**Sunday 01 September 2019**

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| 06:00 | **It Is Written: Lessons For All Time - The Sower**  Religious program. | **PG**  +IIWR19-018+ |

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| 06:30 | **Amazing Facts: The Devil's Dungeon**  Religious program. | **PG**  +AMFA19-035+ |

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| 07:00 | **Tomorrow's World: The Biblical Holydays, Pt. 3**  Religious program. | **PG**  +TOMW19-035+ |

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| 07:30 | **Leading The Way: Counting Stars When You See None: Counting Stars Because God Said So, Pt. 1**  Religious program. | **PG**  +LWAY19-035+ |

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| 08:00 | **David Jeremiah: The Joy Of Ministry**  Religious program. | **PG**  +DAJE19-035+ |

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| 08:30 | **Hour Of Power: Jesus Was A Youth Pastor**  Religious program. | **G**  +HOOP19-035+ |

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| 09:00 | **Home Shopping**  Shopping program. | **G**  +INFO01-001+ |

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| 09:30 | **Mum's At The Table**  Mums At The Table is the place where we share, laugh and dream together. It's a TV panel show featuring real women; smart and sassy ladies with real lives, real families, real struggles and real joy. | **PG**  +MTAB01-043+ |

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| 10:00 | **House Of Wellness (R) ’CC’**  Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG (L)**  +HOWL03-027+ |

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| 11:00 | **NBC Today (R) ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-209+ |

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| 12:00 | **My Greek Odyssey (R) ’CC’**  In the final episode, Peter visits Pakos, famous for its beaches, before finishing up at Corfu. | **PG**  +MYGO01-013+ |

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| 13:00 | **Mighty Ships: USS Nimitz (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS02-003+ |

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| 14:00 | **Ultimate Bowls Championship: Deer Park - Highlights Quarter Finals 1 And 2**  The Ultimate Bowls Championship is a celebration of the sport of lawn bowls. It has been designed to respect, showcase and grow the game we love. | **PG**  +ULBC01-007+ |

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| 15:00 | **Vasili's Garden**  Vasili's Gardens takes you into the backyards of everyday Australians to share organic gardening techniques and teach you how to improve your health using your own garden produce. | **PG**  +VASI04-012+ |

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| 16:00 | **Escape To The Country: Dorset (R)**  A series which helps prospective buyers find their dream home in the country. | **G**  +ETTC24-001+ |

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| 17:00 | **Escape To The Country: Shropshire (R)**  Nicki Chapman is helping a music composer realise her dream of escaping suburbia for the Shropshire countryside. | **G**  +ETTC22-057+ |

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| 18:00 | **Escape To The Country: South Wales (R)**  Jules Hudson is in South Wales with a couple who have a 350,000-pound budget to buy a 'forever' home in the country. | **G**  +ETTC23-010+ |

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| 19:00 | **Border Security - Australia's Front Line (R) ’CC’**  Officers are pushed to the limit when several packages of white powder are found on a passenger, plus a New Zealander's plan for a new life could be short lived when his criminal record comes into focus. | **PG**  +BORD-139+ |

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| 19:30 | **Border Security - Australia's Front Line (R) ’CC’**  Two women are suspected of hiding something when their stories don't add up. A British traveller has a sudden case of amnesia, and some cheap wooden crates could be worth up to 8 million dollars. | **PG**  +BORD-140+ |

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| 20:00 | **Border Security - Australia's Front Line (R) ’CC’**  An x-ray of religious statues shows a strange shape hidden inside, a passenger gets in a sticky situation when officers discover a flammable item and an athlete is caught with nowhere to run. | **PG**  +BORD-141+ |

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| 20:30 | **Chris Tarrant's Extreme Railways: The Railway That Created Canada SEASON FINAL**  TV Presenter Chris Tarrant travels around the world to ride some of the most extreme railways that wind their way through some of the harshest terrain on Earth. | **PG (A)**  +CTER02-006+ |

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| 21:30 | **Heathrow: Britain's Busiest Airport: Britain's Busiest Airport: Heathrow S4 Ep 1 NEW EPISODE**  Britain's busiest and most famous airport opens its doors for an un-precedented look at life inside Europe's most important transport hub. | **PG**  +HEAT04-001+ |

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| 22:00 | **World's Deadliest Weather: Caught On Camera (R) ’CC’**  The strongest hurricane to ever hit the Western Hemisphere crashes into Mexico. A tornado tosses 27 foot trucks in Texas. A woman is rescued from a sinking car during a Louisiana flood. | **PG**  +WDWC01-008+ |

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| 23:00 | **Border Security - Australia's Front Line (R) ’CC’**  Officers are pushed to the limit when several packages of white powder are found on a passenger, plus a New Zealander's plan for a new life could be short lived when his criminal record comes into focus. | **PG**  +BORD-139+ |

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| 23:30 | **Border Security - Australia's Front Line (R) ’CC’**  Two women are suspected of hiding something when their stories don't add up. A British traveller has a sudden case of amnesia, and some cheap wooden crates could be worth up to 8 million dollars. | **PG**  +BORD-140+ |

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| 00:00 | **Mighty Planes: C17 Globemaster (R)**  The C-17 Globemaster III is the newest, most flexible cargo aircraft to enter the US airlift force. The C-17 specializes in quick delivery of troops and all types of cargo. | **G**  +MIPL2-004+ |

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| 01:00 | **Mighty Ships: USS Nimitz (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS02-003+ |

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| 02:00 | **Chris Tarrant's Extreme Railways: The Railway That Created Canada (R)**  TV Presenter Chris Tarrant travels around the world to ride some of the most extreme railways that wind their way through some of the harshest terrain on Earth. | **PG (A)**  +CTER02-006+ |

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| 03:00 | **Ultimate Bowls Championship: Deer Park - Highlights Quarter Finals 1 And 2 (R)**  The Ultimate Bowls Championship is a celebration of the sport of lawn bowls. It has been designed to respect, showcase and grow the game we love. | **PG**  +ULBC01-007+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-089+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-090+ |

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| 05:00 | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-054+ |

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| 05:30 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

**Monday 02 September 2019**

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| 06:00 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 06:30 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 07:00 | **News Of The Wild ’CC’**  An animal focused, factual entertainment news show bursting at the seams with animals, laughter, news and information. | **C**  +NEWI02-021+ |

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| 07:30 | **Get Clever ’CC’**  An outrageous series where adventure, fun and the wonders of science are burst wide open. | **C**  +GECL02-040+ |

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| 08:00 | **Jay's Jungle: In My Dreams I Can Fly (R) ’CC’**  Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU-046+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-089+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-090+ |

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| 09:30 | **NBC Today ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCS19-035+ |

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| 10:30 | **Meet The Press (R) ’CC’**  Chuck Todd interviews newsmakers from around the world. | +NBCM19-035+ |

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| 11:30 | **The Great Australian Doorstep (R)**  Leaving the Kimberley behind we continue our Savannah Way trip, visiting the world famous Katherine Gorge, Cutta Cutta Caves and the Never Never Mataranka. | **G**  +GRAD07-002+ |

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| 12:00 | **Vasili's Garden (R)**  Vasili's Gardens takes you into the backyards of everyday Australians to share organic gardening techniques and teach you how to improve your health using your own garden produce. | **PG**  +VASI04-012+ |

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| 13:00 | **The Chase (R) ’CC’**  Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G**  +CHSE08-006+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-089+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-090+ |

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| 15:00 | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-054+ |

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| 15:30 | **Mighty Ships: Resolute (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G**  +MTYS01-006+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’**  After a major oil spill, RSPCA officers rescue an oil-covered pelican. A microchip helps reunite a dog with his owners after a year apart. | **G**  +ANRS3-016+ |

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| 17:00 | **Medical Emergency (R) ’CC’**  Time is critical in rescuing a man trapped inside his truck and a woman arrives in the emergency department suffering from debilitating pain. | **PG**  +MDEM3-005+ |

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| 17:30 | **Escape To The Country: Lincolnshire (R)**  Aled Jones helps some young newlyweds hoping to buy their first home in Lincolnshire. | **G**  +ETTC19-006+ |

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| 18:30 | **Bargain Hunt: Ardingly 13 NEW EPISODE**  Eric Knowles presents and is joined by experts Charles Hanson and Richard Madley. The teams are made up of workmates and a married couple. Eric takes time out to visit a beautiful medieval church. | **PG**  +BHUN45-016+ |

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| 19:30 | **Doc Martin: Gentlemen Prefer (R)**  Martin struggles to dissuade the locals from using his surgery as a drop-in centre and has to bring bad news to a bitter man. Starring:ELIZABETH WOODCOCK,DOREEN MANTLE,JIMMY GARDNER,JEFF RAWLE,JOE ABSOLOM,NICK BRIMBLE | **PG**  +DOCM-002+ |

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| 20:30 | **Foyle's War: Broken Souls (R) ’CC’**  At a psychiatric clinic treating troubled soldiers, the investigation of a doctor's murder turns up no shortage of suspects among the patients and staff. Starring:ANTHONY HOWELL,GRAHAM CROWDEN,HONEYSUCKLE WEEKS,DUNCAN BELL,JOSEPH MAWLE,PHYLLIDA LAW,NICHOLAS WOODESON,MICHAEL KITCHEN,NATASHA LITTLE | **M (A,V)**  +FOYL6-002+ |

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| 22:30 | **Robbie Coltrane's Critical Evidence: Murder By Mail (R) ’CC’**  In this episode, we will meet the officers who doggedly fought to bring a bomb-making madman to justice, who killed a 53 year old grandmother with a parcel bomb. | **M (V)**  +CREV01-003+ |

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| 23:30 | **Mighty Ships: Resolute (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G**  +MTYS01-006+ |

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| 00:30 | **Medical Emergency (R) ’CC’**  Time is critical in rescuing a man trapped inside his truck and a woman arrives in the emergency department suffering from debilitating pain. | **PG**  +MDEM3-005+ |

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| 01:00 | **Foyle's War: Broken Souls (R) ’CC’**  At a psychiatric clinic treating troubled soldiers, the investigation of a doctor's murder turns up no shortage of suspects among the patients and staff. Starring:ANTHONY HOWELL,GRAHAM CROWDEN,HONEYSUCKLE WEEKS,DUNCAN BELL,JOSEPH MAWLE,PHYLLIDA LAW,NICHOLAS WOODESON,MICHAEL KITCHEN,NATASHA LITTLE | **M (A,V)**  +FOYL6-002+ |

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| 03:00 | **Robbie Coltrane's Critical Evidence: Murder By Mail (R) ’CC’**  In this episode, we will meet the officers who doggedly fought to bring a bomb-making madman to justice, who killed a 53 year old grandmother with a parcel bomb. | **M (V)**  +CREV01-003+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-091+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-092+ |

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| 05:00 | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-055+ |

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| 05:30 | **RSPCA Animal Rescue (R) ’CC’**  After a major oil spill, RSPCA officers rescue an oil-covered pelican. A microchip helps reunite a dog with his owners after a year apart. | **G**  +ANRS3-016+ |

**Tuesday 03 September 2019**

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| 06:00 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 06:30 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 07:00 | **News Of The Wild ’CC’**  An animal focused, factual entertainment news show bursting at the seams with animals, laughter, news and information. | **C**  +NEWI02-022+ |

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| 07:30 | **Get Clever ’CC’**  An outrageous series where adventure, fun and the wonders of science are burst wide open. | **C**  +GECL02-041+ |

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| 08:00 | **Jay's Jungle: Fast And Slow (R) ’CC’**  Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU-047+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-091+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-092+ |

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| 09:30 | **NBC Today (R) ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-210+ |

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| 12:00 | **Ultimate Bowls Championship: Deer Park - Highlights Quarter Finals 1 And 2 (R)**  The Ultimate Bowls Championship is a celebration of the sport of lawn bowls. It has been designed to respect, showcase and grow the game we love. | **PG**  +ULBC01-007+ |

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| 13:00 | **The Chase (R) ’CC’**  Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G**  +CHSE08-007+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-091+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-092+ |

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| 15:00 | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-055+ |

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| 15:30 | **Mighty Ships: HDMS Absalon (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS02-001+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’**  Staff try to track down the owner of a bedraggled Maltese cross and a feral cat attacks an inspector who's trying to rescue her kittens. | **PG**  +ANRS3-017+ |

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| 17:00 | **Medical Emergency (R) ’CC’**  A 17-year-old learner driver has suffered serious injuries following a high-speed collision and time is critical in for a young epileptic boy. | **PG**  +MDEM3-006+ |

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| 17:30 | **Escape To The Country: Dorset (R)**  Jules Hudson goes on the house hunt in Dorset with a couple who have lived their entire married lives in separate homes, seventy miles apart. | **G**  +ETTC19-007+ |

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| 18:30 | **Bargain Hunt: Newark 22 NEW EPISODE**  Natasha Raskin presents from Newark, Nottinghamshire, where experts Kate Bliss and Gary Pe help two teams of married couples. | **PG**  +BHUN45-017+ |

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| 19:30 | **Pie In The Sky: Devils On Horseback - Part 2 (R)**  Henry believes Tony got Jerry to drug his horses and killed Ben when he found out. He has the correct motive but the wrong suspect. | **PG (V)**  +PIES4-002+ |

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| 20:30 | **Mrs. Brown's Boys: Super Mammy (R)**  Agnes is spitting feathers after her family start making comments about her weight, so she decides to go on a diet. Meanwhile, Cathy brings her new older man home and Rory has a dilemma at work. | **MA (L)**  +MBRO2-004+ |

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| 21:15 | **Mrs. Brown's Boys: Mammy's Going (R)**  Under the wrong impression that her children are planning on putting her in a nursing home, a furious Agnes sets out to persuade her children she's not going senile. | **M (L)**  +MBRO2-005+ |

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| 22:00 | **Mrs. Brown's Boys: New Mammy (R)**  With Maria about to give birth, Anges invites Hilliary out for dinner. However, the night comes to an abrupt end when Maria goes into labour - can the family get Maria to the hospital in time? | **M (L,S)**  +MBRO2-006+ |

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| 22:45 | **Mighty Ships: HDMS Absalon (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS02-001+ |

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| 23:45 | **Medical Emergency (R) ’CC’**  A 17-year-old learner driver has suffered serious injuries following a high-speed collision and time is critical in for a young epileptic boy. | **PG**  +MDEM3-006+ |

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| 00:15 | **RSPCA Animal Rescue (R) ’CC’**  Staff try to track down the owner of a bedraggled Maltese cross and a feral cat attacks an inspector who's trying to rescue her kittens. | **PG**  +ANRS3-017+ |

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| 00:45 | **Pie In The Sky: Devils On Horseback - Part 2 (R)**  Henry believes Tony got Jerry to drug his horses and killed Ben when he found out. He has the correct motive but the wrong suspect. | **PG (V)**  +PIES4-002+ |

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| 02:00 | **Escape To The Country: Dorset (R)**  Jules Hudson goes on the house hunt in Dorset with a couple who have lived their entire married lives in separate homes, seventy miles apart. | **G**  +ETTC19-007+ |

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| 03:00 | **Bargain Hunt: Newark 22 (R)**  Natasha Raskin presents from Newark, Nottinghamshire, where experts Kate Bliss and Gary Pe help two teams of married couples. | **PG**  +BHUN45-017+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-093+ |

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| 05:00 | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-056+ |

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| 05:30 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

**Wednesday 04 September 2019**

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| 06:00 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 06:30 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 07:00 | **News Of The Wild ’CC’**  An animal focused, factual entertainment news show bursting at the seams with animals, laughter, news and information. | **C**  +NEWI02-023+ |

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| 07:30 | **Get Clever ’CC’**  An outrageous series where adventure, fun and the wonders of science are burst wide open. | **C**  +GECL02-042+ |

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| 08:00 | **Jay's Jungle: Careful (R) ’CC’**  Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU-048+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-093+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-094+ |

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| 09:30 | **NBC Today (R) ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-211+ |

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| 12:00 | **Citizen Khan: Bullies (R)**  Mr Khan has bought a drone camera to keep an eye on the local neighbourhood as he believes it is starting to go a bit downhill. | **PG (S)**  +CITK05-002+ |

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| 13:00 | **The Chase (R) ’CC’**  Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G**  +CHSE08-008+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-093+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-094+ |

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| 15:00 | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-056+ |

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| 15:30 | **Mighty Ships: Jumbo Fairplayer (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS02-002+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’**  Officers try to track down a teenager who abandoned his dogs, and a feisty possum has officers on the run. Narrated by Anthony Field. | **G**  +ANRS3-018+ |

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| 17:00 | **Medical Emergency (R) ’CC’**  Staff at The Alfred, are told to prepare for a full-scale emergency when news of the Kerang train crash is relayed to the hospital. Starring:KERANG KERANG | **PG**  +MDEM3-007+ |

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| 17:30 | **Escape To The Country: North Devon (R)**  Jules Hudson takes on the mammoth challenge of helping a couple find a country home, not only for themselves but also for their business, their animals and their relatives. | **G**  +ETTC19-008+ |

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| 18:30 | **Bargain Hunt: Kedleston 17 NEW EPISODE**  Presenter Eric Knowles leads the fray in the grounds of Kedleston Hall in Derbyshire, with experts Danny Sebastian and Jonathan Pratt. | **PG**  +BHUN45-018+ |

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| 19:30 | **Border Security - Australia's Front Line (R) ’CC’**  When a detector dog gives a strong reaction to an adrenaline junkie, he makes a startling admission. And an alert officer notices that the contents of some drink packages are the wrong colour. Narrated by | **PG (D)**  +BORD-142+ |

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| 20:00 | **Border Security - Australia's Front Line (R) ’CC’**  A passenger returns to Australia with a big hangover and a search reveals he's carrying knives. Further inspection leads officers to discover something shocking and illegal. Narrated by Grant Bowler. | **PG**  +BORD-146+ |

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| 20:30 | **Air Crash Investigations: Lethal Limits NEW EPISODE**  Aeroflot Nord Flight 821 is on its final approach when the plane crashes onto the trans-Siberian railway. Investigators make a series of shocking discoveries. | **PG**  +MDAY19-008+ |

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| 21:30 | **Air Crash Investigations: Ditching On The Hudson (R)**  When an Airbus collides with a flock of birds, the captain has to land the plane in the icy waters of the Hudson River. | **PG**  +MDAY10-005+ |

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| 22:30 | **Air Crash Investigations: Storming Out (R) ’CC’**  A commuter flight slams into a North Carolina neighbourhood and while the pilots insist severe weather is to blame, that's only part of the story. | **PG (A)**  +MDAY17-006+ |

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| 23:30 | **Border Security - Australia's Front Line (R) ’CC’**  When a detector dog gives a strong reaction to an adrenaline junkie, he makes a startling admission. And an alert officer notices that the contents of some drink packages are the wrong colour. Narrated by | **PG (D)**  +BORD-142+ |

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| 00:00 | **Border Security - Australia's Front Line (R) ’CC’**  A passenger returns to Australia with a big hangover and a search reveals he's carrying knives. Further inspection leads officers to discover something shocking and illegal. Narrated by Grant Bowler. | **PG**  +BORD-146+ |

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| 00:30 | **Medical Emergency (R) ’CC’**  Staff at The Alfred, are told to prepare for a full-scale emergency when news of the Kerang train crash is relayed to the hospital. Starring:KERANG KERANG | **PG**  +MDEM3-007+ |

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| 01:00 | **Air Crash Investigations: Ditching On The Hudson (R)**  When an Airbus collides with a flock of birds, the captain has to land the plane in the icy waters of the Hudson River. | **PG**  +MDAY10-005+ |

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| 02:00 | **Air Crash Investigations: Storming Out (R) ’CC’**  A commuter flight slams into a North Carolina neighbourhood and while the pilots insist severe weather is to blame, that's only part of the story. | **PG (A)**  +MDAY17-006+ |

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| 03:00 | **Mighty Ships: Jumbo Fairplayer (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS02-002+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-095+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-096+ |

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| 05:00 | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-057+ |

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| 05:30 | **RSPCA Animal Rescue (R) ’CC’**  Officers try to track down a teenager who abandoned his dogs, and a feisty possum has officers on the run. Narrated by Anthony Field. | **G**  +ANRS3-018+ |

**Thursday 05 September 2019**

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| 06:00 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 06:30 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 07:00 | **News Of The Wild ’CC’**  An animal focused, factual entertainment news show bursting at the seams with animals, laughter, news and information. | **C**  +NEWI02-024+ |

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| 07:30 | **Get Clever ’CC’**  An outrageous series where adventure, fun and the wonders of science are burst wide open. | **C**  +GECL02-043+ |

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| 08:00 | **Jay's Jungle: Bees (R) ’CC’**  Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU-049+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-095+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-096+ |

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| 09:30 | **NBC Today (R) ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-212+ |

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| 12:00 | **Air Crash Investigations: Lethal Limits (R)**  Aeroflot Nord Flight 821 is on its final approach when the plane crashes onto the trans-Siberian railway. Investigators make a series of shocking discoveries. | **PG**  +MDAY19-008+ |

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| 13:00 | **The Chase (R) ’CC’**  Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G**  +CHSE07-089+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-095+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-096+ |

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| 15:00 | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-057+ |

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| 15:30 | **Mighty Ships: USS Nimitz (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS02-003+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’**  Inspectors begin an investigation into a docked bulldog and an elderly farm owner struggles to care for her animals. | **G**  +ANRS3-019+ |

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| 17:00 | **Medical Emergency (R) ’CC’**  Kerang train crash patient, Vicki, undergoes surgery to her shattered face while her husband and two daughters wait anxiously. | **PG**  +MDEM3-008+ |

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| 17:30 | **Escape To The Country: Worcestershire (R)**  Alistair Appleton joins a couple who have been travelling the world and helps them find a home with B&B potential in the Malvern Hills. | **G**  +ETTC19-009+ |

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| 18:30 | **Bargain Hunt: Ardingly 15**  Eric Knowles presents from Ardingly with antiques experts Charles Hanson and Richard Madley. The teams are made up of two married couples. | **PG**  +BHUN45-019+ |

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| 19:30 | **Home And Away ’CC’**  Robbo is running out of places to look for Dylan Carter. The pressure mounts on Dean to tell Karen the truth about Mackenzie. A militant Teresa causes trouble for Irene. | **PG (V,A)**  +HAAW32-056+ |

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| 20:00 | **Home And Away ’CC’**  After a massive fight Dean and Karen reconcile through an unlikely source. Maggie is relieved when Ben’s ready to talk. Roo keeps pushing Ryder to go to university. | **PG (V,A)**  +HAAW32-057+ |

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| 20:30 | **Father Brown: The Owl Of Minerva (R)**  Father Brown is stunned to learn Inspector Sullivan is wanted for murder. | **M (V,A)**  +FBRO03-015+ |

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| 21:30 | **A Touch Of Frost: True Confessions (R)**  When a whisper in a confessional box provides an insight into what appears to be a straightforward case of matrimonial murder. Starring:ALEXANDRA GILBREATH,ANGELA LONSDALE,ANTHONY CALF,ARTHUR WHITE,BRUCE ALEXANDER,JANE WYMARK,ISLA BLAIR,JASON RIDDINGTON,JAMES MCKENNA,GWYNETH POWELL,GWYNETH STRONG,DAVID MACCREEDY,DAVID MCKAIL,EOIN MCCARTHY,DAVID BEAMES,DAVID GOODERSON,MARK TANDY,JOHN LYONS,KENNETH COPE,SALLY ADAMS,PHILIP YORK,NOEL JOHNSON,PAUL HEGARTY,ORDE BROWN,YOLANDA VAZQUEZ | **M (V)**  +TOF5-003+ |

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| 23:45 | **Mighty Ships: USS Nimitz (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS02-003+ |

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| 00:45 | **Father Brown: Details to be Advised (R)**  Father Brown is stunned to learn Inspector Sullivan is wanted for murder. | **M (V,A)**  +FBRO03-015+ |

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| 02:00 | **Escape To The Country: Worcestershire (R)**  Alistair Appleton joins a couple who have been travelling the world and helps them find a home with B&B potential in the Malvern Hills. | **G**  +ETTC19-009+ |

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| 03:00 | **Bargain Hunt: Ardingly 15 (R)**  Eric Knowles presents from Ardingly with antiques experts Charles Hanson and Richard Madley. The teams are made up of two married couples. | **PG**  +BHUN45-019+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-097+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-098+ |

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| 05:00 | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-058+ |

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| 05:30 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

**Friday 06 September 2019**

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| 06:00 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 06:30 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 07:00 | **News Of The Wild ’CC’**  An animal focused, factual entertainment news show bursting at the seams with animals, laughter, news and information. | **C**  +NEWI02-025+ |

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| 07:30 | **Get Clever ’CC’**  An outrageous series where adventure, fun and the wonders of science are burst wide open. | **C**  +GECL02-044+ |

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| 08:00 | **Jay's Jungle: When The Wind Blows (R) ’CC’**  Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU-050+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-097+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-098+ |

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| 09:30 | **NBC Today (R) ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-213+ |

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| 12:00 | **House Of Wellness (R) ’CC’**  Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG**  +HOWL03-028+ |

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| 13:00 | **My Greek Odyssey (R) ’CC’**  In the final episode, Peter visits Pakos, famous for its beaches, before finishing up at Corfu. | **PG**  +MYGO01-013+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-097+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-098+ |

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| 15:00 | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-058+ |

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| 15:30 | **Mighty Ships: Peace In Africa (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS02-004+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’**  The RSPCA and police are called in to subdue some dangerous dogs and a family pet is rushed to the shelter for emergency treatment. | **G**  +ANRS3-020+ |

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| 17:00 | **Medical Emergency (R) ’CC’**  The condition of 42-year-old chemical burn victim Craig is deteriorating rapidly, with his airwaves continuing to swell at an alarming pace. | **PG**  +MDEM3-009+ |

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| 17:30 | **Escape To The Country: Rutland (R)**  Jules Hudson helps a couple move from their London pad to England's smallest county and they've got very exacting expectations. | **G**  +ETTC19-010+ |

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| 18:30 | **Bargain Hunt: Hemswell 25 NEW EPISODE**  Anita Manning presents from the Hemswell Antiques Centre in Lincolnshire. | **PG**  +BHUN45-020+ |

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| 19:30 | **Better Homes And Gardens ’CC’**  Homes and gardens come alive in this lifestyle show packed full of home decorating tips, recipes, craft ideas, DIY projects and how tos. | **G**  +BHAG25-032+ |

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| 20:30 | **Selling Houses Australia: Kedron (R) ’CC’**  After his father dies, a man attempts to sell his old home to escape the bad memories of the place. However, its decor is dated and looks like the set of the Sullivans. | **G**  +SEHO07-003+ |

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| 21:30 | **Australia's Amazing Homes: Coastal Paradise (R)**  Follows three renowned home experts on their quest to find Australia's most stylish and breathtaking homes. | **PG**  +AMAH01-008+ |

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| 22:30 | **Escape To The Continent (R)**  Escape to the Continent showcases gorgeous, competitively priced homes, stunning locations, cultural hot-spots, local amenities and leisure opportunities on foreign shores. | **G**  +ETCO02-012+ |

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| 23:45 | **Bargain Hunt: Hemswell 25 (R)**  Anita Manning presents from the Hemswell Antiques Centre in Lincolnshire. | **PG**  +BHUN45-020+ |

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| 00:45 | **Escape To The Country: Rutland (R)**  Jules Hudson helps a couple move from their London pad to England's smallest county and they've got very exacting expectations. | **G**  +ETTC19-010+ |

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| 01:45 | **Escape To The Continent (R)**  Escape to the Continent showcases gorgeous, competitively priced homes, stunning locations, cultural hot-spots, local amenities and leisure opportunities on foreign shores. | **G**  +ETCO02-012+ |

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| 03:00 | **Medical Emergency (R) ’CC’**  The condition of 42-year-old chemical burn victim Craig is deteriorating rapidly, with his airwaves continuing to swell at an alarming pace. | **PG**  +MDEM3-009+ |

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| 03:30 | **RSPCA Animal Rescue (R) ’CC’**  The RSPCA and police are called in to subdue some dangerous dogs and a family pet is rushed to the shelter for emergency treatment. | **G**  +ANRS3-020+ |

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| 04:00 | **Border Security: America's Front Line (R) ’CC’**  A bus passenger presents curious concoctions at JFK Airport. A Chicago canine sniffs out a stash of cash. A Canadian vehicle may be far too seedy to enter Detroit. | **PG**  +BORA01-010+ |

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| 04:30 | **Border Security: America's Front Line (R) ’CC’**  Chicago airport officers discover some bad medicine. At the JFK Mail Facility officers crack into a rotten egg boiler. In Blaine, three unprepared Canadian hikers are spinning their borrowed wheels. | **PG**  +BORA01-011+ |

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| 05:00 | **Mighty Ships: Peace In Africa (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS02-004+ |

**Saturday 07 September 2019**

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| 06:00 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 06:30 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 07:00 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 07:30 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 08:00 | **Travel Oz: Reef Drive (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **G**  +TRAV4-020+ |

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| 08:45 | **Travel Oz: Dallas Fort Worth Texas (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV4-021+ |

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| 09:30 | **NBC Today (R) ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-214+ |

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| 11:30 | **The Great Australian Doorstep (R)**  Peter and Sheree Everitt explore amazing holiday destinations. | **PG**  +GRAD10-003+ |

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| 12:00 | **Seven's Horse Racing: Moonee Valley; Randwick Chelmsford Stakes ’CC’ LIVE**  Spring racing continues in Sydney and Melbourne highlighted by two prestigious Group 2 events: the Chelmsford Stakes at Randwick and the Dato Tan Chin Nam Stakes at Moonee Valley, both run over 1600m. | +SHRC19-019+ |

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| 17:00 | **The Great Day Out: Great Day Out, The S3 Ep: 31 (R) ’CC’**  The Great Day Out is people, places and friendly faces; it is at the very heart of Queensland and special guest celebrities will invite you along on their Great Day Out. | **G**  +GDOT19-031+ |

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| 17:30 | **Special: Harry And Meghan: A Royal Romance (R) ’CC’ (2018)**  Chronicling the courtship and love story between Prince Harry and Meghan Markle from being set up by friends, through their initial courtship and the accompanying intense media scrutiny. | **PG (A,L)**  +AETN04-001+ |

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| 19:30 | **Queen Of The World (R) ’CC’**  A unique insight into Her Majesty The Queen's role as a figure on the global stage and the baton she is passing to the younger members of the Royal Family. | **PG**  +QOTW01-001+ |

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| 20:30 | **Escape To The Country: Cambridgeshire NEW EPISODE**  Nicki Chapman is in Cambridgeshire helping a couple from South East London find an idyllic rural home closer to their family. | **G**  +ETTC24-002+ |

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| 21:30 | **Escape To The Country: Oxfordshire (R)**  Jules Hudson is property shopping with a couple who are returning to the UK after 13 years living abroad. | **G**  +ETTC22-058+ |

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| 22:30 | **Escape To The Country: Argyll & Bute (R)**  Each episode follows one big move, and with everything from snug, chocolate-box cottages to medieval grandeur, it's clear that everyone has their own idea about the perfect country escape. | **G**  +ETTC23-012+ |

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| 23:30 | **The Yorkshire Vet In Spring (R)**  Joining Julian Norton is his partner, fellow vet and former Herriot trainee, Peter Wright together with their dedicated team of staff at his practice, Skeldale Veterinary Centre. | **PG (A)**  +YORK02-001+ |

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| 00:30 | **The Great Australian Doorstep (R)**  Peter and Sheree Everitt explore amazing holiday destinations. | **PG**  +GRAD10-003+ |

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| 01:00 | **SA Weekender ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G**  +SAWE19-026+ |

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| 01:30 | **Sydney Weekender (R) ’CC’**  Mike has a whale of a time in Byron Bay. Mel enjoys the beauty of Fraser Island. Erica unwinds in Nelson Bay. Karne checks out the Sydney 4WD & Adventure Show. | **G**  +7SWE26-030+ |

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| 02:00 | **Creek To Coast (R) ’CC’**  Creek to Coast is all things boating, camping, 4WDing, outdoor adventuring and fishing. From bush-bashing to cooking to caravanning to watersports, Creek to Coast has it all. | **G**  +7CTC19-028+ |

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| 02:30 | **Queensland Weekender (R) ’CC’**  From day tripping to the reef, relaxing at a cool city restaurant, or watching a fiery outback sunset, Queensland Weekender will inspire you to make the most of a weekend in our beautiful State. | **G**  +7QWE19-029+ |

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| 03:00 | **The Great Day Out: Great Day Out, The S3 Ep: 31 (R) ’CC’**  The Great Day Out is people, places and friendly faces; it is at the very heart of Queensland and special guest celebrities will invite you along on their Great Day Out. | **G**  +GDOT19-031+ |

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| 03:30 | **Auction Squad (R) ’CC’**  All the best tips to improve the value of your home, including top budget kitchens. | **G**  +AUCS4-024+ |

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| 04:30 | **Travel Oz: Reef Drive (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **G**  +TRAV4-020+ |

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| 05:15 | **Travel Oz: Dallas Fort Worth Texas (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV4-021+ |