S4C

- 6.00am Cyw** **11.00** Dysgu Gyda Cyw: Olobobs **11.05** Heini **11.20** Teulu Ni **11.30** Loti Borloti **11.45** Do Re Mi Dona **12.00noon** Newyddion S4C a'r Tywydd **12.05** Dau Gi Bach **12.30** Heno **1.00** Ceffylau Cymru **1.30** Sgwrs Dan y Lloer **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawk Da **3.00** Newyddion S4C a'r Tywydd **3.05** Cynefin **4.00** Awr Fawr: Caru Canu **4.05** Sam Tan **4.15** Cei Bach **4.30** Pablo **4.45** Sbarc **5.00** Stwnsh: Rhymeddodau Chwilegoch a Cath Ddu **5.25** Boom! **5.35** Potsh **5.55** Ffeil **6.00** Straeon Tafarn **6.25** Darlleidiad Gwleidyddol **6.30** Bois y Rhondda **6.57** Newyddion S4C **7.00** Heno **7.30** Newyddion S4C a'r Tywydd **8.00** Pobol y Cwm **8.25** Y Byd yn ei Le. Guto Harri discusses hot topics of the week. **8.55** Newyddion S4C a'r Tywydd **9.00** Catrin a'r Coronal. Catrin Angharad discusses how music has been a comfort in the past year. **10.00** Am Dro! **11.00pm-12.05am** Hewlfa Drysor

BBC One

F'VIEW 1 • SKY 101 • VIRGIN 101 • F'SAT 101

- 6.00am Breakfast** 9.15 Morning Live
10.00 Defenders UK 10.45 Close Calls: On Camera (R) 11.15 Homes Under the Hammer 12.15pm Bargain Hunt (R)
- 1.00 BBC News; Regional News**
- 1.45 Doctors** Bear and Luca go undercover, while Jimmi offers a grieving mother advice.
- 2.15 Unbeatable** Quiz show.
- 3.00 Escape to the Country** Nicki Chapman helps an artist to find a property in Hampshire. (R)
- 3.45 Garden Rescue** The team head to Rotherham. (R)
- 4.30 Antiques Road Trip** Antiques expert Serhat Ahmet is on the hunt once again for ceramics.
- 5.15 Pointless** Low-scoring quiz.
- 6.00 BBC News; Regional News**

- 7.00 The One Show** Alex Scott and Harry Judd host the live show featuring a mixture of chat and stories of interest.
- 7.35 EastEnders** Sheree feels hurt, prompting her to make a big decision. Bernie is wary of Rainie, worries she is back on drugs, and Whitney waits for an important call.
- 8.00 Shop Well for Less?** Alex Jones and Steph McGovern help families change the way they shop. In this edition, they meet a couple in Evesham, Worcestershire, who have eight children. (R)
- 9.00 Ambulance** (1/6) Cameras follow the staff of North West Ambulance Service as they care for the people of Lancashire, with a deadly second wave of Covid-19 sweeping across the UK.

- 10.00 BBC News; Regional News** The latest headlines, in-depth interviews and a look at the day's leading sports stories.
- 10.35 Question Time** Fiona Bruce presents the debate, inviting a panel of politicians and other guests to answer questions from a virtual audience on subjects that have made the headlines over the past week.
- 11.35pm Newscast; Weather** Adam Fleming, Laura Kuenssberg and Chris Mason present their weekly round-up from Westminster, delivering their usual mix of serious analysis and light-hearted gossip about the biggest stories in politics. **12.10-6.00am BBC News**. The latest news headlines.

BBC Two

F'VIEW 2 • SKY 102 • VIRGIN 102 • F'SAT 102

- 6.30am Escape to the Country** (R)
7.15 Antiques Road Trip (R) 8.00 RHS Chelsea Flower Show 2021 (R) 9.00 BBC News 10.00 News 12.15pm Politics Live
- 1.00 Head Hunters** Quiz show. (R)
- 1.45 Eggheads** Quiz show. (R)
- 2.15 The Big Painting Challenge** (R)
- 3.15 An Island Parish: Anguilla** (R)
- 3.45 Curiosity** Gameshow. (R)
- 4.30 Glorious Gardens from Above** At Bodnant Garden. (R)
- 5.15 Flog It!** Paul Martin presents from the Oxford Union. (R)
- 6.00 Richard Osman's House of Games** Yasmine Akram, Cariad Lloyd, Geoff Norcott and Dennis Taylor take part.
- 6.30 Strictly: It Takes Two** Janette Manrara presents the show.

- 7.00 Take a Hike** 40-year-old Cathy has planned a walk from the town of Tintern.
- 7.30 Iolo: The Last Wilderness of Wales** Iolo Williams searches for a golden eagle. The species became extinct in Wales centuries ago, but an escaped bird has been living in the mountains for 10 years. (R)
- 8.00 The Hairy Bikers Go North** The duo are on the Yorkshire coast, cooking moules marinere with chips, a salad, and a beer and miso chicken with grilled aubergine.
- 9.00 Don't Exclude Me** (1/2) With school exclusions at their highest in a decade, behavioural expert Marie Gentles visits Milton Hall Primary School in Southend to help the establishment manage their most challenging pupils.

- 10.00 QI** Sandi Toksvig looks at sideshows, stunts and scavenger hunts, with Alan Davies, Gyles Brandreth, Rosie Jones and Nish Kumar.
- 10.30 Newsnight** Headlines.
- 11.15pm Alison's Last Mountain** In 1995, climber Alison Hargreaves, the first woman to reach the summit of Everest alone and without oxygen, was swept to her death while descending from the summit of the world's second highest mountain, K2. Her husband and their children visit her final resting place. (R) **12.30am Fever Pitch: The Rise of the Premier League**. The title race between Blackburn Rovers and Manchester United in 1994-95. (R)
- 1.30 Strictly Come Dancing** (R)
- 3.55-6.15am This Is BBC Two**

ITV

F'VIEW 3 • SKY 103 • VIRGIN 103 • F'SAT 103

- 6.00am Good Morning Britain**
- 9.00 Lorraine** Entertainment news.
- 10.00 This Morning** Celebrity chat and lifestyle features.
- 12.30pm Loose Women** Celebrity interviews and topical debate.
- 1.30 ITV Lunchtime News; Weather**
- 1.55 Regional News; Weather**
- 2.00 Judge Rinder's Crime Stories** Robert Rinder examines the shocking cases of Michael Hoolickin and Matthew Falder.
- 3.00 Winning Combination** Quiz show, hosted by Omid Djalili.
- 4.00 Tipping Point** Coin-drop quiz.
- 5.00 The Chase** Bradley Walsh presents as Lesley, Ellie, Rob and James take part in the quiz.
- 6.00 Regional News; Weather**
- 6.30 ITV Evening News; Weather**

- 7.00 Emmerdale** Paddy feels trapped, and Al is suspicious.
- 7.30 Air Pollution: What You Need to Know - Tonight** Since 2010 we have failed to meet national legal limits of air pollution in the UK. Joe Crowley investigates what is being done to tackle the problem.
- 8.00 Emmerdale** Harriet is left thoughtful, and Chas fights her overwhelming sadness.
- 8.30 The Martin Lewis Money Show: Live** With rates on the rise, Martin Lewis delves into the world of savings, giving tips and hints to help you decide where best to put your cash.
- 9.00 The Real Manhunt: The Night Stalker** Susanna Reid interviews senior officers from Operation Minstead to tell the real story of the 17-year hunt for the serial rapist.

- 10.00 ITV News at Ten; Weather**
- 10.30 Regional News; Weather**
- 10.45 Gordon, Gino & Fred Go Greek!** Gordon Ramsay, Gino D'Acampo and Fred Sirieix head off around Greece to immerse themselves in the traditions and spectacular landscape of the nation. (R)
- 11.50pm Paul O'Grady's Saturday Night Line Up** Paul puts questions, scenarios and dilemmas to Howard Donald, Arlene Phillips, Omid Djalili and Sally Lindsay, who find out how the British public see them.. (R) **12.30am Home Shopping** 3.00 FYI Extra 3.15 Air Pollution: What You Need to Know - Tonight (R) 3.40 ITV Nightscreen 5.05-6.00am Tipping Point. Quiz (R)

Channel 4

F'VIEW 4 • SKY 104 • VIRGIN 104 • F'SAT 104

- 6.00am Countdown** (R) 6.40 Cheers (R) 7.40 The King of Queens (R) 9.05 Frasier (R) 10.30 Ramsay's Kitchen Nightmares USA (R) 11.30 Find It, Fix It, Flog It (R) 12.30pm Steph's Packed Lunch
- 2.10 Countdown** Word game.
- 3.00 A Place in the Sun** A woman seeks a home in Umbria, Italy.
- 4.00 Chateau DIY** Lydia and Gary hope to find a chateau.
- 5.00 Four in a Bed** At Hastings House in St Leonards-on-Sea.
- 5.30 The Perfect Pitch** Motorhome enthusiasts explore the Lake District to find the perfect pitch.
- 6.00 The Simpsons** Animation. (R)
- 6.30 Hollyoaks** Nancy confronts Charlie over fears of him having underage sex with Ella. (R)

- 7.00 Channel 4 News** Headlines.
- 8.00 Joe Lycett's Got Your Back** The comedian is joined by comedian Sara Pascoe as he explores some of the dubious practices of the gambling industry. Joe opens a betting shop aimed at kids with the help of street artist Foka Wolf, gets thrown out of a casino with an honest advert for his own VIP club and looks at the effects of online gambling.
- 9.00 Taskmaster** (2/10) Greg Davies sets tasks to a team of celebs comprising Alan Davies, Desriree Burch, Guz Khan, Morgana Robinson and Victoria Coren Mitchell. The contenders compete against each other but, for the first time this series, they must also show off some teamwork as they're faced with a mountain to climb.

- 10.00 Highlife** Docu-ality series following the lives of a group of ambitious, glamorous, young British Nigerians and Ghanaians – Toni, Kamille, Tomi, Chiefer, Bernicia, Cuppy, Kiddwaya and Irene – who are all chasing their own idea of success.
- 11.05pm Gogglebox** TV critiques.
- (R) **12.05am Ramsay's Kitchen Nightmares USA**. The chef tries to change the fortunes of a restaurant just north of Manhattan, which is struggling to attract customers. (R)
- 1.00 Celebrity SAS: Who Dares Wins** (R) **1.50 Taskmaster** (R) **2.45 The Handmaid's Tale** (R) **3.55 Couples Come Dine with Me** (R) **4.45 Location, Location, Location** (R) **5.40-6.00am** Kirstie's Quick and Easy Craft

Channel 5

F'VIEW 5 • SKY 105 • VIRGIN 105 • F'SAT 105

- 6.00am Milkshake!** **9.15** Jeremy Vine **11.15** Nightmare Tenants, Slum Landlords (R) **12.15pm** **5 News** **12.20** Traffic Cops (R)
- 1.15 Home and Away** See 6.00pm.
- 1.45 Neighbours** See 5.30pm.
- 2.15 Deadly Vows: Abducted in the Aisle** (2020/PG) Thriller, starring Brittany Underwood. ★★★
- 4.00 Bargain-Loving Brits in the Sun** Katie-Louise organises a charity auction to be played out live on the radio. (R)
- 5.00 5 News at 5** Headlines.
- 5.30 Neighbours** Harlow regrets a decision regarding Paul. (R)
- 6.00 Home and Away** John tries to persuade Justin and Leah to stick with their original plans. (R)
- 6.30 5 News Tonight** Headlines.

7.00 Yorkshire Tea vs PG Tips: Battle of the Brews

A look at two of Britain's leading producers of tea – the traditional favourite PG Tips and Yorkshire Tea, which topped the tea sales charts for the first time in 2019. (R)

Followed by 5 News Update

8.00 The World's Most Scenic Railway Journeys (1/6)

Return of the globe-trotting documentary, beginning with a coast-to-coast journey through the Australian outback.

Followed by 5 News Update

9.00 All Creatures Great and Small (3/6) The fate of a struggling young widow causes difficulties for James and Helen's burgeoning romance.

Meanwhile, Siegfried has a scheme to whip Tristan into shape. Nicholas Ralph stars.

10.00 Ambulance: Code Red

Critical care paramedic Rob and doctor Adam fight to save the life of a boy who has been stabbed in the street. (R)

11.05pm Police UK: Armed & Deadly

An officer reveals how he ended up on trial for murder after a fatal shooting, and a surveillance operator who prevented one of the most audacious robbery plots. (R) **12.05am** 999: Criminals Caught on Camera. Footage of the shopkeeper who fought back against a robber armed with a knife. (R) **1.00** The 21.co.uk Live Casino Show **3.00 Inside King's Cross: The Railway** (R) **3.50** The Great Gardening Challenge (R) **4.45** Wildlife SOS (R) **5.10** House Doctor (R) **5.35** Fireman Sam (R) **5.45-6.00am** Paw Patrol (R)



The Real Manhunt: The Night Stalker

9pm, ITV
Last week's ITV drama *Manhunt: The Night Stalker*, with Martin Clunes, was based on a harrowing true story. Examining the facts behind it is Susanna Reid, hearing from the officers who finally, after 17 years, caught the culprit. Among them is ex-Met detective Colin Sutton, the man Clunes portrayed.

ITV2

F'VIEW 6 • SKY 118 • VIRGIN 115 • F'SAT 113

- 6.00am FYI Extra** **6.15** Love Bites **7.20** The Ellen DeGeneres Show **8.00** Emmerdale **8.30** Coronation Street **9.30** Ellen's Game of Games **10.30** Dress to Impress **11.30** Love Bites **12.30pm** Emmerdale **1.00** Coronation Street **2.00** The Ellen DeGeneres Show **3.00** Dress to Impress **4.00** Love Bites **5.00** You've Been Framed! Gold **6.00 Catchphrase Celebrity Special** **7.00 Superstore** Double bill. An attempted robbery causes headaches for the employees; a body is found. **8.00 Bob's Burgers** Double bill. **9.00 Hell's Kitchen** Cooking series. **10.00 Karaoke Club: Drag Edition** The semi-final of the singing contest. **11.00 Family Guy** **12.00m't** American Dad! **12.55** Bob's Burgers **1.50** Superstore **2.40** The Stand Up Sketch Show **3.30-6.00am** Teleshopping

BBC Four

F'VIEW 9 • SKY 116 • VIRGIN 107 • F'SAT 107

- 7.00pm Great British Railway Journeys** Liverpool and Wales. **7.30 The Joy of Painting** American artist Bob Ross captures a very distant view of a snow-covered mountain. **8.00 Looking for Mr Bond: 007 at the BBC** The BBC reveals files on the world's most famous secret agent. **9.00 FILM Tinker Tailor Soldier Spy** (2011/15) A former intelligence operative is brought out of retirement to uncover a Soviet mole in a high-ranking position in MI6. Cold War thriller, starring Gary Oldman. ★★★★
- 11.00 Mark Kermode: Secrets of Cinema: Spies**. Documentary. **12.00m't** Secret Agent Selection: WW2 **1.00** Motherland **1.30** Great British Railway Journeys **2.00** Looking for Mr Bond: 007 at the BBC **3.00-4.00am** Kim Philby – His Most Intimate Betrayal

ITV3

F'VIEW 10 • SKY 119 • VIRGIN 117 • F'SAT 115

- 6.00am Classic Coronation Street** **7.00** Classic Emmerdale **8.05** Heartbeat **9.05** Man About the House **9.40** George and Mildred **10.40** Agatha Christie's Poirot **12.40pm** Heartbeat **1.45** Classic Emmerdale **2.50** Classic Coronation Street **3.55** Agatha Christie's Poirot **5.50** The Darling Buds of May. Ma Larkin wins a trip to Paris. **6.55 Wycliffe** The discovery of a body at a ramshackle farm alerts Wycliffe to the fact that a murderer is at large. **8.00 Vera** A surgeon is murdered and his two daughters are abducted. **10.00 Blue Murder** Janine investigates when a man newly released from prison is strangled. **11.35 Wycliffe**. Drama. **12.45am** The Darling Buds of May **1.50** Man About the House **2.15** Nightscreen **2.30-6.00am** Teleshopping

Drama

F'VIEW 20 • SKY 143 • VIRGIN 130 • F'SAT 158

- 6.00am Teleshopping** **7.30** A Place to Call Home **8.25** The Bill **9.30** Classic Holby City **10.55** Classic Casualty **12.00noon** The Bill **1.00** Classic EastEnders **2.20** Peak Practice **3.20** Bergerac **4.20** Auf Wiedersehen, Pet **5.20** Birds of a Feather. Comedy. **6.00 Bread** Billy manages to upset Adrian in the middle of a poetry recital. **6.40 'Allo 'Allo!** Rene opens the safe. **7.20 Last of the Summer Wine** Hobbo searches for his real mother. **8.00 Dalziel & Pascoe** Dalziel attends a police conference in Amsterdam. **10.00 New Tricks** An abduction case is reopened when a body identified at the time as that of a missing woman turns out to be someone else. **11.20 Bad Girls** **12.35am** Waking the Dead. Crime drama. **2.35** The Casual Vacancy **4.00-6.00am** Teleshopping

THURSDAY

SEPTEMBER 30

Scotland & Wales

BBC Scotland

- 12.00noon** This Is BBC Scotland **7.00pm** The Mart. Two young farmers go head to head when they step into the ring at the Rare Breed sale. **7.30** Fish Town. The Boy John sets out from Peterhead harbour in search of whitefish. **8.00** Roaming in the Wild. An adventure from the Moffat Hills down to the border itself. **8.30** Landward. Dougie Vipond sets out to climb Ben Nevis. **9.00** The Nine **10.00** The Scots. Henry has an accident at work and is ordered to rest at home. **10.30** Best of Chewin' the Fat. Comedy sketch show. **11.00pm-12.00m't** Model Scots

BBC One Scotland

As BBC One except: **11.15am** Bargain Hunt **12.00noon-1.00pm** Scottish First Minister's Questions. With Kirsten Campbell. **6.30-7.00pm** Reporting Scotland **8.00-9.00pm** Our Planet Now – Scotland Climate Change Special. How Scotland's innovators and experts are tackling the world's climate emergency.

BBC One Wales

As BBC One except: **6.30-7.00pm** BBC Wales Today. The day's headlines; Weather

STV

As ITV except: **1.55-2.00pm** STV News; Weather **6.00-6.30** STV News at Six; Weather **7.30-8.00** Scotland Tonight. Current affairs show. **10.30** STV News **10.45** Air Pollution: What You Need to Know – Tonight **11.15** Gordon, Gino & Fred Go Greek! Culinary adventure with Gordon Ramsay, Gino D'Acampo and Fred Sirieix. **12.20am** Paul O'Grady's Saturday Night Line Up **12.55-3.00am** Home Shopping

ITV Wales

As ITV except: **1.55-2.00pm** ITV News Cymru Wales **6.00-6.30** ITV News Wales at Six **10.30-10.45pm** ITV News Cymru Wales

S4C

6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05** Pysgod i Babw **12.30** Heno **1.00** Teithiau Tramor lolo **1.30** Triathlon Cymru **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhwyn Da **3.00** Newyddion S4C a'r Tywydd **3.05** Am Drol **4.00** Awr Fawr: Tomos a'i Ffrindiau **4.10** Sblji a Sbloj **4.20** Oli Wyn **4.30** Digbi Draig **4.45** Deian a Lol **5.00** Stwnsch: Y Doniolis **5.10** Ar Goll yn Oz **5.30** Mabinogi-ogi a Mwy **5.55** Ffeil **6.00** Lowri Morgan: Her 333 **6.30** Rownd a Rownd **6.57** Newyddion S4C **7.00** Heno. Magazine. **7.30** Newyddion S4C a'r Tywydd **8.00** Pobol y Cwm. Hywel goes behind Rhys' back in a bid to save his business. **8.25** Rownd a Rownd. Arthur tries to find a way to make some money. **8.55** Newyddion S4C a'r Tywydd **9.00** Bois y Rhondda. The boys go on a roadtrip. **9.30** Rygbi Pawb. Rugby union magazine show. **10.15** Welsh Whisperer – Ni'n Teithio Nawr **10.45** **11.50pm** Ffrindiau Ffon ar Wylau. Entertainment show in which someone gets a free holiday – with a twist.

BBC One

F'VIEW 1 • SKY 101 • VIRGIN 101 • F'SAT 101

- 6.00am Breakfast** **9.15** Morning Live
10.00 Defenders UK **10.45** Close Calls: On Camera (R) **11.15** Homes Under the Hammer (R)
12.15pm Bargain Hunt
1.00 BBC News; Regional News
1.45 Unbeatable Quiz. Last in series.
2.30 The Repair Shop A pocket-sized racing car is restored. (R)
3.00 Escape to the Country Alistair Appleton helps an Essex family find a home in Shropshire. (R)
3.45 Garden Rescue The designers create a Provence-inspired garden in Alton, Hampshire. (R)
4.30 Antiques Road Trip Serhat Ahmet and Catherine Souton start the final lap of their race.
5.15 Pointless Low-scoring quiz.
6.00 BBC News; Regional News

- 7.00 The One Show** Harry Judd co-hosts the usual mix of celebrity guests and stories.
7.35 Question of Sport (5/36) With Christine Ohuruogu, John McGinn, Jamie Laing and Siobhan-Marie O'Connor.
8.05 EastEnders A fed-up Tiffany is shocked by the arrival of a surprise visitor, and Suki offers Honey a harsh warning.
8.30 Richard Osman's House of Games Night Ed Gamble, Sian Gibson, Dara O Briain and Sindhu Vee test their skills in a variety of trivia-based games.
9.00 Would I Lie to You? Material from the comedy panel show, not originally shown in the series 14 episodes. (R)
9.30 The Cleaner (4/6) Wicky arrives at a stately home to clean up the aftermath of a burglary that has gone wrong.

- 10.00 BBC News; Regional News**
10.35 The Graham Norton Show (2/22) The host catches up with guests Sophie Ellis-Bextor, Greg Davies, Dave Grohl and Kadeena Cox. Plus, music from Jack Savoretti and Nile Rodgers.
11.25pm FILM Invictus (2009/12) Following his election as president of South Africa, Nelson Mandela finds himself the leader of a racially and economically divided nation, and seeks a means to unite the people. The country's entry in the 1995 Rugby World Cup provides a perfect opportunity. Fact-based drama, with Morgan Freeman and Matt Damon.
★★★ 1.30am Weather for the Week Ahead **1.35-6.00am BBC News**

BBC Two

F'VIEW 2 • SKY 102 • VIRGIN 102 • F'SAT 102

- 6.15am Homes Under the Hammer** (R) **7.15** Antiques Road Trip (R)
8.00 Chris and Meg's Wild Summer (R) **8.30** Mortimer & Whitehouse: Gone Fishing (R)
9.00 BBC News at 9 **10.00 BBC News** **12.15pm** Politics UK
1.00 Head Hunters Quiz. (R)
1.45 Eggheads Quiz show. (R)
2.15 The Big Painting Challenge The final comes from Chatham's historic dockyards. (R)
3.15 An Island Parish: Anguilla (R)
3.45 Curiosity Gameshow. (R)
4.30 Glorious Gardens from Above The Scottish Borders. (R)
5.15 Flog It! In Manchester. (R)
6.00 Richard Osman's House of Games Light-hearted quiz.
6.30 Strictly: It Takes Two

- 7.00 Take a Hike** (15/15) The Highlands and Islands finale.
7.30 MOTDx Jermaine Jenas and the rest of the team are back to look at the lifestyle and culture that surrounds the Premier League and those involved in it.
8.00 Inside Culture (2/7) Mary Beard meets former US Secretary of State, First Lady, senator and presidential candidate Hillary Clinton.
8.30 Gardeners' World With autumn approaching, Monty Don is preparing the borders for the change of seasons and looking ahead to spring.
9.30 The North Water (4/5) Drax has a daring opportunity to escape, but must convince Cavendish to help him. Otto's vision comes to life as Sumner hunts a bear, but he strays too far into icy oblivion.

- 10.30 Newsnight** The day's important national and international news stories, presented by Faisal Islam.
11.05pm Fever Pitch: The Rise of the Premier League The impact of the appointment of Arsene Wenger as Arsenal manager in 1996, when he introduced modern coaching techniques and lifestyle and dietary improvements. It is not long before Alex Ferguson felt the imminent threat of a new rival intent on destroying the legacy he was building at Manchester United. (R) **12.05am** Sign Zone: NHS: Wait or Pay? – Panorama (R) **12.35** When Ruby Wax Met. Featuring Bette Midler, Liza Minnelli and the Spice Girls. (R) **1.35** Celebrity MasterChef (R) **3.05-6.10am** This Is BBC Two

ITV

F'VIEW 3 • SKY 103 • VIRGIN 103 • F'SAT 103

- 6.00am Good Morning Britain**
9.00 Lorraine Entertainment news.
10.00 This Morning Celebrity chat and lifestyle features.
12.30pm Loose Women Celebrity interviews and topical debate.
1.30 ITV Lunchtime News; Weather
1.55 Regional News; Weather
2.00 Judge Rinder's Crime Stories A look at the case of Clare Wood who was killed by her abusive ex partner in 2009.
3.00 Winning Combination Quiz show, hosted by Omid Djalili.
4.00 Tipping Point Coin-drop quiz, hosted by Ben Shephard.
5.00 The Chase Quiz show, hosted by Bradley Walsh.
6.00 Regional News; Weather
6.30 ITV Evening News; Weather

- 7.00 Emmerdale** Al uses blackmail to get what he wants, Harriet opens up to Dawn, and Tracy and Frankie arrive back home.
7.30 Coronation Street Gail convinces David and Sarah to stage an intervention to get to the bottom of Audrey's problem.
8.00 Simply Raymond Blanc The chef shares a collection of simple, rustic recipes that can be put together easily. (R)
8.30 Coronation Street Imran tells Toyah that he spent the night of the trial at Sabeen's house but nothing happened. Tim and Kevin accost County's manager outside the ground.
9.00 Grantchester (5/8) As the day of Leonard's trial dawns, Will and Geordie are called upon to investigate an audacious robbery from a bank security van in Cambridge.

- 10.00 ITV News at Ten; Weather**
10.30 Regional News; Weather
10.45 Rocky III (1982/Pg) World heavyweight boxing champion Rocky Balboa settles down into a life of luxury – but a cloud appears on the horizon in the shape of ambitious contender Clubber Lang, whose brutal fighting style represents a serious threat to his title. Drama, starring Sylvester Stallone and Mr T. ★★★
12.30am Home Shopping 3.00 Rolling in It. Stephen Mulhern hosts a game show featuring a giant arcade machine. (R) **3.50** Time to Unwind on ITV **5.05-6.00am** Winning Combination. Quiz show, hosted by Omid Djalili (R)

Channel 4

F'VIEW 4 • SKY 104 • VIRGIN 104 • F'SAT 104

- 6.00am Countdown** (R) **6.40** Cheers (R) **7.40** The King of Queens (R)
9.05 Frasier (R) **10.30** Ramsay's Kitchen Nightmares USA (R)
11.30 Find It, Fix It, Flog It (R)
12.30pm Steph's Packed Lunch
2.10 Countdown Word game.
3.00 A Place in the Sun Featuring a retirement property in Malaga.
4.00 Chateau DIY Ben and Billie push to install the jacuzzi bath.
5.00 Four in a Bed The rivals reunite to discuss their feedback.
5.30 The Perfect Pitch The holiday enthusiasts visit their fifth Lake District campsite.
6.00 The Simpsons Animation. (R)
6.30 Hollyoaks A worried Nancy discovers that Charlie and Ella plan on having sex. (R)

- 7.00 Channel 4 News** Including sport and weather reports.
7.30 Unreported World **New** Guillermo Galdos reports on the families in Mexico in the midst of a diabetes crisis, where the deadly combination of Covid and sugar is sending people to early graves.
8.00 The Great British Bake Off: An Extra Slice Jo Brand chews over biscuit week, with guests Nick Grimshaw and Darren Harriot. Tom Allen casts a cheeky eye over the bakes brought along to the studio.
9.00 Gogglebox The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions and the lively discussions that are prompted by the week's biggest and best shows.

- 10.00 The Last Leg** Adam Hills, Josh Widdicombe and Alex Brooker are joined by celebrity guests for a comic review of the significant moments of the past seven days.
11.05pm First Dates An international DJ who has learned some new things about her sexuality after a recent holiday to Ibiza now has to get to grips with London's same-sex dating scene. (R) **12.10am FILM Anchorman 2: The Legend Continues** (2013/15) Comedy sequel, starring Will Ferrell and Christina Applegate. ★★★★ **2.10 FILM Super Troopers 2** (2018/15) Premiere. Comedy, starring Jay Chandrasekhar and Kevin Heffernan. ★★ **3.50-6.00am** Come Dine with Me. A series of evenings in the Welsh valleys (R)

Channel 5

F'VIEW 5 • SKY 105 • VIRGIN 105 • F'SAT 105

- 6.00am Milkshake!** **9.15** Jeremy Vine
11.15 Nightmare Tenants, Slum Landlords (R) **12.15pm** 5 News at Lunchtime **12.20** Traffic Cops. Tackling young offenders. (R)
1.15 Home and Away See 6.00pm.
1.45 Neighbours See 5.30pm.
2.15 Crossword Mysteries: Proposing Murder (2020/PG) Mystery drama, starring Lacey Chabert. ★★★★
4.00 Bargain-Loving Brits in the Sun Cabaret star Mark films a video for his show. (R)
5.00 5 News at 5 Headlines.
5.30 Neighbours An upset Amy seeks out support from Levi. (R)
6.00 Home and Away Logan is standoffish about his past. (R)
6.30 5 News Tonight Headlines.

- 7.00 The Thames with Tony Robinson** (6/8) The actor and presenter starts the latest leg of his journey in Beckton, where he discovers how a new super-sewer is being built. Followed by 5 News Update
8.00 The Cotswolds with Pam Ayres (3/4) The poet, comedian and songwriter heads to north Gloucestershire and the village of Toddington, where she hops aboard one of the locomotives of the Gloucestershire Warwickshire Steam Railway. Followed by 5 News Update
9.00 Lighthouses: Building the Impossible (3/3) Rob Bell explores the wild and beautiful south coast of Ireland to reveal why Fastnet is regarded as one of the most stunning rock lighthouses ever built.

- 10.00 1981: The 30 Greatest Hits** Madness frontman Suggs counts down the 30 biggest and best songs from three years of the decade, and revisits some of the most talked about events. He begins with 1981, when Prince Charles married Lady Diana Spencer, and aerobics fever took over with Olivia Newton John's Physical. (R)

- 12.55am Entertainment News on 5**
1.00 The 21.co.uk Live Casino Show
3.00 Cocaine: Teen Dealers (R) **3.50** The Great Gardening Challenge (R)
4.45 Wildlife SOS (R) **5.10** House Doctor (R) **5.35** Fireman Sam (R)
5.45-6.00am Paw Patrol (R)



Richard Osman's House Of Games Night

8.30pm, BBC One
The first series of this spin-off was such a hit that someone clever at the BBC came up with an ingenious idea, "Hey, how about we do another?!" they cried. So here it is. Competing for Richard's magnificently tasteless prizes are comedians Ed Gamble, Dara Ó Briain and Sindhu Vee, plus *Car Share* star Sian Gibson.

ITV2

F'VIEW 6 • SKY 118 • VIRGIN 115 • F'SAT 113

- 6.00am FYI Extra** **6.15** Love Bites **7.20** The Ellen DeGeneres Show **8.00** Emmerdale **9.00** You've Been Framed! Gold **9.30** Ellen's Game of Games **10.30** Dress to Impress **11.30** Love Bites **12.30pm** Emmerdale **1.30** You've Been Framed! Gold **2.00** The Ellen DeGeneres Show **3.00** Dress to Impress **4.00** Love Bites. Dating show. **5.00** You've Been Framed! Gold **6.00 Catchphrase Celebrity Special** **7.00 Superstore** Double bill of fun. **8.00 Bob's Burgers** Double bill. **9.00 Hell's Kitchen** Culinary contest. **10.00 Karaoke Club: Drag Edition** **11.00 Family Guy:** double bill **12.00m't American Dad!** **12.55 Bob's Burgers:** double bill **1.50 Superstore** **2.40** The Emily Atack Show **3.20** Totally Bonkers Guinness World Records **3.30-6.00am** Teleshopping

BBC Four

F'VIEW 9 • SKY 116 • VIRGIN 107 • F'SAT 107

- 7.00pm ... Sings Bond** Performances of 007 theme tunes, including Adele's Skyfall and Tom Jones's Thunderball.
8.00 TOTP: 1991 Double bill. With Oceanic, Sonia, Zoe, Utah Saints and Kylie Minogue; with Bizarre Inc, Sabrina Johnston, Cliff Richard and Rozalla.
9.00 Shirley Bassey at the BBC A compilation of archive performances by the world-famous Welsh singer.
10.00 Diamonds Are Forever: The Don Black Songbook Lyricist Don Black shares some fascinating insights into his life's work with Michael Grade, in between performances of his songs at The Royal Festival Hall.
11.30 The Old Grey Whistle Test: Billy Joel in Concert. A 1978 performance.
12.15am Classic Albums: Carly Simon – No Secrets **1.15 TOTP:** 1991 **2.15-3.15am** ... Sings Bond

ITV3

F'VIEW 10 • SKY 119 • VIRGIN 117 • F'SAT 115

- 6.00am** Classic Coronation Street **7.00** Classic Emmerdale **8.05** Heartbeat **9.05** Man About the House **9.40** George and Mildred **10.40** Agatha Christie's Poirot **12.40pm** Heartbeat **1.45** Classic Emmerdale **2.50** Classic Coronation Street **3.50** A Touch of Frost **5.50** The Darling Buds of May **6.55 Wycliffe** A ritual killing in a church points to the work of a satanic cult. **8.00 Doc Martin** Double bill. First episode of the comedy drama, starring Martin Clunes; the medic delivers bad news to a former teacher. **10.05 Blue Murder** An engraved hip flask found beside human remains in a lake leads Janine to a once-successful architect living in an institution. **11.35 Wycliffe** **12.50am** The Darling Buds of May **1.55 Man About the House** **2.30-6.00am** Teleshopping

Drama

F'VIEW 20 • SKY 143 • VIRGIN 130 • F'SAT 158

- 6.00am** Teleshopping **7.30** A Place to Call Home **8.25** The Bill **9.30** Classic Holby City **10.55** Classic Casualty **12.00noon** The Bill **1.00** Classic EastEnders **2.20** Peak Practice **3.20** Bergerac **4.20** Auf Wiedersehen, Pet **5.20** Birds of a Feather. Comedy. **6.00 Bread** Billy ends up at home. **6.40 'Allo 'Allo!** Rene is reunited with his childhood sweetheart. **7.20 Last of the Summer Wine** Howard vows to row the Atlantic. **8.00 Father Brown** The clerical sleuth encounters a voodoo priest. **9.00 Hetty Wainthrop Investigates** Hetty tries to expose an arsonist. **10.00 New Tricks** Honor Blackman and Stephen Tompkinson guest star. **11.20 Bad Girls** **12.35am** Waking the Dead. Crime drama. **2.35** The Casual Vacancy **4.00-6.00am** Teleshopping

FRIDAY

OCTOBER 1

Scotland & Wales

BBC Scotland

- 12.00noon** This Is BBC Scotland **7.00pm** The Seven **8.00 FILM** Tommy's Honour (2016/PG) Golfing drama, starring Sam Neill. ★★★★ **9.45** Stevens & McCarthy. Comedy sketch show, starring Louise McCarthy and Gayle Telfer Stevens. **10.00** Still Game. Jack and Victor decide to spend their funeral fund. **10.30 NEW** A View from the Terrace. A look at Scottish football. **11.30pm-12.00m't Up for It**

BBC One Scotland

As BBC One except: **11.15am-12.15pm** Homes Under the Hammer **6.30-7.00pm** Reporting Scotland **7.35-8.05** Landward. Dougie Vipond sets out to climb Ben Nevis. **11.25** Question of Sport. Light-hearted quiz. **11.55** A View from the Terrace **12.55am** Weather for the Week Ahead **1.00-6.00am** BBC News

BBC One Wales

As BBC One except: **6.30-7.00pm** BBC Wales Today. The day's headlines; Weather

BBC Two Wales

As BBC Two except: **7.30-9.30pm** **LIVE** Scrum V. Scarlets v Lions (kick-off 7.35pm). **11.05 MOTDx**. Discussion. **11.35pm-12.05am** Mock the Week

STV

As ITV except: **1.55-2.00pm** STV News; Weather **6.00-6.30** STV News at Six; Weather **10.30-10.45pm** STV News

ITV Wales

As ITV except: **1.55-2.00pm** ITV News Cymru Wales **6.00-6.30** ITV News Wales at Six **10.30-10.45pm** ITV News Cymru Wales

S4C

6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05** Arfordir Cymru: Llyn **12.30** Heno **1.00** Garejis: Dan y Bonet **1.30** Bois y Rhondda **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawk Da **3.00** Newyddion S4C a'r Tywydd **3.05** Llanw **4.00** Awr Fawr: Timpo **4.10** Halibawl **4.20** Siglidiwt **4.35** Blero yn Mynd i Oido **4.45** Byd Tad-Cu **5.00** Stwnsh: Dennis a Dannedd **5.10** Oi! Oscar **5.15** Crwbanod Ninja **5.40** Rygbi Pawb Stwnsh **5.55** Ffeil **6.00** Pobl a'u Gerddi **6.30** Sgwrs Dan y Lloer **6.57** Newyddion S4C **7.00** Heno Magazine. **7.30** Newyddion S4C a'r Tywydd **8.00** Sgwrs Dan y Lloer: Max Boyce. Elin Fflur is joined by Max Boyce for a discussion of Wales' beaches. **8.55** Newyddion S4C a'r Tywydd **9.00** Noson Lawen 2021. Sian Edwards introduces a line-up of artists from Conwy. **10.00** Gwely a Brecwast Maggi Noggi. The staff at the Bed and Breakfast prepare for a very special visit. Last in series. **10.30-11.35pm** Eisteddfod AmGen: Cwt Cerdd. Huw Foulkes looks at the classical scene with Rhian Williams, Leah Marian Jones, Beti George, Trystan Llyr, Steffan Lloyd Owen, Mari Wyn Williams and Rhiannon Pritchard.

BBC One

F'VIEW 1 • SKY 101 • VIRGIN 101 • F'SAT 101

- 6.00am Breakfast 10.00** Saturday Kitchen **11.30** Nadiya's Family Favourites (R) **12.00noon** Football Focus. With Alex Scott. **1.00 BBC News; Weather** **1.15 London Marathon: We Run Together** **1.45 Escape to the Country (R)** **2.45 Money for Nothing** Items reclaimed from a tip. (R) **3.15 Garden Rescue** Makeover show, with Charlie Dimmock. (R) **4.00 Final Score** A round-up of this afternoon's football results. **5.10 BBC News; Regional News** **5.30 A Question of Sport** Quiz, with Paddy McGuinness. (R) **6.00 The Hit List** Music-based quiz show, hosted by Marvin and Rochelle Humes.

- 6.45 Strictly Come Dancing** Pro-celebrity contest in which sets of partners battle it out on the dance floor to convince judges and viewers they can trip the light fantastic. **9.00 Blankety Blank** Comedy quiz show with celebrity guests. **9.30 Casualty** Hospital drama with the staff of Holby's accident and emergency department as they deal with more sick and injured patients.

10.10 BBC News; Weather

10.30 Match of the Day

Gary Lineker presents highlights of the latest Premier League matches, including Manchester United v Everton and Chelsea v Southampton.

11.50pm Tonight with Target DJ

Target presents a showcase of black musical talent. **12.40am** The NFL Show. Dan Walker is joined by Osi Umenyiora and Jason Bell to present highlights of Thursday night's game. Plus, a look at the stories shaping the American football world, as the leading sides in the NFL continue their bids to succeed Philadelphia Eagles as Super Bowl-winners. **1.20** Weather for the Week Ahead **1.25-6.00am** BBC News

BBC Two

F'VIEW 2 • SKY 102 • VIRGIN 102 • F'SAT 102

- 6.40am The Dengineers (R) 7.10** Ricky Wilson's Art Jam (R) **7.30** Blue Peter (R) **8.00** Deadly 60 **8.30** Supersized Earth (R) **9.30** Landward (R) **10.00** Hugh's Wild West (R) **11.00** Serengeti. Documentary. (R) **12.00noon** The Hairy Bikers Go North (R) **1.00 Take a Hike** People showcase their countryside walks. (R) **3.30 A House Through Time** Documentary charting British history as seen through the lives of successive inhabitants of a house over the years. (R) **4.30 Flog It!** People are invited to try to make money out of their antiques by taking a risk and selling them at auction (R) **5.15 Super League** Highlights. **6.15 To Be Announced**

- 7.00 Meet the Moose Family: Natural World** The nature documentary tells the story of a mother moose bringing up her calf in the wilds of the Canadian Rockies. Many challenges lie ahead for the mother and son, not least from the threat of the hungry bears and wolves that live nearby. Film-maker Hugo Kitching sets out to follow the duo through the four seasons, although things take an unexpected turn later in the year with the discovery of a third moose. (R) **8.00 Royal Academy Summer Exhibition 2021** **9.00 The Spice Girls at the BBC** A compilation of archive footage of the all-girl ensemble who took the pop world by storm in the mid-1990s performing at the BBC.

10.00 Later – with Jools Holland

Extended edition of the music programme, featuring performances by well-known and up-and-coming artists.

10.45 Last Man Standing: Suge Knight and the Murders of Biggie and Tupac (2021/18)

In a follow-up to his 2002 documentary Biggie & Tupac, film-maker Nick Broomfield revisits Los Angeles in search of new evidence of Suge Knight's involvement in the deaths of rap superstars Tupac Shakur and the Notorious BIG. ★★★★

12.25am To Be Announced **1.55-6.20am** This Is BBC Two. Previews.

ITV

F'VIEW 3 • SKY 103 • VIRGIN 103 • F'SAT 103

- 6.00am CITV 9.25** ITV News **9.30** James Martin's Saturday Morning. The TV chef hosts a weekend chat show. **11.40** Ainsley's Good Mood Food **12.40pm James Martin's American Adventure (R)** **1.10 Simply Raymond Blanc (R)** **1.35 ITV News; Weather** **1.45 Live and Let Die (1973/PG)** James Bond spy adventure, starring Roger Moore. ★★★★ **4.00 You've Been Framed!** **5.00 Family Fortunes** Gameshow, hosted by Gino D'Acampo. (R) **6.00 ITV News; Weather** **6.20 Regional News; Weather** **6.30 Celebrity Catchphrase** Stephen Mulhern hosts a celebrity special of the gameshow.

- 7.30 The Cube** Contestants try to complete a series of difficult challenges, ranging from agility tests to skill trials, under pressure to hold their nerve as friends, family and the studio audience watch their every move. The further they go in the competition, the more money they win, up to a jackpot of £250,000. Gameshow, hosted by Phillip Schofield. **8.30 Beat the Chasers** Contestants from across the UK take on a team of Chasers, hoping to win big money. Bradley Walsh hosts. **9.30 Paul O'Grady's Saturday Night Line Up** Comedy chat and gameshow in which Paul puts questions, scenarios and dilemmas to celebrity guests, who must arrange themselves from best to worst correctly.

10.15 ITV News; Weather

10.35 The Silence of the Lambs (1991/18)

Trainee FBI agent Clarice Starling is sent to interview an imprisoned psychopath with a taste for eating his victims. The inmate offers to help catch a serial killer who is holding a politician's daughter hostage - but to learn what he knows, Clarice has to engage in his dangerous mind games. Jonathan Demme's Thriller, with Jodie Foster and Anthony Hopkins. ★★★★★

- 12.45am** Home Shopping **3.00 FYI Extra** **3.15** The Void. Gameshow. (R) **4.05 Unwind With ITV** **5.10-6.00am** Winning Combination. Quiz. (R)

Channel 4

F'VIEW 4 • SKY 104 • VIRGIN 104 • F'SAT 104

- 6.05am The King of Queens (R) 6.50** Mike & Molly (R) **7.30** Frasier (R) **8.50** The Simpsons (R) **11.50** Couples Come Dine with Me (R) **12.50pm** Four in a Bed (R) **3.30 A Place in the Sun** Mandy and Paul from Sussex search for a new home in the Spanish town of Dolores. (R) **4.30 George Clarke's Old House, New Home** George helps a couple redesign their Edwardian home in Wirral and tackles an 1850s country house in Surrey that has accrued some bizarre additions over the years. (R) **5.30 Kirstie and Phil's Love It or List It** Phil Spencer returns to Northamptonshire to catch up with Sarah and Ian. (R) **6.30 Channel 4 News** Headlines.

- 7.00 Bettany Hughes' Treasures of the World** (5/5) The historian visits a dig in Istanbul containing artefacts from multiple eras, and follows in the footsteps of one of her heroes, Byzantine empress Theodora. Last in series. **8.00 Britain's Forgotten Wars with Tony Robinson** (2/6) The civil war that raged after the break-up of Yugoslavia in 1992, as UN forces struggled to maintain order in the newly created nation of Bosnia under impossible circumstances. **9.00 Rocketman** (2019/15) Premiere. Elton John enters an addiction rehab session, and recounts his life in a flashback, covering his days as Reginald Dwight growing up in 1950s Britain and beyond. Biopic, starring Taron Egerton. ★★★★

11.20pm Elton Jon: The Red Piano

The Last Leg. Adam Hills, Josh Widdicombe and Alex Brooker are joined by celebrity guests for a comic review of the significant moments of the past seven days. (R)

- 2.20** 24 Hours in A&E. St George's resident doctors help a man who suffered cardiac arrest following a road accident, and a passionate equestrian who was injured after she was thrown from her horse. (R) **3.15** Iris Prize Best British Shorts: Pompeii. Tam gets the tube home alone, plugging in his earphones and reliving his Halloween night out via his phone. Short drama, written and directed by Harry Lighton, Marco Alessi and Matthew Jacobs Morgan. (R) **3.25-6.00am** Hollyoaks Omnibus (R)

Channel 5

F'VIEW 5 • SKY 105 • VIRGIN 105 • F'SAT 105

6.00am Milkshake! Children's shows.

10.00 SpongeBob SquarePants Animated double bill. (R)

10.25 Entertainment News on 5 Showbiz news and gossip.

10.30 Friends Six episodes. Chandler falls for Joey's latest date; Chandler gets to know Joey's girlfriend; Chandler is racked with guilt for kissing Joey's girlfriend; Chandler makes up for kissing Kathy; things start looking up for the gang as Monica gets a career opportunity that is too good to turn down; Ross embarks on a long-distance relationship, Chandler sets Rachel up with one of his workmates. (R)

1.30pm To Be Announced

5.25 5 News Weekend Headlines.

5.30 All Creatures Great and Small The fate of a struggling young widow causes difficulties for James and Helen's burgeoning romance. Meanwhile, Siegfried has another scheme to whip Tristan into shape, and a visit from Tricki Woo causes chaos at Skeldale House. Drama, starring Nicholas Ralph.

6.30 To Be Announced

7.30 To Be Announced

9.30 To Be Announced



ITV2

F'VIEW 6 • SKY 118 • VIRGIN 115 • F'SAT 113

6.00am Totally Bonkers Guinness World Records **6.25** Love Bites **8.20** Secret Crush **9.20** Dress to Impress **11.20** Australian Ninja Warrior **1.00pm** Catchphrase Celebrity Special **2.00** You've Been Framed! Gold **2.30** FILM Robots (2005/U) Animation, with the voice of Ewan McGregor. ★★★

4.20 FILM Shark Tale (2004/U) Animation, voiced by Will Smith. ★★

6.10 FILM Despicable Me 3 (2017/U) Animated sequel, featuring the voice of Steve Carell. ★★★

8.00 FILM Pitch Perfect 2 (2015/12) Comedy, with Anna Kendrick. ★★★

10.15 Family Guy Double bill.

11.15 Family Guy **11.45** American Dad!

12.40am The Stand Up Sketch Show

1.40 Don't Hate the Playaz **2.40** Iain Stirling's CelebAbility **3.20** Unwind With ITV **3.30-6.00am** Teleshopping

BBC Four

F'VIEW 9 • SKY 116 • VIRGIN 107 • F'SAT 107

7.00pm Vienna: Empire, Dynasty and Dream The rise of one of the great cities of the world.

8.00 Brazil with Michael Palin The actor travels around Brazil, which has an abundance of natural resources.

9.00 FILM The Truth (2019/PG) Premiere. A movie star is reunited with her daughter after publishing her memoirs, leading to a series of revelations. Drama, starring Catherine Deneuve and Juliette Binoche. ★★★★

10.45 United Skates - Storyville

Exploring the campaign to save the US's last standing roller rinks from closure, and the subculture that has grown up around these venues.

12.05am How to Get Ahead: At Medieval Court **1.05** Motherland **1.35** Brazil with Michael Palin **2.35-3.35am** Vienna: Empire, Dynasty and Dream

Rocketman

9pm, Channel 4

Taron Egerton is excellent as Elton John in director Dexter Fletcher no-holds-barred biopic. It chronicles the musician's unhappy youth and early days in the music biz, before superstardom takes its toll in a haze of drink and drugs. Jamie Bell plays Elton's longtime friend and writing partner Bernie Taupin.

SATURDAY

2 OCTOBER

Scotland & Wales

BBC Scotland

7.00pm The Seven **7.15** The Edit. The best of the week's entertainment news.

7.30 Sportscene Saturday. Jonathan Sutherland presents highlights of the latest Scottish Premiership matches, including Dundee United v Ross County, Hearts v Motherwell, and St Johnstone v Dundee. **8.30** Born to Be Wild. Documentary following life for staff and the animals they care for at the SSPCA's wildlife rescue centre. **9.30** Scot Squad. Spoof documentary following the work of the first unified Scottish police force.

10.00 Best of Chewin' the Fat. Highlights of the comedy sketch show, starring Ford Kiernan, Greg Hemphill, Karen Dunbar, Mark Cox, Paul Riley and Julie Wilson Nimmo. **10.30** Two Doors Down. Comedy exploring the best and worst of suburban family life. Starring Arabella Weir, Alex Norton, Doon Mackichan, Jonathan Watson and Elaine C Smith. **11.00pm-12.00m't** TRNSMT. Coverage of the festival from Glasgow Green.

BBC One Scotland

As BBC One except: **4.00-5.10pm** Sportscene Results **5.20-5.30pm** Reporting Scotland; Weather

BBC One Wales

As BBC One except: **5.20-5.30pm** BBC Wales Today. The day's headlines.

BBC Two Wales

As BBC Two except: **4.15-4.30pm** Flog It! Double bill. **4.45-5.15pm** lolo: The Last Wilderness of Wales

STV

As ITV except: **6.15-6.30pm** STV News

ITV Wales

As ITV except: **1.10-1.35pm** Newsweek Wales. The week's events.

6.15-6.30pm ITV News Cymru Wales

S4C

6.00am Cyw **8.00** Bernard **8.05** Y Doniolis **8.15** Ar Goll yn Oz **8.35** Cath-Od **8.45** Byd Rwtsh Dai Potsh **8.55** Chwarter Call **9.10** Mabinogi-ogi a Mwy **9.35** Dreigiau: Gwarchodwyr Berc **10.00** Trysorau'r Teulu **11.00** Codi Hwy **11.30** Dau Gi Bach **12.00noon** Ffermio **12.30** Sgorio **3.00** Am Drol! **4.00** Prioedd Pum Mil **5.00** Clwb Rygbi. A look back at this weekend's rugby action in the United Rugby Championship.

7.15 Newyddion a Chwaraeon **7.30** C'mon Midfield. Comedy drama following life with the Bryncoch football team. **8.30** Corau Rhys Meirion. Rhys Meirion discovers how choral singing can enrich people's lives in different ways. **10.35** Sgwrs Dan y Lloer. Elin Fflur chats to some of Wales' best-known people in their gardens, finding out about their careers and the sort of person they are at home. **11.05pm-12.10am** Noson Lawen. All-singing, all-dancing entertainment show guided by a guest presenter.

1.00am The 21.co.uk Live Casino Show **3.00** Entertainment News on 5 **3.10** Cocaine: Can't Stop Using. A look at how smuggling is feeding the UK's drug habits and a consequent addiction epidemic, weighing up the cost to the general population and public resources. (R) **4.00** The Great Gardening Challenge: The Final. The competition reaches its climax with just two pairs of professional garden designers competing in the final. Hosted by Nicki Chapman and Diarmuid Gavin. Last in series. (R) **4.45** Wildlife SOS. The work of dedicated volunteers treating sick, injured and orphaned animals at a wildlife sanctuary. (R) **5.10** Great Artists (R) **5.40** Monkey's Amazing Adventures (R) **5.45-6.00am** Peppa Pig (R)

Drama

F'VIEW 20 • SKY 143 • VIRGIN 130 • F'SAT 158

6.00am Teleshopping **7.10** Birds of a Feather **11.00** Sharpe **1.00pm** One Foot in the Grave: triple bill **3.00** Rosemary & Thyme: triple bill

6.00 The Brokenwood Mysteries

Mike, Kristin, and the team look into the murder of a farmer's market owner, who staggers into the crowd with a garden tool embedded into her back.

8.00 Hetty Wainthropp Investigates

An arsonist terrorises a housing estate, and Hetty goes undercover in a quilt-making circle in her search for the culprit. Patricia Routledge stars.

9.00 Silent Witness

Nikki and the Lyell team investigate a suspicious death from 20 years previously after a skeleton is found in a concrete pillar in a multi-storey car park. Emilia Fox stars.

11.20 Ashes to Ashes **1.40am** Trial & Retribution **4.00-6.00am** Teleshopping

radio

for the week

26 September - 2 October

SUNDAY RADIO 1

5.00am Get Set With Radio 1. **6.00** Radio 1's Chillout Anthems. **7.00** Adele Roberts. **10.00** Radio 1 Anthems. **11.02** Dean McCullough. **1.00pm** Matt And Mollie. **4.00** Radio 1's Life Hacks. **6.00** The Official Chart. **7.00** Radio 1's Chillest Show With Sian Eleri. **9.00** Rock Show With Daniel P Carter. **11.00** BBC Introducing On Radio 1. **12.00m't** Radio 1's Future Soul With Victoria Jane. **1.30** Radio 1's UK R&B Mix. **2.00** Decompression Session. **3.00** Chill Mix. **4.00-5.00am** Radio 1 Dance.

RADIO 2

5.00am Tracks Of My Years. **6.00** Good Morning Sunday. **9.00** Sunday Love Songs. **11.00** The Michael Ball Show. **1.00pm** Elaine Paige On Sunday. **3.00** Sounds Of The 70s With Johnnie Walker. **5.00** Paul O'Grady. **7.00** The Global Citizen Music Festival Highlights. **9.00** The Sounds Of 2003. **10.00** Dr Rangan Chatterjee. With Bryony Gordon. **12.00m't** OJ Borg. **2.30** One Hit Wonders With OJ Borg. **3.00** Pick Of The Pops. **4.00-6.30am** Vanessa Feltz.

RADIO 3

7.00am Breakfast. **9.00** Sunday Morning. **12.00noon** Private Passions. **1.00** Radio 3 Lunchtime Concert. **2.00** The Early Music Show. **3.00** Choral Evensong. **4.00** Jazz Record Requests. **5.00** The Listening Service. **5.30** Words And Music. **6.45** Sunday Feature: How To Re-Build A City. The redevelopment of Coventry. **7.30** Drama On 3: This Little Relic. **9.00** Record Review Extra. **11.30** Slow Radio: Dunwich Dynamo. **12.00m't** Classical Fix. **12.30-6.30am** Through The Night.

RADIO 4

5.30am News Briefing. **5.43** Bells On Sunday. **5.45** Profile. **6.00** News Headlines. **6.05** Something Understood. **6.35** Natural Histories. **6.57** Weather. **7.00** News. **7.10** Sunday. **7.54** Radio 4 Appeal. **7.57** Weather. **8.00** News. **8.10** Sunday Worship. **8.48** A Point Of View. **8.58** Tweet Of The Day. **9.00** Broadcasting House. **10.00** The Archers. **11.00** Desert Island Discs. **11.45** Just One Thing With Michael Mosley. **12.00noon** News. **12.01** (LW) Shipping Forecast. **12.04** Just A Minute. **12.32** The Food Programme. **12.57** Weather. **1.00** The World This Weekend. **1.30** The Listening Project. **2.00** Gardeners' Question Time. **2.45** Green Originals. **3.00** Drama: The Good Earth. **4.00** Open Book. **4.30** Contains Strong Language Live From Coventry. **5.00** File On 4. **5.40** Profile. **5.54** Shipping Forecast. **5.57** Weather. **6.00** Six O'Clock News. **6.15** Pick Of The Week. **7.00** The Archers. There's a huge shock for Kirsty and Brian attempts to plan for the future. **7.15** Powerhouse. Jessica Fostekew's award-nominated stand-up show about big strong strength. **7.45** Miss Bessemer Saves The Train. New series. By Roy Apps. **8.00** More Or Less. **8.30** Last Word. The lives of famous and less well-known people who have recently died. **9.00** Money Box. The latest from the world of personal finance. **9.25** Radio 4 Appeal. On behalf of The Social Mobility Foundation. **9.30** The Untold. Grace Dent introduces the story of a child who refuses to go to school. **9.59** Weather. **10.00** The Westminster Hour. With Carolyn Quinn. **11.00** The Film Programme. **11.30** Something Understood. **12.00m't** News And Weather. **12.15** Thinking Allowed. **12.45** Bells On Sunday. **12.48** Shipping Forecast. **1.00-5.20am** As BBC World Service.

RADIO 5 LIVE

5.00am The Sports Desk. **5.30** 5 Live Sport. **6.00** 5 Live Science. **7.00** Sunday Breakfast. **10.00** Laura Whitmore's Sunday Session. **12.00noon** 5 Live Sport. **2.00** 5 Live Sport. **4.00** 5 Live Sport. **4.30** 5 Live Sport. **6.20** The Ryder Cup. Live commentary. **11.00** Chris Latchem. **1.00-5.00am** Dotun Adebayo.

CLASSIC FM

7.00am Aled Jones. **10.00** Bill Turnbull. **1.00pm** Catherine Bott. **4.00** John Humphrys. **7.00** Smooth Classics. **9.00** Moira Stuart Meets — Richard Osman. **10.00** Smooth Classics. **1.00-6.00am** Bill Overton.

RADIO SCOTLAND

6.00am Out Of Doors. **6.30** Clever About Cash. **7.00** Our Story. **7.30** New Every Sunday. **8.00** Sunday Morning. **10.00** The Sunday Show. **12.00noon** Off The Ball. **2.00** Sportsround. **5.00** Your Requests With Gary Innes. **7.00** Classics Unwrapped. **9.00** Jazz Nights. **11.00** Iain Anderson. **1.00-6.00am** As BBC Radio 5 Live.

MONDAY RADIO 1

5.00am Radio 1 Early Breakfast With Arielle Free. **7.00** The Radio 1 Breakfast Show With Greg James. **10.32** Rickie, Melvin And Charlie. **12.45pm** Newsbeat. **1.00** Scott Mills. **3.32** Vick And Jordan. **5.45** Newsbeat. **6.00** Radio 1's Future Sounds With Clara Amfo. **7.00** Radio 1's Hottest Records. **8.00** Radio 1's Future Artists With Jack Saunders. **10.00** Radio 1's Power Down Playlist With Sian Eleri. **11.00** Radio 1's Drum & Bass Show. **1.00am** Radio 1's Drum & Bass Mix. **2.00** Get Set With Radio 1. **3.00** Radio 1's Workout Anthems. **4.00-5.00am** Radio 1 Dance.

RADIO 2

6.30am The Zoe Ball Breakfast Show. **9.30** Ken Bruce. **12.00noon** Jeremy Vine. **2.00** Steve Wright In The Afternoon. **5.00** Sara Cox. **6.30** Sara Cox's Half Wower. **7.00** Jo Whiley's Shiny Happy Playlist. **7.30** Jo Whiley. Jo chats to Michelini-starred chef Paul Ainsworth about seasonal produce. **9.00** The Blues Show With Cerys Matthews. New and classic blues tracks. **10.00** Trevor Nelson's Rhythm Nation. The DJ introduces a mix of soulful tunes. **12.00m't** OJ Borg. Music and chat. **3.00** Pick Of The Pops. **4.00-6.30am** Vanessa Feltz.

RADIO 3

6.30am Breakfast. **9.00** Essential Classics. **12.00noon** Composer Of The Week: Wagner. **1.00** Radio 3 Lunchtime Concert. **2.00** Afternoon Concert. **4.30** New Generation Artists. **5.00** In Tune. **7.00** In Tune Mixtape. **7.30** Radio 3 In Concert. **10.00** Music Matters. **10.45** The Essay: Postcards From Coventry. **11.00** Night Tracks. **12.30-6.30am** Through The Night.

RADIO 4

5.30am News Briefing. **5.43** Prayer For The Day. **5.45** Farming Today. **5.58** Tweet Of The Day. **6.00** Today. **9.00** Start The Week. **9.45** (LW) Daily Service. **9.45** (FM) Book Of The Week: History Of The World In 100 Animals. **10.00** Woman's Hour. **11.00** Landscapes Of The Mind. **11.30** Loose Ends. **12.00noon** News. **12.01** (LW) Shipping Forecast. **12.04** Meet Me At The Museum. **12.18** You And Yours. **12.57** Weather. **1.00** The World At One. **1.45** Poison. **2.00** The Archers. **2.15** Drama: United Kingdoms. **3.00** Brain Of Britain. **3.30** The Food Programme. **4.00** History On The Edge. **4.30** Beyond Belief. **5.00 PM**. **5.54** (LW) Shipping Forecast. **5.57** Weather. **6.00** Six O'Clock News. **6.30** Just A Minute. **7.00** The Archers. Tracy struggles to keep her cool. **7.15** Front Row. Arts programme. **7.45** Will Self Takes The Waters. Will Self ponders the origins of people's insatiable thirst for bottled waters. **8.00** This Union: Two Kingdoms. Allan Little explores why Scotland's union with England might now unravel. Last in series. **8.30** Analysis. New series. Peter Pomerantsev examines how a society can survive without a common identity. **9.00** Electric Ride UK. Peter Curran continues his electric car journey. **9.30** Start The Week. Colm Tóibín discusses the life and work of writer Thomas Mann. **9.59** Weather. **10.00** The World Tonight. News round-up with Ritula Shah. **10.45** Book At Bedtime: Beautiful World, Where Are You. By Sally Rooney. **11.00** Lights Out. **11.30** Master tapes. **12.00m't** News And Weather. **12.30** Book Of The Week: History Of The World In 100 Animals. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20-5.30am** Shipping Forecast.

RADIO 5 LIVE

5.00am Wake Up To Money. **6.00** 5 Live Breakfast. **9.00** Your Call. **10.00** Naga Munchetty. **1.00pm** Nihal Arthanayake. **4.00** 5 Live Drive. **7.00** 5 Live Sport: The Monday Night Club. **8.00** 5 Live Sport. Crystal Palace v Brighton & Hove Albion. (Kick-off 8.00pm) **10.00** 5 Live Sport. **10.30** Colin Murray. **1.00-5.00am** Dotun Adebayo.

CLASSIC FM

6.00am More Music Breakfast. **9.00** Alexander Armstrong. **12.00noon** Aled Jones. **4.00** John Brunning. **7.00** Smooth Classics At Seven. Relaxing sounds. **8.00** The Classic FM Concert With John Suchet. **10.00** Smooth Classics. **1.00-6.00am** Bill Overton.

RADIO SCOTLAND

6.00am Good Morning Scotland. **9.00** Mornings. **12.00noon** Lunchtime Live. **1.30** The Afternoon Show With Janice Forsyth. **4.00** Drivetime. **6.00** Get It On With Bryan Burnett. **8.00** Another Country With Rickey Ross. Showcasing new and classic country music. **10.00** Roddy Hart. **12.00m't-6.00am** As Radio 5 Live.

TUESDAY RADIO 1

5.00am Radio 1 Early Breakfast With Arielle Free. **7.00** The Radio 1 Breakfast Show With Greg James. **10.32** Rickie, Melvin And Charlie. **11.00** Radio 1's Live Lounge. A unique performance. **11.20** Robbie, Melvin And Charlie. **12.45pm** Newsbeat. **1.00** Scott Mills. **3.32** Vick And Jordan. **5.45** Newsbeat. **6.00** Radio 1's Future Sounds With Clara Amfo. **7.00** Radio 1's Hottest Records. **8.00** Radio 1's Future Artists With Jack Saunders. **10.00** Radio 1's Power Down Playlist With Sian Eleri. **11.00** Annie Nightingale Presents. **1.00am** Radio 1's Indie Anthems. **2.00** Radio 1's Chillout Anthems. **3.00** Radio 1's Classical Movie Mixtape. **4.00-5.00am** Radio 1 Dance.

RADIO 2

6.30am The Zoe Ball Breakfast Show. **9.30** Ken Bruce. **12.00noon** Jeremy Vine. **2.00** Steve Wright In The Afternoon. **5.00** Sara Cox. **6.30** Sara Cox's Half Wower. Sara plays the biggest and best tunes to get listeners dancing. **7.00** Jo Whiley's Shiny Happy Playlist. **7.30** Jo Whiley. Movie critic James King offers his latest film choices. **9.00** The Jazz Show With Jamie Cullum. The world of jazz. **10.00** Trevor Nelson's Rhythm Nation. The DJ introduces a mix of soulful tunes. **12.00m't** OJ Borg. **3.00 TBA**. **4.00-6.30am** Vanessa Feltz.

RADIO 3

6.30am Breakfast. **9.00** Essential Classics. **12.00noon** Composer Of The Week: Wagner. **1.00** Radio 3 Lunchtime Concert. Works by Rachmaninov, Scriabin and Brahms. **2.00** Afternoon Concert. **5.00** In Tune. **7.00** In Tune Mixtape. **7.30** Radio 3 In Concert. **10.00** Free Thinking. **10.45** The Essay: Postcards From Coventry. **11.00** Night Tracks. **12.30-6.30am** Through The Night.

RADIO 4

5.30am News Briefing. **5.43** Prayer For The Day. **5.45** Farming Today. **5.58** Tweet Of The Day. **6.00** Today. **9.00** The Life Scientific. **9.30** One To One. **9.45** (LW) Daily Service. **9.45** (FM) Book Of The Week: History Of The World In 100 Animals. **10.00** Woman's Hour. **11.00** Electric Ride UK. **11.30** Art Of Now: Hong Kong. **12.00noon** News. **12.01** (LW) Shipping Forecast. **12.04** Meet Me At The Museum. **12.18** Call You And Yours. **12.57** Weather. **1.00** The World At One. **1.45** TBA. **2.00** The Archers. **2.15** Drama: Trust. **3.00** The Kitchen Cabinet. **3.30** Costing The Earth. **4.00** The Hidden History Of The Window. **4.30** Great Lives. **5.00** PM. Presented by Evan Davis. **5.54** (LW) Shipping Forecast. **5.57** Weather. **6.00** Six O'Clock News. **6.30** The Birthday Cake Game. **7.00** The Archers. Lynda goes into battle. **7.15** Front Row. Arts programme. **7.45** Will Self Takes The Waters. Will Self explores how Buxton rose to prominence as a spa town in the 18th and 19th centuries. **8.00** File On 4. Issues of major concern. **8.40** In Touch. News for people who are blind or partially sighted. **9.00** Inside Health. New series. James Gallagher investigates processed vegan and vegetarian foods. **9.30** The Life Scientific. The work of scientists whose research is changing the world. **9.59** Weather. **10.00** The World Tonight. Presented by Ritula Shah. **10.45** Book At Bedtime: Beautiful World, Where Are You. By Sally Rooney. **11.00** Fortunately. **11.30** Master tapes. **12.00m't** News And Weather. **12.30** Book Of The Week: History Of The World In 100 Animals. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20-5.30am** Shipping Forecast.

RADIO 5 LIVE

5.00am Wake Up To Money. **6.00** 5 Live Breakfast. **9.00** Your Call. **10.00** Naga Munchetty. **1.00pm** Nihal Arthanayake. **4.00** 5 Live Drive. **7.00** 5 Live Sport. **8.00** 5 Live Sport. Paris Saint-Germain v Manchester City. **10.30** Colin Murray. **1.00-5.00am** Dotun Adebayo.

CLASSIC FM

6.00am More Music Breakfast. **9.00** Alexander Armstrong. **12.00noon** Aled Jones. **4.00** John Brunning. **7.00** Smooth Classics At Seven. Relaxing Sounds. **8.00** The Classic FM Concert With John Suchet. **10.00** Smooth Classics. **1.00-6.00am** Bill Overton.

RADIO SCOTLAND

6.00am Good Morning Scotland. **9.00** Mornings. **12.00noon** Lunchtime Live. **1.30** The Afternoon Show With Janice Forsyth. **4.00** Drivetime. **6.00** Get It On With Bryan Burnett. **8.00** Another Country With Rickey Ross. Showcasing new and classic country music. **10.00** Roddy Hart. **12.00m't-6.00am** As Radio 5 Live.

RADIO 1	FM: 97.6-99.8 MHz
RADIO 2	FM: 88-90.2 MHz
RADIO 3	FM: 90.2-92.4 MHz
RADIO 4	FM: 92.4-94.6 MHz, LW: 198 KHz

RADIO 5 LIVE	AM: 693 & 909 KHz
CLASSIC FM	FM: 99.9-101.9 MHz
RADIO SCOTLAND	FM: 92.5-94.7 MHz

WEDNESDAY RADIO 1

5.00am Radio 1 Early Breakfast With Arielle Free. **7.00** The Radio 1 Breakfast Show With Greg James. **10.32** Rickie, Melvin And Charlie. **12.45pm** Newsbeat. **1.00** Scott Mills. **3.32** Vick And Jordan. **5.45** Newsbeat. **6.00** Radio 1's Future Sounds With Clara Amfo. **8.00** Radio 1's Future Artists With Jack Saunders. **10.00** Radio 1's Power Down Playlist With Sian Eleri. **11.00** Benji B. **1.00am** Radio 1 Dance Presents. **2.00** The Radio 1 Interview. **2.15** The YUNGBLUD Podcast. **2.30** Radio 1 Playlists. **3.00** Radio 1's Festival Anthems. **4.00-5.00am** Radio 1 Dance.

RADIO 2

6.30am The Zoe Ball Breakfast Show. Music and guests. **9.30** Ken Bruce. **12.00noon** Jeremy Vine. **2.00** Steve Wright In The Afternoon. **5.00** Sara Cox. **6.30** Sara Cox's Half Wower. **7.00** Jo Whiley's Shiny Happy Playlist. **7.30** Jo Whiley. Music and chat. **9.00** The Folk Show With Mark Radcliffe. Traditional and contemporary folk and acoustic music. **10.00** Trevor Nelson's Rhythm Nation. The DJ introduces a mix of soulful tunes. **12.00m't** OJ Borg. **3.00** Sounds Of The 90s With Fearne Cotton. **4.00-6.30am** Vanessa Feltz.

RADIO 3

6.30am Breakfast. **9.00** Essential Classics. **12.00noon** Composer Of The Week: Wagner. **1.00** Radio 3 Lunchtime Concert. **2.00** Afternoon Concert. **4.00** Choral Evensong. **5.00** In Tune. **7.00** In Tune Mixtape. **7.30** Radio 3 In Concert. **10.00** Free Thinking. **10.45** The Essay: Postcards From Coventry. **11.00** Night Tracks. **12.30-6.30am** Through The Night.

RADIO 4

5.30am News Briefing. **5.43** Prayer For The Day. **5.45** Farming Today. **5.58** Tweet Of The Day. **6.00** Today. **9.00** More Or Less. **9.30** Four Thought. **9.45** (LW) Daily Service. **9.45** (FM) Book Of The Week: History Of The World In 100 Animals. **10.00** Woman's Hour. **11.00** This Union: Two Kingdoms. **11.30** What's Funny About. **12.00noon** News. **12.01** (LW) Shipping Forecast. **12.04** Meet Me At The Museum. **12.18** You And Yours. **12.57** Weather. **1.00** The World At One. **1.45** TBA. **2.00** The Archers. **2.15** Drama: Trust. **3.00** Money Box Live. **3.30** Inside Health. **4.00** Thinking Allowed. **4.30** The Media Show. **5.00 PM** Presented by Evan Davis. **5.54** (LW) Shipping Forecast. **5.57** Weather. **6.00** Six O'Clock News. **6.30** The Cold Swedish Winter. **7.00** The Archers. Chelsea makes a big decision. **7.15** Front Row. Arts programme. **7.45** Will Self Takes The Waters. Will Self tells the story of popular Swedish mineral water, Ramlosa. **8.00** Bringing Up Britain. Anjula Mutada asks if separating the sexes for education a good idea. **8.45** Four Thought. A thought-provoking talk. **9.00** Costing The Earth. The future of a family farm on the frontline of climate change in Bangladesh. **9.30** The Media Show. The latest news from the fast-changing media world. **9.59** Weather. **10.00** The World Tonight. Presented by Razia Iqbal. **10.45** Book At Bedtime: Beautiful World, Where Are You. By Sally Rooney. **11.00** Njambi McGrath: Becoming Njambi. **11.15** Rhys James Is. The comedian reads a letter. **11.30** Mastertapes. **12.00m't** News And Weather. **12.30** Book Of The Week: History Of The World In 100 Animals. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20-5.30am** Shipping Forecast.

RADIO 5 LIVE

5.00am Wake Up To Money. **6.00** 5 Live Breakfast. **9.00** Your Call. **10.00** Naga Munchetty. **1.00pm** Nihal Arthanayake. **4.00** 5 Live Drive. **7.00** 5 Live Sport. **8.00** 5 Live Sport. Manchester United v Villarreal. **10.30** Colin Murray. **1.00-5.00am** Dotun Adebayo.

CLASSIC FM

6.00am More Music Breakfast. **9.00** Alexander Armstrong. **12.00noon** Aled Jones. **4.00** John Brunning. **7.00** Smooth Classics At Seven. **8.00** The Classic FM Concert With John Suchet. **10.00** Smooth Classics. **1.00-6.00am** Bill Overton.

RADIO SCOTLAND

6.00am Good Morning Scotland. **9.00** Mornings. **12.00noon** Lunchtime Live. **1.30** The Afternoon Show With Grant Stott. **4.00** Drivetime. **6.00** Get It On With Bryan Burnett. Music request show. **8.00** The Quay Sessions With Roddy Hart. **10.00** The Simon Neil Experience. **12.00m't-6.00am** As Radio 5 Live.

THURSDAY RADIO 1

5.00am Radio 1 Early Breakfast With Arielle Free. **7.00** The Radio 1 Breakfast Show With Greg James. **10.32** Rickie, Melvin And Charlie. **11.00** Radio 1's Live Lounge. **11.20** Rickie, Melvin And Charlie. **12.45pm** Newsbeat. **1.00** Scott Mills. **3.32** Vick And Jordan. Huge hits and the best new music. **5.45** Newsbeat. **6.00** Radio 1's Future Sounds With Clara Amfo. **8.00** Radio 1's Future Artists With Jack Saunders. **10.00** Radio 1's Power Down Playlist With Sian Eleri. **11.00** Benji B. **1.00am** Radio 1 Dance Presents. **2.00** The Radio 1 Interview. **2.15** The YUNGBLUD Podcast. **2.30** Radio 1 Playlists. **3.00** Radio 1's Festival Anthems. **4.00-5.00am** Radio 1 Dance.

RADIO 2

6.30am The Zoe Ball Breakfast Show. **9.30** Ken Bruce. **12.00noon** Jeremy Vine. **2.00** Steve Wright In The Afternoon. **5.00** Sara Cox. **6.30** Sara Cox's Half Wower. **7.00** Jo Whiley. Shiny Happy Playlist. **7.30** Jo Whiley. Music and chat. **9.00** The Folk Show With Mark Radcliffe. Traditional and contemporary folk and acoustic music. **10.00** Trevor Nelson's Rhythm Nation. The DJ introduces a mix of soulful tunes. **12.00m't** OJ Borg. **3.00** Sounds Of The 90s With Fearne Cotton. **4.00-6.30am** Vanessa Feltz.

RADIO 3

6.30am Breakfast. **9.00** Essential Classics. **12.00noon** Composer Of The Week: Wagner. **1.00** Radio 3 Lunchtime Concert. **2.00** Afternoon Concert. **5.00** In Tune. Music and arts news. **7.00** In Tune Mixtape. **7.30** Radio 3 In Concert. **10.00** Free Thinking. **10.45** The Essay: Postcards From Coventry. **11.00** Night Tracks. **11.30** Unclassified. **12.30-6.30am** Through The Decades.

RADIO 4

5.30am News Briefing. **5.43** Prayer For The Day. **5.45** Farming Today. **5.58** Tweet Of The Day. **6.00** Today. **9.00** In Our Time. **9.45** (LW) Daily Service. **9.45** (FM) Book Of The Week: History Of The World In 100 Animals. **10.00** Woman's Hour. **11.00** From Our Own Correspondent. **11.30** The Dreams We Live Inside. **12.00noon** News. **12.01** (LW) Shipping Forecast. **12.04** Meet Me At The Museum. **12.18** You And Yours. **12.57** Weather. **1.00** The World At One. **1.45** TBA. **2.00** The Archers. **2.15** Drama: Cov. **3.00** Ramblings. **3.27** Radio 4 Appeal. **3.30** Open Book. **4.00** The Film Programme. **4.30** BBC Inside Science. **5.00 PM** News headlines, with Evan Davis. **5.54** (LW) Shipping Forecast. **5.57** Weather. **6.00** Six O'Clock News. **6.30** The Break. **7.00** The Archers. Robert fears he may have overstepped the mark. **7.15** Front Row. Arts programme. **7.45** Will Self Takes The Waters. Will Self explores the science behind mineral water. **8.00** The Briefing Room. David Aaronovitch discusses big issues in the news. **8.30** Landscapes Of The Mind. Landscape architect James Corner reflects on urban green space and mental health. **9.00** BBC Inside Science. The latest scientific research. **9.30** In Our Time. Melvyn Bragg and guests discuss Anne Bronte's novel The Tenant of Wildfell Hall. **9.59** Weather. **10.00** The World Tonight. News round-up, with Riaz Iqbal. **10.45** Book At Bedtime: Beautiful World, Where Are You. By Sally Rooney. **11.00** What On Earth? With Count Binface. **11.30** Mastertapes. **12.00m't** News And Weather. **12.30** Book Of The Week: History Of The World In 100 Animals. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20-5.30am** Shipping Forecast.

RADIO 5 LIVE

5.00am Wake Up To Money. **6.00** 5 Live Breakfast. **9.00** Your Call. **10.00** Naga Munchetty. **1.00pm** Nihal Arthanayake. **4.00** 5 Live Drive. **7.00** 5 Live Sport. **8.00** 5 Live Sport. Manchester United v Villarreal. **10.30** Colin Murray. **1.00-5.00am** Dotun Adebayo.

CLASSIC FM

6.00am More Music Breakfast. **9.00** Alexander Armstrong. **12.00noon** Aled Jones. **4.00** John Brunning. **7.00** Smooth Classics At Seven. **8.00** The Classic FM Concert With John Suchet. Works by Khachaturian, Mozart, Brahms, Vivaldi and Stanford. **10.00** Smooth Classics. **1.00-6.00am** Bill Overton.

RADIO SCOTLAND

6.00am Good Morning Scotland. **9.00** Mornings. **12.00noon** Lunchtime Live. **1.30** The Afternoon Show With Grant Stott. **4.00** Drivetime. **6.00** Get It On With Bryan Burnett. Music request show. **8.00** The Quay Sessions With Roddy Hart. **10.00** The Simon Neil Experience. **12.00m't-6.00am** As Radio 5 Live.

FRIDAY RADIO 1

5.00am Radio 1 Early Breakfast With Arielle Free. **6.33** Radio 1's Best New Pop. **7.00** Vick And Jordan. **10.00** Radio 1 Anthems. **11.02** Dean McCullough. **12.45pm** Newsbeat. **1.00** Matt And Mollie. **3.00** Radio 1's Party Anthems With Matt And Mollie. **4.00** The Official Chart Show With Scott Mills. **5.45** Newsbeat. **6.00** Danny Howard. **8.00** Radio 1's Future Dance With Sarah Story. **10.00** Pete Tong. **12.00m't** Radio 1's Essential Mix. **2.00** Radio 1 Dance Presents. **3.00** Danny Howard. **4.00-5.00am** Radio 1's Wind Down Presents.

RADIO 2

6.30am The Zoe Ball Breakfast Show. **9.30** Scott Mills. **12.00noon** Jeremy Vine. **2.00** Steve Wright In The Afternoon. **4.15** Steve Wright In The Afternoon — Serious Jockin'. **5.00** Sara Cox. **7.00** Tony Blackburn's Golden Hour. **8.00** Sounds Of The 80s With Gary Davies. Gary celebrates 40 years of OMD's classic Architecture & Morality album. **10.00** Sounds Of The 90s With Fearne Cotton. A nostalgia-drenched celebration of the best music and pop culture from the decade. **11.00** Sounds Of The 90s With Fearne Cotton. A nostalgia-drenched celebration of the best music and pop culture from the decade. **12.00m't** TBA. **1.00** The Craig Charles House Party. **2.30** The Craig Charles House Party Mixtape. **3.00** TBA. **4.00-5.00am** Sophie Ellis-Bextor's Kitchen Disco.

RADIO 3

6.30am Breakfast. **9.00** Essential Classics. **12.00noon** Composer Of The Week: Wagner. **1.00** Radio 3 Lunchtime Concert. **2.00** Afternoon Concert. **4.30** The Listening Service. **5.00** In Tune. **7.00** In Tune Mixtape. **7.30** Radio 3 In Concert. **10.00** The Verb. **With Ian McMillan.** **10.45** The Essay: Postcards From Coventry. **11.00** Late Junction. **1.00-7.00am** Through The Night.

RADIO 4

5.30am News Briefing. **5.43** Prayer For The Day. **5.45** Farming Today. **5.58** Tweet Of The Day. **6.00** Today. **9.00** In Our Time. **9.45** (LW) Daily Service. **9.45** (FM) Book Of The Week: History Of The World In 100 Animals. **10.00** Woman's Hour. **11.00** From Our Own Correspondent. **11.30** The Dreams We Live Inside. **12.00noon** News. **12.01** (LW) Shipping Forecast. **12.04** Meet Me At The Museum. **12.18** You And Yours. **12.57** Weather. **1.00** The World At One. **1.45** TBA. **2.00** The Archers. **2.15** Drama: Nuremberg. **2.45** A History Of Ghosts. **3.00** Gardeners' Question Time. **3.45** New Frequencies. **4.00** Last Word. **4.30** More Or Less. **5.00 PM**. **5.54** (LW) Shipping Forecast. **5.57** Weather. **6.00** Six O'Clock News. **6.30** The News Quiz. **7.00** Front Row. Arts programme. **7.45** Will Self Takes The Waters. Will Self visits Fiji, whose number one export is bottled water. Last in series. **8.00** Any Questions? Political debate and discussion from Bolton Parish Church. **8.50** A Point Of View. Reflections on a topical issue. **9.00 PE** — A History Of Violence. A look at physical education in schools past and present. **9.59** Weather. **10.00** The World Tonight. News round-up, with Julian Worricker. **10.45** Book At Bedtime: Beautiful World, Where Are You. By Sally Rooney. **11.00** Great Lives. **11.30** Museum Lates. **12.00m't** News And Weather. **12.30** Book Of The Week: History Of The World In 100 Animals. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20-5.30am** Shipping Forecast.

RADIO 5 LIVE

5.00am Wake Up To Money. **6.00** 5 Live Breakfast. **9.00** Your Call. **10.00** Chiles On Friday. **1.00pm** Elis James And John Robins. **2.30** Kermode And Mayo's Film Review. **4.00** 5 Live Drive. **7.00** 5 Live Sport. **10.00** Stephen Nolan. **1.00-5.00am** Hayley Hassall.

CLASSIC FM

6.00am More Music Breakfast. **9.00** Alexander Armstrong. **12.00noon** Aled Jones. **4.00** John Brunning. **7.00** Smooth Classics At Seven. **8.00** The Classic FM Concert With John Suchet. Works by Khachaturian, Mozart, Brahms, Vivaldi and Stanford. **10.00** Smooth Classics. **1.00-6.00am** Bill Overton.

RADIO SCOTLAND

6.00am Good Morning Scotland. **9.00** Mornings. **12.00noon** Lunchtime Live. **1.30** The Good, The Bad And The Unexpected. **2.00** The Afternoon Show With Nicola Meighan. **4.00** Drivetime. **6.00** Grant Stott's Vinyl Collective. **8.00** BBC Introducing In Scotland. **10.00** Ashley Storrie. **1.00-6.00am** As Radio 5 Live.

SATURDAY RADIO 1

5.00am Get Set With Radio 1. **6.00** The Happy Hour From Radio 1. **7.00** Adele Roberts. **10.00** Radio 1 Anthems. **11.02** Dean McCullough. **1.00pm** Matt And Mollie. **4.00** Radio 1's Dance Anthems With Charlie Hedges. **5.00** Radio 1's Dance Anthems With Charlie Hedges. **6.00** Radio 1's Dance Anthems With Charlie Hedges. **7.00** 1Xtra's Takeover With DJ Target. **9.00** 1Xtra's Rap Show. **11.00** Radio 1's Soundsystem. **1.00am** Radio 1's Classic Essential Mix. **3.00** Future Dance Mix With Sarah Story. **3.30** Pete Tong's Hot Mix. **4.00-5.00am** Radio 1's Dance Anthems.

RADIO 2

5.00am Radio 2 In Concert. **6.00** Sounds Of The 60s With Tony Blackburn. **8.00** Dermot O'Leary. **10.00** Claudia Winkleman. **1.00pm** Pick Of The Pops. **2.00** Pick Of The Pops. **3.00** Rylan On Saturday. **6.00** Liza Tarbuck. Music and chat. **8.00** The Rock Show With Johnnie Walker. A selection of rock tracks. **9.00** Shaggy's Reggae Hotshots. The Jamaican-American singer shares some his favourite tracks of the genre. **10.00** The Craig Charles House Party. The broadcaster presents some of his favourite funk and soul tracks. **11.30** The Craig Charles House Party Mixtape. Funk and soul sounds. **12.00m't** Ana Matronic's Dance Devotion. **2.00** Let's Abba Party! **4.00-5.00am** TBA.

RADIO 3

7.00am Breakfast. **9.00** Record Review. **11.45** Music Matters. **12.30pm** This Classical Life. **1.00** Inside Music. **3.00** Sound Of Gaming. **4.00** Music Planet. **5.00** J To Z. **6.30** Young Voices At Southbank. **7.30** Radio 3 In Concert. **10.00** New Music Show. **12.00m't** Freeness. **1.00-7.00am** Through The Night.

RADIO 4

5.30am News Briefing. **5.43** Prayer For The Day. **5.45** Four Thought. **6.00** News And Papers. **6.07** Ramblings. **6.30** Farming Today This Week. **6.57** Weather. **7.00** Today. **9.00** Saturday Live. **10.30** The Kitchen Cabinet. **11.00** The Briefing Room. **11.30** From Our Own Correspondent. **12.00noon** News. **12.01** (LW) Shipping Forecast. **12.04** Money Box. **12.30** The News Quiz. **12.57** Weather. **1.00** News. **1.10** Any Questions? **2.00** Any Answers? **2.45** Just One Thing With Michael Mosley. **3.00** Drama: The Goldilocks Zone. **4.00** Weekend Woman's Hour. Anita Rani presents highlights from the week. **5.00** Saturday PM. News and sports headlines. **5.30** Political Thinking With Nick Robinson. **5.54** Shipping Forecast. **5.57** Weather. **6.00** Six O'Clock News. **6.15** Loose Ends. Clive Anderson is joined by novelist Kimberley Chambers. **7.00** Profile. The personality and motivation of a person making the headlines. **7.15** The Infinite Monkey Cage. A look at the merits of flies. Last in series. **7.45** It Ain't Me You're Looking For: Bob Dylan At 80. Sean Latham examines different kinds of endings in Dylan's songs. Last in series. **8.00** Archive On 4: The Black Panthers. The history of the black militant group. **9.00** GF Newman's The Corrupted. By GF Newman. **9.45** Scottish Shorts. Still Life by Margaret Kirk. Last in series. **10.00** News. **10.15** Bringing Up Britain. **11.00** Brain Of Britain. **11.30** Contains Strong Language Live From Coventry. **12.00m't** News And Weather. **12.15** Green Originals. **12.30** New Frequencies. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20-5.30am** Shipping Forecast.

RADIO 5 LIVE

5.00am 5 Live Boxing. **6.00** Saturday Breakfast. **9.00** Scott Mills And Chris Stark. **11.00** Fighting Talk. **12.00** 5 Live Sport. **5.00pm** Sports Report. **6.00** 6-0-6. **8.00** TBA. **11.30** Chris Latchem. **1.00-5.00am** Hayley Hassall.

CLASSIC FM

7.00am Alan Titchmarsh. **10.00** Bill Turnbull. **1.00pm** Alexander Armstrong. **4.00** Moira Stuart's Hall Of Fame Concert. **7.00** Saturday Night At The Movies. **9.00** David Mellor's Melodies. **10.00** Smooth Classics. **1.00am** Katie Breathwick. **4**



Mindy Hammond

Every week in S Magazine

With a sleek feline killing machine on the prowl, our columnist could only watch and fear for the birds. But her feathered friends had their own agenda Illustration by Susan Hellard

People may change as they grow older, and some pets become more sedate. But our old cat Twiglet really takes the biscuit. Not only has she abandoned her vagabond existence for a more luxurious lifestyle in the kitchen, she's completely changed her hunting habits, too.

Not long ago, every small furry or feathered creature within a five-mile radius quaked in terror at her approach. Although a bowl of food was put out for her every evening, it would often go untouched and the reason for her lack of appetite became apparent only when the remains of a mouse, or a small collection of feathers, was found on the lawn.

Twiggy was a nocturnal killing machine, dozing in the sunshine during the day and prowling like a panther by night, enjoying the thrill of the chase and savouring her kill. But these days she sleeps 90% of the time and when not snoozing, drinks from the dogs' water bowl, nips outside to relieve herself and chomps on veteran cat food.

Her teeth are probably fewer in number now, which might explain her preference for ready-made food, but other recent changes in her habits have truly shocked us.

I'd already noticed her leaving half her evening meal and happily sharing the bowl with any one of our band of hedgehogs during the night. But while at the sink, cleaning a particularly high pile of pots and pans after the Sunday roast, I watched astonished as a blackbird hopped on to the well, just yards from where Twiggy was eating. She glanced at the bird, but instead of fleeing for his life, the cheeky creature stood his

ground and stared back at her. I think Twiggy was as shocked as I was. Had I been closer, I suspect I would've seen her eyebrows raised, as she turned to take a step towards the small bird, who clearly had a death wish. But he was no fool. The second she moved, he hopped twice and flew off into the trees.

Twiggy resumed her meal with a shrug and I went back to the washing up. A scrubbed baking tray later, I noticed something small and brown out of the corner of my eye and this time when I looked at the wall of the well, I saw a slightly fluffy brown bird.

Clearly, this was a youngster, and I feared for his safety with a killer just inches from him. But he wasn't alone. Daddy blackbird hadn't flown for his life

from the enemy. He'd dashed home to collect his son in time for supper.

The pair of them waited, completely relaxed on the wall, until they actually began to intimidate Twiggy. She would stop eating and half turn towards them, then turn back, nervously, to her dinner, clearly conscious of their eyes on her.

Could she sense this was a vengeful and angry bird waiting to show his son how to take on a cat? Whatever their agenda, the intimidation worked, as I watched Twiglet scurry back through the catflap and take refuge in the safety of her basket.

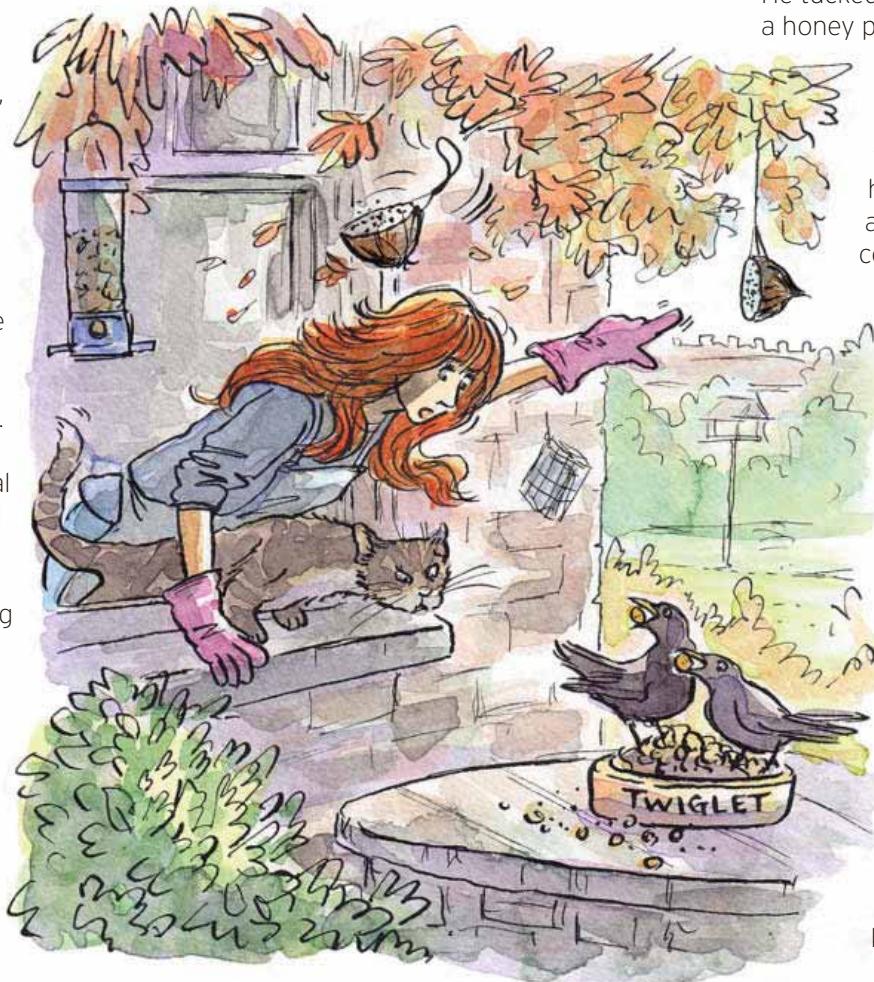
The very second the tip of her tail disappeared through the door, daddy blackbird fluttered down from the well and hopped joyously over to her bowl, closely followed by his far less agile child. He tucked into her cat food like a bear in a honey pot, only stopping occasionally to encourage his son to have a try.

"What on Earth?" I said, as I looked from the hungry birds to the cat and back again. I might have been less surprised if Twiggy ate wet, tinned food, but hers consists of little round, hard pellets.

The birds were swallowing them whole, completely ignoring the enormous "insect-infused suet ball" designed for their benefit and dangling from a tree branch six feet above them.

So I'm guessing that by next year the blackbirds will have devoured so much cat food they'll be the size of turkeys and no longer able to fly. Perhaps, secretly, Twiggy is biding her time, and hopes one day to pounce on the dinner eating her dinner. Unless, of course, I'm washing up at the time and ready to defend all obese blackbirds.

She may be a little more sedate, but I'm sure there's killer in the old cat still...





Will Smith,
25 September
1968, Libra

Aries 21 MAR - 20 APR

People will be campaigning against plans for your community. If you feel strongly about this issue, you'll do your bit to rally support. There's a competitive feel to your career and social environments.

[Call one of my dedicated astrologers for a more in-depth reading on 0905 789 3901*](#)

Taurus 21 APR - 21 MAY

Everyone needs time to relax and enjoy life. Voluntary and community groups are starting to provide more facilities to have fun while mixing and mingling. Be sure to make the most of these.

[Call one of my dedicated astrologers for a more in-depth reading on 0905 789 3902*](#)

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Russell Grant

What does this week hold for you?

Gemini 22 MAY - 21 JUN

Your attention will turn to community affairs as the gap between the less well-off and the more advantaged seems to widen. There will be a concerted effort to give people a chance to be treated fairly.

[Call one of my dedicated astrologers for a more in-depth reading on 0905 789 3903*](#)

Cancer 22 JUN - 23 JUL

You will be asked to attend a meeting on behalf of a community group. Everyone will be waiting for the outcome and the pressure is on for you to perform well, but big ideas need careful planning.

[Call one of my dedicated astrologers for a more in-depth reading on 0905 789 3904*](#)

Leo 24 JUL - 23 AUG

People working on behalf of the community shouldn't be subjected to abuse, verbal or physical. Whether voluntary or in the course of your employment, no one deserves this treatment, so stand your ground.

[Call one of my dedicated astrologers for a more in-depth reading on 0905 789 3905*](#)

Scorpio 24 OCT - 22 NOV

Sudden disagreements could put a block on group activities. You know you can work successfully as a team, and you're certain that you'll do so again once you overcome these current problems.

[Call one of my dedicated astrologers for a more in-depth reading on 0905 789 3908*](#)

Sagittarius 23 NOV - 21 DEC

"Sociable" describes your experience with friends this week. This is a really good time to capitalise on your natural zest for new projects, and your enthusiasm will be contagious to those around you.

[Call one of my dedicated astrologers for a more in-depth reading on 0905 789 3909*](#)

Capricorn 22 DEC - 20 JAN

You hate to admit it when you are feeling restless and fidgety. Others won't notice this so much if you are often on the move or if you can keep yourself busy with a wide variety of activities.

[Call one of my dedicated astrologers for a more in-depth reading on 0905 789 3910*](#)

Aquarius 21 JAN - 19 FEB

A pushy colleague or relative will try to make decisions for you. Although you don't want to make waves, it's time to let them know you have a mind of your own and can make your own choices.

[Call one of my dedicated astrologers for a more in-depth reading on 0905 789 3911*](#)

Libra 24 SEPT - 23 OCT

A problem hasn't changed, even though it has been going on for some time. If you feel strongly about this matter, gather people to campaign for something to be done. Your expertise will be highly valued.

[Call one of my dedicated astrologers for a more in-depth reading on 0905 789 3907*](#)

Pisces 20 FEB - 20 MAR

There's a cloud of suspicion hovering over a close friendship. Someone hasn't been entirely honest with you. A heart to heart will help to resolve this issue so you can get back to being good friends.

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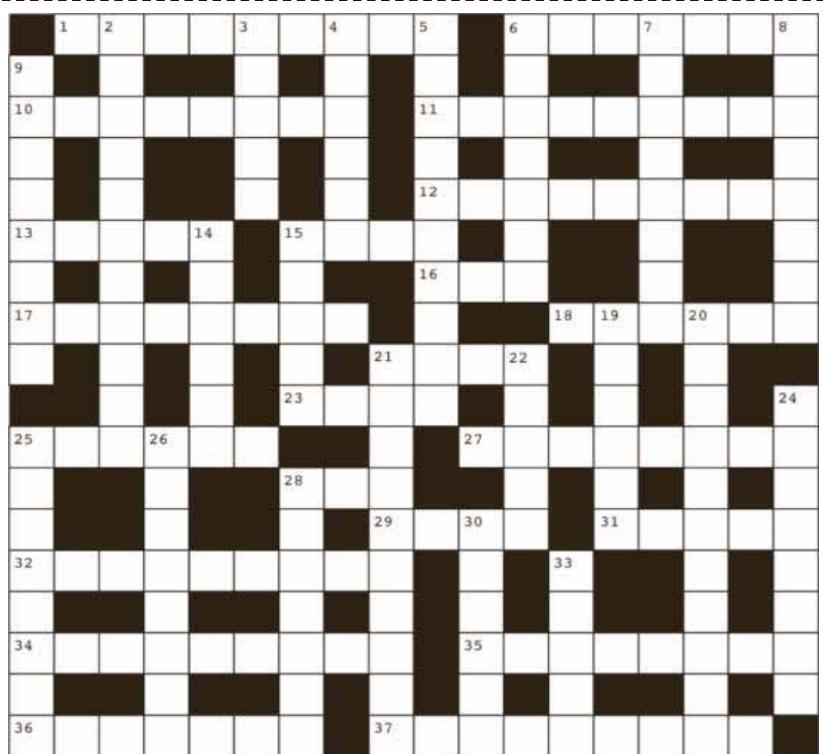
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ACROSS

- 1 To do decorative needlework (9)
- 6 In ancient Greece and Rome, a god of wine identified with Dionysus (7)
- 10 An indirect reference; oblique or obscure mention (8)
- 11 Flexible armour made from small metal rings (5,4)
- 12 An agreement between opposing armies to suspend hostilities in order to discuss peace terms; truce (9)
- 13 Inflammations of the sebaceous gland of eyelids (5)
- 15 A member of the nobility (4)
- 16 and 6 Down Australian cricketer whose Test batting average was 99.94 (3,7)
- 17 Francis ___, English Renaissance dramatist who wrote *The Knight Of The Burning Pestle* (8)
- 18 International radiotelephone distress signal (6)
- 21 A male horse or pony under the age of four (4)
- 23 1st Earl of ___, title of Anthony Eden, prime minister of the UK 1955-57 (4)
- 25 Aquatic reptile with a flattened shell and flipper-like limbs (6)
- 27 A binding agreement (8)
- 28 An artificial language based on Esperanto (3)
- 29 Small, semiaquatic amphibian with a long, slender body and tail and short legs (4)
- 31 A structural framework of wood or metal, used to support a roof, bridge, etc (5)
- 32 An arctic or subarctic grouse (9)
- 34 Person who works at a beach or pool (9)**
- 35 A large, wolflike breed of dog often used as a guard, guide or police dog (8)
- 36 *A Man For All ___,* 1966 film about the final years of Sir Thomas More (7)
- 37 Shaking or trembling, as from cold or fear (9)

DOWN

- 2 Weekly music magazine founded in 1926 and merged with *NME* at the end of 2000 (6,5)
- 3 __ Oyl, cartoon character created by E. C. Segar in 1919 (5)
- 4 __ fever, acute viral disease transmitted by mosquitoes (6)
- 5 See 14 Down
- 6 See 16 Across
- 7 A place where the dead or their ashes are buried (8)
- 8 A business's ability to pay all debts (8)
- 9 A Japanese dish of fried wheat noodles (8)
- 14 and 5 Down English writer best known for his epistolary novels, including *Pamela* (1740) (6,10)
- 15 A large black-and-white bearlike mammal (5)
- 19 Characteristic mode of pronunciation of a person or group (6)
- 20 A reduction in value, status, importance, etc (11)
- 21 In architecture, long sequences of evenly-spaced columns (10)
- 22 Spotted game fish, mostly of fresh water in northern regions (5)
- 24 Putting or storing in a secret place, as for safekeeping (8)
- 25 The aquatic larvae of frogs, toads, etc (8)
- 26 Knightly contests in the Middle Ages and Renaissance (8)
- 28 Richard ___, journalist who cofounded *Private Eye* and was the founding editor of *The Oldie* (7)
- 30 A Japanese plant, the green pungent root of which is used to make a condiment (6)
- 33 Speed, especially in an action; swiftness or rapidity (5)

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