**Sunday 30 June 2019**

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| 06:00 | **It Is Written: Spiritual Solutions: Living A Balanced Life** Religious program. | **PG (A)**+IIWR19-009+ |

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| 06:30 | **Amazing Facts: Healing, Health And Holiness, Pt. 1** Religious program. | **PG** +AMFA19-026+ |

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| 07:00 | **Tomorrow's World: Will Jerusalem Survive?** Religious program. | **PG** +TOMW19-026+ |

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| 07:30 | **Leading The Way: From Valley To Victory, Pt. 5 (R)** Throughout the ages, one critical way believers in Christ have deepened and strengthened their faith in Him has been by drinking deeply from Paul's epistle to the Romans. | **PG** +LWAY19-007+ |

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| 08:00 | **David Jeremiah: Slaying The Giant Of Temptation** Religious program. | **PG** +DAJE19-026+ |

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| 08:30 | **Hour Of Power: Rest And Invest In You** Religious program. | **G** +HOOP19-026+ |

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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)**+MTAB01-034+ |

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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** +HOWL03-018+ |

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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. | +NBCT19-155+ |

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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** +HOWL03-019+ |

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| 13:00 | **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** +VASI04-004+ |

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| 14:00 | **Queensland Weekender (R) ’CC’** Liz proves you don’t have to travel overseas to enjoy a tropical holiday. Lee gets the engine revving, and the heart racing in a WRX rally. Bridget meets a 40-year veteran of the Eumundi Markets. | **G** +7QWE19-019+ |

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| 14:30 | **Wimbledon 2019: Wimbledon 2018 - The Film ’CC’ PREMIERE**The Official Wimbledon Film 2018 delivers an engaging insight into the very best action, on and off the court, at the most famous and revered tennis tournament in the world. | +WMBL19-101+ |

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| 16:00 | **Escape To The Country: South Devon (R)** Ginny Buckley helps a couple with a healthy 800,000 pound budget find a perfect country house in Devon with enough accommodation for visiting family. | **G** +ETTC23-065+ |

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| 17:00 | **Escape To The Country: Somerset (R)** Denise Nurse is helping a couple of returning expats find a new home in the Somerset countryside. | **G** +ETTC22-045+ |

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| 18:00 | **Escape To The Country: Dorset (R)** Nicki Chapman is hoping to find a rural Dorset home for a couple from London. | **G** +ETTC22-046+ |

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| 19:00 | **Border Security - Australia's Front Line (R) ’CC’** A Nigerian athlete needs to talk quicker than he can run when Customs officers suspect he is up to no good. Narrated by GRANT BOWLER. | **PG** +BORD-095+ |

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| 19:30 | **Border Security - Australia's Front Line (R) ’CC’** Immigration officers meet a world champion wrestler who plays it up for the cameras. However, immigration officials are worried that he may breach his tourist visa and perform while in Australia. Narrated by GRANT BOWLER. | **PG** +BORD-096+ |

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| 20:00 | **Border Security - Australia's Front Line (R) ’CC’** A rookie detector dog gets his first real test, an extremely expensive and highly prohibited item is discovered and a man makes a desperate plea to cross the border. Narrated by Grant Bowler. | **PG** +BORD-097+ |

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| 20:30 | **Mighty Trains: Glacier Express (R) ’CC’** The Glacier Express features cutting-edge versions of old technology to pull the train up the steepest slopes on its route across the Swiss Alps. | **PG** +MTRA01-001+ |

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| 21:30 | **Mighty Planes: C-5M Super Galaxy (R)** Jump on board one of the largest aircraft in the world for a record-setting mission into a war zone, crossing the Atlantic before a perilous descent into Bagram, Afghanistan. | **G** +MIPL-002+ |

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| 22:30 | **Border Security - Australia's Front Line (R) ’CC’** A Nigerian athlete needs to talk quicker than he can run when Customs officers suspect he is up to no good. Narrated by GRANT BOWLER. | **PG** +BORD-095+ |

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| 23:00 | **Border Security - Australia's Front Line (R) ’CC’** Immigration officers meet a world champion wrestler who plays it up for the cameras. However, immigration officials are worried that he may breach his tourist visa and perform while in Australia. Narrated by GRANT BOWLER. | **PG** +BORD-096+ |

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| 23:30 | **Cop Squad NEW EPISODE**Cameras follow police officers in Cambridgeshire as they tackle criminals, who are increasingly violent and reckless. | **M (L,A)**+COPS01-005+ |

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| 00:30 | **Border Security - Australia's Front Line (R) ’CC’** A rookie detector dog gets his first real test, an extremely expensive and highly prohibited item is discovered and a man makes a desperate plea to cross the border. Narrated by Grant Bowler. | **PG** +BORD-097+ |

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| 01:00 | **Autopsy USA: Phil Hartman (R) ’CC’** Dr Michael Hunter investigates the tragic and untimely death of comedian and actor Phil Hartman.  | **MA (D,A,V)**+AUTU01-002+ |

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| 02:00 | **Mighty Trains: Glacier Express (R) ’CC’** The Glacier Express features cutting-edge versions of old technology to pull the train up the steepest slopes on its route across the Swiss Alps. | **PG** +MTRA01-001+ |

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| 03:00 | **Mighty Planes: C-5M Super Galaxy (R)** Jump on board one of the largest aircraft in the world for a record-setting mission into a war zone, crossing the Atlantic before a perilous descent into Bagram, Afghanistan. | **G** +MIPL-002+ |

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| 04:00 | **My Greek Odyssey (R) ’CC’** In this episode, Peter continues his Spetses experience, before taking in the wonders of the island of Hydra.  | **PG** +MYGO01-003+ |

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| 05:00 | **Vasili's Garden (R)** Vasili's Gardens takes you into the backyards of everyday Australians to share organic gardening techniques and teach you how to improve your health using your own garden produce. | **PG** +VASI04-004+ |

 **Monday 01 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-009+ |

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| 07:00 | **Drop Dead Weird: Frankie Gets An F (R) ’CC’** When Frankie tries to prove scientifically, that zombies exist, she learns that being right, and doing right, are not always the same thing. | **C** +DDWE01-021+ |

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| 07:30 | **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** +ZOMO02-004+ |

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| 08:00 | **Jay's Jungle: Sea Salty (R) ’CC’ SERIES RETURN**Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P** +JAJU-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** +MIDM-070+ |

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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** +MIDM-071+ |

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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. | +NBCS19-026+ |

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| 10:30 | **Meet The Press (R) ’CC’** Chuck Todd interviews newsmakers from around the world. | +NBCM19-026+ |

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| 11:30 | **Australia's Best Backyards (R) ’CC’** A Queensland garden made just for Pirates. How to fit 100 cars and a pub in the backyard. Jamie visits a remarkable Victorian garden where the owner never waters, weeds, or fertilises. | **G** +ABBY2-003+ |

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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** +VASI04-004+ |

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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** +CHSE10-004+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G** +MIDM-070+ |

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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** +MIDM-071+ |

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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-009+ |

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| 15:30 | **Mighty Cruise Ships: HDMS Peter Willemoes (R) ’CC’** HDMS Peter Willemoes is the pride of the Royal Danish Navy. On this voyage, the ship and crew undertake the most intense battle training exercise ever seen on Mighty Ships. | **PG** +MTYS08-006+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’** Inspectors step in to save two ponies who need urgent medical attention. Rescue teams go to the aid of a kitten stuck in a drainpipe and a large goat that has fallen into a hole. Narrated by ANTHONY FIELD. | **G** +ANRS-006+ |

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| 17:00 | **Medical Emergency (R) ’CC’** Richard returns with agonising lower back pain, a bizarre freak accident sees a 21-year-old salesman preparing for open heart surgery, a male nurse finds himself in the operating theatre as a patient. | **PG** +MDEM-003+ |

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| 17:30 | **Building The Dream: Over, Cambridgeshire (R)** Charlie visits Sally & John Lane in the village of Over.They are building a four bedroom kit home that will be made in Germany and shipped “flat-packed” to their site and built in around 2 weeks. | **G** +BUTD01-007+ |

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| 18:30 | **Bargain Hunt: Peterborough 10 (R)** Charlie Ross is at the helm as the hunt for bargains heads to the East of England Showground, one of the largest antiques fairs in the country.  | **G** +BHUN43-003+ |

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| 19:30 | **TBA:** TBC | ++ |

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| 20:00 | **Wimbledon 2019: Day 1 ’CC’ LIVE**The Championships continue on the hallowed grass courts of Wimbledon. The world's greatest tennis players vie for the most prestigious Grand Slam, with immortality awaiting the winners. | +WMBL19-001+ |

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| 23:30 | **Mighty Cruise Ships: HDMS Peter Willemoes (R) ’CC’** HDMS Peter Willemoes is the pride of the Royal Danish Navy. On this voyage, the ship and crew undertake the most intense battle training exercise ever seen on Mighty Ships. | **PG** +MTYS08-006+ |

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| 00:30 | **Medical Emergency (R) ’CC’** Richard returns with agonising lower back pain, a bizarre freak accident sees a 21-year-old salesman preparing for open heart surgery, a male nurse finds himself in the operating theatre as a patient. | **PG** +MDEM-003+ |

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| 01:00 | **Bargain Hunt: Peterborough 10 (R)** Charlie Ross is at the helm as the hunt for bargains heads to the East of England Showground, one of the largest antiques fairs in the country.  | **G** +BHUN43-003+ |

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| 02:00 | **Special: The Charm Of Britain - Part 1 (R) (1993)** Travel the length of Britain and observe the growing independence of its many regions. See a Beatles revival and experience the culture. Starring:GREG GRAINGER | **G** +AMS-542+ |

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| 03:00 | **Special: The Charm Of Britain - Part 2 (R) (1993)** Travel the length of Britain and observe the growing independence of its many regions. See a Beatles revival and experience the culture. Starring:GREG GRAINGER | **G** +AMS-625+ |

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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** +MIDM-070+ |

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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** +MIDM-071+ |

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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-009+ |

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

 **Tuesday 02 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-010+ |

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| 07:00 | **Drop Dead Weird: High On A Hill (R) ’CC’** The kids feel Von Trapped when Grandad hits his head and decides to renovate. | **C** +DDWE01-022+ |

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| 07:30 | **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** +ZOMO02-005+ |

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| 08:00 | **Jay's Jungle: Food (R) ’CC’** Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P** +JAJU-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** +MIDM2-001+ |

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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** +MIDM2-002+ |

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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. | +NBCT19-156+ |

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| 12:00 | **Auction Squad (R) ’CC’** Hate dark and dingy homes? Great tips on letting in the light, plus a stunning red tree that will make your garden a crowd-stopper. | **G** +AUCS4-005+ |

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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** +CHSE10-005+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-001+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-002+ |

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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-010+ |

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| 15:30 | **Mighty Ships: M/V Becrux (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG (A)**+MTYS01-001+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’** Inspectors attempt to rescue a pelican with a badly injured wing, although catching it proves difficult. Two inspectors don their overalls to help a stray sick dog. Narrated by ANTHONY FIELD. | **G** +ANRS-007+ |

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| 17:00 | **Medical Emergency (R) ’CC’** The astonishing story of the young man who was pierced through the heart by a wire coat hanger continues. | **PG** +MDEM-004+ |

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| 17:30 | **Building The Dream: Hastings, East Sussex (R)** Charlie meets Liz & Robin Leonard, who are planning to build a three bedroom, New England inspired home with views over the Sussex coastline. | **G** +BUTD01-008+ |

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| 18:30 | **Bargain Hunt: Peterborough 12 (R)** Paul Laidlaw is at the helm as the hunt for bargains heads to the East of England Showground, one of the largest antiques fairs in the country. | **G** +BHUN43-004+ |

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| 19:30 | **TBA:** TBC | ++ |

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| 20:00 | **Wimbledon 2019: Day 2 ’CC’ LIVE**The Championships continue on the hallowed grass courts of Wimbledon. The world's greatest tennis players vie for the most prestigious Grand Slam, with immortality awaiting the winners. | +WMBL19-004+ |

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| 23:30 | **Mighty Ships: M/V Becrux (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG (A)**+MTYS01-001+ |

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| 00:30 | **Medical Emergency (R) ’CC’** The astonishing story of the young man who was pierced through the heart by a wire coat hanger continues. | **PG** +MDEM-004+ |

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| 01:00 | **Bargain Hunt: Peterborough 12 (R)** Paul Laidlaw is at the helm as the hunt for bargains heads to the East of England Showground, one of the largest antiques fairs in the country. | **G** +BHUN43-004+ |

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| 02:00 | **Auction Squad (R) ’CC’** Hate dark and dingy homes? Great tips on letting in the light, plus a stunning red tree that will make your garden a crowd-stopper. | **G** +AUCS4-005+ |

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| 03:00 | **Autopsy USA: Rodney King (R) ’CC’** A look at the death of Rodney King, whose beating by police officers inspires the infamous LA riots. He was found by his wife face down in his own swimming pool, despite being fit and a good swimmer.  | **MA (D,A,V)**+AUTU01-005+ |

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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** +MIDM2-001+ |

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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** +MIDM2-002+ |

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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-010+ |

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

 **Wednesday 03 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-011+ |

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| 07:00 | **Drop Dead Weird: The TV Detective (R) ’CC’** Tubbershandy thrills at a visit from Doreen Desmond - who plays TV detective Trickrider. | **C** +DDWE01-023+ |

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| 07:30 | **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** +ZOMO02-006+ |

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| 08:00 | **Jay's Jungle: Dragons Breath (R) ’CC’** Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P** +JAJU-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** +MIDM2-003+ |

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| 09:30 | **NBC Today (R) ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-157+ |

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| 12:00 | **Auction Squad (R) ’CC’** The smart way to turn your backyard into an edible garden. | **G** +AUCS4-007+ |

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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** +CHSE10-006+ |

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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-011+ |

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| 15:30 | **Mighty Ships: Emma Maersk (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS01-002+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’** A deserted wildlife sanctuary in the making is discovered by the RSPCA. But most alarming is what they find in the freezer. Narrated by ANTHONY FIELD. | **G** +ANRS-008+ |

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| 17:00 | **Medical Emergency (R) ’CC’** An elderly man at risk of becoming a paraplegic or a quadriplegic receives his test results, a car accident involving five friends sees a young Swedish backpacker in a critical condition. | **PG (A)**+MDEM-005+ |

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| 17:30 | **Building The Dream: Somerset (R)** Charlie's in the West Country to meet Kevin and Liz Davies. They want to build a new family home that's big enough to accommodate them and their three teenage children. | **G** +BUTD01-009+ |

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| 18:30 | **Bargain Hunt: Norfolk 26 (R)** Thomas Plant is in charge as the hunt for bargains heads to the Norfolk Antiques Fair.  | **G** +BHUN43-005+ |

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| 19:30 | **TBA:** TBC | ++ |

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| 20:00 | **Wimbledon 2019: Day 3 ’CC’ LIVE**The Championships continue on the hallowed grass courts of Wimbledon. The world's greatest tennis players vie for the most prestigious Grand Slam, with immortality awaiting the winners. | +WMBL19-007+ |

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| 23:00 | **Mighty Ships: Emma Maersk (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS01-002+ |

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| 00:00 | **Medical Emergency (R) ’CC’** An elderly man at risk of becoming a paraplegic or a quadriplegic receives his test results, a car accident involving five friends sees a young Swedish backpacker in a critical condition. | **PG (A)**+MDEM-005+ |

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| 00:30 | **RSPCA Animal Rescue (R) ’CC’** A deserted wildlife sanctuary in the making is discovered by the RSPCA. But most alarming is what they find in the freezer. Narrated by ANTHONY FIELD. | **G** +ANRS-008+ |

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| 01:00 | **Bargain Hunt: Norfolk 26 (R)** Thomas Plant is in charge as the hunt for bargains heads to the Norfolk Antiques Fair.  | **G** +BHUN43-005+ |

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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** +MIDM2-003+ |

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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** +MIDM2-004+ |

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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-011+ |

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

 **Thursday 04 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-012+ |

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| 07:00 | **Drop Dead Weird: The Zombie Queen (R) ’CC’** Lulu, gets a chance to be the cool one for the first time since coming to Tubbershandy when a famous actress wants to put Mum in her zombie film. | **C** +DDWE01-024+ |

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| 07:30 | **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** +ZOMO02-007+ |

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| 08:00 | **Jay's Jungle: Eggs (R) ’CC’** Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P** +JAJU-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** +MIDM2-005+ |

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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** +MIDM2-006+ |

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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. | +NBCT19-158+ |

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| 12:00 | **Auction Squad (R) ’CC’** The Squad join forces with a bunch of renovating police who want to help out a colleague in need. | **G** +AUCS4-008+ |

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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** +CHSE07-080+ |

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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** +MIDM2-005+ |

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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** +MIDM2-006+ |

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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-012+ |

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| 15:30 | **Mighty Ships: Wallenius Faust (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS01-003+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’** A stray mother cat is taken in to the RSPCA but she has given birth to some kittens that are caught in a tight space. Narrated by ANTHONY FIELD. | **G** +ANRS-009+ |

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| 17:00 | **Medical Emergency (R) ’CC’** A Swedish backpacker's Australian holiday nightmare continues as surgeons operate to save his arm. A young woman suffers from a allergic reaction and goes from dance classes to the emergency centre. | **PG (A)**+MDEM-006+ |

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| 17:30 | **Building The Dream: Warwickshire (R)** Charlie meets Mark & Abigail Smyth, who are planning to build a barn style home in a quiet village in Warwickshire for them and their two young daughters, Pippa & Madeleine. | **G** +BUTD01-010+ |

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| 18:30 | **Bargain Hunt: Epsom 1 (R)** Natasha Raskin is in the saddle for Bargain Hunt at Epsom Racecourse in Surrey. | **G** +BHUN43-006+ |

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| 19:30 | **TBA:** TBC | ++ |

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| 20:00 | **Wimbledon 2019: Day 4 ’CC’ LIVE**The Championships continue on the hallowed grass courts of Wimbledon. The world's greatest tennis players vie for the most prestigious Grand Slam, with immortality awaiting the winners. | +WMBL19-010+ |

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| 00:00 | **Mighty Ships: Wallenius Faust (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS01-003+ |

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| 01:00 | **Bargain Hunt: Epsom 1 (R)** Natasha Raskin is in the saddle for Bargain Hunt at Epsom Racecourse in Surrey. | **G** +BHUN43-006+ |

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| 02:00 | **Auction Squad (R) ’CC’** The smart way to turn your backyard into an edible garden. | **G** +AUCS4-007+ |

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| 03:00 | **Autopsy USA: John Belushi (R) ’CC’** Using information revealed in John Belushi's autopsy report, Dr Michael Hunter investigates his final days and hours to reveal the cause of his death. | **MA (D)**+AUTU01-006+ |

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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** +MIDM2-005+ |

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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** +MIDM2-006+ |

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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-012+ |

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

 **Friday 05 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-013+ |

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| 07:00 | **Drop Dead Weird: Power To The Students (R) ’CC’ DOUBLE EPISODE**Lulu's the candidate for change in the school election, but will it be enough to change Mum and Dad back to normal? | **C** +DDWE01-025+ |

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| 07:30 | **Drop Dead Weird: The Ghost Pirate (R) ’CC’ SEASON FINAL**It's Tubbershandy Pirate Day and a Pirate Ghost is on the loose. | **C** +DDWE01-026+ |

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| 08:00 | **Jay's Jungle: Clocks (R) ’CC’** Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P** +JAJU-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** +MIDM2-007+ |

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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** +MIDM2-008+ |

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| 09:30 | **NBC Today (R) ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-159+ |

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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** +HOWL03-019+ |

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| 13:00 | **My Greek Odyssey (R) ’CC’** In this episode, Peter continues his Spetses experience, before taking in the wonders of the island of Hydra.  | **PG** +MYGO01-003+ |

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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** +MIDM2-007+ |

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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** +MIDM2-008+ |

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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-013+ |

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| 15:30 | **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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| 16:30 | **RSPCA Animal Rescue (R) ’CC’** RSPCA Inspectors discover 50 sick cats in one home, search for a carriage driver reported to have hit his horse and help a dog who is abandoned when its owners move house. Narrated by ANTHONY FIELD. | **G** +ANRS-010+ |

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| 17:00 | **Medical Emergency (R) ’CC’** Will three members of the same family injured in a car accident make it to their son's wedding? A man fights for his life after falling onto concrete at a construction site. | **PG (A)**+MDEM-007+ |

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| 17:30 | **Building The Dream: Yarm (R)** Charlie's in the North East of England with Andy and Mandy Boylett. They're building a huge dormer bungalow complete with basement and sunken garden in the back garden of their current home. | **G** +BUTD01-011+ |

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| 18:30 | **Bargain Hunt: Peterborough 9 (R)** Charlie Ross presents from one of the largest antique fairs in the country, the East of England Showground in Peterborough.  | **G** +BHUN43-007+ |

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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** +BHAG25-023+ |

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| 20:00 | **Wimbledon 2019: Day 5 ’CC’ LIVE**The Championships continue on the hallowed grass courts of Wimbledon. The world's greatest tennis players vie for the most prestigious Grand Slam, with immortality awaiting the winners. | +WMBL19-013+ |

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| 23:30 | **TBA:** TBC | ++ |

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| 00:00 | **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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| 01:00 | **Bargain Hunt: Peterborough 9 (R)** Charlie Ross presents from one of the largest antique fairs in the country, the East of England Showground in Peterborough.  | **G** +BHUN43-007+ |

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| 02:00 | **Auction Squad (R) ’CC’** The Squad join forces with a bunch of renovating police who want to help out a colleague in need. | **G** +AUCS4-008+ |

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| 03:00 | **Autopsy USA: Jimi Hendrix (R) ’CC’** Medical Examiner Dr. Michael Hunter re-examines Jimi Hendrix’s death to cut through claim and counter claims and, using the medical evidence, determines precisely how he died. | **M (D,A)**+AUTU01-007+ |

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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** +MIDM2-007+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-008+ |

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| 05:00 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-013+ |

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

 **Saturday 06 July 2019**

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

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

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

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

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| 08:00 | **Travel Oz: Legendary Pacific Coast (R) ’CC’** Join Greg Grainger as he travels along the classic Aussie roadtrip from Sydney to Brisbane on the legendary Pacific Coast. | **PG** +TRAV4-002+ |

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| 08:45 | **Travel Oz: South Australian Food And Wine (R) ’CC’** Today, Greg visits the Barossa Valley and discovers the quality food in the area before exploring the Eyre Peninsula and Kangaroo Island. | **PG** +TRAV4-003+ |

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| 09:30 | **NBC Today (R) ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-160+ |

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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** +VASI04-004+ |

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| 12:30 | **Auction Squad (R) ’CC’** See how 100 great ideas can make the biggest difference to a sad little weatherboard cottage. | **G** +AUCS4-012+ |

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| 13:30 | **Australia's Best Backyards (R) ’CC’** A crazy Bali courtyard competes with a re-claimed bush garden, complete with giant growing green giant. Jamie shows us a backyard that looks more like a 5-star resort. | **G** +ABBY2-004+ |

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| 14:00 | **SA Weekender ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-019+ |

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| 14:30 | **Sydney Weekender (R) ’CC’** Mike explores the Clarence River on a houseboat. Candice visits Seal Rocks Lighthouse Cottage. Pete checks out wake surfing in Ballina. | **G** +7SWE26-020+ |

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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** +7CTC19-019+ |

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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** +7QWE19-020+ |

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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** +GDOT19-022+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’** The RSPCA steps in to re-home an ostrich who has spent his whole life living in the backyard of a motel in suburban Sydney. Narrated by ANTHONY FIELD. | **G** +ANRS2-006+ |

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| 17:00 | **Wimbledon 2019: Highlights ’CC’** Catch up on all the highs and lows from the opening week of The Championships on Wimbledon's iconic grass courts, where the cream of the tennis world began their bids for the most coveted Grand Slam. | +WMBL19-016+ |

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| 18:00 | **The Yorkshire Vet: Episode 5 (R)** Joining Julian Norton is his partner, fellow vet and former Herriot trainee, Peter Wright together with their dedicated team of staff at his practice, Skeldale Veterinary Centre. | **PG (A)**+YORK05-005+ |

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| 19:00 | **Escape To The Country: Worcestershire** Jules Hudson is house hunting with a couple who plan to swap suburban Essex for a more peaceful life in rural Worcestershire. | **G** +ETTC22-047+ |

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| 20:00 | **Wimbledon 2019: Day 6 ’CC’ LIVE**The Championships continue on the hallowed grass courts of Wimbledon. The world's greatest tennis players vie for the most prestigious Grand Slam, with immortality awaiting the winners. | +WMBL19-017+ |

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| 23:00 | **TBA:** TBC | ++ |

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| 23:30 | **The Yorkshire Vet: Episode 5 (R)** Joining Julian Norton is his partner, fellow vet and former Herriot trainee, Peter Wright together with their dedicated team of staff at his practice, Skeldale Veterinary Centre. | **PG (A)**+YORK05-005+ |

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| 00:30 | **Sydney Weekender (R) ’CC’** Mike explores the Clarence River on a houseboat. Candice visits Seal Rocks Lighthouse Cottage. Pete checks out wake surfing in Ballina. | **G** +7SWE26-020+ |

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| 01:00 | **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** +7CTC19-019+ |

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| 01:30 | **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** +7QWE19-020+ |

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| 02:00 | **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** +GDOT19-022+ |

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| 02:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-019+ |

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| 03:00 | **Auction Squad (R) ’CC’** See how 100 great ideas can make the biggest difference to a sad little weatherboard cottage. | **G** +AUCS4-012+ |

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| 04:00 | **Intrust Shute Shield** TBC  | +CLUB19-014+ |