**Sunday 05 January 2020**

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| 06:00 | **It Is Written: Blood Rock** Religious program. | **PG** +IIWR20-001+ |

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| 06:30 | **TBA:**  | ++ |

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| 07:00 | **Tomorrow's World: Seven Signs Of The Second Coming** Religious program. | **PG** +TOMW20-001+ |

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| 07:30 | **Leading The Way: Know Where You Stand, Pt. 1** Religious program. | **PG** +LWAY20-001+ |

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| 08:00 | **David Jeremiah: Turning Point At Madison Square Garden In New York City, Pt. 1** Religious program. | **PG** +DAJE20-001+ |

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| 08:30 | **Hour Of Power** Religious program. | **PG** +HOOP20-001+ |

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| 09:00 | **Home Shopping (R)** 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** +MTAB01-061+ |

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| 10:00 | **Australia's Deadliest: Australia's Deadliest Shark Coast (R) ’CC’** Australia's Deadliest Shark Coast documents the prime-evil fear that has swept throughout Western Australia's ocean-loving community and the authorities' response to this fatal mystery. | **PG (A)**+WLDC-701+ |

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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. | +NBCT20-004+ |

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| 12:00 | **Special: 130th Rose Parade 2019 (R) (2019)** The 130th annual Rose Parade from Pasadena, California. With singer-songwriter Chaka Khan as Grand Marshall, and featuring the theme 'The Melody Of Life'. | **PG** +SPEC96-001+ |

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| 14:00 | **My Greek Odyssey** Continuing Peter Maneas' goal of stepping foot on all 227 inhabited Greek islands, he takes us to a diverse mix of destinations, some frequently explored, others few have ever visited. | **PG** +MYGO02-008+ |

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| 15:00 | **The Yorkshire Vet (R)** Joining Julian Norton is his partner, fellow vet and former Herriot trainee, Peter Wright together with their dedicated team of staff at his practice, Skeldale Veterinary Centre. | **PG (A,S)**+YORK06-003+ |

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| 16:00 | **Escape To The Country: North Wales (R)** Alistair Appleton goes house hunting with a couple who want to buy a family home in the West Sussex countryside that will give them a better work life balance. | **G** +ETTC24-019+ |

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| 17:00 | **Escape To The Country: Welsh Borders (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** +ETTC23-021+ |

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| 18:00 | **Escape To The Country: Cheshire (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** +ETTC23-022+ |

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| 19:00 | **Dog Patrol (R)** Whanganui Delta team Jason and Farris find neighbours at war with firearms, Customs drug dog Waldo sniffs out a Frenchman at Auckland Airport. | **PG** +STFC07-010+ |

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| 19:30 | **Australia's Deadliest (R) ’CC’** A surfer and a swimmer find themselves in the jaws of Australia’s deadliest predators, while a vet faces the wrath of a native animal in her own backyard. | **PG (V)**+WLDC-001+ |

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| 20:00 | **Australia's Deadliest (R) ’CC’** A young boy goes into cardiac arrest within seconds of being stung by a Box Jellyfish, while a German tourist is savagely attacked by dingoes. | **PG (A)**+WLDC-002+ |

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| 20:30 | **Gold Coast Medical (R) ’CC’** Tonight, just another day on the Gold Coast for the medical staff a stabbing, a missing thumb, a leaking brain, a bloke tossed by a buffalo, and a walking paraplegic looking for love.  | **PG (A)**+GMED01-005+ |

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| 21:30 | **Hospital (R) ’CC’** Go behind the scenes to show the complexity of a hospital in action - including how staff are managing competing pressures and demands to ensure patients get the care they need. | **M (A,L)**+LADW01-001+ |

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| 22:45 | **Air Crash Investigations: Ripped Apart (R) ’CC’** Revisit some of the most spectacular aviation disasters of the last 50 years to expose the explosive power of decompression. | **PG** +MDAY6-001+ |

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| 23:45 | **Dog Patrol (R)** Whanganui Delta team Jason and Farris find neighbours at war with firearms, Customs drug dog Waldo sniffs out a Frenchman at Auckland Airport. | **PG** +STFC07-010+ |

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| 00:15 | **Gold Coast Medical (R) ’CC’** Tonight, just another day on the Gold Coast for the medical staff a stabbing, a missing thumb, a leaking brain, a bloke tossed by a buffalo, and a walking paraplegic looking for love.  | **PG (A)**+GMED01-005+ |

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| 01:30 | **Australia's Best Drives (R) ’CC’** Hosted by Shane Jolley, with guest appearances by Melissa Doyle, Collette Dinnigan and more, Australia's Best Drives takes you on a journey through six of our very best touring holidays. | **PG** +BDRI01-004+ |

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| 02:00 | **Movie: France: Soaring With The Senses - Part 2 (R) (1991)** Greg Grainger continues his inspiring and adventurous tour of France, a vibrant country with spectacular scenery and exciting culture. Starring:GREG GRAINGER | **PG** +AMS-534+ |

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| 03:00 | **My Greek Odyssey (R)** Continuing Peter Maneas' goal of stepping foot on all 227 inhabited Greek islands, he takes us to a diverse mix of destinations, some frequently explored, others few have ever visited. | **PG** +MYGO02-008+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-037+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-038+ |

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| 05:00 | **Harry's Practice (R) ’CC’** Dr. Harry tries to groom a dog that does not want to be groomed! | **G** +HPR-146+ |

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

 **Monday 06 January 2020**

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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 | **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** +ZOMO02-041+ |

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| 07:30 | **Get Arty (R) ’CC’** Tips and techniques on how to make your own short film, plus put your name up in lights with a neon sign. | **C** +ARFA01-008+ |

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| 08:00 | **Pipsqueaks: Cubby House & Being Loud (R) ’CC’** Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P** +PIPQ-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? Hosted by Simon Reeve. | **G** +MIDM4-037+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-038+ |

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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. | +NBCT20-005+ |

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| 10:30 | **House Calls To The Rescue (R) ’CC’** The team rescues a couple suffering a giant hangover from a garden clean-up gone wrong, plus the businessman who runs his company from a linen closet, and the laundry with no door. | **G** +HSCL-014+ |

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| 11:30 | **Better Homes And Gardens: Best Budget Meals (R) ’CC’** Ed and Karen help reduce the amount spent with a bunch of affordable recipes. There's family meals, desserts, entertaining ideas and even snacks for the kids. | **G** +BHSP19-003+ |

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| 12:30 | **The Great Australian Doorstep: Moreton Island with Isuzu (R)** We take an Isuzu iVenture 4WD weekend to the limits as we show you Moreton Island like never before. Some of Australia's most stunning coastlines is located on our gorgeous sand islands. | **PG** +GRAD08-005+ |

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| 13:00 | **The Master (R) ’CC’** Five aspiring millionaires navigate a number of rounds of general knowledge questions in order to challenge the Master for his title. | **G** +MAST-005+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-037+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-038+ |

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| 15:00 | **Harry's Practice (R) ’CC’** Dr. Harry tries to groom a dog that does not want to be groomed! | **G** +HPR-146+ |

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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 | **The Outdoor Room With Jamie Durie: UK (R) ’CC’** Jamie Durie travels to England where he seeks inspiration in transforming a young family's backyard in Melbourne into an English style garden. Starring:JOSH CLUTTERBUCK,KATE CLUTTERBUCK,TOM KIME | **G** +ORWJ-002+ |

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| 17:00 | **Surf Patrol (R) ’CC’** A girl swimming outside the flags at Surfers Paradise finds herself in grave danger. Will she be rescued? | **PG** +SPTL4-001+ |

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| 17:30 | **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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| 18:30 | **Bargain Hunt: Westpoint 19 (R)** Paul Laidlaw presents as the hunt for bargains heads to Exeter's Westpoint Arena. | **G** +BHUN44-010+ |

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| 19:30 | **Doc Martin: Nowt So Queer (R)** A controlling sister interferes with treatment for one of Martin's patients. Starring:IRENE SUTCLIFFE,JOSEPH MORGAN,JOHN MARQUEZ,KATHERINE PARKINSON,THELMA BARLOW,SELINA CADELL | **PG** +DOCM3-006+ |

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| 20:30 | **The Inspector Lynley Mysteries: Well Schooled In Murder (R)** The most promising pupil at Bredgar Hall, the exclusive boys' public school, has gone missing. With an unwritten code of silence amongst classmates making any headway becomes a difficult exercise. Starring:BILL NIGHY,GLYN GRINSTEAD,HENRY CAVIL,MARTIN JARVIS,LISE STEVENSON,JOHN SESSIONS,JUNE WATSON,JOE SOWERBUTTS,SAMUEL BARNETT,WILLIAM MANNERING | **M (D,A,V)**+INLM-001+ |

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| 22:30 | **19-2: Partners** Guilt ridden Officer Nick Barron returns to work following a deadly shooting; Ben Chartier's transfer to Station 19 turns rocky after a split-second decision triggers an internal investigation. | **M (V)**+NINT01-001+ |

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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 | **Surf Patrol (R) ’CC’** A girl swimming outside the flags at Surfers Paradise finds herself in grave danger. Will she be rescued? | **PG** +SPTL4-001+ |

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| 01:00 | **Doc Martin: Nowt So Queer (R)** A controlling sister interferes with treatment for one of Martin's patients. Starring:IRENE SUTCLIFFE,JOSEPH MORGAN,JOHN MARQUEZ,KATHERINE PARKINSON,THELMA BARLOW,SELINA CADELL | **PG** +DOCM3-006+ |

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| 02:00 | **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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| 03:00 | **Bargain Hunt: Westpoint 19 (R)** Paul Laidlaw presents as the hunt for bargains heads to Exeter's Westpoint Arena. | **G** +BHUN44-010+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-039+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-040+ |

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| 05:00 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-147+ |

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| 05:30 | **The Outdoor Room With Jamie Durie: UK (R) ’CC’** Jamie Durie travels to England where he seeks inspiration in transforming a young family's backyard in Melbourne into an English style garden. Starring:JOSH CLUTTERBUCK,KATE CLUTTERBUCK,TOM KIME | **G** +ORWJ-002+ |

 **Tuesday 07 January 2020**

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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 | **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** +ZOMO02-042+ |

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| 07:30 | **Get Arty (R) ’CC’** Create delicate paper flowers for a colourful crown, a super cute bunny rabbit face painting tutorial, plus drawing with Charlotte. | **C** +ARFA01-009+ |

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| 08:00 | **Pipsqueaks: Pets & Sleep Routines (R) ’CC’** Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P** +PIPQ-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? Hosted by Simon Reeve. | **G** +MIDM4-039+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-040+ |

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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. | +NBCT20-006+ |

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| 12:00 | **Adventure All Stars (R)** Join the team as they explore everything fun and adventurous Australia has to offer.  | **PG** +ADAS01-006+ |

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| 13:00 | **The Master (R) ’CC’** Five aspiring millionaires must navigate a number of round of general knowledge questions in order to challenge the Master for his title. | **G** +MAST-006+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-039+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-040+ |

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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-147+ |

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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 | **The Outdoor Room With Jamie Durie: Africa (R) ’CC’** Come on safari with Jamie as he bags the Big Five features to makeover a suburban backyard. Starring:JOHNSON NJUGUNA,JOE HOLLAND,ROBYN HOLLAND | **G** +ORWJ-003+ |

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| 17:00 | **Surf Patrol (R) ’CC’** A sudden swell brings a mass rescue, while lifesavers fear that a twelve-year-old girl has taken drugs. Hosted by Tom Williams. | **PG** +SPTL4-002+ |

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| 17:30 | **Escape To The Country: Worcestershire (R)** Nicki Chapman is helping a budding writer and her husband, escape urban life for a quieter one in the Worcestershire countryside. | **G** +ETTC22-063+ |

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| 18:30 | **Bargain Hunt: Portobello / Kingston 16 (R)** Charlie Ross presents as the hunt for bargains heads to Kingston upon Thames. | **G** +BHUN44-011+ |

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| 19:30 | **Cold Case: A Time To Hate (R) ’CC’** Lilly reopens a 1964 homicide case in which a college baseball player who was homosexual was beaten to death outside of a gay club. The dead man's now elderly and ill mother, who seeks closure be | **M (V,L,A)**+COLC01-007+ |

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| 20:30 | **Without A Trace: There Goes The Bride ’CC’** Jack and his squad investigate a bride, Audrey Rose, who disappears from her wedding celebration. | **M (D,A,S)**+WIAT01-015+ |

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| 21:30 | **Without A Trace: Claire De Lune ’CC’** Jack and his squad search for a teenage girl, Clare Metcalf, who disappears from a mental hospital after she suffers an extreme psychotic episode. | **M (V,A)**+WIAT01-016+ |

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| 22:30 | **Deadly Dates: Nadine (R) ’CC’** 91 million of us search for love online, but internet dating can be dangerous. With access to the victims' families and police, this series looks at real life love stories that ended in tragedy. | **M (A,V)**+SRFM01-001+ |

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| 23:30 | **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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| 00:30 | **Surf Patrol (R) ’CC’** A sudden swell brings a mass rescue, while lifesavers fear that a twelve-year-old girl has taken drugs. Hosted by Tom Williams. | **PG** +SPTL4-002+ |

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| 01:00 | **Deadly Dates: Nadine (R) ’CC’** 91 million of us search for love online, but internet dating can be dangerous. With access to the victims' families and police, this series looks at real life love stories that ended in tragedy. | **M (A,V)**+SRFM01-001+ |

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| 02:00 | **Escape To The Country: Worcestershire (R)** Nicki Chapman is helping a budding writer and her husband, escape urban life for a quieter one in the Worcestershire countryside. | **G** +ETTC22-063+ |

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| 03:00 | **Bargain Hunt: Portobello / Kingston 16 (R)** Charlie Ross presents as the hunt for bargains heads to Kingston upon Thames. | **G** +BHUN44-011+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-041+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-042+ |

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| 05:00 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-148+ |

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

 **Wednesday 08 January 2020**

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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 | **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** +ZOMO02-043+ |

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| 07:30 | **Get Arty (R) ’CC’** We take you through the art of Claymation, from molding the clay characters to filming a stop motion movie. | **C** +ARFA01-010+ |

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| 08:00 | **Pipsqueaks: Shells At The Beach & Under Water World (R) ’CC’** Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P** +PIPQ-006+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-041+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-042+ |

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| 09:30 | **NBC Today (R) ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT20-007+ |

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| 12:00 | **Queensland Weekender: Fun Over Fifty (R) ’CC’** Chris is taking in the magic of east coast Queensland with Fun Over Fifty and discovering some hidden treasures. | **G** +7QWE19-044+ |

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| 12:30 | **The Great Day Out: Pedal to the Metal (R) ’CC’** Liz puts the pedal to the metal on the Willowbank Raceway. Laurel has found a country getaway not far from the city. Alastair uncovers the must do dining venues in Ipswich and we visit Blackbutt. | **G** +GDOT19-046+ |

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| 13:00 | **The Master ’CC’** Five aspiring millionaires must successfully navigate a number of heart stopping rounds of general knowledge questions in order to challenge the Master for his title, and the chance to win $1 million. Hosted by MARK BERETTA. | **G** +MAST-007+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-041+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-042+ |

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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-148+ |

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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 | **The Outdoor Room With Jamie Durie: India (R) ’CC’** Jamie faces his toughest challenge - a family whose backyard backs onto a busy motorway! Starring:AJOY JOSHI,STACEY MAMO,DANNY MAMO | **G** +ORWJ-004+ |

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| 17:00 | **Surf Patrol (R) ’CC’** A swarm of bluebottles has invaded Kings Beach and lifesavers are slammed dealing with over three-hundred stings in one day. | **PG** +SPTL4-003+ |

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| 17:30 | **Escape To The Country: Devon (R)** Jules Hudson is property shopping in Devon with a couple that plans to return to the county where they first met and fell in love. | **G** +ETTC22-064+ |

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| 18:30 | **Bargain Hunt: Newark 9 (R)** Christina Trevanion presents as the hunt for bargains heads to Newark in Nottinghamshire. | **G** +BHUN44-012+ |

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| 19:30 | **Border Security - Australia's Front Line (R) ’CC’** A heated standoff after the discovery of an illegal weapon and a first time traveller is on a high and seems oblivious to what's at stake. | **PG** +BORD-109+ |

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| 20:00 | **Border Security - Australia's Front Line (R) ’CC’** Immigration Compliance officers make an early morning swoop on a property and a well-travelled woman pleads ignorance to strict quarantine laws. | **PG (D)**+BORD-110+ |

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| 20:30 | **Criminal Minds: The Night Watch (R) ’CC’** When the BAU investigates incidents of bodies being incorporated into macabre graffiti art in Detroit, they suspect an elusive-yet-notorious street artist could be the UnSub. | **M (A,V)**+CRMD11-005+ |

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| 21:30 | **Criminal Minds: Pariahville (R) ’CC’** When a woman is murdered in a small town in Florida inhabited entirely by sex offenders, the BAU faces a community full of suspects. | **M (A,V)**+CRMD11-006+ |

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| 22:30 | **Criminal Minds: Target Rich (R) ’CC’** The BAU helps Rossi's journalist daughter investigate the disappearance of a college student. The team is alarmed when Giuseppe Montolo dies in prison after he warns Morgan about underground hitmen. | **M (A,V)**+CRMD11-007+ |

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| 23:30 | **Criminal Minds: Awake (R) ’CC’** The BAU hunts an UnSub in Phoenix who is kidnapping victims and depriving them of sleep. Also, Hotch and Garcia deal with the threat from the underground hitman group, the “Dirty Dozen.” | **MA (V,A)**+CRMD11-008+ |

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| 00:30 | **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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| 01:30 | **Surf Patrol (R) ’CC’** A swarm of bluebottles has invaded Kings Beach and lifesavers are slammed dealing with over three-hundred stings in one day. | **PG** +SPTL4-003+ |

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| 02:00 | **Escape To The Country: Devon (R)** Jules Hudson is property shopping in Devon with a couple that plans to return to the county where they first met and fell in love. | **G** +ETTC22-064+ |

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| 03:00 | **Bargain Hunt: Newark 9 (R)** Christina Trevanion presents as the hunt for bargains heads to Newark in Nottinghamshire. | **G** +BHUN44-012+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-043+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-044+ |

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| 05:00 | **Harry's Practice: Baby Animal Special (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-149+ |

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| 05:30 | **The Outdoor Room With Jamie Durie: India (R) ’CC’** Jamie faces his toughest challenge - a family whose backyard backs onto a busy motorway! Starring:AJOY JOSHI,DANNY MAMO,STACEY MAMO | **G** +ORWJ-004+ |

 **Thursday 09 January 2020**

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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 | **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** +ZOMO02-044+ |

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| 07:30 | **Get Arty (R) ’CC’** Make an owl to hang on your wall, raid the spice rack to make a natural dye, draw a slimy ghost and meet painter Yvonne East, in this episode of Get Arty. | **C** +ARFA01-011+ |

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| 08:00 | **Pipsqueaks: Water Animals & Toy Boats (R) ’CC’** Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P** +PIPQ-007+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-043+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-044+ |

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| 09:30 | **NBC Today (R) ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT20-008+ |

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| 12:00 | **My Greek Odyssey (R)** Continuing Peter Maneas' goal of stepping foot on all 227 inhabited Greek islands, he takes us to a diverse mix of destinations, some frequently explored, others few have ever visited. | **PG** +MYGO02-008+ |

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| 13:00 | **The Outdoor Room With Jamie Durie: Italy (R) ’CC’** Join Jamie Durie as he travels the world in search of inspiration to use as he and his team transform a lucky garden into an Outdoor Room. Starring:ANDY URBANI,MARY URBANI,TOBIE PUTTOCK | **G** +ORWJ-001+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-043+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-044+ |

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| 15:00 | **Harry's Practice: Baby Animal Special (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-149+ |

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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 | **The Outdoor Room With Jamie Durie: Bali - Wedding Special (R) ’CC’** Jamie travels to beautiful Bali to bring back some fantastic ideas to turn any garden into a little corner of the tropics. Starring:JASON COOPER,KAREN COOPER,DARREN SIMPSON | **G** +ORWJ-005+ |

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| 17:00 | **Surf Patrol (R) ’CC’** The search is on when a nineteen-year-old disappears after an early morning swim. Hosted by Tom Williams. | **PG** +SPTL4-004+ |

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| 17:30 | **Escape To The Country: Gloucestershire (R)** Prospective buyers find their dream home. | **G** +ETTC22-065+ |

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| 18:30 | **Bargain Hunt: Leominster / Hay 7 (R)** Natasha Raskin takes the helm as the teams go bargain hunting in Hay-on-Wye. Husband and wife go up against father and son to buy three items that will make the most profit at auction.  | **G** +BHUN44-013+ |

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| 19:30 | **Father Brown: The Face Of Death (R) ’CC’** After a murder at the Kembleford charity treasure hunt, general suspicion falls upon a bereaved man who wants revenge. However, Father Brown is determined to prove the man's innocence. | **M (V)**+FBRO01-008+ |

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| 20:30 | **Judge John Deed: Hidden Agenda (R)** An attractive young doctor is accused of murdering an old man in her care. | **M (A)**+JJD-004+ |

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| 22:30 | **Jonathan Creek: Time Waits For Norman (R)** Can a man be in two places at the same time? Apparently Norman Stangerson can... How is that he is in New York in a meeting, and spilling coffee in Britain at the same time? Even more baffling is how can he arrive home, after hundreds of witnesses saw him die? Starring:ALAN DAVIES,CAROLINE QUENTIN | **M (S)**+JNTC2-002+ |

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| 23:30 | **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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| 00:30 | **Surf Patrol (R) ’CC’** The search is on when a nineteen-year-old disappears after an early morning swim. Hosted by Tom Williams. | **PG** +SPTL4-004+ |

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| 01:00 | **Father Brown: The Face Of Death (R) ’CC’** After a murder at the Kembleford charity treasure hunt, general suspicion falls upon a bereaved man who wants revenge. However, Father Brown is determined to prove the man's innocence. | **M (V)**+FBRO01-008+ |

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| 02:00 | **Escape To The Country: Gloucestershire (R)** Prospective buyers find their dream home. | **G** +ETTC22-065+ |

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| 03:00 | **Bargain Hunt: Leominster / Hay 7 (R)** Natasha Raskin takes the helm as the teams go bargain hunting in Hay-on-Wye. Husband and wife go up against father and son to buy three items that will make the most profit at auction.  | **G** +BHUN44-013+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-045+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-046+ |

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| 05:00 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-150+ |

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

 **Friday 10 January 2020**

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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 | **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** +ZOMO02-045+ |

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| 07:30 | **Get Arty (R) ’CC’** Make your own gift tags, learn ceramics tips from a true master, get the sugar skull look with a spooky make up tutorial, and create a burst photography series. | **C** +ARFA01-012+ |

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| 08:00 | **Pipsqueaks: Rain & Bath Time (R) ’CC’** Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P** +PIPQ-008+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-045+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-046+ |

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| 09:30 | **NBC Today (R) ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT20-009+ |

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| 12:00 | **The Zoo (R) ’CC’** A lion cub has a sore shoulder and the vets must discover why. Then, two White Rhinos are introduced and the keepers are hoping for a pregnancy. | **G** +ZOOT2-003+ |

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| 12:30 | **The Zoo (R) ’CC’** The keepers find two chameleons that are able to turn each other green with happiness, and two male chimps compete for control. | **G** +ZOOT2-004+ |

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| 13:00 | **Mr Selfridge (R)** Harry, Gordon and Jimmy are working hard before the purchase of Whiteley's is announced. They are tense with anticipation; it's an exciting project that will cement the future of the Selfridge legacy. | **PG (A)**+MRSE04-008+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-045+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-046+ |

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| 15:00 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-150+ |

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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 | **The Outdoor Room With Jamie Durie: Japan (R) ’CC’** Jamie brings a traditional Japanese garden into a bare rocky backyard. Then, celebrity chef Luke Mangan fires up the BBQ for a fiery tuna dish. Starring:LUKE MANGAN | **G** +ORWJ-006+ |

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| 17:00 | **Escape To The Country: Devon (R)** Prospective buyers find their dream home. | **G** +ETTC22-066+ |

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| 18:00 | **Bargain Hunt: Westpoint 20 (R)** Paul Laidlaw presents and is joined by experts Charlie Ross and Gary Pe at Exeter's Westpoint Arena. The red team take on their former teacher and her husband in the opposing blue team. | **G** +BHUN44-014+ |

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| 19:00 | **Better Homes And Gardens Summer: Summer Series ’CC’** Joh and Karen travel to Mandurah to go crabbing. Tara shows you how to make a special dog bed from an old table or chair. Dr. Harry meets a dog that's obsessed with chasing and chewing brooms.  | **G** +BHGS16-008+ |

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| 20:30 | **Dogs Behaving (Very) Badly (R) ’CC’** Graeme's first port of call is Andover in Hampshire where a Manchester Terrier called Marney is taking over a woman's life. | **PG** +DOBB01-005+ |

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| 21:30 | **Selling Houses Australia: Hoarder House (R) ’CC’** After having a heart attack, a hoarder must sell their home or risk the bank taking it away from him. | **G** +SEHO05-005+ |

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| 22:30 | **The House That 100K Built: Neil And Amanda (R)** Can you build a family home for just 50k? Well Neil and Amanda are giving it their best shot. | **G** +HOTB03-004+ |

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| 23:45 | **Pie In The Sky: The Policeman's Daughter (R)** Whilst Fisher's wife is abroad, his daughter changes her name and hair colour to Magenta and goes off with a group of travellers. | **PG** +PIES2-003+ |

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| 00:45 | **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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| 02:00 | **Escape To The Country: Devon (R)** Prospective buyers find their dream home. | **G** +ETTC22-066+ |

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| 03:00 | **Bargain Hunt: Westpoint 20 (R)** Paul Laidlaw presents and is joined by experts Charlie Ross and Gary Pe at Exeter's Westpoint Arena. The red team take on their former teacher and her husband in the opposing blue team. | **G** +BHUN44-014+ |

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| 04:00 | **Movie: France: Soaring With The Senses - Part 2 (R) (1991)** Greg Grainger continues his inspiring and adventurous tour of France, a vibrant country with spectacular scenery and exciting culture. Starring:GREG GRAINGER | **PG** +AMS-534+ |

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| 05:00 | **Australia's Best Drives (R) ’CC’** Hosted by Shane Jolley, with guest appearances by Melissa Doyle, Collette Dinnigan and more, Australia's Best Drives takes you on a journey through six of our very best touring holidays. | **PG** +BDRI01-004+ |

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| 05:30 | **The Outdoor Room With Jamie Durie: Japan (R) ’CC’** Jamie brings a traditional Japanese garden into a bare rocky backyard. Then, celebrity chef Luke Mangan fires up the BBQ for a fiery tuna dish. Starring:LUKE MANGAN | **G** +ORWJ-006+ |

 **Saturday 11 January 2020**

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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: South Coast & Bungle Bungles (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV-006+ |

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| 08:45 | **Travel Oz: Bilby Release (R) ’CC’** This week, Greg Grainger follows the highly endangered Bilby story, from a captive breeding program to a release. | **PG** +TRAV3-005+ |

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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. | +NBCT20-010+ |

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| 11:30 | **House Calls To The Rescue (R) ’CC’** The team rescues a couple suffering a giant hangover from a garden clean-up gone wrong, plus the businessman who runs his company from a linen closet, and the laundry with no door. | **G** +HSCL-014+ |

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| 12:30 | **Intolerant Cooks: Ep 10 - Fonda For Your Bonda! (R)** Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG** +INTC04-010+ |

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| 13:00 | **The Great Australian Doorstep: New Zealand Motorhome Tour (R)** We begin the 4 part New Zealand Motorhome Tour in Auckland and head due north to Bay Of Islands, before finishing off on the Coromandel Peninsula. | **PG** +GRAD08-006+ |

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| 13:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-010+ |

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| 14:00 | **Creek To Coast: Moonshine (R) ’CC’** From big pelagics, to monster reefies Scotty and his son Bailey take us way out to the fringing reefs offshore from Airlie Beach. | **G** +7CTC19-042+ |

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| 14:30 | **Queensland Weekender: Daydream Island ’CC’** Mel discovers true island life on Daydream Island in Tropical North Queensland. | **G** +7QWE19-045+ |

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| 15:00 | **The Great Day Out: Healthy Fun ’CC’** Jess is on a health kick in Cleveland, Billy has found Brisbane's answer to the Amazing Race. Courtney learns a few culinary skills while Tamsyn has budget ways to get fit and healthy in Brisbane. | **G** +GDOT19-047+ |

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| 15:30 | **The Zoo (R) ’CC’** Petra the Pygmy Hippo is about to give birth and a precious Brush-Tailed Rock Wallaby Joey is carefully swapped from one pouch to another. | **G** +ZOOT2-005+ |

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| 16:00 | **The Zoo (R) ’CC’** Witness the extraordinary birth of two snow leopards and Rigo a Silverback Gorilla is heading to the dentist. | **G** +ZOOT3-001+ |

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| 16:30 | **Honey I Bought The House: Paul And Sophie NEW EPISODE**Couples are given a £15,000 deposit to get them on the property ladder. The only catch is they are separated immediately and one has three weeks to secure a property - or they lose the money. | **PG** +HBTH01-001+ |

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| 17:30 | **Seven's Horse Racing: Magic Millions ’CC’ LIVE**The feature meeting of the Queensland Summer Racing Carnival is highlighted by the Magic Millions Classic, a $2 million weight-for-age race for two-year-olds over 1200m at Gold Coast Racecourse.  | +SHRC20-001+ |

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| 18:00 | **Dog Patrol (R)** Whanganui Delta team Jason and Farris find neighbours at war with firearms, Customs drug dog Waldo sniffs out a Frenchman at Auckland Airport. | **PG** +STFC07-010+ |

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| 18:30 | **The Yorkshire Vet: The Yorkshire Vet At The Great Yorkshire Show (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)**+YORK05-001+ |

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| 19:30 | **The Yorkshire Vet NEW EPISODE**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)**+YORK06-004+ |

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| 20:30 | **Escape To The Country: West Sussex NEW EPISODE**Details TBC.  | **G** +ETTC24-020+ |

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| 21:30 | **Escape To The Country: Shropshire (R)** Jules Hudson is house hunting in Shropshire with a couple who have 400,000-pounds to find a foster-friendly country property. | **G** +ETTC23-023+ |

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| 22:30 | **Escape To The Country: Oxfordshire (R)** Jonnie Irwin is on an Oxfordshire property hunt with a couple of brothers, where one has 675,000-pounds to buy himself a character country home. | **G** +ETTC23-024+ |

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| 23:30 | **The Yorkshire Vet: The Yorkshire Vet At The Great Yorkshire Show (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)**+YORK05-001+ |

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| 00:30 | **Escape To The Country: West Sussex (R)** Details TBC.  | **G** +ETTC24-020+ |

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| 01:30 | **The Great Australian Doorstep: New Zealand Motorhome Tour (R)** We begin the 4 part New Zealand Motorhome Tour in Auckland and head due north to Bay Of Islands, before finishing off on the Coromandel Peninsula. | **PG** +GRAD08-006+ |

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| 02:00 | **Intolerant Cooks: Ep 10 - Fonda For Your Bonda! (R)** Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG** +INTC04-010+ |

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| 02:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-010+ |

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| 03:00 | **Creek To Coast: Moonshine (R) ’CC’** From big pelagics, to monster reefies Scotty and his son Bailey take us way out to the fringing reefs offshore from Airlie Beach. | **G** +7CTC19-042+ |

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| 03:30 | **Queensland Weekender: Queensland Weekender 2019 Ep: 18 (R) ’CC’** Liz sets sail for Peel Island, while Chris discovers rustic charms around the Scenic Rim. | **G** +7QWE19-018+ |

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| 04:00 | **The Great Day Out: Healthy Fun (R) ’CC’** Jess is on a health kick in Cleveland, Billy has found Brisbane's answer to the Amazing Race. Courtney learns a few culinary skills while Tamsyn has budget ways to get fit and healthy in Brisbane. | **G** +GDOT19-047+ |

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| 04:30 | **Travel Oz: South Coast & Bungle Bungles (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV-006+ |

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| 05:15 | **Travel Oz: Bilby Release (R) ’CC’** This week, Greg Grainger follows the highly endangered Bilby story, from a captive breeding program to a release. | **PG** +TRAV3-005+ |