**Sunday 29 September 2019**

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| 06:00 | **It Is Written: Beneath The Sands - The Historical Jesus**  Religious program. | **PG**  +IIWR19-022+ |

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| 06:30 | **Amazing Facts: The Richest Caveman**  Religious program. | **AV**  +AMFA19-039+ |

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| 07:00 | **Tomorrow's World: Three Days, Three Nights, One Messiah**  Religious program. | **PG**  +TOMW19-039+ |

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

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| 08:00 | **David Jeremiah: Moral Excellence**  Religious program. | **PG**  +DAJE19-039+ |

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| 08:30 | **Hour Of Power: From Obstacles To Opportunity**  Religious program. | **G**  +HOOP19-039+ |

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

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| 09:30 | **Mum's At The Table**  Mums At The Table is the place where we share, laugh and dream together. It's a TV panel show featuring real women; smart and sassy ladies with real lives, real families, real struggles and real joy. | **PG**  +MTAB01-047+ |

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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**  +HOWL03-031+ |

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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. | +NBCT19-233+ |

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| 12:00 | **House Of Wellness ’CC’**  Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG**  +HOWL03-032+ |

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| 13:00 | **Sydney Weekender (R) ’CC’**  Mike explores Narooma. Darren goes on a kayak tour with Region X in Bateman's Bay. Fliss visits Mogo Zoo. | **G**  +7SWE26-033+ |

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| 13:30 | **TBA:**  TBC | ++ |

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| 14:00 | **Ultimate Bowls Championship: Deer Park - Semi Final 2**  The Ultimate Bowls Championship is a celebration of the sport of lawn bowls. It has been designed to respect, showcase and grow the game we love. | **PG**  +ULBC01-011+ |

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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**  +VASI04-016+ |

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| 16:00 | **Jump Off - Life After Racing**  Bringing together household names from horse racing and show jumping. This high-stakes show jumping competition showcases five teams as they battle it out for $100,000. | **PG**  +JUOF02-001+ |

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| 16:30 | **Escape To The Country: East Midlands (R)**  Nicki Chapman is house hunting with a newly married couple that wish to escape London life and move closer to family. | **G**  +ETTC22-061+ |

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| 17:30 | **Escape To The Country: Suffolk (R)**  Each episode follows one big move, and with everything from snug, chocolate-box cottages to medieval grandeur, it's clear that everyone has their own idea about the perfect country escape. | **G**  +ETTC23-015+ |

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| 18:30 | **Border Security: America's Front Line ’CC’**  CBP questions a Canadian attempting to enter the US with three of his American family members. An officer has no time for a Swiss traveller's watch declaration. | **PG**  +BORA01-023+ |

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| 19:00 | **Border Security: America's Front Line ’CC’**  A Nicaraguan traveller wants to visit his American girlfriend but CBP is concerned he may not leave. In Blaine, a traveller's plan to start an e-vape venture may go up in smoke. | **PG**  +BORA01-024+ |

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| 19:30 | **Border Security: America's Front Line ’CC’**  At Detroit Metro Airport, a Japanese traveller must make a difficult decision. An officer discovers something seedy at the mail facility in Chicago. | **PG**  +BORA01-025+ |

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| 20:00 | **Border Security - Australia's Front Line (R) ’CC’**  A man is caught red handed by Customs. He tries to palm the blame off on his travelling companion, but are they working together? An immigration raid targets illegal workers when they swoop on a taxi rank. | **PG**  +BORD-168+ |

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| 20:30 | **Border Security - Australia's Front Line (R) ’CC’**  Go behind-the-scenes of our Immigration Customs and Quarantine departments. | **PG**  +BORD-173+ |

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| 21:00 | **Border Security - Australia's Front Line (R) ’CC’**  When a woman pushes away a sniffer dog officers hone in on what she has stuffed in her undies. A young man's past is exposed and two passengers will say just about anything to get out of a fine. | **PG**  +BORD-182+ |

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| 21:30 | **Heathrow: Britain's Busiest Airport: Britain's Busiest Airport: Heathrow S4 Ep 5**  Britain's busiest and most famous airport opens its doors for an un-precedented look at life inside Europe's most important transport hub. | **PG**  +HEAT04-005+ |

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| 22:00 | **Jonah PREMIERE**  The once-in-a-lifetime story of the greatest rugby player the world has ever known, Jonah Lomu. This two-part series follows Lomu's rise to the top, but also his devastating battle behind the scenes. | **M (L)**  +JONH01-002+ |

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| 00:00 | **Border Security - Australia's Front Line (R) ’CC’**  A man is caught red handed by Customs. He tries to palm the blame off on his travelling companion, but are they working together? An immigration raid targets illegal workers when they swoop on a taxi rank. | **PG**  +BORD-168+ |

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| 00:30 | **Border Security - Australia's Front Line (R) ’CC’**  Go behind-the-scenes of our Immigration Customs and Quarantine departments. | **PG**  +BORD-173+ |

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| 01:00 | **Outback Pilots (R)**  Power line pilots Alex and Mick battle high winds and high voltage power-lines. | **PG**  +OBPI01-006+ |

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| 02:00 | **Ultimate Bowls Championship: Deer Park - Semi Final 2 (R)**  The Ultimate Bowls Championship is a celebration of the sport of lawn bowls. It has been designed to respect, showcase and grow the game we love. | **PG**  +ULBC01-011+ |

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| 03:00 | **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**  +VASI04-016+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-129+ |

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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**  +MIDM2-130+ |

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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-074+ |

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| 05:30 | **Home Shopping (R)**  Home Shopping | **G**  +NSD-015+ |

**Monday 30 September 2019**

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

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

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| 07:00 | **News Of The Wild ’CC’**  An animal focused, factual entertainment news show bursting at the seams with animals, laughter, news and information. | **C**  +NEWI02-041+ |

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| 07:30 | **Get Clever ’CC’ SEASON FINAL**  An outrageous series where adventure, fun and the wonders of science are burst wide open. | **C**  +GECL02-060+ |

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| 08:00 | **Jay's Jungle: The Weather Makes Me Feel Different (R) ’CC’**  Follow the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU02-001+ |

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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**  +MIDM2-129+ |

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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**  +MIDM2-130+ |

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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. | +NBCS19-039+ |

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| 10:30 | **Meet The Press (R) ’CC’**  Chuck Todd interviews newsmakers from around the world. | +NBCM19-039+ |

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| 11:30 | **The Great Australian Doorstep (R)**  Get a taste of the sweet life as the couple begin their guided motorhome tour from Melbourne to Darwin. | **G**  +GRAD07-006+ |

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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**  +VASI04-016+ |

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| 13:00 | **The Chase (R) ’CC’**  Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G**  +CHSE08-018+ |

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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**  +MIDM2-129+ |

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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-074+ |

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

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’**  The RSPCA organise a massive operation to give 200 damaged and neglected dogs rescued from a puppy farm a new chance of life. The results are extraordinary. | **G**  +ANRS4-016+ |

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| 17:00 | **Medical Emergency (R) ’CC’**  A horse rider needs airlifting after a shocking fall and a cyclist collides with a car. Narrated by Chris Gabardi. | **PG**  +MDEM4-005+ |

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| 17:30 | **Escape To The Country: Cambridgeshire (R)**  Jonnie Irwin joins the house hunt in Cambridgeshire to help a retired couple who, after 30 years in the same home, want to move closer to their grandchildren. | **G**  +ETTC19-026+ |

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| 18:30 | **Bargain Hunt: Cornwall 1 NEW EPISODE**  Eric Knowles presents from the Cornwall Royal Showground with experts Caroline Hawley and Ben Cooper. Plus he meets the granddaughter of the first woman in Parliament. | **PG**  +BHUN46-004+ |

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| 19:30 | **Doc Martin: Haemophobia (R)**  An influx of tourists to Portwenn annoys Martin, and his efforts to point out the dangers of sunbathing prove unpopular. Starring:FELICITY MONTAGU,KURTIS OBRIEN,JEFF RAWLE,JOE ABSOLOM,SIMON GREENALL | **PG**  +DOCM-006+ |

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| 20:30 | **Foyle's War: The Hide (R) ’CC’**  The newly retired Foyle battles to save a young man accused of high treason from the executioner's noose, in a case that will shatter his personal world to the core. Starring:ANASTASIA HILLE,ANDREW SCOTT,ANTHONY HOWELL,GEORGIE GLEN,HONEYSUCKLE WEEKS,DOMINIC JEPHCOTT,DAVID YELLAND,MAGGIE SERVICE,JOSEPH KLOSKA,RICHARD GOULDING,RUPERT FRAZER,MICHAEL KITCHEN,MAX BROWN,WILL KEEN,STEVEN PACEY | **M (A,V)**  +FOYL7-003+ |

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| 22:30 | **Robbie Coltrane's Critical Evidence: Bodies Of Evidence (R) ’CC’**  A look at the case of Derek and Eileen Severs, who disappeared without a trace. With no bodies or proof of murder, it was down to the evidence to do the talking and charge their son with the murders. | **M (A,V)**  +CREV01-007+ |

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| 23:30 | **Mighty Ships: HDMS Absalon (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS02-001+ |

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| 00:30 | **Medical Emergency (R) ’CC’**  A horse rider needs airlifting after a shocking fall and a cyclist collides with a car. Narrated by Chris Gabardi. | **PG**  +MDEM4-005+ |

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| 01:00 | **Foyle's War: The Hide (R) ’CC’**  The newly retired Foyle battles to save a young man accused of high treason from the executioner's noose, in a case that will shatter his personal world to the core. Starring:ANASTASIA HILLE,ANDREW SCOTT,ANTHONY HOWELL,GEORGIE GLEN,HONEYSUCKLE WEEKS,DOMINIC JEPHCOTT,DAVID YELLAND,MAGGIE SERVICE,JOSEPH KLOSKA,RICHARD GOULDING,RUPERT FRAZER,MICHAEL KITCHEN,MAX BROWN,WILL KEEN,STEVEN PACEY | **M (A,V)**  +FOYL7-003+ |

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| 03:00 | **Robbie Coltrane's Critical Evidence: Bodies Of Evidence (R) ’CC’**  A look at the case of Derek and Eileen Severs, who disappeared without a trace. With no bodies or proof of murder, it was down to the evidence to do the talking and charge their son with the murders. | **M (A,V)**  +CREV01-007+ |

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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**  +MIDM2-131+ |

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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-075+ |

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| 05:30 | **RSPCA Animal Rescue (R) ’CC’**  The RSPCA organise a massive operation to give 200 damaged and neglected dogs rescued from a puppy farm a new chance of life. The results are extraordinary. | **G**  +ANRS4-016+ |

**Tuesday 01 October 2019**

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

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

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| 07:00 | **News Of The Wild ’CC’**  An animal focused, factual entertainment news show bursting at the seams with animals, laughter, news and information. | **C**  +NEWI02-042+ |

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| 07:30 | **Oh Yuck: Snot Now, Snot Ever (R) ’CC’**  A fast-paced, fact-laden, laugh out loud series which explores the science behind all things ooey, gooey, slimy and mucky. | **C**  +OHYU01-001+ |

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| 08:00 | **Jay's Jungle: I Love Playing In The Sand (R) ’CC’**  Follow the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU02-002+ |

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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**  +MIDM2-131+ |

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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**  +MIDM2-132+ |

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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. | +NBCT19-234+ |

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| 12:00 | **Ultimate Bowls Championship: Deer Park - Semi Final 2 (R)**  The Ultimate Bowls Championship is a celebration of the sport of lawn bowls. It has been designed to respect, showcase and grow the game we love. | **PG**  +ULBC01-011+ |

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| 13:00 | **The Chase (R) ’CC’**  Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G**  +CHSE08-019+ |

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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**  +MIDM2-131+ |

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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-075+ |

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

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’**  In VIC, the RSPCA is investigating a YouTube video, where a parrot is being taken for a hell-ride on the windscreen wipers of a car. Plus, an attempt to rescue a cat who is buried under fallen bricks. | **G**  +ANRS4-017+ |

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| 17:00 | **Medical Emergency (R) ’CC’**  A swimmer is pulled from a pool without a heartbeat and a young child is in need of urgent medical help. Narrated by Chris Gabardi. | **PG**  +MDEM4-006+ |

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| 17:30 | **Escape To The Country: South Wales (R)**  Jules Hudson helps a couple return to their roots in rural South Wales. While in the region, Jules visits the remains of an iron forge at the stunning Aberdulais Falls. | **G**  +ETTC19-027+ |

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| 18:30 | **Bargain Hunt: Oswestry 5**  The teams battle it out in the Shropshire border town of Oswestry. Anita Manning presents, with experts John Cameron and Thomas Plant on hand to help. | **PG**  +BHUN46-005+ |

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| 19:30 | **Pie In The Sky: Squashed Tomatoes (R)**  Henry has two new staff members both of whom appear to have been rendered incapable in the past. | **PG**  +PIES5-001+ |

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| 20:30 | **Mrs. Brown's Boys: Mammy's Mummy (R) ’CC’**  Agnes is worried about Rory's plastic surgery but is soon distracted by news that Cathy has an exciting internet date. | **M (L,S)**  +MBRO03-717+ |

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| 21:15 | **Mrs. Brown's Boys: CSI Mammy (R) ’CC’**  When a crime wave hits Finglas, Father Damien and Maria put together a neighbourhood watch scheme, to which Agnes and Winnie promptly sign up. | **M (L,S)**  +MBRO03-718+ |

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| 22:00 | **Mrs. Brown's Boys (R) ’CC’**  It's the festive season once again in the Brown household, and Father Damian has organised a Christmas decoration contest to support the local football team. | **M (L,S)**  +MBRO3-719+ |

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| 22:45 | **Mrs. Brown's Boys (R) ’CC’**  Winnie and Sharon move in with Agnes and Cathy after a storm. Agnes is asked to deliver a eulogy for a neighbour. | **M (L,S)**  +MBRO3-720+ |

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| 23:30 | **Autopsy: The Last Hours Of Philip Seymour Hoffman (R) ’CC’**  To find out exactly what killed Philip Seymour Hoffman, Dr Jason Payne-James will study the history of his relationship with drugs and will reveal what finally led to the actor’s death. | **MA (D,A)**  +AUTO05-004+ |

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| 00:30 | **Mighty Ships: Jumbo Fairplayer (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS02-002+ |

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| 01:30 | **Medical Emergency (R) ’CC’**  A swimmer is pulled from a pool without a heartbeat and a young child is in need of urgent medical help. Narrated by Chris Gabardi. | **PG**  +MDEM4-006+ |

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| 02:00 | **Escape To The Country: South Wales (R)**  Jules Hudson helps a couple return to their roots in rural South Wales. While in the region, Jules visits the remains of an iron forge at the stunning Aberdulais Falls. | **G**  +ETTC19-027+ |

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| 03:00 | **Bargain Hunt: Oswestry 5 (R)**  The teams battle it out in the Shropshire border town of Oswestry. Anita Manning presents, with experts John Cameron and Thomas Plant on hand to help. | **PG**  +BHUN46-005+ |

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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**  +MIDM2-133+ |

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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-076+ |

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| 05:30 | **Home Shopping (R)**  Home Shopping | **G**  +NSD-015+ |

**Wednesday 02 October 2019**

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

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

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| 07:00 | **News Of The Wild ’CC’**  An animal focused, factual entertainment news show bursting at the seams with animals, laughter, news and information. | **C**  +NEWI02-043+ |

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| 07:30 | **Oh Yuck: Pimple Fever! (R) ’CC’**  A fast-paced, fact-laden, laugh out loud series which explores the science behind all things ooey, gooey, slimy and mucky. | **C**  +OHYU01-002+ |

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| 08:00 | **Jay's Jungle: Why Does It Have To Rain? (R) ’CC’**  Follow the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU02-003+ |

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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**  +MIDM2-133+ |

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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**  +MIDM2-134+ |

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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. | +NBCT19-235+ |

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| 12:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 32 ’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**  +7QWE19-032+ |

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| 12:30 | **The Great Day Out: Great Day Out, The S3 Ep: 34 (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**  +GDOT19-034+ |

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| 13:00 | **The Chase (R) ’CC’**  Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G**  +CHSE08-020+ |

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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**  +MIDM2-133+ |

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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**  +MIDM2-134+ |

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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-076+ |

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

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’**  RSPCA Inspectors mount a massive raid to save the lives of around 400 fly-blown sheep who are in enormous pain. The case attracts massive publicity because the sheep farmer is also a local politician. | **G**  +ANRS4-018+ |

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| 17:00 | **Medical Emergency (R) ’CC’**  Doctors have to stop a man's heart, a four-year-old has dropped an axe on his toe and a professional jockey has a horrendous accident. | **PG**  +MDEM4-007+ |

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| 17:30 | **Escape To The Country: Suffolk (R)**  Alistair Appleton comes to the aid of a couple looking for a country home along the Essex/Suffolk border. Then, Alistair tries his hand at the traditional craft of painting Romany caravans. | **G**  +ETTC19-028+ |

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| 18:30 | **Bargain Hunt: London 9 NEW EPISODE**  Natasha Raskin Sharp is at the helm as two sisters take on a father and son in Kingston upon Thames. | **PG**  +BHUN46-006+ |

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| 19:30 | **Border Security - Australia's Front Line (R) ’CC’**  A passenger who is carrying clumps of human hair becomes hysterical when her luggage returns positive readings for drugs. An Indonesian man is found traveling with disturbing documents. | **PG**  +BORD-179+ |

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| 20:00 | **Border Security - Australia's Front Line (R) ’CC’**  Officers are determined to catch out a passenger involved in the importation of narcotics. A secretive Lithuanian refuses to divulge her plans for coming to Australia. | **PG**  +BORD-183+ |

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| 20:30 | **Air Crash Investigation: Special Report: Hero Pilots NEW EPISODE**  It takes years of training to become an airline captain, but it's when a crisis strikes that a pilot really earns his stripes. | **PG**  +MDAF01-003+ |

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| 21:30 | **Air Crash Investigation: Special Report: Plane Vs Pilot**  Find out happens when the trust between a pilot and their plane breaks down and the cockpit becomes a battlefield. | **PG**  +MDAF01-004+ |

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| 22:30 | **Air Crash Investigations: The Lost Plane (R) ’CC’**  Bound for Kathmandu, Thai Airways Flight 311 is flying just above the peaks of the Himalayas when it slams into a remote rock face at 11,000 feet. | **PG**  +MDAY17-010+ |

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| 23:30 | **Border Security - Australia's Front Line (R) ’CC’**  A passenger who is carrying clumps of human hair becomes hysterical when her luggage returns positive readings for drugs. An Indonesian man is found traveling with disturbing documents. | **PG**  +BORD-179+ |

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| 00:00 | **Border Security - Australia's Front Line (R) ’CC’**  Officers are determined to catch out a passenger involved in the importation of narcotics. A secretive Lithuanian refuses to divulge her plans for coming to Australia. | **PG**  +BORD-183+ |

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| 00:30 | **Medical Emergency (R) ’CC’**  Doctors have to stop a man's heart, a four-year-old has dropped an axe on his toe and a professional jockey has a horrendous accident. | **PG**  +MDEM4-007+ |

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| 01:00 | **Air Crash Investigation: Special Report: Plane Vs Pilot (R)**  Find out happens when the trust between a pilot and their plane breaks down and the cockpit becomes a battlefield. | **PG**  +MDAF01-004+ |

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| 02:00 | **Air Crash Investigations: The Lost Plane (R) ’CC’**  Bound for Kathmandu, Thai Airways Flight 311 is flying just above the peaks of the Himalayas when it slams into a remote rock face at 11,000 feet. | **PG**  +MDAY17-010+ |

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| 03:00 | **Mighty Ships: USS Nimitz (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS02-003+ |

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| 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**  +MIDM2-135+ |

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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**  +MIDM2-136+ |

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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-077+ |

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| 05:30 | **RSPCA Animal Rescue (R) ’CC’**  RSPCA Inspectors mount a massive raid to save the lives of around 400 fly-blown sheep who are in enormous pain. The case attracts massive publicity because the sheep farmer is also a local politician. | **G**  +ANRS4-018+ |

**Thursday 03 October 2019**

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

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

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| 07:00 | **News Of The Wild ’CC’**  An animal focused, factual entertainment news show bursting at the seams with animals, laughter, news and information. | **C**  +NEWI02-044+ |

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| 07:30 | **Oh Yuck: Arachnattack (R) ’CC’ SERIES RETURN**  A fast-paced, fact-laden, laugh out loud series which explores the science behind all things ooey, gooey, slimy and mucky. | **C**  +OHYU01-003+ |

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| 08:00 | **Jay's Jungle: What Is A Volcano? (R) ’CC’**  Follow the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU02-004+ |

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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**  +MIDM2-135+ |

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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**  +MIDM2-136+ |

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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. | +NBCT19-236+ |

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| 12:00 | **Air Crash Investigation: Special Report: Hero Pilots (R)**  It takes years of training to become an airline captain, but it's when a crisis strikes that a pilot really earns his stripes. | **PG**  +MDAF01-003+ |

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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**  +CHSE07-093+ |

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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**  +MIDM2-135+ |

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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**  +MIDM2-136+ |

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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-077+ |

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

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’**  An RSPCA Inspector investigates a report of three starving dogs who live in a narrow yard without any sign of food or water. | **G**  +ANRS4-019+ |

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| 17:00 | **Medical Emergency (R) ’CC’**  A single mum's life hangs in the balance after a high speed head-on accident and a little boy's day ends in hospital. | **PG**  +MDEM4-008+ |

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| 17:30 | **Escape To The Country: Devon (R)**  Nicki Chapman is in Devon, helping a couple of retired teachers find a rural retreat. While in Devon, Nicki meets a local farmer to experience the delights of lambing season. | **G**  +ETTC19-029+ |

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| 18:30 | **Bargain Hunt: Cornwall NEW EPISODE**  At the Royal Cornwall Showground, Eric Knowles is at the helm with experts Caroline Hawley and Ben Cooper. Two teams of best friends battle it out to buy three items. | **PG**  +BHUN46-007+ |

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| 19:30 | **Father Brown: The Crackpot Of The Empire (R)**  Father brown gets involved in the revenge of a crazy comedian. | **M**  +FBRO04-004+ |

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| 20:30 | **A Touch Of Frost: A Touch Of Frost - One Man's Meat (R)**  Inspector Frost investigates when a homeless teenager is discovered beaten-up drowned in the Denton River. Starring:CYRIL NRI | **M (V)**  +TOF6-005+ |

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| 22:45 | **Mighty Ships: Peace In Africa (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS02-004+ |

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| 23:45 | **Medical Emergency (R) ’CC’**  A single mum's life hangs in the balance after a high speed head-on accident and a little boy's day ends in hospital. | **PG**  +MDEM4-008+ |

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| 00:15 | **RSPCA Animal Rescue (R) ’CC’**  An RSPCA Inspector investigates a report of three starving dogs who live in a narrow yard without any sign of food or water. | **G**  +ANRS4-019+ |

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| 00:45 | **Father Brown: The Crackpot Of The Empire (R)**  Father brown gets involved in the revenge of a crazy comedian. | **M**  +FBRO04-004+ |

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| 02:00 | **Escape To The Country: Devon (R)**  Nicki Chapman is in Devon, helping a couple of retired teachers find a rural retreat. While in Devon, Nicki meets a local farmer to experience the delights of lambing season. | **G**  +ETTC19-029+ |

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| 03:00 | **Bargain Hunt: Cornwall (R)**  At the Royal Cornwall Showground, Eric Knowles is at the helm with experts Caroline Hawley and Ben Cooper. Two teams of best friends battle it out to buy three items. | **PG**  +BHUN46-007+ |

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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**  +MIDM2-137+ |

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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**  +MIDM2-138+ |

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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-078+ |

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| 05:30 | **Home Shopping (R)**  Home Shopping | **G**  +NSD-015+ |

**Friday 04 October 2019**

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

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

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| 07:00 | **News Of The Wild ’CC’**  An animal focused, factual entertainment news show bursting at the seams with animals, laughter, news and information. | **C**  +NEWI02-045+ |

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| 07:30 | **Kitty Is Not A Cat: Surprise For Tubby / Teddy's Bear (R) ’CC’**  A little girl who believes she can be anything, even a cat! | **G**  +KINC01-001+ |

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| 08:00 | **Jay's Jungle: I Like To Cook (R) ’CC’**  Follow the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU02-005+ |

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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**  +MIDM2-137+ |

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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**  +MIDM2-138+ |

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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. | +NBCT19-237+ |

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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**  +HOWL03-032+ |

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| 13:00 | **Jump Off - Life After Racing (R)**  Bringing together household names from horse racing and show jumping. This high-stakes show jumping competition showcases five teams as they battle it out for $100,000. | **PG**  +JUOF02-001+ |

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| 13:30 | **TBA:**  TBC | ++ |

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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**  +MIDM2-137+ |

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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**  +MIDM2-138+ |

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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-078+ |

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

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’**  RSPCA Inspectors must mud-wrestle a pair of wallaroos in order to save their lives. A dog called Duchess trying to jump over a fence becomes stuck and badly dislocates her leg. | **G**  +ANRS4-020+ |

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| 17:00 | **Medical Emergency (R) ’CC’**  A champion water skier's career could be over after she crashes during a competition. | **PG**  +MDEM4-009+ |

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| 17:30 | **Escape To The Country: Norfolk (R)**  Denise Nurse joins the search in Norfolk to help find a family home for a couple and their two children. Plus, Denise investigates a project to prevent the Norfolk Broads being lost to the sea forever | **G**  +ETTC19-030+ |

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| 18:30 | **Bargain Hunt: Oswestry 6 NEW EPISODE**  The teams hunt for bargains in the Shropshire town of Oswestry. Anita Manning presents, with experts John Cameron and Thomas Plant helping out. | **PG**  +BHUN46-008+ |

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| 19:30 | **Pie In The Sky: Ugly Customers (R)**  Henry's team go to the garish Luxor Hotel to protect the jury in a long-running fraud trial. | **PG**  +PIES5-002+ |

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| 20:30 | **Little Boy Blue (R) ’CC’**  Dave believes he has a lead when Kevin, encouraged by Sandra, admits to the police that Mercer gave him the gun, but the crown prosecutor still feels there is insufficient evidence to proceed. | **M (A,V,L)**  +LIBB01-702+ |

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| 22:30 | **Mrs. Brown's Boys: Mammy's Merchandise (R)**  With Dermot and Maria's wedding just weeks away, the Brown household is in crisis, as Dermot and his mother can't agree on who should be his best man on the big day. | **M (L)**  +MBRO-003+ |

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| 23:15 | **Mrs. Brown's Boys: Mammy's Miracle (R)**  Mrs Brown thinks everyone is going mad. Father Quinn is losing his faith, newlyweds Dermot and Maria won't stop fighting, and Grandad has decided he'd like to witness his own funeral. | **M (L)**  +MBRO-006+ |

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| 00:00 | **Mighty Ships: MV Resolution (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS02-005+ |

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| 01:00 | **Autopsy: The Last Hours Of Joan Rivers (R) ’CC’**  Dr Jason Payne James investigates the last days of Joan Rivers, who passed away after a routine, low-risk cosmetic surgery procedure went tragically wrong. | **MA (A)**  +AUTO05-003+ |

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| 02:00 | **Autopsy: The Last Hours Of Philip Seymour Hoffman (R) ’CC’**  To find out exactly what killed Philip Seymour Hoffman, Dr Jason Payne-James will study the history of his relationship with drugs and will reveal what finally led to the actor’s death. | **MA (D,A)**  +AUTO05-004+ |

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| 03:00 | **Medical Emergency (R) ’CC’**  A champion water skier's career could be over after she crashes during a competition. | **PG**  +MDEM4-009+ |

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| 03:30 | **RSPCA Animal Rescue (R) ’CC’**  RSPCA Inspectors must mud-wrestle a pair of wallaroos in order to save their lives. A dog called Duchess trying to jump over a fence becomes stuck and badly dislocates her leg. | **G**  +ANRS4-020+ |

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| 04:00 | **Escape To The Country: Norfolk (R)**  Denise Nurse joins the search in Norfolk to help find a family home for a couple and their two children. Plus, Denise investigates a project to prevent the Norfolk Broads being lost to the sea forever | **G**  +ETTC19-030+ |

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| 05:00 | **Bargain Hunt: Oswestry 6 (R)**  The teams hunt for bargains in the Shropshire town of Oswestry. Anita Manning presents, with experts John Cameron and Thomas Plant helping out. | **PG**  +BHUN46-008+ |

**Saturday 05 October 2019**

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

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

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

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

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| 08:00 | **Travel Oz: Newell Highway (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV4-028+ |

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| 08:30 | **TBA:**  TBC | ++ |

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| 09:00 | **Travel Oz: Canola Trail (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV4-029+ |

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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. | +NBCT19-238+ |

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| 11:30 | **Vasili's Garden: Rob From Heritage Fruit Trees (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**  +VASI04-015+ |

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| 12:30 | **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**  +VASI04-016+ |

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| 13:30 | **The Great Australian Doorstep (R)**  Peter and Sheree Everitt explore amazing holiday destinations. | **PG**  +GRAD10-007+ |

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| 14:00 | **SA Weekender ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G**  +SAWE19-026+ |

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| 14:30 | **Sydney Weekender (R) ’CC’**  Mike packs up the car and hitting the road for Shoalhaven Heads. Karen and Lizzy try out Ultimate Paintball. Sally explores the stunning wilderness of the Snowy Mountains on an electric bike tour. | **G**  +7SWE26-034+ |

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| 15:00 | **Creek To Coast: Creek To Coast 2019 Ep: 31 (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**  +7CTC19-031+ |

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| 15:30 | **Queensland Weekender: Queensland Weekender 2019 Ep: 32 (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**  +7QWE19-032+ |

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| 16:00 | **Paddington Station 24/7 (R)**  Go behind the scenes of Paddington, one of the most famous railway stations in the world and one of the UK's busiest transport hubs. | **PG**  +PAST01-003+ |

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| 17:00 | **Seven's Horse Racing: Randwick: Epsom Handicap Day; Flemington: Turnbull Stakes Day (R) ’CC’**  A big day of racing at Royal Randwick includes three Group 1 races headlined by the $1 million Epsom Handicap over 1600m, while at Flemington the Group 1 Turnbull Stakes over 2000m is the highlight. | +SHRC19-023+ |

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| 17:30 | **The Yorkshire Vet In Spring (R)**  Joining Julian Norton is his partner, fellow vet and former Herriot trainee, Peter Wright together with their dedicated team of staff at his practice, Skeldale Veterinary Centre. | **PG (A,L)**  +YORK02-005+ |

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| 18:30 | **Walking Through History: The Tudor Way (R)**  Tony Robinson walks through some of Britain's most historic landscapes in search of the richest stories from the country's past. | **PG**  +WALK01-003+ |

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| 19:30 | **Selling Houses Australia: 80's Outback (R) ’CC’ NEW EPISODE**  A retired couple wish to sell their home so they can live closer to family, but find it difficult due to the 1980s decor putting off buyers. | **G**  +SEHO05-003+ |

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| 20:30 | **Escape To The Country: Herefordshire NEW EPISODE**  Ginny Buckley is house hunting in Herefordshire with a couple who want to move from the coast to the countryside. | **G**  +ETTC24-006+ |

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| 21:30 | **Escape To The Country: North Dorset (R)**  Jules Hudson is helping a couple of retirees find a cosy and characterful property in the Dorset countryside . | **G**  +ETTC22-062+ |

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| 22:30 | **Escape To The Country: Anglesey (R)**  Each episode follows one big move, and with everything from snug, chocolate-box cottages to medieval grandeur, it's clear that everyone has their own idea about the perfect country escape. | **G**  +ETTC23-016+ |

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| 23:30 | **Walking Through History: The Tudor Way (R)**  Tony Robinson walks through some of Britain's most historic landscapes in search of the richest stories from the country's past. | **PG**  +WALK01-003+ |

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| 00:30 | **The Yorkshire Vet In Spring (R)**  Joining Julian Norton is his partner, fellow vet and former Herriot trainee, Peter Wright together with their dedicated team of staff at his practice, Skeldale Veterinary Centre. | **PG (A,L)**  +YORK02-005+ |

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| 01:30 | **The Great Australian Doorstep (R)**  Peter and Sheree Everitt explore amazing holiday destinations. | **PG**  +GRAD10-007+ |
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| 03:00 | **Creek To Coast: Creek To Coast 2019 Ep: 8 (R) ’CC’**  Scotty enjoys the thrills of sight fishing for Saratoga. Olivia tries wakeboarding. We find out what is in Roothy's shed while Roger has tips on how to get yourself out, when bogged on the beach. | **PG**  +7CTC19-008+ |

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| 03:30 | **Queensland Weekender: Queensland Weekender 2019 Ep: 4 (R) ’CC’**  Kip learns how to sail from the best, Luke and Cody are travelling to Cairns. Mel relives the days of the drive-in while Victoria is hitting the road for a family holiday. | **G**  +7QWE19-004+ |

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| 04:00 | **The Great Day Out: Great Day Out, The S3 Ep: 35 ’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**  +GDOT19-035+ |

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| 04:30 | **Travel Oz: Newell Highway (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV4-028+ |

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| 05:15 | **Travel Oz: Canola Trail (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV4-029+ |