**Sunday 14 July 2019**

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| 06:00 | **It Is Written: Living With Integrity** Religious program. | **PG** +IIWR19-011+ |

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| 06:30 | **Amazing Facts: Hero Of Revelation, Pt. 1** Religious program. | **PG** +AMFA19-028+ |

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| 07:00 | **Tomorrow's World: Apollo 11 - 50 Years Later** Religious program. | **PG** +TOMW19-028+ |

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| 07:30 | **Leading The Way: He Can Open Your Eyes (R)** We do not always know the reasons for darkness, but we do know that God's light overcomes it. | **PG (A)**+LWAY19-009+ |

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| 08:00 | **David Jeremiah: Slaying The Giant Of Failure** Religious program. | **PG** +DAJE19-028+ |

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| 08:30 | **Hour Of Power: Serenity of Mind and Heart** Religious program. | **G** +HOOP19-028+ |

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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** +MTAB01-036+ |

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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** +HOWL03-020+ |

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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. | +NBCT19-167+ |

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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** +HOWL03-021+ |

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| 13:00 | **The Great Day Out (R) ’CC’** Karni takes to the skies above the Gold Coast. Jess discovers what is now inside the Old Redcliffe Fire Station, while Katrina Blowers from 7NEWS shares what she does in her downtime. | **G** +GDOT19-023+ |

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| 13:30 | **The House That 100K Built: Tricks Of The Trade: Hardeep & Rupinder / Adam (R)** Adam bought one of the thinnest homes in the country, can they unlock its potential? Then, Hardeep and Rupinder have plenty of room for their family, but it's in in all the wrong places. | **G** +HOTT02-006+ |

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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** +VASI04-006+ |

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| 16:00 | **The Yorkshire Vet: Episode 6 (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)**+YORK05-006+ |

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| 17:00 | **Escape To The Country: North Yorkshire (R)** Jonnie Irwin is property shopping with a couple of university sweethearts buying their first home together in the countryside. | **G** +ETTC22-048+ |

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| 18:00 | **Mighty Ships: Emma Maersk (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS01-002+ |

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| 19:00 | **Border Security - Australia's Front Line (R) ’CC’** A heated standoff after the discovery of an illegal weapon and a first time traveller is on a high and seems oblivious to what's at stake. | **PG** +BORD-109+ |

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| 19:30 | **Border Security - Australia's Front Line (R) ’CC’** Immigration Compliance officers make an early morning swoop on a property and a well-travelled woman pleads ignorance to strict quarantine laws. | **PG (D)**+BORD-110+ |

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| 20:00 | **Border Security - Australia's Front Line (R) ’CC’** A traveller who says she didn't pack her own bags, a marital rift and some very expensive "noodles". Narrated by Grant Bowler. | **PG (D)**+BORD-111+ |

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| 20:30 | **Mighty Trains: The Canadian (R) ’CC’** The Canadian is VIA Rail's iconic passenger train, which travels between Vancouver's Central Station and Toronto's Union Station on a four-day, four-night journey. | **PG** +MTRA01-003+ |

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| 21:30 | **Mighty Planes: MD DC-10 ORBIS (R)** Follow the world's only eye hospital with wings as it attempts to reach Mongolia, a mission plagued by a series of setbacks that threaten to derail the trip entirely. | **PG** +MIPL-004+ |

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| 22:30 | **Border Security - Australia's Front Line (R) ’CC’** A heated standoff after the discovery of an illegal weapon and a first time traveller is on a high and seems oblivious to what's at stake. | **PG** +BORD-109+ |

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| 23:00 | **Border Security - Australia's Front Line (R) ’CC’** Immigration Compliance officers make an early morning swoop on a property and a well-travelled woman pleads ignorance to strict quarantine laws. | **PG (D)**+BORD-110+ |

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| 23:30 | **Cop Squad NEW EPISODE**Cameras follow police officers in Cambridgeshire as they tackle criminals, who are increasingly violent and reckless. | **M (V,L,A)**+COPS01-007+ |

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| 00:30 | **Border Security - Australia's Front Line (R) ’CC’** A traveller who says she didn't pack her own bags, a marital rift and some very expensive "noodles". Narrated by Grant Bowler. | **PG (D)**+BORD-111+ |

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| 01:00 | **Autopsy USA: Donda West (R) ’CC’** Using information revealed in the autopsy report and in interviews with those who cared for before she died, Dr Michael Hunter investigates the tragic and untimely death of Donda West, mother of Kanye | **MA (A)**+AUTU01-004+ |

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| 02:00 | **Mighty Trains: The Canadian (R) ’CC’** The Canadian is VIA Rail's iconic passenger train, which travels between Vancouver's Central Station and Toronto's Union Station on a four-day, four-night journey. | **PG** +MTRA01-003+ |

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| 03:00 | **Mighty Planes: MD DC-10 ORBIS (R)** Follow the world's only eye hospital with wings as it attempts to reach Mongolia, a mission plagued by a series of setbacks that threaten to derail the trip entirely. | **PG** +MIPL-004+ |

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| 04:00 | **My Greek Odyssey (R) ’CC’** After seeing the sites of Monemvaisa, Peter continues on to Elafonisos, before venturing to the island of Kythira. | **PG** +MYGO01-006+ |

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| 05:00 | **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** +VASI04-006+ |

 **Monday 15 July 2019**

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

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| 06:30 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-019+ |

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| 07:00 | **ZooMoo Wild Friends (R) ’CC’** Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C** +ZOMO02-013+ |

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| 07:30 | **Drop Dead Weird: The Grande Seance ’CC’** Three Australian siblings move to a bed and breakfast in Tubbershandy western Ireland with their Zombie parents. | **C** +DDWE02-006+ |

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| 08:00 | **Jay's Jungle: Rainbows (R) ’CC’** Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P** +JAJU-011+ |

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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** +MIDM2-019+ |

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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** +MIDM2-020+ |

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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. | +NBCS19-028+ |

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| 10:30 | **Meet The Press (R) ’CC’** Chuck Todd interviews newsmakers from around the world. | +NBCM19-028+ |

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| 11:30 | **Australia's Best Backyards (R) ’CC’** The backyard that's big enough to fit two pubs and a rose garden. A lady who loves cats so much she's designed the purr-fect patch. Hosted by JAMIE DURIE. | **G** +ABBY2-005+ |

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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** +VASI04-006+ |

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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** +CHSE10-010+ |

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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** +MIDM2-019+ |

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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** +MIDM2-020+ |

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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-019+ |

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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’** Inspectors attempt to subdue and help a terrier that has been tethered underneath a house. Meanwhile, the RSPCA receive an emergency call to help a pregnant cow stuck in a river. | **G** +ANRS2-003+ |

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| 17:00 | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-013+ |

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| 17:30 | **Building The Dream: Hampshire (R)** Charlie's in Hampshire helping Royal Navy helicopter pilot, Chris Bennett and wife Sonya with their new family home. | **G** +BUTD01-017+ |

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| 18:30 | **Bargain Hunt: Epsom 4 (R)** Christina Trevanion presents the antiques challenge from Dorking, with experts Caroline Hawley and David Harper. | **G** +BHUN43-013+ |

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| 19:30 | **Special: The Vicar Of Dibley - Easter 1996 (R) ’CC’ (1996)** When David suggests that Geraldine give up chocolate for Lent, she worries she doesn't have the willpower. Starring:GARY WALDHORN,JAMES FLEET,DAWN FRENCH,EMMA CHAMBERS,JOHN BLUTHAL,ROGER LLOYD-PACK,TREVOR PEACOCK,LIZ SMITH | **PG** +BBCS4-004+ |

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| 20:30 | **Foyle's War: They Fought (R) ’CC’** A murdered farmer and the crash landing of a German plane present a confusing case, especially as spring is in the air and even Foyle is not immune to a whiff of romance. Starring:ANATOLE TAUBMAN,PETER STARK,TREVOR COOPER,TOM FREDERIC,JENNY PLATT,ANTHONY HOWELL,HONEYSUCKLE WEEKS,JAMES WILBY,MICHAEL KITCHEN,STELLA GONET,JACK GUSTAV,JOE ARMSTRONG,NIGEL TERRY,PAULA JENNINGS,MICHAEL CRONIN | **M (V)**+FOYL3-003+ |

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| 22:30 | **Secrets Of Scotland Yard (R) ’CC’** Secrets of Scotland Yard breaks through the façade of the most famous police headquarters in the world: the very name Scotland Yard is synonymous with all that’s best in the detection of crime. | **M (A,V)**+SOSY01-001+ |

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| 23:30 | **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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| 00:30 | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-013+ |

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| 01:00 | **Bargain Hunt: Epsom 4 (R)** Christina Trevanion presents the antiques challenge from Dorking, with experts Caroline Hawley and David Harper. | **G** +BHUN43-013+ |

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| 02:00 | **Secrets Of Scotland Yard (R) ’CC’** Secrets of Scotland Yard breaks through the façade of the most famous police headquarters in the world: the very name Scotland Yard is synonymous with all that’s best in the detection of crime. | **M (A,V)**+SOSY01-001+ |

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| 03:00 | **Auction Squad (R) ’CC’** We join forces with some top AFL players who help us make-over an old Californian bungalow that's being auctioned to raise money for a great cause. | **G** +AUCS4-014+ |

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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** +MIDM2-019+ |

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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** +MIDM2-020+ |

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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-019+ |

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

 **Tuesday 16 July 2019**

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

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| 06:30 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-020+ |

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| 07:00 | **ZooMoo Wild Friends (R) ’CC’** Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C** +ZOMO02-014+ |

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| 07:30 | **Drop Dead Weird: Shazza Q ’CC’** Three Australian siblings move to a bed and breakfast in Tubbershandy western Ireland with their Zombie parents. | **C** +DDWE02-007+ |

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| 08:00 | **Jay's Jungle: Dinosaurs (R) ’CC’** Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P** +JAJU-012+ |

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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** +MIDM2-021+ |

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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** +MIDM2-022+ |

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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. | +NBCT19-168+ |

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| 12:00 | **Auction Squad (R) ’CC’** We join forces with some top AFL players who help us make-over an old Californian bungalow that's being auctioned to raise money for a great cause. | **G** +AUCS4-014+ |

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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** +CHSE10-011+ |

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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** +MIDM2-021+ |

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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** +MIDM2-022+ |

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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-020+ |

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| 15:30 | **Mighty Ships: MV Resolution (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS02-005+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’** Inspector Matt French attends to a call about a dog in poor condition. It turns out to be much worse than he ever imagined. | **G** +ANRS2-004+ |

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| 17:00 | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the patients and staff at the Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-014+ |

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| 17:30 | **Building The Dream: Devon 1 (R)** Charlie heads to Devon to help glass-blower, Siddy Langley save her business by self-building a combined home and studio. | **G** +BUTD01-018+ |

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| 18:30 | **Bargain Hunt: Brackley 30 (R)** Christina Trevanion is at the helm as the hunt for bargains heads to the Brackley Antique Cellar.  | **G** +BHUN43-014+ |

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| 19:30 | **Rosemary & Thyme: The Gooseberry Bush (R)** Rosemary's maternal side is brought out when she and Laura find an abandoned baby under a gooseberry bush. Can they reunite mother and baby? | **PG (V,L)**+RAT3-005+ |

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| 20:30 | **Murdoch Mysteries: Murdoch Takes Manhattan** Murdoch and Ogden uncover a deadly conspiracy threatening U.S. President Teddy Roosevelt, while Brackenreid and Dr. Grace investigate a murder by motorcar back in Toronto. | **M (V)**+MMYS08-005+ |

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| 21:30 | **Murdoch Mysteries: Murdoch Appreciation Society** Murdoch discovers he's being followed by a group of detective admirers. | **M (V)**+MMYS08-006+ |

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| 22:30 | **Citizen Khan: Cricket NEW EPISODE**TBC  | **PG** +CITK05-001+ |

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| 23:15 | **Mighty Ships: MV Resolution (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS02-005+ |

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| 00:15 | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the patients and staff at the Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-014+ |

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| 00:45 | **RSPCA Animal Rescue (R) ’CC’** Inspector Matt French attends to a call about a dog in poor condition. It turns out to be much worse than he ever imagined. | **G** +ANRS2-004+ |

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| 01:15 | **Citizen Khan: Cricket (R)** TBC  | **PG** +CITK05-001+ |

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| 02:00 | **Bargain Hunt: Brackley 30 (R)** Christina Trevanion is at the helm as the hunt for bargains heads to the Brackley Antique Cellar.  | **G** +BHUN43-014+ |

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| 03:00 | **Auction Squad (R) ’CC’** Sick of mowing the lawn? Ditch it with a modern drought tolerant front garden. Plus great ideas on modernising a dated '70s kitchen. | **G** +AUCS4-015+ |

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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** +MIDM2-021+ |

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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** +MIDM2-022+ |

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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-020+ |

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

 **Wednesday 17 July 2019**

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

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| 06:30 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-021+ |

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| 07:00 | **ZooMoo Wild Friends (R) ’CC’** Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C** +ZOMO02-015+ |

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| 07:30 | **Drop Dead Weird: Feast Or Famine ’CC’** Three Australian siblings move to a bed and breakfast in Tubbershandy western Ireland with their Zombie parents. | **C** +DDWE02-008+ |

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| 08:00 | **Jay's Jungle: Plants Grow (R) ’CC’** Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P** +JAJU-013+ |

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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** +MIDM2-023+ |

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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** +MIDM2-024+ |

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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. | +NBCT19-169+ |

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| 12:00 | **Auction Squad (R) ’CC’** Sick of mowing the lawn? Ditch it with a modern drought tolerant front garden. Plus great ideas on modernising a dated '70s kitchen. | **G** +AUCS4-015+ |

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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** +CHSE10-012+ |

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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** +MIDM2-023+ |

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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** +MIDM2-024+ |

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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-021+ |

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| 15:30 | **Mighty Ships: Akamalik (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G** +MTYS02-006+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’** A goose with an injured foot is on the loose in a suburban park and it takes a team of people to capture it. And an abandoned cat with a broken leg is rescued. | **G** +ANRS2-005+ |

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| 17:00 | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the patients and staff at the Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-015+ |

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| 17:30 | **Building The Dream: Norfolk (R)** Charlie heads East, where Gavin Panella and Chantal Schaul are self-building a little bit of continental Europe in the heart of Norfolk. | **G** +BUTD01-019+ |

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| 18:30 | **Bargain Hunt: Norfolk 27 (R)** Thomas Plant takes the reins as the hunt for bargains heads to the Norfolk Antiques Fair. | **G** +BHUN43-015+ |

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| 19:30 | **Air Crash Investigations: Deadly Distraction (R) ’CC’** A Boeing 727, crashes while taking off from Dallas/Fort Worth International Airport on August 31 1988. | **PG (A)**+MDAY18-003+ |

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| 20:30 | **Air Crash Investigations: Deadly Descent NEW EPISODE**TBC  | **PG** +MDAY19-001+ |

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| 21:30 | **Air Crash Investigations: Deadly Crossroads (R) ’CC’** Why did collision avoidance systems breakdown and cause a DHL cargo jet to collide with a passenger jet over southern Germany in July 2002? | **M (A,L)**+MDAY2-004+ |

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| 22:30 | **Mighty Ships: Akamalik (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G** +MTYS02-006+ |

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| 23:30 | **Cop Squad (R)** Cameras follow police officers in Cambridgeshire as they tackle criminals, who are increasingly violent and reckless. | **M (V,L,A)**+COPS01-007+ |

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| 00:30 | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the patients and staff at the Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-015+ |

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| 01:00 | **Bargain Hunt: Norfolk 27 (R)** Thomas Plant takes the reins as the hunt for bargains heads to the Norfolk Antiques Fair. | **G** +BHUN43-015+ |

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| 02:00 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 02:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 03:00 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 03:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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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** +MIDM2-023+ |

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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** +MIDM2-024+ |

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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-021+ |

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

 **Thursday 18 July 2019**

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

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| 06:30 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-022+ |

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| 07:00 | **ZooMoo Wild Friends (R) ’CC’** Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C** +ZOMO02-016+ |

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| 07:30 | **Drop Dead Weird: Driving Miss Lulu ’CC’** Three Australian siblings move to a bed and breakfast in Tubbershandy western Ireland with their Zombie parents. | **C** +DDWE02-009+ |

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| 08:00 | **Jay's Jungle: Flags (R) ’CC’** Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P** +JAJU-014+ |

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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** +MIDM2-025+ |

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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** +MIDM2-026+ |

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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. | +NBCT19-170+ |

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| 12:00 | **Auction Squad (R) ’CC’** It's our biggest-ever one day paving job - and they're the wrong colour! Plus a quick fix for ugly wallpaper. | **G** +AUCS4-016+ |

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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** +CHSE07-082+ |

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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** +MIDM2-025+ |

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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** +MIDM2-026+ |

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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-022+ |

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| 15:30 | **Mighty Ships: USS Kentucky (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G** +MTYS03-002+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’** An inspector is called out to a drought-ridden property to discover an horrific case of neglect. Meanwhile, a kelpie cross is left home alone when the tenants of a rental property do a runner. | **G** +ANRS2-008+ |

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| 17:00 | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG (A)**+MDEM-016+ |

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| 17:30 | **Building The Dream: Hertfordshire (R)** Charlie's in Herefordshire to meet a young couple who are desperate to build their first home together before they get married, in just twelve month's time. | **G** +BUTD01-020+ |

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| 18:30 | **Bargain Hunt: Brackley 31 (R)** Christina Trevanion is at the helm as the hunt for bargains heads to the Brackley Antique Cellar. | **G** +BHUN43-016+ |

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| 19:30 | **Father Brown: The Kembleford Boggart (R)** When the father of a young writer is found dead, tension mounts against the Travellers in Kembleford. | **M (V,A)**+FBRO03-007+ |

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| 20:30 | **A Touch Of Frost: Paying The Price (R)** Rendered homeless by his own carelessness after burning his house down, Inspector Frost takes on a nasty case of kidnapping. Starring:CAMILLE CODURI,EMMA CUNIFFE,YSOBEL GOZALEZ,BRUCE ALEXANDER,DANNY WEBB,OLWEN MAY,OWEN AARONOVITCH,COLETTE BROWN,GEORGE THOMPSON,JAMES MCKENNA,DAVID GOODERSON,DAVID JASON,LINDA HENRY,MARC WARREN,JUANNE FULLER,JOHN LYONS,JIM SHEPLEY,JON SOTHERTON | **M (V)**+TOF4-001+ |

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| 22:45 | **Mighty Ships: USS Kentucky (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G** +MTYS03-002+ |

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| 23:45 | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG (A)**+MDEM-016+ |

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| 00:15 | **RSPCA Animal Rescue (R) ’CC’** An inspector is called out to a drought-ridden property to discover an horrific case of neglect. Meanwhile, a kelpie cross is left home alone when the tenants of a rental property do a runner. | **G** +ANRS2-008+ |

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| 00:45 | **Bargain Hunt: Brackley 31 (R)** Christina Trevanion is at the helm as the hunt for bargains heads to the Brackley Antique Cellar. | **G** +BHUN43-016+ |

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| 02:00 | **Father Brown: The Kembleford Boggart (R)** When the father of a young writer is found dead, tension mounts against the Travellers in Kembleford. | **M (V,A)**+FBRO03-007+ |

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| 03:00 | **Auction Squad (R) ’CC’** It's our biggest-ever one day paving job - and they're the wrong colour! Plus a quick fix for ugly wallpaper. | **G** +AUCS4-016+ |

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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** +MIDM2-025+ |

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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** +MIDM2-026+ |

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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-022+ |

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

 **Friday 19 July 2019**

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

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| 06:30 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-023+ |

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| 07:00 | **ZooMoo Wild Friends (R) ’CC’** Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C** +ZOMO02-017+ |

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| 07:30 | **Drop Dead Weird: Love Is In The Air ’CC’** Three Australian siblings move to a bed and breakfast in Tubbershandy western Ireland with their Zombie parents. | **C** +DDWE02-010+ |

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| 08:00 | **Jay's Jungle: Sky (R) ’CC’** Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P** +JAJU-015+ |

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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** +MIDM2-027+ |

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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** +MIDM2-028+ |

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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. | +NBCT19-171+ |

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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** +HOWL03-021+ |

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| 13:00 | **My Greek Odyssey (R) ’CC’** After seeing the sites of Monemvaisa, Peter continues on to Elafonisos, before venturing to the island of Kythira. | **PG** +MYGO01-006+ |

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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** +MIDM2-027+ |

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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** +MIDM2-028+ |

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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-023+ |

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| 15:30 | **Mighty Ships: Christobal Colon (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G** +MTYS03-003+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’** A stray cattle dog has been roaming a park reserve for weeks. The RSPCA are called in to catch him and see if he can be domesticated. Hosted by ANTHONY FIELD. | **G** +ANRS2-009+ |

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| 17:00 | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-017+ |

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| 17:30 | **Building The Dream: Hull (R)** Charlie helps fellow architect Jamie Ashton and his fiancée Joanne Scurr to self-build the perfect family home in Hull without compromising on design. | **G** +BUTD01-021+ |

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| 18:30 | **Bargain Hunt: Norfolk 28 (R)** Thomas Plant is the general today as the hunt for bargains heads to the Norfolk Antiques Fair. | **G** +BHUN43-017+ |

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| 19:30 | **Better Homes And Gardens (R) ’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** +BHAG25-025+ |

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| 20:30 | **Australia's Amazing Homes: Extreme Homes (R)** Follows three renowned home experts on their quest to find Australia's most stylish and breathtaking homes. | **PG** +AMAH01-001+ |

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| 21:30 | **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** +ETCO02-005+ |

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| 22:45 | **Charlie Luxton's Homes By The Sea: Scotland NEW EPISODE**Follow Charlie Luxton on a quest to find the finest, quirkiest, most spectacular and truly unusual homes that can be found on Britain's beautiful coastline. | **PG** +HOBS02-004+ |

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| 23:45 | **Mighty Ships: Christobal Colon (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G** +MTYS03-003+ |

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| 00:45 | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-017+ |

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| 01:15 | **Bargain Hunt: Norfolk 28 (R)** Thomas Plant is the general today as the hunt for bargains heads to the Norfolk Antiques Fair. | **G** +BHUN43-017+ |

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| 02:15 | **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** +ETCO02-005+ |

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| 03:30 | **RSPCA Animal Rescue (R) ’CC’** A stray cattle dog has been roaming a park reserve for weeks. The RSPCA are called in to catch him and see if he can be domesticated. Hosted by ANTHONY FIELD. | **G** +ANRS2-009+ |

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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** +MIDM2-027+ |

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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** +MIDM2-028+ |

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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-023+ |

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

 **Saturday 20 July 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: Newell Highway 2/Floriade (R) ’CC’** Today's show sees Greg take in the floral festival of Floriade, the wildlife wonders of the Antarctic, the Moooving Cows of Shepparton, as well as adventures along the Newell Highway. | **PG** +TRAV4-007+ |

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| 08:45 | **Travel Oz: Dubai 1 - Family (R) ’CC’** Greg visits the family attractions of Dubai, including camel riding, dune bashing, falcon flying, indoor skiing, Kidzania, dolphins, seals and more at the themed Atlantis on the Palm resort. | **PG** +TRAV4-008+ |

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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. | +NBCT19-172+ |

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| 11:30 | **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** +VASI04-006+ |

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| 12:30 | **Auction Squad (R) ’CC’** A half-finished kitchen is transformed with glass and smart lighting. | **G** +AUCS4-017+ |

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| 13:30 | **Australia's Best Backyards (R) ’CC’** How to fit a pool, cabana and party room into a pocket-sized backyard. The family with a vineyard in their Melbourne suburban garden. Hosted by JAMIE DURIE. | **G** +ABBY2-006+ |

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| 14:00 | **SA Weekender ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-021+ |

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| 14:30 | **Sydney Weekender (R) ’CC’** Mike heads to Kiama for the HARS Aviation Museum, Kiama Coast walk and more. Matt checks out Centennial Park Wild Play Garden. Karen visits a chocolate factory.  | **G** +7SWE26-022+ |

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| 15:00 | **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. | +7CTC19-021+ |

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| 15:30 | **Queensland Weekender ’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** +7QWE19-022+ |

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| 16:00 | **The Great Day Out ’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** +GDOT19-024+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’** When two dogs are killed for attacking livestock, the RSPCA in Sydney investigates who's in the wrong. Narrated by ANTHONY FIELD | **G** +ANRS2-010+ |

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| 17:00 | **TBA:** TBC | ++ |

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| 17:30 | **Charlie Luxton's Homes By The Sea: Scotland (R)** Follow Charlie Luxton on a quest to find the finest, quirkiest, most spectacular and truly unusual homes that can be found on Britain's beautiful coastline. | **PG** +HOBS02-004+ |

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| 18:30 | **The Yorkshire Vet: Episode 7 (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,S)**+YORK05-007+ |

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| 19:30 | **Mighty Cruise Ships: Hawk (R) ’CC’** The Hawk has to sink before she swims in order to transport one of the world's largest oil drilling rigs halfway around the world. | **PG** +MTYS08-001+ |

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| 20:30 | **Escape To The Country: Suffolk NEW EPISODE**Jonnie Irwin is property-hunting with young parents from Stevenage who are seeking an authentic country lifestyle in Suffolk and a rural family home. | **G** +ETTC23-066+ |

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| 21:30 | **Escape To The Country: North Wales (R)** Nicki Chapman is house-hunting in north Wales with a couple who want to turn holiday memories into a retirement dream. | **G** +ETTC22-049+ |

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| 22:30 | **Escape To The Country: Derbyshire (R)** Alistair Appleton is property shopping with a couple of recently retired teachers who are seeking a rural home in Derbyshire. | **G** +ETTC22-050+ |

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| 23:30 | **Mighty Cruise Ships: Hawk (R) ’CC’** The Hawk has to sink before she swims in order to transport one of the world's largest oil drilling rigs halfway around the world. | **PG** +MTYS08-001+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-021+ |

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| 01:00 | **Sydney Weekender (R) ’CC’** Mike heads to Kiama for the HARS Aviation Museum, Kiama Coast walk and more. Matt checks out Centennial Park Wild Play Garden. Karen visits a chocolate factory.  | **G** +7SWE26-022+ |

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| 01:30 | **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** +7CTC19-021+ |

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| 02:00 | **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** +7QWE19-022+ |

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| 02:30 | **The Great Day Out (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** +GDOT19-024+ |

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| 03:00 | **Auction Squad (R) ’CC’** A half-finished kitchen is transformed with glass and smart lighting. | **G** +AUCS4-017+ |

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| 04:00 | **Intrust Shute Shield** TBC  | +CLUB19-016+ |