**Sunday 27 January 2019**

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

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| 06:30 | **Amazing Facts: The Mark Of The Beast**  Religious program. | **PG**  +AMFA19-004+ |

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| 07:00 | **Tomorrow's World: The Powerful Privilege Of Prayer!**  Religious program. | **PG**  +TOMW19-004+ |

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| 07:30 | **Leading The Way: Who Is Going To Heaven (Evergreen)**  Religious program. | **PG (A)**  +LWAY19-004+ |

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| 08:00 | **David Jeremiah: Esther: Overcoming The Things That Come To Pass**  Religious program. | **PG**  +DAJE19-004+ |

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| 08:30 | **Hour Of Power: Living A Life Without Lack**  Religious program. | **G**  +HOOP19-004+ |

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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**  +MTAB01-012+ |

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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**  +HOWL02-047+ |

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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. | +NBCT19-023+ |

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| 12:00 | **Australia's Best Backyards (R) ’CC’**  How one couple turned their backyard into a Thai resort, complete with a giant 3 tonne Buddha. Hosted by JAMIE DURIE. | **G**  +ABBY2-009+ |

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| 12:30 | **Australia's Best Backyards (R) ’CC’**  The wait is over as tonight Jamie Durie makes a surprise house call to the winner of Australia's Best Backyards. Hosted by JAMIE DURIE. | **G**  +ABBY2-010+ |

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| 13:00 | **Cadel Evans Great Ocean Road Race - Elite Men: Cadel Evans Great Ocean Road Race - Elite Men ’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. | +SPSP19-004+ |

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| 16:00 | **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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| 17:00 | **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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| 18:00 | **Britain's Busiest Airport: Heathrow (R) ’CC’**  An aircraft gets the world's most expensive nose job, check-in staff face their toughest test of the year and ground crews rush to get a high profile flight away on time. | **PG**  +HEAT02-002+ |

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| 19:00 | **Motorway Patrol: Body On Road (R)**  Officers are on the scene when merging like a zip goes wrong, then find a man lying unconscious in the middle of the motorway. | **PG**  +MOTP5-008+ |

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| 19:30 | **Motorway Patrol: P-Pursuit (R)**  Officers pursue a driver in a stolen car with three teenage passengers and meet an unlucky driver who just bought a lemon off the Internet. | **PG**  +MOTP5-009+ |

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| 20:00 | **Coastwatch Oz: Jet Ski Anger (R) ’CC’**  A man puts himself and others at risk when he races his jet ski at speeds of up to a 100kph.Then, police rescue three people and the boat when they are flung overboard during a major regatta. | **PG**  +CTWA-008+ |

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| 20:30 | **Border Security - Australia's Front Line (R) ’CC’**  The conclusion to the Romanian keyboard mystery and an Aussie questioned after partying hard in Mexico. | **PG**  +BORD-105+ |

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| 21:00 | **Gold Coast Medical (R) ’CC’**  An all female surgical team take on breast cancer; a baby with it's own birth plan; a real life Gold Coast vampire, and a gunshot to the guts, but where's the bullet? | **M (A)**  +GMED01-010+ |

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| 22:00 | **Hospital**  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,L)**  +LADW02-001+ |

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| 23:00 | **Brit Cops (R)**  Join the Met police as they tackle robbers and drugs dealers in London. Meanwhile, the Hammersmith and Fulham drugs squad carry out a raid to shut down a crack den. | **M (D,L)**  +BRIC01-005+ |

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| 00:00 | **Coastwatch Oz: Jet Ski Anger (R) ’CC’**  A man puts himself and others at risk when he races his jet ski at speeds of up to a 100kph.Then, police rescue three people and the boat when they are flung overboard during a major regatta. | **PG**  +CTWA-008+ |

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| 00:30 | **Border Security - Australia's Front Line (R) ’CC’**  The conclusion to the Romanian keyboard mystery and an Aussie questioned after partying hard in Mexico. | **PG**  +BORD-105+ |

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| 01:00 | **Brit Cops (R)**  Join the Met police as they tackle robbers and drugs dealers in London. Meanwhile, the Hammersmith and Fulham drugs squad carry out a raid to shut down a crack den. | **M (D,L)**  +BRIC01-005+ |

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| 02:00 | **Australia's Best Backyards (R) ’CC’**  How one couple turned their backyard into a Thai resort, complete with a giant 3 tonne Buddha. Hosted by JAMIE DURIE. | **G**  +ABBY2-009+ |

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| 02:30 | **Australia's Best Backyards (R) ’CC’**  The wait is over as tonight Jamie Durie makes a surprise house call to the winner of Australia's Best Backyards. Hosted by JAMIE DURIE. | **G**  +ABBY2-010+ |

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| 03:00 | **Special: Anh Does Brazil (R) ’CC’ (2014)**  Anh travels to Rio de Janeiro to bring us his unique take on the people, places, cuisine and culture of modern-day Brazil. Starring:ANH DO | **PG**  +AMS2-387+ |

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| 04:00 | **Special: Anh Does Brazil 2 (R) ’CC’ (2014)**  Anh explores Sao Paulo where he paints a portrait of world a famous street artist. Anh learns the ways of a cowboy in the North-East and discovers the beats of Brazil at a street concert in Salvador. | **PG**  +AMS2-388+ |

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| 05:00 | **Special: Australia's Deadliest Destinations 1 (R) ’CC’ (2005)**  Featuring the most remote and forbidding landscapes, lethal creatures and death-defying stories of survival on the world's largest island, Australia. | **G**  +AMS2-187+ |

**Monday 28 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-057+ |

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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**  +IAC20-013+ |

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| 07:30 | **The Deep (R) ’CC’**  To find a piece of the mysterious Ephemychron, the Nektons have to fight off whirlpools, zero visibility and giant robotic jellyfish! Who is really behind all these obstacles? | **C**  +DEEP-008+ |

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| 08:00 | **Toybox: Weather (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-051+ |

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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**  +MIDM4-017+ |

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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**  +MIDM4-018+ |

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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. | +NBCS19-004+ |

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| 10:30 | **Meet The Press (R) ’CC’**  Chuck Todd interviews newsmakers from around the world. | +NBCM19-004+ |

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| 11:30 | **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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| 12:00 | **The Great Outdoors (R) ’CC’**  The Big Smoke to Back o' Bourke - what happens when a city kid gets a taste of the real Australia. Jennifer Hawkins explores Ned Kelly country. | **G**  +GO16-005+ |

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| 13:00 | **My Kitchen Rules 10th Anniversary Special: My Kitchen Rules 10th Anniversary Special (R) ’CC’ (2018)**  Join Manu Feildel, Pete Evans, Colin Fassnidge and some of the series' best loved and most divisive teams as we look back at the best of MKR. | **PG (L)**  +AUMS55-001+ |

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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**  +MIDM4-018+ |

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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**  +7SWE25-047+ |

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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’**  Tonight on RSPCA Animal Rescue, a fruit bat carrying a potentially deadly virus becomes trapped in nets at a suburban home. | **G**  +ANRS2-020+ |

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| 17:00 | **Medical Emergency (R) ’CC’**  A heart attack victim receives his angiogram in a desperate attempt to save his life. Then, Paramedics bring in a man who had a petrol drum explode in his face. | **PG**  +MDEM2-001+ |

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| 17:30 | **Escape To The Country: Scottish Borders (R)**  Alistair Appleton dons a kilt, as he goes property hunting in the Scottish Borders for a couple of lottery winners who are seeking a family with a budget of 550,000 pounds. | **G**  +ETTC17-004+ |

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| 18:30 | **Bargain Hunt: Deene Park 26 (R)**  Teams head to Deene Park in Northamptonshire to hunt for bargains. Meanwhile, Tim Wonnacott discovers a funny shaped accessory that could deliver the goods in style. | **G**  +BHUN36-019+ |

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| 19:30 | **Doc Martin: Mother Knows Best (R)**  Portwenn Fun Day has the villagers abuzz; Martin and Louisa are not happy when Louisa's mother arrives unexpectedly. | **PG**  +DOCM05-004+ |

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| 20:30 | **Lewis: The Indelible Stain (R) ’CC’**  A controversial American academic is invited to at Oxford's Department of Criminology but is later found strangled in his room. Was his murder motivated by politics, ambition, or vengeance? Starring:CLARE HOLMAN,HARRIET MADELEY,JASON DURR,JAKE CURRAN,DAVID CALDER,LAURENCE FOX,KEVIN WHATELY,KEMI-BO JACOBS,PIPPA BENNET WARNER,RICHARD SOUTHGATE,REBECCA FRONT,PATRICK BALADI,NINA SOSANYA,NANCY CARROLL,SIAN WEBBER | **M (V)**  +LEWS6-004+ |

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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 (D)**  +KINM03-002+ |

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| 23:30 | **Medical Emergency (R) ’CC’**  A heart attack victim receives his angiogram in a desperate attempt to save his life. Then, Paramedics bring in a man who had a petrol drum explode in his face. | **PG**  +MDEM2-001+ |

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| 00:00 | **Bargain Hunt: Deene Park 26 (R)**  Teams head to Deene Park in Northamptonshire to hunt for bargains. Meanwhile, Tim Wonnacott discovers a funny shaped accessory that could deliver the goods in style. | **G**  +BHUN36-019+ |

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| 01:00 | **The Great Outdoors (R) ’CC’**  The Big Smoke to Back o' Bourke - what happens when a city kid gets a taste of the real Australia. Jennifer Hawkins explores Ned Kelly country. | **G**  +GO16-005+ |

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| 02:00 | **The Great Outdoors (R) ’CC’**  Take the spectacular Alpine Pacific Drive through New Zealand's most spectacular scenery. See Australia's latest $60 million dollar theme park - the Gold Coast's White Water World. | **G**  +GO16-006+ |

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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**  +MIDM4-017+ |

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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**  +MIDM4-018+ |

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

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| 05:30 | **RSPCA Animal Rescue (R) ’CC’**  Tonight on RSPCA Animal Rescue, a fruit bat carrying a potentially deadly virus becomes trapped in nets at a suburban home. | **G**  +ANRS2-020+ |

**Tuesday 29 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-058+ |

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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**  +IAC20-014+ |

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| 07:30 | **The Deep (R) ’CC’**  To find a piece of the mysterious Ephemychron, the Nektons have to fight off whirlpools, zero visibility and giant robotic jellyfish! Who is really behind all these obstacles? | **C**  +DEEP-009+ |

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| 08:00 | **Toybox: All For One, One For All (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-052+ |

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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**  +MIDM4-019+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-020+ |

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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. | +NBCT19-024+ |

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| 12:00 | **The Great Outdoors (R) ’CC’**  Our 600th show! Featuring the scariest moments, the strangest meals, brushes with fame and heartfelt memories. | **G**  +GO16-007+ |

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| 13:00 | **The Great Outdoors (R) ’CC’**  Singing star MICHAEL BUBLE takes us on a private tour of his hometown, Vancouver. Jennifer Hawkins sees whats new at London's famous waxworks, Madame Tussauds. Starring:MICHAEL BUBLE | **G**  +GO16-008+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G**  +MIDM4-019+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-020+ |

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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-058+ |

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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’**  Tonight on RSPCA Animal Rescue, a horse is stuck in a muddy ditch, a dog is lost in a storm water canal and abandoned sheep are running wild in an industrial lot. | **G**  +ANRS2-021+ |

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| 17:00 | **Medical Emergency (R) ’CC’**  A Melbourne tourist has surgery to repair his ankle, while a young mother suffering from 'needle phobia' needs a tetanus injection. Then, a backpacker has a bad reaction to smoking marijuana. | **PG**  +MDEM2-002+ |

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| 17:30 | **Escape To The Country: Hampshire (R)**  Nicki Chapman is in Hampshire with a couple of retired ex-pat house hunters with a budget of 650,000 pounds for their new rural home. | **G**  +ETTC17-005+ |

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| 18:30 | **Bargain Hunt: Edinburgh 4 (R)**  Teams head to the historic city of Edinburgh in search of relics of the past. Meanwhile, Tim Wonnacott visits Abbotsford House, home of author Sir Walter Scott. | **G**  +BHUN36-020+ |

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| 19:30 | **Jonathan Creek: The Reconstituted Corpse (R)**  Zola's plastic surgeon is found dead. She claims she's not involved. Seemingly a suspect, things take a turn when Zola is murdered. | **M (V)**  +JNTC-004+ |

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| 20:30 | **Crime Investigation Australia: Most Infamous: No Mercy - The Killing Of Virginia Morse (R) ’CC’**  The horrific rape and murder of Virginia Morse and the random killing of a farm hand in 1973, led to a dramatic police chase and shootout in the NSW Hunter Valley. | **MA (V,A)**  +CIAU01-004+ |

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| 21:30 | **The Suspects - True Australian Thrillers (R) ’CC’**  Tonight, police probe into the hidden world of a dead millionaire. And Australia's most wanted con woman hits a new low. | **M (A)**  +CRLA-004+ |

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| 22:30 | **Crimes That Shook The World: The Phoenix Strangler (R) ’CC’**  In 1996 and 1997, Sipho Twala terrorised the Phoenix suburb of Durban, murdering sixteen young girls. Find out how the case was solved. | **M (A,V)**  +CTSW-004+ |

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| 23:30 | **Medical Emergency (R) ’CC’**  A Melbourne tourist has surgery to repair his ankle, while a young mother suffering from 'needle phobia' needs a tetanus injection. Then, a backpacker has a bad reaction to smoking marijuana. | **PG**  +MDEM2-002+ |

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| 00:00 | **Bargain Hunt: Edinburgh 4 (R)**  Teams head to the historic city of Edinburgh in search of relics of the past. Meanwhile, Tim Wonnacott visits Abbotsford House, home of author Sir Walter Scott. | **G**  +BHUN36-020+ |

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| 01:00 | **The Great Outdoors (R) ’CC’**  Our 600th show! Featuring the scariest moments, the strangest meals, brushes with fame and heartfelt memories. | **G**  +GO16-007+ |

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| 02:00 | **The Great Outdoors (R) ’CC’**  Singing star MICHAEL BUBLE takes us on a private tour of his hometown, Vancouver. Jennifer Hawkins sees whats new at London's famous waxworks, Madame Tussauds. Starring:MICHAEL BUBLE | **G**  +GO16-008+ |

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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**  +MIDM4-019+ |

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

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| 05:30 | **RSPCA Animal Rescue (R) ’CC’**  Tonight on RSPCA Animal Rescue, a horse is stuck in a muddy ditch, a dog is lost in a storm water canal and abandoned sheep are running wild in an industrial lot. | **G**  +ANRS2-021+ |

**Wednesday 30 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-059+ |

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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**  +IAC20-015+ |

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| 07:30 | **The Deep (R) ’CC’**  Ant and Fontaine hunt for one of the rarest ocean creatures, the colossal squid. But it turns out to be smarter than anyone thought and it thinks the Nektons look tasty! | **C**  +DEEP-010+ |

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| 08:00 | **Toybox: Ned's N (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-053+ |

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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**  +MIDM4-021+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-022+ |

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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. | +NBCT19-025+ |

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| 12:00 | **The Great Outdoors (R) ’CC’**  Jennifer Hawkins takes the 'Sound Of Music' tour in Salzburg. Exclusive behind the scenes with Dreamworld's baby Sumatran Tiger Cubs. | **G**  +GO16-009+ |

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| 13:00 | **The Great Outdoors (R) ’CC’**  Take the Tom Cruise 'Top Gun' tour of San Diego. Aussies Abroad - how to live in London and not spend a fortune. | **G**  +GO16-010+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-021+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-022+ |

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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-059+ |

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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’**  Tonight on RSPCA Animal Rescue, we follow three incredible cases with the emotional rescue of a Labrador, life-saving treatment for a cat and two Shetland ponies. | **G**  +ANRS2-022+ |

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| 17:00 | **Medical Emergency (R) ’CC’**  Surgeons discover something unexpected when they investigate a personal trainer's suspected appendicitis. Then, an independent 94-year-old arrives with a serious injury to his knee which could result in the loss of his mobility. | **PG**  +MDEM2-003+ |

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| 17:30 | **Escape To The Country: Lincolnshire (R)**  Denise Nurse is in Lincolnshire, showcasing some fabulous converted windmills for today's house buyers and their 13 horses. | **G**  +ETTC17-006+ |

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| 18:30 | **Bargain Hunt: Lewes 7 (R)**  The bargain hunters are out and about in the pretty town of Lewes looking for antiques to take to auction. Meanwhile, Tim Wonnacott visits a Jacobean mansion. | **G**  +BHUN36-021+ |

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| 19:30 | **Pie In The Sky: The One That Got Away (R)**  Trout farmer Bill Pritchard's fiance goes missing after he has accepted a lucrative take-over by a chain fishery. | **PG**  +PIES2-004+ |

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| 20:30 | **The Inspector Lynley Mysteries: Natural Causes (R)**  When a woman is found drowned in her car in a lake, Havers persuades Lynley to help in the investigation even though he is suspended. Starring:ADRIAN RAWLINS,BEN LANNOY,BOBBY SCOTT FREEMAN,GEORGE COSTIGAN,DAVE HILL,MARY STOCKLEY,LIZA TARBUCK,PATRICIA KERRIGAN,SASKIA REEVES | **PG (A,V,S)**  +INLM5-001+ |

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| 22:30 | **Hospital ’CC’ NEW EPISODE**  Dr. O'Neill and his colleagues deal with some of the country's most challenging neurological cases. Their work is so in demand, the department has one of the longest waiting lists in the country. | **PG (A)**  +LADW01-003+ |

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| 23:30 | **Medical Emergency (R) ’CC’**  Surgeons discover something unexpected when they investigate a personal trainer's suspected appendicitis. Then, an independent 94-year-old arrives with a serious injury to his knee which could result in the loss of his mobility. | **PG**  +MDEM2-003+ |

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| 00:00 | **Bargain Hunt: Lewes 7 (R)**  The bargain hunters are out and about in the pretty town of Lewes looking for antiques to take to auction. Meanwhile, Tim Wonnacott visits a Jacobean mansion. | **G**  +BHUN36-021+ |

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| 01:00 | **The Great Outdoors (R) ’CC’**  Jennifer Hawkins takes the 'Sound Of Music' tour in Salzburg. Exclusive behind the scenes with Dreamworld's baby Sumatran Tiger Cubs. | **G**  +GO16-009+ |

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| 02:00 | **TBA:**  TBC | ++ |

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| 02:30 | **TBA:**  TBC | ++ |

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| 03:00 | **TBA:**  TBC | ++ |

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| 03:30 | **TBA:**  TBC | ++ |

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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**  +MIDM4-021+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-022+ |

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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-059+ |

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| 05:30 | **RSPCA Animal Rescue (R) ’CC’**  Tonight on RSPCA Animal Rescue, we follow three incredible cases with the emotional rescue of a Labrador, life-saving treatment for a cat and two Shetland ponies. | **G**  +ANRS2-022+ |

**Thursday 31 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-060+ |

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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**  +IAC20-016+ |

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| 07:30 | **The Deep (R) ’CC’**  Media superstar Devil Daniels - Monster Hunter is hunting a sea creature that he believes is a menace - but the Nektons are determined to protect it. | **C**  +DEEP-011+ |

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| 08:00 | **Toybox: Tina's Leaving (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-054+ |

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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**  +MIDM4-023+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-024+ |

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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. | +NBCT19-026+ |

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| 12:00 | **The Great Outdoors (R) ’CC’**  SHOPPING HOLIDAYS SPECIAL - Join us to find out where to grab the best bargains in the world. | **G**  +GO16-011+ |

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| 13:00 | **The Great Outdoors (R) ’CC’**  Jennifer Hawkins sees the real Vietnam top-to-bottom by bicycle, and soon discovers there are no road rules. | **G**  +GO16-012+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-023+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-024+ |

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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-060+ |

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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’**  Tonight inspectors try their hand at traffic control when a truckload of cattle are let loose on a busy freeway. | **G**  +ANRS3-001+ |

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| 17:00 | **Medical Emergency (R) ’CC’**  An accident on the snow fields could be very serious for a twenty-year-old woman. Then, paramedics attend to a woman who fainted on a train and is showing signs of diabetic ketoacidosis - a potentially fatal complication. | **PG**  +MDEM2-004+ |

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| 17:30 | **Escape To The Country: Lake District (R)**  Jules Hudson is in The Lake District with a couple looking for a rural retreat to create a classy bed and breakfast, so a period property with character is definitely on the menu. | **G**  +ETTC17-007+ |

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| 18:30 | **Bargain Hunt: Wetherby 17 (R)**  Teams head to Wetherby Racecourse in for a day at the races. Both teams are couples - the red team got married at Gretna Green, while the blue team's romance blossomed late at night in a casino. | **G**  +BHUN36-022+ |

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| 19:30 | **Father Brown: The Man In The Tree (R)**  When Lady Felicia finds a stripped and injured man stuck up a tree, Sid is implicated as the perpetrator. Can Father Brown prove his innocence, or has Sid gone too far this time? | **M (V)**  +FBRO01-004+ |

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| 20:30 | **Murdoch Mysteries: Invention Convention (R)**  An obnoxious but brilliant inventor who is thoroughly disliked by his colleagues wins First Prize at an 'invention convention' but is shot in the forehead by an unknown killer as he accepts the award. | **M (D,V)**  +MMYS05-009+ |

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| 21:30 | **Murdoch Mysteries: Staircase To Heaven (R)**  Detective Murdoch is called out to a remote house when one of the guests, Jacob Oliver, is murdered. | **M (V,A)**  +MMYS05-010+ |

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| 22:30 | **Houdini & Doyle: Strigoi (R)**  Doyle's good friend Bram Stoker turns up at his house in a panic, vampire hunters are trying to kill him thinking him a vampire. | **M (V)**  +HADO01-008+ |

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| 23:30 | **Medical Emergency (R) ’CC’**  An accident on the snow fields could be very serious for a twenty-year-old woman. Then, paramedics attend to a woman who fainted on a train and is showing signs of diabetic ketoacidosis - a potentially fatal complication. | **PG**  +MDEM2-004+ |

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| 00:00 | **Bargain Hunt: Wetherby 17 (R)**  Teams head to Wetherby Racecourse in for a day at the races. Both teams are couples - the red team got married at Gretna Green, while the blue team's romance blossomed late at night in a casino. | **G**  +BHUN36-022+ |

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| 01:00 | **The Great Outdoors (R) ’CC’**  SHOPPING HOLIDAYS SPECIAL - Join us to find out where to grab the best bargains in the world. | **G**  +GO16-011+ |

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| 02:00 | **The Great Outdoors (R) ’CC’**  Jennifer Hawkins sees the real Vietnam top-to-bottom by bicycle, and soon discovers there are no road rules. | **G**  +GO16-012+ |

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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**  +MIDM4-023+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-024+ |

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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-060+ |

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| 05:30 | **RSPCA Animal Rescue (R) ’CC’**  Tonight inspectors try their hand at traffic control when a truckload of cattle are let loose on a busy freeway. | **G**  +ANRS3-001+ |

**Friday 01 February 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-061+ |

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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**  +IAC20-017+ |

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| 07:30 | **The Deep (R) ’CC’**  Does a ghost sub haunt the ocean depths? Ant believes so, but when he actually finds this "ghost sub", the truth is even stranger and much more dangerous. | **C**  +DEEP-012+ |

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| 08:00 | **Toybox: Sleepy Tina (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-055+ |

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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**  +MIDM4-025+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-026+ |

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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. | +NBCT19-027+ |

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| 12:00 | **TBA:**  TBC | ++ |

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| 13:00 | **Australia's Amazing Homes: Incredible Conversions (R)**  Follows three renowned home experts on their quest to find Australia's most stylish and breathtaking homes. | **PG**  +AMAH01-005+ |

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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**  +MIDM4-025+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-026+ |

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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-061+ |

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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’**  Inspectors find more neglected animals in the care of a known offender and a kangaroo refuses to budge. | **G**  +ANRS3-002+ |

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| 17:00 | **Medical Emergency (R) ’CC’**  A young man battles with life threatening injuries after a high speed, head-on collision. Then, a welder's elbow requires a full reconstruction after a devastating industrial accident. | **PG**  +MDEM2-005+ |

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| 17:30 | **Escape To The Country: Oxfordshire (R)**  Aled Jones is in the Vale of White Horse, Oxfordshire, helping a young family make the move from North London. | **G**  +ETTC17-008+ |

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| 18:30 | **Bargain Hunt: Kedleston 31 (R)**  Teams go head to head at Kedleston Hall while Tim Wonnacott literally unearths some interesting oddities buried within the fair's many stalls. | **G**  +BHUN36-023+ |

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| 19:30 | **Border Security: International (R) ’CC’**  An American traveller can't remember his hazy past. A visitor's half-truths make up whole lies and an abandoned bag is found in a restricted area. Bad decisions may keep a rugby player off the pitch. | **PG**  +BORC2-011+ |

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| 20:00 | **Border Security: International (R) ’CC’**  A traveller's belongings raise repeated alarms. An intercepted heat lamp may be keeping narcotics warm. Officers suspect a traveller may be hiding a handgun. | **PG**  +BORC2-012+ |

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| 20:30 | **Selling Houses Australia: Hurlstone Park (R) ’CC’**  A couple of friends attempt to sell their commercial/residential premises, as one of them battles motor neurone disease. | **PG**  +SEHO07-004+ |

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| 21:30 | **Selling Houses Australia: Gladstone Park (R) ’CC’**  After a man buys a less than successful bowling alley, he attempts to sell his own home to cover the debts. | **G**  +SEHO07-005+ |

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| 22:30 | **Peter Andre's 60 Minute Makeover: Shrewsbury 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**  +SMM12-017+ |

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| 23:30 | **Medical Emergency (R) ’CC’**  A young man battles with life threatening injuries after a high speed, head-on collision. Then, a welder's elbow requires a full reconstruction after a devastating industrial accident. | **PG**  +MDEM2-005+ |

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| 00:00 | **Bargain Hunt: Kedleston 31 (R)**  Teams go head to head at Kedleston Hall while Tim Wonnacott literally unearths some interesting oddities buried within the fair's many stalls. | **G**  +BHUN36-023+ |

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| 01:00 | **House Of Wellness ’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**  +HOWL02-025+ |

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| 02:00 | **Australia's Amazing Homes: Incredible Conversions (R)**  Follows three renowned home experts on their quest to find Australia's most stylish and breathtaking homes. | **PG**  +AMAH01-005+ |

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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**  +MIDM4-025+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-026+ |

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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-061+ |

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| 05:30 | **RSPCA Animal Rescue (R) ’CC’**  Inspectors find more neglected animals in the care of a known offender and a kangaroo refuses to budge. | **G**  +ANRS3-002+ |

**Saturday 02 February 2019**

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

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| 06:30 | **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: Blue Mountains Magic Festival (R) ’CC’**  Greg discovers the talents of Bush Balladeers, the colour and excitement of a winter magic festival in the Blue Mountains and celebrations to mark the discovery of Australia by white settlers. | **PG**  +TRAV3-002+ |

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| 08:45 | **Travel Oz: Afghan Willie (R) ’CC’**  This week, Greg meets the camel man of outback Australia, Afghan Willie, a hardy character who uses a camel train to explore much of Australia. | **PG**  +TRAV3-003+ |

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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. | +NBCT19-028+ |

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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-062+ |

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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-063+ |

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| 12:30 | **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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| 13:30 | **Sydney Weekender (R) ’CC’**  Mike checks out the history of Canowindra with Blind Freddy's Bushranger Tours. Lea looks at the wineries of the Orange region. Lizzy takes a drive along Fossickers Way. | **PG**  +7SWE25-048+ |

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| 14:00 | **The Great Australian Doorstep: Moreton Island with Isuzu (R)**  We take an Isuzu Iventure 4wd weekend to the limits as we show you Moreton Island like never before. Some of Australia's most stunning coastlines is located on our gorgeous sand islands. | **PG**  +GRAD08-005+ |

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| 14:30 | **Vasili's Garden: Leo And Clancy From Heidelberg West (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**  +VASI01-005+ |

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| 15:00 | **Queensland Weekender ’CC’**  Kay is on an epic journey across the Gulf Savannah. It's remote, remarkable and full of surprises. | **G**  +7QWE18-045+ |

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| 15:30 | **The Great Day Out ’CC’**  The team is exploring the best of Brisbane. | **G**  +GDOT18-047+ |

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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**  +HIWA21-005+ |

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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: Cruel Skies (R)**  Follow the essential work of the US Aviation Weather Centre, which plays a vital role in protecting planes from potentially lethal weather. | **PG**  +MDAY6-005+ |

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| 18:30 | **Air Crash Investigations: Cockpit Failure (R)**  Just minutes before landing on a routine flight to Zurich, pilots of a Crossair Flight struck problems. Why couldn't the pilots find the runway? | **PG**  +MDAY10-001+ |

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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 (L)**  +YORK04-006+ |

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| 20:30 | **Escape To The Country: Wiltshire NEW EPISODE**  Jules Hudson is in rural Wiltshire helping a couple with a handsome 950,000 pound budget to find a family home with land, where they and their young children can enjoy a self-sufficient lifestyle. | **G**  +ETTC23-045+ |

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| 21:30 | **Escape To The Country: Oxfordshire (R)**  Nicki Chapman is hoping to find a young family their first home together, so they can move from rented accommodation near Gatwick Airport to the peace of the Oxfordshire countryside. | **G**  +ETTC22-005+ |

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| 22:30 | **Escape To The Country: South Cambridgeshire (R)**  Alistair Appleton is helping a couple of newly-weds escape London and find their first home together in rural Cambridgeshire. | **G**  +ETTC22-006+ |

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| 23:30 | **Air Crash Investigations: Cruel Skies (R)**  Follow the essential work of the US Aviation Weather Centre, which plays a vital role in protecting planes from potentially lethal weather. | **PG**  +MDAY6-005+ |

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| 00:30 | **Air Crash Investigations: Cockpit Failure (R)**  Just minutes before landing on a routine flight to Zurich, pilots of a Crossair Flight struck problems. Why couldn't the pilots find the runway? | **PG**  +MDAY10-001+ |

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| 01:30 | **Vasili's Garden: Leo And Clancy From Heidelberg West (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**  +VASI01-005+ |

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| 02:00 | **Queensland Weekender (R) ’CC’**  Kay is on an epic journey across the Gulf Savannah. It's remote, remarkable and full of surprises. | **G**  +7QWE18-045+ |

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| 02:30 | **The Great Day Out (R) ’CC’**  The team is exploring the best of Brisbane. | **G**  +GDOT18-047+ |

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| 03:00 | **Escape To The Country: North Devon (R)**  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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| 04:00 | **Crash Investigation Unit: Left For Dead (R) ’CC’**  A sleepy suburban street becomes a crime scene leaving a young man with life threatening injuries and an offender on the run. | **PG**  +CIU2-003+ |

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| 04:30 | **Travel Oz: Blue Mountains Magic Festival (R) ’CC’**  Greg discovers the talents of Bush Balladeers, the colour and excitement of a winter magic festival in the Blue Mountains and celebrations to mark the discovery of Australia by white settlers. | **PG**  +TRAV3-002+ |

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| 05:15 | **Travel Oz: Afghan Willie (R) ’CC’**  This week, Greg meets the camel man of outback Australia, Afghan Willie, a hardy character who uses a camel train to explore much of Australia. | **PG**  +TRAV3-003+ |