**Sunday 28 July 2019**

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| 06:00 | **It Is Written: Lessons For All Time - The Talents** Religious program. | **PG (A)**+IIWR19-013+ |

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| 06:30 | **Amazing Facts: Law Of The Lamb, Pt. 1** Religious program. | **PG** +AMFA19-030+ |

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| 07:00 | **Tomorrow's World: Will Civilization Collapse?** Religious program. | **PG (A)**+TOMW19-030+ |

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| 07:30 | **Leading The Way: Jesus: Know Him And Live, Pt. 1** Religious program. | **PG** +LWAY19-030+ |

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| 08:00 | **David Jeremiah: The Joy Of Community** Religious program. | **PG** +DAJE19-030+ |

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| 08:30 | **Hour Of Power: Meaning Before Happiness** Religious program. | **G** +HOOP19-030+ |

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

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| 09:30 | **Mum's At The Table** Mums At The Table is the place where we share, laugh and dream together. It's a TV panel show featuring real women; smart and sassy ladies with real lives, real families, real struggles and real joy. | **PG (A)**+MTAB01-038+ |

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| 10:00 | **House Of Wellness (R) ’CC’** Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG** +HOWL03-022+ |

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| 11:00 | **Mighty Ships: Hawk (R) ’CC’** The Hawk has to sink before she swims in order to transport one of the world's largest oil drilling rigs halfway around the world. | **PG** +MTYS08-001+ |

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| 12:00 | **House Of Wellness (R) ’CC’** Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG** +HOWL03-023+ |

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| 13:00 | **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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| 14:00 | **Escape To The Country: Wiltshire (R)** Nicki Chapman goes property hunting with a couple who have 575,000 pounds to spend on a rural family home in Wiltshire. | **G** +ETTC23-067+ |

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| 15:00 | **Vasili's Garden** Vasili's Gardens takes you into the backyards of everyday Australians to share organic gardening techniques and teach you how to improve your health using your own garden produce. | **PG** +VASI04-008+ |

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| 16:00 | **Escape To The Country: Somerset (R)** Jules Hudson is helping a couple to leave London and find a dream home in the Somerset countryside; and they have a very healthy budget of one million pounds with which to do it. | **G** +ETTC22-051+ |

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| 17:00 | **Escape To The Country: Somerset (R)** Jonnie Irwin is helping a couple swap urban London life for rural Somerset. | **G** +ETTC22-052+ |

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| 18:00 | **Mighty Ships: Henry Larson (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G** +MTYS01-004+ |

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| 19:00 | **Australia's Got Talent ’CC’** TBC  | +AGTA09-801+ |

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| 19:05 | **Border Security - Australia's Front Line (R) ’CC’** Tonight we see unique souvenirs, working travellers testing the system's limits and precisely what attracts the attention of mail room officers. | **PG** +BORD-115+ |

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| 19:30 | **Border Security - Australia's Front Line: Dog Special (R) ’CC’** In a special edition, we look at the hardest working officials on Australia's front line our canine four-legged officers! | **PG** +BORD-117+ |

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| 20:00 | **Border Security - Australia's Front Line (R) ’CC’** Officers stop an elderly lady and make a disturbing discovery and immigration suspect a Latvian man is here to destroy a building. | **PG** +BORD-118+ |

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| 20:30 | **Chris Tarrant's Extreme Railways: Railroad To Mandalay SERIES RETURN**TV Presenter Chris Tarrant travels around the world to ride some of the most extreme railways that wind their way through some of the harshest terrain on Earth. | **PG (A)**+CTER02-001+ |

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| 21:30 | **Mighty Planes: Martin Mars (R)** The Martin Mars is the world's biggest seaplane and since being converted into a water bomber and has since flown over 8000 firefighting missions. Jump on board as they embark on a 20 day mission. | **PG** +MIPL-006+ |

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| 22:30 | **Border Security - Australia's Front Line (R) ’CC’** Tonight we see unique souvenirs, working travellers testing the system's limits and precisely what attracts the attention of mail room officers. | **PG** +BORD-115+ |

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| 23:00 | **Border Security - Australia's Front Line: Dog Special (R) ’CC’** In a special edition, we look at the hardest working officials on Australia's front line our canine four-legged officers! | **PG** +BORD-117+ |

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| 23:30 | **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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| 00:30 | **Border Security - Australia's Front Line (R) ’CC’** Officers stop an elderly lady and make a disturbing discovery and immigration suspect a Latvian man is here to destroy a building. | **PG** +BORD-118+ |

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| 01:00 | **Mighty Ships: Henry Larson (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G** +MTYS01-004+ |

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| 02:00 | **Chris Tarrant's Extreme Railways: Railroad To Mandalay (R)** TV Presenter Chris Tarrant travels around the world to ride some of the most extreme railways that wind their way through some of the harshest terrain on Earth. | **PG (A)**+CTER02-001+ |

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| 03:00 | **Mighty Planes: Martin Mars (R)** The Martin Mars is the world's biggest seaplane and since being converted into a water bomber and has since flown over 8000 firefighting missions. Jump on board as they embark on a 20 day mission. | **PG** +MIPL-006+ |

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| 04:00 | **Vasili's Garden (R)** Vasili's Gardens takes you into the backyards of everyday Australians to share organic gardening techniques and teach you how to improve your health using your own garden produce. | **PG** +VASI04-008+ |

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| 05:00 | **My Greek Odyssey (R) ’CC’** Peter continues his travels in Kythira, hometown of his parents, before moving on to Antikythira. | **PG** +MYGO01-008+ |

 **Monday 29 July 2019**

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

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| 06:30 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-029+ |

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| 07:00 | **ZooMoo Wild Friends (R) ’CC’** Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C** +ZOMO02-023+ |

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| 07:30 | **Drop Dead Weird: Fergus For Mayor ’CC’** Three Australian siblings move to a bed and breakfast in Tubbershandy western Ireland with their Zombie parents. | **C** +DDWE02-016+ |

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| 08:00 | **Jay's Jungle: Music (R) ’CC’** Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P** +JAJU-021+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-039+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-040+ |

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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. | +NBCS19-030+ |

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| 10:30 | **Meet The Press (R) ’CC’** Chuck Todd interviews newsmakers from around the world. | +NBCM19-030+ |

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| 11:30 | **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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| 12:00 | **Vasili's Garden (R)** Vasili's Gardens takes you into the backyards of everyday Australians to share organic gardening techniques and teach you how to improve your health using your own garden produce. | **PG** +VASI04-008+ |

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| 13:00 | **The Chase (R) ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE10-016+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-039+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-040+ |

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| 15:15 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-029+ |

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| 15:45 | **Mighty Ships: MV Beluga Bremen (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS04-003+ |

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| 16:45 | **TBA:** TBC | ++ |

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| 18:30 | **Bargain Hunt: Newark 19 (R)** Paul Laidlaw takes the reins for this edition of Bargain Hunt, which sees two plucky teams taking on the Newark antiques fair in Nottinghamshire. | **G** +BHUN43-023+ |

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| 19:30 | **Special: The Vicar Of Dibley - Christmas 2004 (R) ’CC’ (2004)** Geraldine celebrates her tenth year as the vicar and as usual, nothing goes to plan for the upcoming Christmas festivities. Starring:GARY WALDHORN,JAMES FLEET,DAWN FRENCH,EMMA CHAMBERS,LIZ SMITH,JOHN BLUTHAL,ROGER LLOYD-PACK,RACHEL HUNTER,TREVOR PEACOCK | **PG (S)**+BBCS4-002+ |

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| 20:30 | **Foyle's War: Invasion (R) ’CC’** The US Army has arrived in Hastings but when a young woman is found murdered on the American base, Foyle has to break with government orders to keep the Americans happy and get the truth. Starring:ANDREW MACLACHLAN,ANTHONY HOWELL,COREY JOHNSON,HONEYSUCKLE WEEKS,PETER YOUNGBLOOD HILLS,JOHN MCARDLE,MICHAEL KITCHEN,PETER JONFIELD,ZOE TAPPER,JAY SIMPSON,JAY BENEDICT,KEITH BARRON,JONAH LOTAN,PHILIP JACKSON,SAM HAZELDINE | **M (V)**+FOYL4-001+ |

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| 22:30 | **The Investigator: A True Crime Story (R) ’CC’** An explosive four-part crime series that shows how the truth can be far more compelling than fiction. A true and gripping murder mystery is re-examined, which has baffled police for over 30 years. | **M (A,V,S)**+INVE01-001+ |

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| 23:30 | **Mighty Ships: MV Beluga Bremen (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **M** +MTYS04-003+ |

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| 00:30 | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-023+ |

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| 01:00 | **Bargain Hunt: Newark 19 (R)** Paul Laidlaw takes the reins for this edition of Bargain Hunt, which sees two plucky teams taking on the Newark antiques fair in Nottinghamshire. | **G** +BHUN43-023+ |

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| 02:00 | **Foyle's War: Invasion (R) ’CC’** The US Army has arrived in Hastings but when a young woman is found murdered on the American base, Foyle has to break with government orders to keep the Americans happy and get the truth. Starring:ANDREW MACLACHLAN,ANTHONY HOWELL,COREY JOHNSON,JAY SIMPSON,JAY BENEDICT,HONEYSUCKLE WEEKS,KEITH BARRON,JOHN MCARDLE,JONAH LOTAN,PETER YOUNGBLOOD HILLS,PHILIP JACKSON,SAM HAZELDINE,PETER JONFIELD,MICHAEL KITCHEN,ZOE TAPPER | **M (V)**+FOYL4-001+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-039+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-040+ |

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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-029+ |

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

 **Tuesday 30 July 2019**

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

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| 06:30 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-030+ |

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| 07:00 | **ZooMoo Wild Friends (R) ’CC’** Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C** +ZOMO02-024+ |

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| 07:30 | **Drop Dead Weird: Resistance is Futile ’CC’** Three Australian siblings move to a bed and breakfast in Tubbershandy western Ireland with their Zombie parents. | **C** +DDWE02-017+ |

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| 08:00 | **Jay's Jungle: Flying (R) ’CC’** Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P** +JAJU-022+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-041+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-042+ |

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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. | +NBCT19-180+ |

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| 12:00 | **Special: The Vicar Of Dibley - Christmas 2004 (R) ’CC’ (2004)** Geraldine celebrates her tenth year as the vicar and as usual, nothing goes to plan for the upcoming Christmas festivities. Starring:GARY WALDHORN,JAMES FLEET,DAWN FRENCH,EMMA CHAMBERS,LIZ SMITH,JOHN BLUTHAL,ROGER LLOYD-PACK,RACHEL HUNTER,TREVOR PEACOCK | **PG (S)**+BBCS4-002+ |

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| 13:00 | **The Chase (R) ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE10-017+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-041+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-042+ |

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| 15:15 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-030+ |

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| 15:45 | **Mighty Ships: USNS Robert E Peary (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS04-004+ |

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| 16:45 | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-023+ |

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| 17:15 | **TBA:** TBC | ++ |

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| 18:30 | **Bargain Hunt: Oswestry 5 (R)** Charles Hanson is at the helm as the hunt for bargains heads to the Oswestry. Two teams of best friends must buy three items in an attempt to make a profit at auction in Whitchurch, Shropshire. | **G** +BHUN43-024+ |

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| 19:30 | **Rosemary & Thyme: Enter Two Gardeners (R)** Rosemary and Laura take to the stage to solve a murder in an amateur dramatic group. | **PG (V)**+RAT3-007+ |

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| 20:30 | **Murdoch Mysteries: Keystone Constables** When a vaudeville comedian is murdered, Crabtree and Higgins go undercover to investigate the other performers. | **M (V)**+MMYS08-009+ |

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| 21:30 | **Murdoch Mysteries: Murdoch And The Temple Of Death** Murdoch and Crabtree explore a mysterious temple that may house ancient treasure - and deadly consequences for anyone who dares to hunt for it. | **M (V)**+MMYS08-010+ |

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| 22:30 | **Citizen Khan: Funeral NEW EPISODE**Tragedy strikes the Khan household, as Amjad's bewigged father, Mr Malik, is knocked down and killed by the number 37 bus. | **PG (A,V)**+CITK05-003+ |

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| 23:15 | **Mighty Ships: USNS Robert E Peary (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS04-004+ |

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| 00:15 | **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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| 00:45 | **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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| 01:15 | **Citizen Khan: Funeral (R)** Tragedy strikes the Khan household, as Amjad's bewigged father, Mr Malik, is knocked down and killed by the number 37 bus. | **PG (A,V)**+CITK05-003+ |

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| 02:00 | **Bargain Hunt: Oswestry 5 (R)** Charles Hanson is at the helm as the hunt for bargains heads to the Oswestry. Two teams of best friends must buy three items in an attempt to make a profit at auction in Whitchurch, Shropshire. | **G** +BHUN43-024+ |

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| 03:00 | **Auction Squad (R) ’CC’** See the white-out makeover of a dowdy kitchen and living room, plus how to get the stainless steel look for less. | **G** +AUCS4-018+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-041+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-042+ |

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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-030+ |

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

 **Wednesday 31 July 2019**

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

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| 06:30 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-031+ |

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| 07:00 | **ZooMoo Wild Friends (R) ’CC’** Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C** +ZOMO02-025+ |

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| 07:30 | **Drop Dead Weird: Time Travel ’CC’** Three Australian siblings move to a bed and breakfast in Tubbershandy western Ireland with their Zombie parents. | **C** +DDWE02-018+ |

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| 08:00 | **Jay's Jungle: Flowers (R) ’CC’** Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P** +JAJU-023+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-043+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-044+ |

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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. | +NBCT19-181+ |

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| 12:00 | **Auction Squad (R) ’CC’** See the white-out makeover of a dowdy kitchen and living room, plus how to get the stainless steel look for less. | **G** +AUCS4-018+ |

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| 13:00 | **The Chase (R) ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE10-018+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-043+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-044+ |

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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-031+ |

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| 15:30 | **Mighty Ships: Stena Britannica (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS04-005+ |

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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’** 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 | **Building The Dream: Humberside (R)** Charlie Luxton helps Mick and Sally Wood build an enormous family home from the barns of a Grade II listed manor house. | **G** +BUTD01-027+ |

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| 18:30 | **Bargain Hunt: Wetherby 24 (R)** The Bargain Hunt team pay a visit to Wetherby racecourse. Today's show is fronted by Anita Manning and lending a hand to the teams are Kate Bliss and Charles Hanson. | **G** +BHUN43-025+ |

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| 19:30 | **Air Crash Investigations: Deadly Mission (R) ’CC’** On 31 October 2014, an experimental spaceflight test vehicle named VSS Enterprise suffers a catastrophic in-flight breakup and crashes into the Mojave Desert in California. | **PG (A)**+MDAY18-006+ |

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| 20:30 | **Air Crash Investigations: Fatal Approach** When a commuter plane crashes at Amsterdam airport, investigators determine that a minor circuitry problem sparked a cascading series of fatal errors. | **PG (A)**+MDAY19-003+ |

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| 21:30 | **Air Crash Investigations: Bomb On Board (R) ’CC’** December 11, 1996. A terrorist sneaks a bomb aboard Philippine Airlines Flight 434 and detonates it as they reach Tokyo. | **M** +MDAY3-005+ |

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| 22:30 | **Saved (R) ’CC’** A drama documentary series which tells the inspirational stories of ordinary people who woke up to what seemed like a typical day, blissfully unaware to the fact it could have been their last. | **PG (A)**+SVED01-003+ |

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| 23:30 | **Mighty Ships: Stena Britannica (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS04-005+ |

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| 00:30 | **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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| 01:00 | **Bargain Hunt: Wetherby 24 (R)** The Bargain Hunt team pay a visit to Wetherby racecourse. Today's show is fronted by Anita Manning and lending a hand to the teams are Kate Bliss and Charles Hanson. | **G** +BHUN43-025+ |

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

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

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

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

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-043+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-044+ |

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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-031+ |

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

 **Thursday 01 August 2019**

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

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| 06:30 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-032+ |

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| 07:00 | **ZooMoo Wild Friends (R) ’CC’** Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C** +ZOMO02-026+ |

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| 07:30 | **Drop Dead Weird: The Grass Is Greener ’CC’** Three Australian siblings move to a bed and breakfast in Tubbershandy western Ireland with their Zombie parents. | **C** +DDWE02-019+ |

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| 08:00 | **Jay's Jungle: When I Throw Something (R) ’CC’** Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P** +JAJU-024+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-045+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-046+ |

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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. | +NBCT19-182+ |

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| 12:00 | **Air Crash Investigations: Fatal Approach (R)** When a commuter plane crashes at Amsterdam airport, investigators determine that a minor circuitry problem sparked a cascading series of fatal errors. | **PG (A)**+MDAY19-003+ |

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| 13:00 | **The Chase (R) ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE07-084+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-045+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-046+ |

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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-032+ |

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| 15:30 | **Mighty Ships: CCGS Amundsen (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS04-006+ |

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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’** 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 | **Building The Dream: Cornwall (R)** Charlie's in Cornwall helping Shelton and Jayne build a large, four-bed home in the back garden of their old one. | **G** +BUTD01-028+ |

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| 18:30 | **Bargain Hunt: Wetherby 23 (R)** At Wetherby Racecourse, Anita Manning takes up the reins with experts Charles Hanson and Kate Bliss. | **G** +BHUN43-026+ |

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| 19:30 | **Father Brown: The Judgement Of Man (R)** Father Brown becomes embroiled in an audacious art heist masterminded by his adversary Flambeau, who intends to use the priest and his friends to help him settle an old score. | **M (V,A)**+FBRO03-010+ |

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| 20:30 | **A Touch Of Frost: Fun Times For Swingers (R)** Inspector Frost investigates a case involving a woman who committed suicide naked in public. Starring:BILL STEWART,BRUCE ALEXANDER,JAN GRAVESON,JAN HARVEY,JAMES FAULKNER,DAVID GOODERSON,DAVID JASON,JUDITH PARIS,JOHN LYONS,PETER WIGHT,PAUL MORIARTY,CHRISTOPHER DRISCOLL,JAMES MCKENNA,DAVID DIXON,REBECCA LACEY,MEL MARTIN,NIGEL HARRISON,STUART BARREN,TILLY VOSBURGH,ISLA BLAIR,HELEN PEARSON,IAN MERCER,DAVID MCKAIL,ERIC MALLETT,MARTIN JARVIS,JOANNA DAVID,JONATHON PHILLIPS,RUSSELL HUNTER | **M (V,S)**+TOF4-003+ |

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| 22:45 | **Mighty Ships: CCGS Amundsen (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS04-006+ |

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| 23:45 | **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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| 00:15 | **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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| 00:45 | **Bargain Hunt: Wetherby 23 (R)** At Wetherby Racecourse, Anita Manning takes up the reins with experts Charles Hanson and Kate Bliss. | **G** +BHUN43-026+ |

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| 02:00 | **Father Brown: The Judgement Of Man (R)** Father Brown becomes embroiled in an audacious art heist masterminded by his adversary Flambeau, who intends to use the priest and his friends to help him settle an old score. | **M (V,A)**+FBRO03-010+ |

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| 03:00 | **Saved (R) ’CC’** A drama documentary series which tells the inspirational stories of ordinary people who woke up to what seemed like a typical day, blissfully unaware to the fact it could have been their last. | **PG (A)**+SVED01-003+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-045+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-046+ |

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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-032+ |

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

 **Friday 02 August 2019**

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

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| 06:30 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-033+ |

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| 07:00 | **ZooMoo Wild Friends (R) ’CC’ SEASON FINAL**Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C** +ZOMO02-027+ |

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| 07:30 | **Drop Dead Weird: Dermo With A Cause ’CC’** Three Australian siblings move to a bed and breakfast in Tubbershandy western Ireland with their Zombie parents. | **C** +DDWE02-020+ |

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| 08:00 | **Jay's Jungle: Waste Not (R) ’CC’** Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P** +JAJU-025+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-047+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-048+ |

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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. | +NBCT19-183+ |

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| 12:00 | **House Of Wellness (R) ’CC’** Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG** +HOWL03-023+ |

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| 13:00 | **My Greek Odyssey (R) ’CC’** Peter continues his travels in Kythira, hometown of his parents, before moving on to Antikythira. | **PG** +MYGO01-008+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-047+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-048+ |

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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-033+ |

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| 15:30 | **Mighty Ships: North Star (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS05-002+ |

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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’** 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 | **Building The Dream: Wiltshire (R)** Charlie helps first-time self-builders Vince and Jackie Macey to create a super-sustainable, three-bedroom house. | **G** +BUTD01-029+ |

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| 18:30 | **Bargain Hunt: Lincoln 13 (R)** Eric Knowles is at the helm as the hunt for bargains heads to Lincoln. Best friends take on a married couple as the teams compete to buy three items that will make the most profit at auction. | **G** +BHUN43-027+ |

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| 19:30 | **Better Homes And Gardens (R) ’CC’** Homes and gardens come alive in this lifestyle show packed full of home decorating tips, recipes, craft ideas, DIY projects and how tos. | **G** +BHAG25-027+ |

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| 20:30 | **Martin Clunes: Islands Of America ’CC’ NEW EPISODE**Martin's travels take him 1500 miles to the San Juan Islands in Washington State, just off America's North West Pacific coast. There are over 100 islands, mostly uninhabited.  | **PG (D,A)**+MCIA01-002+ |

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| 21:30 | **Australia's Amazing Homes: Inventive Architecture (R)** Follows three renowned home experts on their quest to find Australia's most stylish and breathtaking homes. | **PG** +AMAH01-003+ |

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| 22:30 | **Escape To The Continent (R)** Escape to the Continent showcases gorgeous, competitively priced homes, stunning locations, cultural hot-spots, local amenities and leisure opportunities on foreign shores. | **G** +ETCO02-007+ |

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| 23:45 | **Mighty Ships: North Star (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS05-002+ |

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| 00:45 | **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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| 01:15 | **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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| 01:45 | **Bargain Hunt: Lincoln 13 (R)** Eric Knowles is at the helm as the hunt for bargains heads to Lincoln. Best friends take on a married couple as the teams compete to buy three items that will make the most profit at auction. | **G** +BHUN43-027+ |

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| 02:45 | **Escape To The Continent (R)** Escape to the Continent showcases gorgeous, competitively priced homes, stunning locations, cultural hot-spots, local amenities and leisure opportunities on foreign shores. | **G** +ETCO02-007+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-047+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-048+ |

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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-033+ |

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

 **Saturday 03 August 2019**

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

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

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

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

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| 08:00 | **Travel Oz: Dubai 4 - Food (R) ’CC’** Greg takes in the gastronomic delights of Dubai. From its international food festival and the secret squirrel food blogger, to the Beach Canteen and extravagant buffets of world class fine dining. | **PG** +TRAV4-011+ |

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| 08:45 | **Travel Oz: Queensland Outback (R) ’CC’** Greg meets some colourful characters on a road trip from Surat and Roma, to Barcaldine and more places. A dinosaur trail, the Waltzing Matilda legend, and life on a cattle station are all experienced. | **G** +TRAV4-012+ |

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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. | +NBCT19-184+ |

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| 11:30 | **Vasili's Garden (R)** Vasili's Gardens takes you into the backyards of everyday Australians to share organic gardening techniques and teach you how to improve your health using your own garden produce. | **PG** +VASI04-008+ |

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| 12:30 | **Auction Squad (R) ’CC’** A call for help from six children who've been left orphaned. These young battlers must sell their family home. | **G** +AUCS4-019+ |

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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 | **SA Weekender ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-022+ |

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| 14:30 | **Sydney Weekender (R) ’CC’** Mike heads to Oberon to do some truffle hunting. Mel checks out the Airlie Beach Music Festival.Fliss checks out a new dining precinct in Gosford. | **G** +7SWE26-024+ |

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| 15:00 | **Creek To Coast (R) ’CC’** Creek to Coast is all things boating, camping, 4WDing, outdoor adventuring and fishing. From bush-bashing to cooking to caravanning to watersports, Creek to Coast has it all. | **G** +7CTC19-023+ |

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| 15:30 | **Queensland Weekender ’CC’** From day tripping to the reef, relaxing at a cool city restaurant, or watching a fiery outback sunset, Queensland Weekender will inspire you to make the most of a weekend in our beautiful State. | **G** +7QWE19-024+ |

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| 16:00 | **The Great Day Out ’CC’** The Great Day Out is people, places and friendly faces; it is at the very heart of Queensland and special guest celebrities will invite you along on their Great Day Out. | **G** +GDOT19-026+ |

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| 16:30 | **The Yorkshire Vet (R)** Joining Julian Norton is his partner, fellow vet and former Herriot trainee, Peter Wright together with their dedicated team of staff at his practice, Skeldale Veterinary Centre. | **PG (A)**+YORK01-002+ |

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| 17:30 | **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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| 18:30 | **The Story Of The Royals (R) ’CC’** Jumping back to the early decades of the twentieth century, we explore pivotal moments in the crown's history to find illuminating echoes of our present. | **PG (A)**+SOTR01-001+ |

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| 20:30 | **Escape To The Country: West Sussex** Sonali Shah is property searching in West Sussex with a couple who want their 625,000 pounds to buy them uninterrupted peace in the country. | **G** +ETTC23-068+ |

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| 21:30 | **Escape To The Country: Wiltshire (R)** Nicki Chapman is helping a couple to kick off their retirement in the Wiltshire countryside. | **G** +ETTC22-053+ |

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| 22:30 | **Escape To The Country: Isle Of Wight (R)** Alistair Appleton is helping a couple swap city living for island life, as they property shop on the Isle of Wight. | **G** +ETTC22-054+ |

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| 23:30 | **The Yorkshire Vet (R)** Joining Julian Norton is his partner, fellow vet and former Herriot trainee, Peter Wright together with their dedicated team of staff at his practice, Skeldale Veterinary Centre. | **PG (A)**+YORK01-002+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-022+ |

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| 01:00 | **Sydney Weekender (R) ’CC’** Mike heads to Oberon to do some truffle hunting. Mel checks out the Airlie Beach Music Festival.Fliss checks out a new dining precinct in Gosford. | **G** +7SWE26-024+ |

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| 01:30 | **Creek To Coast (R) ’CC’** Creek to Coast is all things boating, camping, 4WDing, outdoor adventuring and fishing. From bush-bashing to cooking to caravanning to watersports, Creek to Coast has it all. | **G** +7CTC19-023+ |

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| 02:00 | **Queensland Weekender (R) ’CC’** From day tripping to the reef, relaxing at a cool city restaurant, or watching a fiery outback sunset, Queensland Weekender will inspire you to make the most of a weekend in our beautiful State. | **G** +7QWE19-024+ |

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| 02:30 | **The Great Day Out (R) ’CC’** The Great Day Out is people, places and friendly faces; it is at the very heart of Queensland and special guest celebrities will invite you along on their Great Day Out. | **G** +GDOT19-026+ |

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| 03:00 | **Auction Squad (R) ’CC’** A call for help from six children who've been left orphaned. These young battlers must sell their family home. | **G** +AUCS4-019+ |

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| 04:00 | **Intrust Shute Shield** TBC  | +CLUB19-018+ |