**Sunday 20 January 2019**

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| 06:00 | **TBA:** TBC | ++ |

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| 06:30 | **Amazing Facts: The Woman Of Light** Religious program. | **PG (A)**+AMFA19-003+ |

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| 07:00 | **Tomorrow's World: Will Jerusalem Survive?** Religious program. | **PG** +TOMW19-003+ |

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| 07:30 | **Leading The Way: From Valley To Victory, Pt. 2** Religious program. | **PG** +LWAY19-003+ |

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| 08:00 | **David Jeremiah: Daniel: Overcoming The Lions' Den** Religious program. | **PG** +DAJE19-003+ |

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| 08:30 | **Hour Of Power: Love Your Competitors** Religious program. | **G** +HOOP19-003+ |

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| 09:00 | **TBA:** TBC | ++ |

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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 (A)**+MTAB01-011+ |

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| 10:00 | **House Of Wellness: Summer Special (R) ’CC’** Hosted by Ed Phillips and Zoe Marshall, with feature guests and locations that highlight living well is important but can also be fun. | **PG** +HOWL02-046+ |

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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. | +NBCT19-017+ |

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| 12:00 | **Jump Off: Tokyo Dream ’CC’** Bringing together household names from horse racing and show jumping. This high-stakes show jumping competition showcases five teams as they battle it out for $100,000. | **PG** +JUOF01-013+ |

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| 13:00 | **Australia's Best Backyards (R) ’CC’** How to turn an old plain-jane house into a modern tropical paradise. Jamie visits a unique garden where the mudcrabs come free. | **G** +ABBY2-007+ |

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| 13:30 | **Australia's Best Backyards (R) ’CC’** How one determined gardener battled her council to build the deck of her dreams. Why one family decided not to renovate their house until they did their backyard. Hosted by JAMIE DURIE. | **G** +ABBY2-008+ |

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| 14:00 | **House Of Wellness: Summer Special ’CC’** Hosted by Ed Phillips and Zoe Marshall, with feature guests and locations that highlight living well is important but can also be fun. | **PG** +HOWL02-047+ |

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| 15:00 | **Escape To The Country: Somerset (R)** Today, Nicki Chapman is helping a couple of equestrian enthusiasts swap suburban life in Farnborough, Hampshire for a new rural existence in Somerset. | **PG** +ETTC22-001+ |

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| 16:00 | **Escape To The Country: Surrey (R)** Alistair Appleton is on a rural property hunt with a couple of American ex-pats who have a generous 1 million to spend on a country, family home in Surrey. | **G** +ETTC22-002+ |

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| 17:00 | **The Yorkshire Vet (R)** Vets Julian Norton and Peter Wright continue to lead the programme as they introduce us to a whole range of clients and their animals of all shapes and sizes. | **PG (A)**+YORK04-004+ |

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| 18:00 | **Britain's Busiest Airport: Heathrow (R) ’CC’** Heavy fog throws the airport into turmoil, staff reveal the secrets of one of Heathrow's most exclusive first class lounges, and missing passengers threaten to delay a busy flight. | **PG** +HEAT02-001+ |

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| 19:00 | **Motorway Patrol: Truck T-Bones (R)** A woman lies trapped in her wrecked car after being hit by a truck, and officers learn that God moves in mysterious ways. | **PG** +MOTP5-006+ |

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| 19:30 | **Motorway Patrol: SCU (R)** Officers find a dog in a dangerous situation, and encounter a driver who claims to be the victim of stand-over tactics. | **PG** +MOTP5-007+ |

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| 20:00 | **Coastwatch Oz: Dive Homicide (R) ’CC’** When a large package washes up on shore, police are sent to investigate and what they find is shocking. Police find a man who is trying to illegally sell deadly fish. | **PG** +CTWA-007+ |

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| 20:30 | **Border Security - Australia's Front Line (R) ’CC’** Immigration officers meet a world champion wrestler who plays it up for the cameras. However, immigration officials are worried that he may breach his tourist visa and perform while in Australia. Narrated by GRANT BOWLER. | **PG** +BORD-096+ |

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| 21:00 | **Gold Coast Medical (R) ’CC’** An elite young sports star faces a future without footy after a freak golfing accident, and eight year old Jacks thumb won't bend - and his sister has had enough. | **PG (A)**+GMED01-009+ |

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| 22:00 | **Hospital NEW EPISODE**Go behind the scenes to show the complexity of a hospital in action - including how staff are managing competing pressures and demands to ensure patients get the care they need. | **M (A)**+LADW02-004+ |

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| 23:00 | **Brit Cops (R)** Take a trip to West Wales where we see Britain's toughest cops take on violent drunks and drug dealers while traffic officers take on vandals terrorising walkers in the mountains. | **M (D,V,L)**+BRIC01-004+ |

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| 00:00 | **Coastwatch Oz: Dive Homicide (R) ’CC’** When a large package washes up on shore, police are sent to investigate and what they find is shocking. Police find a man who is trying to illegally sell deadly fish. | **PG** +CTWA-007+ |

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| 00:30 | **Border Security - Australia's Front Line (R) ’CC’** Immigration officers meet a world champion wrestler who plays it up for the cameras. However, immigration officials are worried that he may breach his tourist visa and perform while in Australia. Narrated by GRANT BOWLER. | **PG** +BORD-096+ |

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| 01:00 | **Brit Cops (R)** Take a trip to West Wales where we see Britain's toughest cops take on violent drunks and drug dealers while traffic officers take on vandals terrorising walkers in the mountains. | **M (D,V,L)**+BRIC01-004+ |

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| 02:00 | **Australia's Best Backyards (R) ’CC’** How to turn an old plain-jane house into a modern tropical paradise. Jamie visits a unique garden where the mudcrabs come free. | **G** +ABBY2-007+ |

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| 03:00 | **Special: Cannibal Crusade (R) (1989)** Take an exciting journey to the seldom explored tropical jungles of Indonesian-controlled Irian Jaya. Starring:GREG GRAINGER | **G** +AMS-464+ |

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| 04:00 | **Special: Lord Howe Island - Jewel Of The Pacific (R) (1992)** Explore the unique wildlife and environments of Lord Howe, one of Australia's World Heritage areas. | **G** +AMS-497+ |

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| 05:00 | **Special: Heartbeat Of The Coral Coast - Part 1 (R) (1989)** An entertaining and unique look at the fascinating Queensland coast from Brisbane to Port Douglas with Tony Gordon and Darren McDonald. Starring:DARREN MCDONALD,TONY GORDON | **G** +AMS-499+ |

 **Monday 21 January 2019**

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| 06:00 | **TBA:** TBC | ++ |

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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-050+ |

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| 07:00 | **It's Academic (R) ’CC’** Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **C** +IAC20-008+ |

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| 07:30 | **The Deep (R) ’CC’** An artificial intelligence programmed to run the sub and protect the Nektons tries to stop their rescue mission because it's too risky. Ant must deactivate it before it takes over! | **C** +DEEP-003+ |

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| 08:00 | **Toybox: Stay-cation (R) ’CC’** Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P** +TOYB-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? Hosted by Simon Reeve. | **G** +MIDM4-007+ |

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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. | +NBCS19-003+ |

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| 10:30 | **Meet The Press (R) ’CC’** Chuck Todd interviews newsmakers from around the world. | +NBCM19-003+ |

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| 11:30 | **Vasili's Garden: Norbert From Mount Waverley (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. | **G** +VASI01-003+ |

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| 12:00 | **The Great Outdoors: Special Episode (R) ’CC’** Andrew Daddo is onboard the new one-billion dollar cruise-ship on its maiden voyage to Australia. While Jennifer Hawkins goes camping in Greece for under $70 a day. | **G** +GO15-046+ |

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| 13:00 | **The Great Outdoors: Great Journeys (R) ’CC’** Once in a lifetime journeys - see the real Jurassic Park preserved on the Galapagos Islands, where you can come face to face with prehistoric swimming iguanas, ancient giant tortoises and sea lions. | **G** +GO15-047+ |

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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? Hosted by Simon Reeve. | **G** +MIDM4-007+ |

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| 15:00 | **Sydney Weekender (R) ’CC’** Sydney Weekender travels around Sydney and throughout New South Wales to explore the best places to stay, eat and play, and to help you make the most of your weekend. | **G** +7SWE25-046+ |

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| 15:30 | **House Calls To The Rescue (R) ’CC’** The team rescue a bedroom nightmare - but first they have to move Australia's biggest bed! | **G** +HSCL-015+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’** Officers attempt to rescue a cow stuck in neck-high water in a dam. Five aggressive breeding dogs are surrendered to the RSPCA and inspectors hope to find four abandoned kittens new homes. | **G** +ANRS2-015+ |

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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-019+ |

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| 17:30 | **Escape To The Country: Kirks / Lincolnshire (R)** Tim Vincent is in Lincolnshire today helping a couple from Staffordshire find the perfect place in the country to set up home and a camping business. | **G** +ETTC10-019+ |

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| 18:30 | **Bargain Hunt: Edinburgh 2 (R)** The teams head north of the border to Edinburgh in an attempt to root out those bargains to take to auction. Meanwhile, Tim Wonnacott takes time out to visit the home of a literary giant. | **G** +BHUN36-015+ |

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| 19:30 | **Doc Martin: Born With A Shotgun** Martin's new receptionist makes a poor first impression; Louisa and Martin find sleepless nights are taking their toll. | **PG (A,V)**+DOCM05-003+ |

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| 20:30 | **Lewis: Fearful Symmetry (R) ’CC’** When babysitter Jessica Lake is discovered dead, Lewis and Hathaway are drawn into diverse new worlds beyond the usual Oxford colleges - squats, swinging suburbia, monkey labs and fetish photography. Starring:ANNA WILSON-JONES,CLARE HOLMAN,CIARAN MCMENAMIN,CON ONEILL,GEORGIA TAYLOR,GARY KEMP,GREGOR TRUTER,LAURENCE FOX,KEVIN WHATELY,LUCY COHU,REBECCA FRONT | **M (A,V)**+LEWS6-003+ |

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| 22:30 | **Kingdom (R) ’CC’** Peter Kingdom is a compassionate solicitor whose life is overshadowed by the mysterious disappearance of his brother.  | **PG (S,A)**+KINM03-001+ |

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| 23:30 | **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-019+ |

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| 00:00 | **Jump Off: Tokyo Dream (R) ’CC’** Bringing together household names from horse racing and show jumping. This high-stakes show jumping competition showcases five teams as they battle it out for $100,000. | **PG** +JUOF01-013+ |

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| 01:00 | **The Great Outdoors: Special Episode (R) ’CC’** Andrew Daddo is onboard the new one-billion dollar cruise-ship on its maiden voyage to Australia. While Jennifer Hawkins goes camping in Greece for under $70 a day. | **G** +GO15-046+ |

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| 02:00 | **The Great Outdoors: Great Journeys (R) ’CC’** Once in a lifetime journeys - see the real Jurassic Park preserved on the Galapagos Islands, where you can come face to face with prehistoric swimming iguanas, ancient giant tortoises and sea lions. | **G** +GO15-047+ |

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| 03:00 | **House Calls To The Rescue (R) ’CC’** The team rescue a bedroom nightmare - but first they have to move Australia's biggest bed! | **G** +HSCL-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? Hosted by Simon Reeve. | **G** +MIDM4-007+ |

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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? Hosted by Simon Reeve. | **G** +MIDM4-008+ |

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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-050+ |

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| 05:30 | **RSPCA Animal Rescue (R) ’CC’** Officers attempt to rescue a cow stuck in neck-high water in a dam. Five aggressive breeding dogs are surrendered to the RSPCA and inspectors hope to find four abandoned kittens new homes. | **G** +ANRS2-015+ |

 **Tuesday 22 January 2019**

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| 06:00 | **TBA:** TBC | ++ |

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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-051+ |

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| 07:00 | **It's Academic (R) ’CC’** Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **C** +IAC20-009+ |

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| 07:30 | **The Deep (R) ’CC’** The object that Will and Ant are retrieving from the deepest part of the ocean is not what they expected. They've been duped. And now there's a stowaway on the Aronnax! | **C** +DEEP-004+ |

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| 08:00 | **Toybox: Dinophobia (R) ’CC’** Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P** +TOYB-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? Hosted by Simon Reeve. | **G** +MIDM4-009+ |

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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? Hosted by Simon Reeve. | **G** +MIDM4-010+ |

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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. | +NBCT19-018+ |

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| 12:00 | **The Great Outdoors: Amazing Africa (R) ’CC’** WILD AFRICA - See Africa's Garden of Eden, an ancient volcano crater teeming with wildlife. Jennifer Hawkins dives with the Great White Sharks of Seal Island. | **G** +GO15-048+ |

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| 13:00 | **The Great Outdoors: Holiday U.S.A. (R) ’CC’** ESSENTIAL USA - Jennifer Hawkins visits the 'happiest place on earth' Disneyland California. Tom Williams tastes New York, the hungry city with 17,000 restaurants and the $130 hamburger. | **G** +GO15-049+ |

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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? Hosted by Simon Reeve. | **G** +MIDM4-009+ |

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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-051+ |

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| 15:30 | **House Calls To The Rescue (R) ’CC’** The team rescue a husband who built his wife a new kitchen - but forgot to leave space for the fridge. | **G** +HSCL-016+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’** Police are called in after reports of dog abuse and a former circus pony checks in for a pedicure. Narrated by ANTHONY FIELD. | **G** +ANRS2-016+ |

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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-020+ |

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| 17:30 | **Escape To The Country: Gaywood / Cumbria (R)** Jules Hudson visits South Cumbria to help a couple from Cheshire look for an idyllic rural home with a country style kitchen and a garden big enough for a vegetable plot. | **G** +ETTC10-020+ |

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| 18:30 | **Bargain Hunt: Lincoln 19 (R)** Tim Wonnacott and the teams turn up the heat in sunny Lincoln. Experts Anita Manning and Charlie Ross are cooking on gas as the chefs de antiques, whilst Tim finds something graphically gruesome. | **PG** +BHUN36-016+ |

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| 19:30 | **Jonathan Creek: Jack In The Box (R)** Jack Holiday is found dead. It looks like suicide, but with Jack's arthritis it seems impossible he shot himself. Would it be murder? | **M (V)**+JNTC-003+ |

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| 20:30 | **Crime Investigation Australia: Most Infamous: Michael Kanaan - Shoot To Kill (R) ’CC’** A look at the crime kingpin, Michael Kanaan, who had a volatile temper fed by deep insecurity. In a wild crime spree in the 1990s, Kanaan murdered three people and conducted a war with police. | **MA (V)**+CIAU01-003+ |

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| 21:30 | **The Suspects - True Australian Thrillers (R) ’CC’** Tonight, a mother is mysteriously murdered and a world crime busting first heats up a cold case. | **M (V,L)**+CRLA-003+ |

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| 22:30 | **Crimes That Shook The World: The Vienna Killer (R) ’CC’** Jack Unterweger seemed to have turned his life around. However, as police discovered, the author was a serial killer by night. | **MA (A,V)**+CTSW-003+ |

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| 23:30 | **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-020+ |

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| 00:00 | **Bargain Hunt: Lincoln 19 (R)** Tim Wonnacott and the teams turn up the heat in sunny Lincoln. Experts Anita Manning and Charlie Ross are cooking on gas as the chefs de antiques, whilst Tim finds something graphically gruesome. | **PG** +BHUN36-016+ |

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| 01:00 | **The Great Outdoors: Amazing Africa (R) ’CC’** WILD AFRICA - See Africa's Garden of Eden, an ancient volcano crater teeming with wildlife. Jennifer Hawkins dives with the Great White Sharks of Seal Island. | **G** +GO15-048+ |

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| 02:00 | **The Great Outdoors: Holiday U.S.A. (R) ’CC’** ESSENTIAL USA - Jennifer Hawkins visits the 'happiest place on earth' Disneyland California. Tom Williams tastes New York, the hungry city with 17,000 restaurants and the $130 hamburger. | **G** +GO15-049+ |

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| 03:00 | **House Calls To The Rescue (R) ’CC’** The team rescue a husband who built his wife a new kitchen - but forgot to leave space for the fridge. | **G** +HSCL-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? Hosted by Simon Reeve. | **G** +MIDM4-009+ |

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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? Hosted by Simon Reeve. | **G** +MIDM4-010+ |

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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-051+ |

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| 05:30 | **RSPCA Animal Rescue (R) ’CC’** Police are called in after reports of dog abuse and a former circus pony checks in for a pedicure. Narrated by ANTHONY FIELD. | **G** +ANRS2-016+ |

 **Wednesday 23 January 2019**

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| 06:00 | **TBA:** TBC | ++ |

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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-052+ |

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| 07:00 | **It's Academic (R) ’CC’** Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **C** +IAC20-010+ |

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| 07:30 | **The Deep (R) ’CC’** Are aliens stealing things from a Japanese island and dragging them underwater? The Nektons investigate and find something even more dangerous and amazing! But can they escape? | **C** +DEEP-005+ |

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| 08:00 | **Toybox: Crazy Cups (R) ’CC’** Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P** +TOYB-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? Hosted by Simon Reeve. | **G** +MIDM4-011+ |

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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? Hosted by Simon Reeve. | **G** +MIDM4-012+ |

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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. | +NBCT19-019+ |

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| 12:00 | **The Great Outdoors (R) ’CC’** SECRET AUSTRALIA - Our all new series kicks off with the best kept secrets in our own backyard. How to pay just $1 a day for a motorhome. See Australia's own well-hidden Grand Canyon. | **G** +GO16-001+ |

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| 13:00 | **The Great Outdoors (R) ’CC’** Join Tom Williams on the world's best drive, through Cote D'Azur to Monte Carlo. Jennifer Hawkins finds out why Melbourne is Australia's Comedy Capital, with help from DAVE HUGHES. Starring:DAVE HUGHES | **G** +GO16-002+ |

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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? Hosted by Simon Reeve. | **G** +MIDM4-011+ |

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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? Hosted by Simon Reeve. | **G** +MIDM4-012+ |

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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-052+ |

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| 15:30 | **House Calls To The Rescue (R) ’CC’** The building and gardening teams combine to rescue a family's backyard botch-up. Plus our treasure hunter finds a fortune in old movie posters. | **G** +HSCL-017+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’** The death of two puppies spawns some detective work. A cat plays hide and seek with inspectors and an elderly man is literally killing his dog with kindness. Narrated by ANTHONY FIELD. | **G** +ANRS2-017+ |

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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-021+ |

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| 17:30 | **Escape To The Country: Devon (R)** Jules Hudson heads to Devon to help a mother and daughter find a country home. Mum's after something traditional while her daughter is after a contemporary feel, so who will get her way? | **G** +ETTC17-001+ |

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| 18:30 | **Bargain Hunt: Kedleston 30 - Childen In Need Special (R)** Tim Wonnacott presents a celebrity Children in Need special from Kedleston. Not only is there dancing in the aisles at the auction with Tim, but there are also some of the highest ever bids on Bargain | **G** +BHUN36-017+ |

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| 19:30 | **Pie In The Sky: The Policeman's Daughter (R)** Whilst Fisher's wife is abroad, his daughter changes her name and hair colour to Magenta and goes off with a group of travellers. | **PG** +PIES2-003+ |

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| 20:30 | **The Inspector Lynley Mysteries: The Word Of God (R)** Lynley and Havers are called to Smithfield's market where the body of a man has been found frozen on a meat truck. Starring:ALISON LINTOTT,CAVAN CLERKIN,JANE LAPOTAIRE,MAGGY SHERIF,MATILDA ZIEGLER,KHALID LAITH,MARK BENTON,PAUL HICKEY,NEIL MASKELL,NIGEL BETTS | **PG (V)**+INLM4-004+ |

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| 22:30 | **Hospital (R)** Go behind the scenes to show the complexity of a hospital in action - including how staff are managing competing pressures and demands to ensure patients get the care they need. | **M (A)**+LADW02-004+ |

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| 23:30 | **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-021+ |

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| 00:00 | **Bargain Hunt: Kedleston 30 - Childen In Need Special (R)** Tim Wonnacott presents a celebrity Children in Need special from Kedleston. Not only is there dancing in the aisles at the auction with Tim, but there are also some of the highest ever bids on Bargain | **G** +BHUN36-017+ |

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| 01:00 | **Harry's Practice (R) ’CC’** At home with MARK WAUGH and his menagerie, a Bearded Dragon on a hunger strike, and teaching your cat to come when called. Dr. Harry sees a dog who can't keep his head out of two garden buckets. | **G** +HPR-186+ |

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| 02:00 | **The Great Outdoors (R) ’CC’** Join Tom Williams on the world's best drive, through Cote D'Azur to Monte Carlo. Jennifer Hawkins finds out why Melbourne is Australia's Comedy Capital, with help from DAVE HUGHES. Starring:DAVE HUGHES | **G** +GO16-002+ |

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| 03:00 | **House Calls To The Rescue (R) ’CC’** The building and gardening teams combine to rescue a family's backyard botch-up. Plus our treasure hunter finds a fortune in old movie posters. | **G** +HSCL-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? Hosted by Simon Reeve. | **G** +MIDM4-011+ |

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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? Hosted by Simon Reeve. | **G** +MIDM4-012+ |

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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-052+ |

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| 05:30 | **RSPCA Animal Rescue (R) ’CC’** The death of two puppies spawns some detective work. A cat plays hide and seek with inspectors and an elderly man is literally killing his dog with kindness. Narrated by ANTHONY FIELD. | **G** +ANRS2-017+ |

 **Thursday 24 January 2019**

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| 06:00 | **TBA:** TBC | ++ |

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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-053+ |

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| 07:00 | **It's Academic (R) ’CC’** Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **C** +IAC20-011+ |

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| 07:30 | **The Deep (R) ’CC’** Someone stole the rarest tortoise in the world and the Nektons are searching for it. But the man who stole it secretly wants to capture them too, with the tortoise as bait! | **C** +DEEP-006+ |

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| 08:00 | **Toybox: Our Room Rules (R) ’CC’** Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P** +TOYB-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? Hosted by Simon Reeve. | **G** +MIDM4-013+ |

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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? Hosted by Simon Reeve. | **G** +MIDM4-014+ |

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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. | +NBCT19-020+ |

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| 12:00 | **The Great Outdoors (R) ’CC’** How to spend 24 hours in the world's fastest growing city - a favourite stopover for our special guest GREG NORMAN. Starring:GREG NORMAN | **G** +GO16-003+ |

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| 13:00 | **The Great Outdoors (R) ’CC’** BEST OF EUROPE - Ernie explores The Land of the Giants in Ireland. Tom experiences Italy like the locals in a walk along the Italian Riviera. | **G** +GO16-004+ |

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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? Hosted by Simon Reeve. | **G** +MIDM4-013+ |

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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? Hosted by Simon Reeve. | **G** +MIDM4-014+ |

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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-053+ |

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| 15:30 | **Auction Squad (R) ’CC’** The team focuses on dark rooms and giving a garden a lift as they transform a house into a lovely low maintenance seaside cottage. | **G** +AUCS2-001+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’** Inspectors improve the happiness of five cats and give a couple of donkeys a new zest for life. And in Brisbane, an ambulance officer receives an emergency call to free a trapped dog. Narrated by | **G** +ANRS2-018+ |

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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-022+ |

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| 17:30 | **Escape To The Country: Sussex (R)** Tonight, Denise Nurse is helping a family swap city living for a life in rural Sussex. Land is the all important ingredient, as they are hoping to set up a fitness boot camp business. | **G** +ETTC17-002+ |

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| 18:30 | **Bargain Hunt: Lewes 8 (R)** Teams head to Lewes to hunt for bargains with one purchase proving extremely successful. Then, Tim Wonnacott calls in on Aston Hall in Birmingham. | **G** +BHUN36-018+ |

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| 19:30 | **Father Brown: The Wrong Shape (R)** Soon after his poetry recital, Leonard Quinton is found hanging in the conservatory. When Father Brown realises that he could not have committed suicide, the search begins for a murderer. | **M (A)**+FBRO01-003+ |

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| 20:30 | **Murdoch Mysteries: Stroll On The Wild Side - Part 1 (R)** Detective Murdoch's investigation into the disappearance of a quiet librarian leads to a reunion with former love Anna Fulford and the discovery of a seamy underworld. | **M (V,A)**+MMYS05-007+ |

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| 21:30 | **Murdoch Mysteries: Stroll On The Wild Side - Part 2 (R)** During his investigation into the murder of a shy librarian with a secret life, he encounters a young woman behaving seductively. | **M (V,A)**+MMYS05-008+ |

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| 22:30 | **Houdini & Doyle: Bedlam (R)** When several people are scared to death clues lead the team to the notorious Bethlem Hospital - with which Doyle has a disturbing connection. | **M (A,V)**+HADO01-007+ |

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| 23:30 | **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-022+ |

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| 00:00 | **Bargain Hunt: Lewes 8 (R)** Teams head to Lewes to hunt for bargains with one purchase proving extremely successful. Then, Tim Wonnacott calls in on Aston Hall in Birmingham. | **G** +BHUN36-018+ |

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| 01:00 | **The Great Outdoors (R) ’CC’** How to spend 24 hours in the world's fastest growing city - a favourite stopover for our special guest GREG NORMAN. Starring:GREG NORMAN | **G** +GO16-003+ |

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| 02:00 | **The Great Outdoors (R) ’CC’** BEST OF EUROPE - Ernie explores The Land of the Giants in Ireland. Tom experiences Italy like the locals in a walk along the Italian Riviera. | **G** +GO16-004+ |

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| 03:00 | **Auction Squad (R) ’CC’** The team focuses on dark rooms and giving a garden a lift as they transform a house into a lovely low maintenance seaside cottage. | **G** +AUCS2-001+ |

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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? Hosted by Simon Reeve. | **G** +MIDM4-013+ |

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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? Hosted by Simon Reeve. | **G** +MIDM4-014+ |

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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-053+ |

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| 05:30 | **RSPCA Animal Rescue (R) ’CC’** Inspectors improve the happiness of five cats and give a couple of donkeys a new zest for life. And in Brisbane, an ambulance officer receives an emergency call to free a trapped dog. Narrated by | **G** +ANRS2-018+ |

 **Friday 25 January 2019**

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| 06:00 | **TBA:** TBC | ++ |

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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-054+ |

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| 07:00 | **It's Academic (R) ’CC’** Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **C** +IAC20-012+ |

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| 07:30 | **The Deep (R) ’CC’** Captain Hammerhead captures the Nektons aboard his submarine! But when his sub begins to sink, only the Aronnax can help. Will Hammerhead free the Nektons to save them all? | **C** +DEEP-007+ |

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| 08:00 | **Toybox: Magnetic Forces (R) ’CC’** Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P** +TOYB-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? Hosted by Simon Reeve. | **G** +MIDM4-015+ |

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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? Hosted by Simon Reeve. | **G** +MIDM4-016+ |

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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. | +NBCT19-021+ |

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| 12:00 | **House Of Wellness: Summer Special (R) ’CC’** Hosted by Ed Phillips and Zoe Marshall, with feature guests and locations that highlight living well is important but can also be fun. | **PG** +HOWL02-047+ |

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| 13:00 | **Australia's Amazing Homes: Little Gems (R)** Follows three renowned home experts on their quest to find Australia's most stylish and breathtaking homes. | **PG** +AMAH01-004+ |

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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? Hosted by Simon Reeve. | **G** +MIDM4-015+ |

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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? Hosted by Simon Reeve. | **G** +MIDM4-016+ |

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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 | **Auction Squad (R) ’CC’** A faded family home soon becomes alive as the team turns a rundown front yard with a drab driveway into a garden with a soft welcoming feel. | **G** +AUCS2-002+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’** The RSPCA joins forces with the Royal Flying Doctor Service to save an orphaned foal attacked by dingoes. Hosted by ANTHONY FIELD. | **G** +ANRS2-019+ |

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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-023+ |

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| 17:30 | **Escape To The Country: North Yorkshire (R)** Aled Jones is in North Yorkshire helping a young couple on a rural property hunt who are looking to form a culinary business and need a large detached home with a fabulous kitchen. | **G** +ETTC17-003+ |

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| 18:30 | **M\*A\*S\*H: Margaret's Marriage (R)** Prompted by pressure from Frank, Hot Lips sets a date for her marriage to Donald Penobscott. | **PG** +MASH5-025+ |

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| 19:00 | **Better Homes and Gardens Summer ’CC’** Joh and Pete visit three different display homes bursting with inspiration. Adam makes a butcher's block out of recycled timber. Karen makes a zucchini, pea and feta slice.  | **G** +BHGS15-008+ |

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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 | **Honey I Bought The House: Swindon NEW EPISODE**Property series in which first-time buyers are given 15,000 pounds and three weeks to secure a deposit. | **PG** +HBTH02-006+ |

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| 22:30 | **Peter Andre's 60 Minute Makeover NEW EPISODE**The team has just 60 minutes to transform homes, using all their tricks of the trade to provide an instant style injection and inspire with tips and ideas for fast interior facelifts. | **PG** +SMM12-016+ |

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| 23:30 | **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-023+ |

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| 00:00 | **Special: Arctic Wonderland (R) (1995)** Documentary maker Greg Grainger takes the ultimate adventure in the frozen north of the Arctic Islands. Starring:GREG GRAINGER | **G** +AMS-760+ |

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| 01:00 | **House Of Wellness: Summer Special (R) ’CC’** Hosted by Ed Phillips and Zoe Marshall, with feature guests and locations that highlight living well is important but can also be fun. | **PG** +HOWL02-047+ |

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| 02:00 | **Australia's Amazing Homes: Little Gems (R)** Follows three renowned home experts on their quest to find Australia's most stylish and breathtaking homes. | **PG** +AMAH01-004+ |

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| 03:00 | **Auction Squad (R) ’CC’** A faded family home soon becomes alive as the team turns a rundown front yard with a drab driveway into a garden with a soft welcoming feel. | **G** +AUCS2-002+ |

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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? Hosted by Simon Reeve. | **G** +MIDM4-015+ |

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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? Hosted by Simon Reeve. | **G** +MIDM4-016+ |

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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 | **RSPCA Animal Rescue (R) ’CC’** The RSPCA joins forces with the Royal Flying Doctor Service to save an orphaned foal attacked by dingoes. Hosted by ANTHONY FIELD. | **G** +ANRS2-019+ |

 **Saturday 26 January 2019**

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| 06:00 | **TBA:** TBC | ++ |

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| 07:00 | **TBA:** TBC | ++ |

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| 07:30 | **TBA:** TBC | ++ |

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| 08:00 | **Travel Oz: Coroboree Family / Honey Ants (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV2-023+ |

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| 08:45 | **Travel Oz: Cocos Malay Wedding (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV2-024+ |

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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. | +NBCT19-022+ |

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| 11:30 | **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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| 12:00 | **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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| 12:30 | **Sports Event: Cadel Evans Great Ocean Road Race - Elite Women ’CC’ (2019)** An annual professional one-day road bicycle racing for both men and women starting and finishing in Geelong, Victoria, and routed along the picturesque Great Ocean Road. | +SPSP19-003+ |

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| 16:00 | **Home In WA (R)** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-004+ |

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| 16:30 | **Nigel Marven's Cruise Ship Adventures (R)** Join Nigel Marven as he reveals for the first time another dimension to cruise ship voyages, introducing passengers and crew to extraordinary creatures in well-known tourist destinations. | **G** +SHIP01-003+ |

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| 17:30 | **Air Crash Investigations: Who's Flying the Plane? (R)** It's a complicated relationship between a pilot and his aircraft and when it doesn't work perfectly, disaster can strike in an instant. | **PG** +MDAY6-003+ |

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| 18:30 | **Air Crash Investigations: System Breakdown (R)** In-depth analysis of five aviation disasters reveals the steps taken to modernise communication in the skies - and avert further catastrophes. | **PG** +MDAY6-004+ |

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| 19:30 | **The Yorkshire Vet (R)** Vets Julian Norton and Peter Wright continue to lead the programme as they introduce us to a whole range of clients and their animals of all shapes and sizes. | **PG (A,L)**+YORK04-005+ |

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| 20:30 | **Escape To The Country: North Devon NEW EPISODE**Alistair Appleton is property hunting in North Devon with a couple whose search for a country home on a 325,000 pound budget has so far fallen short. | **G** +ETTC23-044+ |

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| 21:30 | **Escape To The Country: Snowdonia (R)** Jules Hudson is house hunting with a couple from Essex who are seeking a rural home with business potential in North Wales. | **G** +ETTC22-003+ |

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| 22:30 | **Escape To The Country: Suffolk (R)** Jonnie Irwin is helping a couple of busy Londoners find a home, business and slower pace of life in the Suffolk countryside. | **G** +ETTC22-004+ |

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| 23:30 | **Air Crash Investigations: Who's Flying the Plane? (R)** It's a complicated relationship between a pilot and his aircraft and when it doesn't work perfectly, disaster can strike in an instant. | **PG** +MDAY6-003+ |

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| 00:30 | **Air Crash Investigations: System Breakdown (R)** In-depth analysis of five aviation disasters reveals the steps taken to modernise communication in the skies - and avert further catastrophes. | **PG** +MDAY6-004+ |

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| 01:30 | **Vasili's Garden: Rayner's Orchid (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. | **G** +VASI01-004+ |

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| 02:00 | **Queensland Weekender ’CC’** Bridget is on a journey through tropical north Queensland in celebration of Indigenous culture. | **G** +7QWE18-043+ |

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| 02:30 | **The Great Day Out ’CC’** Laurel is exploring a beautiful hinterland town, Courtney is enjoying a crafternoon, Tamsyn discovers her new favourite sport and Alastair is on a Queensland food trek. | **G** +GDOT18-046+ |

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| 03:00 | **Escape To The Country: Cotswolds (R)** Alistair Appleton is in the Cotswolds on an unusual house-hunting mission with a couple whose 900,000 pound budget needs to fund two separate homes under one roof. | **G** +ETTC23-043+ |

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| 04:00 | **Crash Investigation Unit: Driving Lesson (R) ’CC’** The crash investigation unit are called after a car has ploughed into a power pole before colliding with a tree sixty metres away. | **PG** +CIU2-002+ |

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| 04:30 | **Travel Oz: Coroboree Family / Honey Ants (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV2-023+ |

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| 05:15 | **Travel Oz: Cocos Malay Wedding (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV2-024+ |