**Sunday 09 February 2020**

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| 06:00 | **It Is Written: Here I Stand!** Religious program. | **PG (A)**+IIWR20-006+ |

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

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| 07:00 | **Tomorrow's World: The Mark Of The Beast Is HERE** Religious program. | **PG** +TOMW20-006+ |

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| 07:30 | **Leading The Way: Defending A Lion: Part 1** Religious program. | **PG** +LWAY20-006+ |

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| 08:00 | **David Jeremiah: The Insomniac** Religious program. | **PG** +DAJE20-006+ |

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| 08:30 | **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)**+MTAB01-066+ |

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

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| 09:30 | **Sydney Weekender (R) ’CC’** Mike heads to the Snowy Mountains. Lizzy explores the stunning scenery of Gondwana Rainforests. Aussie cricketer Lisa Sthalekar heads out with Scott Hillier to wrangle some Sydney Kingfish. | **G** +7SWE26-042+ |

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| 10:00 | **Honey I Bought The House: Francesca And Alex (R)** 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 (L)**+HBTH01-005+ |

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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. | +NBCT20-039+ |

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| 12:00 | **SA Weekender: Book Them Out (R) ’CC’** A special look at some areas of South Australia affected by the bushfires and how you can support them with a visit, including Kangaroo Island and the Adelaide Hills.  | **G** +SAWE19-040+ |

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| 12:30 | **Special: Nippers Safe For Life (R) (2020)** We spend time on the sand with the junior surf lifesavers, better known as Nippers, who are learning big life lessons while having great fun on beautiful Queensland beaches. | **PG** +AUMS85-001+ |

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| 13:00 | **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)**+YORK06-008+ |

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| 14:00 | **Ultimate Bowls Championship: Moama - Highlights Quarter Finals 1 And 2** The Ultimate Bowls Championship is a celebration of the sport of lawn bowls. It has been designed to respect, showcase and grow the game we love. | **PG** +ULBC01-013+ |

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| 15:00 | **My Greek Odyssey** In this episode, Peter explores the tiny island of Sifnos where he gets a cooking lesson from a master - the grandson of Greece’s famous chef Nikolaos Tselementes, father of the traditional moussaka. | **PG** +MYGO02-011+ |

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| 16:00 | **Escape To The Country: Welsh Borders (R)** Margherita Taylor helps a house searching couple who want to make a much yearned for leap to a country life on the Welsh borders. | **G** +ETTC24-025+ |

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| 17:00 | **Escape To The Country: Worcestershire (R)** Jules Hudson is on a house hunting mission in South Worcestershire with a young couple who have just got engaged and are looking for their first joint house purchase. | **G** +ETTC24-026+ |

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| 18:00 | **Escape To The Country: Devon (R)** Jonnie Irwin is tasked with helping a nomadic couple find their sixteenth home. They have 500,000-pounds to find a picturesque property near the Devon coast. | **G** +ETTC23-030+ |

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| 19:00 | **Border Security - Australia's Front Line (R) ’CC’** Tonight, a man is enraged when his wife denies they have any relationship. Then, a simple box of food hides a very clever secret. | **PG** +BORD-134+ |

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| 19:30 | **Border Security - Australia's Front Line (R) ’CC’** This week, a brazen smuggling attempt is stopped at the Border with the discovery of a hidden compartment inside a bag. Meanwhile, see how a couple from the UK start their dream holiday in chaos. Hosted by Grant Bowler. | **PG** +BORD-135+ |

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| 20:00 | **Border Security - Australia's Front Line (R) ’CC’** Some cocky men return from Asia with dangerous contraband and play dumb when the officers find a large amount of strange pink pills in their possession. | **PG** +BORD-136+ |

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| 20:30 | **Gold Coast Medical (R) ’CC’** An all female surgical team take on breast cancer; a baby with it's own birth plan; a real life Gold Coast vampire, and a gunshot to the guts, but where's the bullet? | **M (A)**+GMED01-010+ |

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| 21:30 | **Hospital (R)** Go behind the scenes to show the complexity of a hospital in action - including how staff are managing competing pressures and demands to ensure patients get the care they need. | **M (A,L)**+LADW02-001+ |

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| 22:45 | **Air Crash Investigations: Blown Apart (R) ’CC’** High above the North Sea, an aging propeller plane tumbles from the sky, investigators take two years to find the answers and the cause. | **PG** +MDAY7-003+ |

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| 23:45 | **Border Security - Australia's Front Line (R) ’CC’** Tonight, a man is enraged when his wife denies they have any relationship. Then, a simple box of food hides a very clever secret. | **PG** +BORD-134+ |

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| 00:15 | **Gold Coast Medical (R) ’CC’** An all female surgical team take on breast cancer; a baby with it's own birth plan; a real life Gold Coast vampire, and a gunshot to the guts, but where's the bullet? | **M (A)**+GMED01-010+ |

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| 01:30 | **Sydney Weekender (R) ’CC’** Mike heads to the Snowy Mountains. Lizzy explores the stunning scenery of Gondwana Rainforests. Aussie cricketer Lisa Sthalekar heads out with Scott Hillier to wrangle some Sydney Kingfish. | **G** +7SWE26-042+ |

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| 02:00 | **Ultimate Bowls Championship: Moama - Highlights Quarter Finals 1 And 2 (R)** The Ultimate Bowls Championship is a celebration of the sport of lawn bowls. It has been designed to respect, showcase and grow the game we love. | **PG** +ULBC01-013+ |

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| 03:00 | **My Greek Odyssey (R)** In this episode, Peter explores the tiny island of Sifnos where he gets a cooking lesson from a master - the grandson of Greece’s famous chef Nikolaos Tselementes, father of the traditional moussaka. | **PG** +MYGO02-011+ |

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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** +MIDM4-087+ |

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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** +MIDM4-088+ |

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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-172+ |

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

 **Monday 10 February 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 | **Bottersnikes and Gumbles: The Gumbledex / The Spangler (R) ’CC’** In a faraway forgotten valley, heaped with long abandoned junk, a timeless battle rages between good and evil, this is the land of Bottersnikes & Gumbles. | **C** +BSAG-001+ |

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| 07:30 | **Get Arty (R) ’CC’** Create a hanging garden, make super cute reindeer lollypops, sew your own fashion and make a creative splash - and much more today on GET ARTY! | **C** +ARFA01-033+ |

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| 08:00 | **Pipsqueaks: Building Nests & Expressing Yourself (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-029+ |

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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** +MIDM4-087+ |

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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** +MIDM4-088+ |

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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. | +NBCT20-040+ |

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| 10:30 | **Malaysia Kitchen (R)** Alvin shares a Malaysian salad that's said to promote good fortune, whips up some tender coconut calamari and is joined by veteran chef, Carol Selva Rajah to make a hearty and healthy mysore dahl. | **G** +MKIT01-003+ |

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| 11:00 | **The Great Australian Doorstep: Cairns (R)** Far North Queensland never disappoints, so join us as we take you around Cairns and the Great Barrier Reef. | **PG** +GRAD08-010+ |

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| 11:30 | **Better Homes And Gardens (R) ’CC’** Joh and Pete visit the ultimate beach shack. Tara creates some unique pieces of abstract art. Karen makes deep fried prawn rice paper rolls. Dr Harry finds out all about the world of dog agility.  | **G** +BHAG26-001+ |

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| 13:00 | **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** +MIDM4-087+ |

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

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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-172+ |

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| 15:30 | **Mighty Ships: USS New York (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS06-002+ |

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| 16:30 | **Under The Hammer (R) ’CC’** A couple who have spent 10 years on a renovation are in huge debt to the bank and must sell the home for premium price. A real estate agent hope hers inside knowledge can get her big money at auction. | **PG** +UTHM2-007+ |

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| 17:00 | **The Real Seachange (R) ’CC’** Things heat up in Canada at the grand opening of the Boardwalk Restaurant. Will Ian and Catherine's first day be a success? | **G** +RLSC2-005+ |

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| 17:30 | **The Yorkshire Vet in Autumn (R)** Set in Autumn, watch as everything from hedgehogs to squirrels come into the vets, and follow the animals getting ready for a healthy winter hibernation. | **PG (A)**+YORK03-007+ |

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| 18:30 | **Bargain Hunt: Anglesey 9 (R)** Anita Manning presents from Mona Showground on Anglesey as two brothers take on a mother and daughter. | **PG** +BHUN45-003+ |

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| 19:30 | **Doc Martin: Driving Mr McLynn (R)** Martin is angered by Louisa's actions, and Al's work sets tongues wagging in the village. | **PG** +DOCM4-004+ |

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| 20:30 | **The Inspector Lynley Mysteries: In The Presence Of The Enemy (R)** Lynley and Havers are brought it to investigate their most professionally demanding and politically sensitive case yet when a Labour minister's 10-year-old daughter is abducted. Starring:ANJALEE PATEL,BENNET THORPE,JAMES HAZELDINE,KEN BONES,JOSEPH FRIEND,SIMON CHANDLER,SIMONE BENDIX,SOPHIE OKONEDO,NATALIE FREEGARD | **M (A,V)**+INLM2-002+ |

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| 22:30 | **Air Crash Investigations: Sight Unseen (R) ’CC’** November 12, 1996. Two passenger jets collide above one of India's busiest airports, resulting in 349 deaths. | **PG** +MDAY7-004+ |

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| 23:30 | **Mighty Ships: USS New York (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS06-002+ |

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| 00:30 | **The Real Seachange (R) ’CC’** Things heat up in Canada at the grand opening of the Boardwalk Restaurant. Will Ian and Catherine's first day be a success? | **G** +RLSC2-005+ |

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| 01:00 | **Doc Martin: Driving Mr McLynn (R)** Martin is angered by Louisa's actions, and Al's work sets tongues wagging in the village. | **PG** +DOCM4-004+ |

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| 02:00 | **The Yorkshire Vet in Autumn (R)** Set in Autumn, watch as everything from hedgehogs to squirrels come into the vets, and follow the animals getting ready for a healthy winter hibernation. | **PG (A)**+YORK03-007+ |

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| 03:00 | **Bargain Hunt: Anglesey 9 (R)** Anita Manning presents from Mona Showground on Anglesey as two brothers take on a mother and daughter. | **PG** +BHUN45-003+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-089+ |

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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** +MIDM4-090+ |

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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-173+ |

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| 05:30 | **Under The Hammer (R) ’CC’** A couple who have spent 10 years on a renovation are in huge debt to the bank and must sell the home for premium price. A real estate agent hope hers inside knowledge can get her big money at auction. | **PG** +UTHM2-007+ |

 **Tuesday 11 February 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 | **Bottersnikes and Gumbles: Song Of The Bottersnike / Undercover Gumble (R) ’CC’** In a faraway forgotten valley, heaped with long abandoned junk, a timeless battle rages between good and evil, this is the land of Bottersnikes & Gumbles. | **C** +BSAG-002+ |

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| 07:30 | **Get Arty (R) ’CC’** Turn old bottles into flowers, turn your bedroom into a giant camera, make paper art and meet some Hollywood superstars, including Hugh Jackman! | **C** +ARFA01-034+ |

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| 08:00 | **Pipsqueaks: Things That Go Bang & Feelings (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-030+ |

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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** +MIDM4-089+ |

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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** +MIDM4-090+ |

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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. | +NBCT20-041+ |

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| 12:00 | **Helloworld (R) ’CC’** Join the all-star cast as they uncover the greatest travel experiences in the world today. | **PG** +HELW01-008+ |

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| 12:30 | **Creek To Coast: South Australia Road Trip (R) ’CC’** Scotty and Olivia tick off South Australia's must catch on this extraordinary fishing trip to Port Lincoln. If you love fishing you are going to love this episode. | **G** +7CTC19-046+ |

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| 13:00 | **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** +MIDM4-089+ |

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

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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-173+ |

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| 15:30 | **Mighty Ships: USNS Grasp (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS06-003+ |

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| 16:30 | **Under The Hammer (R) ’CC’** Owners, buyers, sellers - they're all under pressure... and all under the hammer. | **PG** +UTHM2-008+ |

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| 17:00 | **The Real Seachange (R) ’CC’** Alan and Michelle are ready to jump into the deep end. But can Alan's medical condition take it? | **G** +RLSC2-006+ |

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| 17:30 | **The Yorkshire Vet in Autumn (R)** Set in Autumn, watch as everything from hedgehogs to squirrels come into the vets, and follow the animals getting ready for a healthy winter hibernation. | **PG (A,S)**+YORK03-008+ |

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| 18:30 | **Bargain Hunt: Builth Wells 2 (R)** Natasha and Peter Cox from Rhayader Museum and Gallery with some interesting farming items. | **PG** +BHUN45-004+ |

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| 19:30 | **Cold Case: Glued (R) ’CC’** Lieutenant Stillman asks Rush to investigate the 1980 unsolved murder of an 8-year-old boy. Stillman worked the case and is still haunted by it. | **M (V,A)**+COLC01-012+ |

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| 20:30 | **Without A Trace ’CC’** Jack and the team try to find a priest, Father Henry Stephens, who disappears from his church shortly after learning that he needs a liver transplant to survive. | **M (D,V,A)**+WIAT02-002+ |

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| 21:30 | **Without A Trace ’CC’** A beautiful young woman who seems to have everything, disappears from her wealthy fiancee’s home during the middle of a dinner party. Jack and his team begin to investigate her disappearance. | **M (V)**+WIAT02-003+ |

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| 22:30 | **Criminal Confessions: Martin County (R) ’CC’** A devoted mother disappears into the night after tucking her daughter into bed; investigators chase down a trail of leads that include multiple suspects, culminating in a horrifying discovery. | **M (A,V)**+CCON01-005+ |

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| 00:30 | **Mighty Ships: USNS Grasp (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS06-003+ |

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| 01:30 | **The Real Seachange (R) ’CC’** Alan and Michelle are ready to jump into the deep end. But can Alan's medical condition take it? | **G** +RLSC2-006+ |

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| 02:00 | **The Yorkshire Vet in Autumn (R)** Set in Autumn, watch as everything from hedgehogs to squirrels come into the vets, and follow the animals getting ready for a healthy winter hibernation. | **PG (A,S)**+YORK03-008+ |

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| 03:00 | **Bargain Hunt: Builth Wells 2 (R)** Natasha and Peter Cox from Rhayader Museum and Gallery with some interesting farming items. | **PG** +BHUN45-004+ |

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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** +MIDM4-091+ |

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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-174+ |

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

 **Wednesday 12 February 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 | **Bottersnikes and Gumbles: King Sized Calamity / Up, Up And Away (R) ’CC’** In a faraway forgotten valley, heaped with long abandoned junk, a timeless battle rages between good and evil, this is the land of Bottersnikes & Gumbles. | **C** +BSAG-003+ |

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| 07:30 | **Get Arty (R) ’CC’** On this monstrous episode of GET ARTY, make a little friend for your schoolbag, punk your own photos, meet a game designer, and draw a scary monster! | **C** +ARFA01-035+ |

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| 08:00 | **Pipsqueaks: Colours & Hair And Fur (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-031+ |

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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** +MIDM4-091+ |

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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** +MIDM4-092+ |

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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. | +NBCT20-042+ |

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| 12:00 | **Queensland Weekender: Flavours of the Outback 2 ’CC’** The red dirt adventure through Queensland’s agricultural heartland continues as we explore Thallon, Bollon, Wallam Creek and meet a local Nindigully artist. | **G** +7QWE19-049+ |

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| 12:30 | **The Great Day Out: Hidden Gems (R) ’CC’** Jillian uncovers all that is new the West End art scene, Tamsyn enjoys a solar powered canoe ride through paradise while Laurel uncovers a few hidden gems on a daytrip. | **G** +GDOT19-051+ |

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| 13:00 | **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** +MIDM4-091+ |

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

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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-174+ |

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| 15:30 | **Mighty Ships: Stornes (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS06-004+ |

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| 16:30 | **Under The Hammer (R) ’CC’** Owners, buyers, sellers - they're all under pressure... and all under the hammer. | **PG** +UTHM2-009+ |

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| 17:00 | **The Real Seachange (R) ’CC’** Two couples join forces to start their new lives in the heart of wine growing Victoria. Hosted by John Howard. | **G** +RLSC2-007+ |

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| 17:30 | **The Yorkshire Vet in Autumn (R)** Set in Autumn, watch as everything from hedgehogs to squirrels come into the vets, and follow the animals getting ready for a healthy winter hibernation. | **PG** +YORK03-009+ |

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| 18:30 | **Bargain Hunt: Anglesey 10 (R)** Anita Manning presents from the Mona Showground on Anglesey. | **PG** +BHUN45-005+ |

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| 19:30 | **Border Security - Australia's Front Line (R) ’CC’** A man tells officers he travelled to Bali for fun. However, a positive drug reading may prove he had ulterior motives. Elsewhere, what is with this shampoo? It definitely won't give your hair any bounce and shine. Then, a major crime is averted when a woman simply removes her shoes. | **PG** +BORD-137+ |

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| 20:00 | **Border Security - Australia's Front Line (R) ’CC’** Officers are pushed to the limit when several packages of white powder are found on a passenger, plus a New Zealander's plan for a new life could be short lived when his criminal record comes into focus. | **PG** +BORD-139+ |

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| 20:30 | **Criminal Minds: False Flag (R) ’CC’** When two members of a conspiracy group in Roswell, New Mexico perish in quick succession, the BAU is called to investigate. | **M (A,V)**+CRMD13-009+ |

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| 21:30 | **Criminal Minds: Submerged (R) ’CC’** When a series of backyard pool homicides are reported in California, the BAU team searches for an unsub with a puzzling past. | **M (A,V)**+CRMD13-010+ |

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| 22:30 | **Criminal Minds: Full-Tilt Boogie (R) ’CC’** The BAU team's investigation into the home invasion and attempted homicide of a police chief's wife uncovers a world of secrets in a small town in Virginia. | **M (D,A,V)**+CRMD13-011+ |

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| 23:30 | **Criminal Minds: Beyond Borders: The Harmful One (R) ’CC’** Unit Chief Jack Garrett and his International Response Team travel to Thailand when three American volunteers go missing during a trek to Bangkok. | **M (A,V)**+CMBB01-001+ |

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| 00:30 | **Mighty Ships: Stornes (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS06-004+ |

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| 01:30 | **The Cosmetic Surgery Show (R)** Follows one of Australia's leading Cosmetic and Dermatological Surgeons, Dr Daniel Lanzer, as he and his team perform incredible procedures. | **MA** +CMCF02-004+ |

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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? Hosted by Simon Reeve. | **G** +MIDM4-093+ |

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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** +MIDM4-094+ |

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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. Starring:MERRICK WATTS,TIM ROSS | **G** +HPR-175+ |

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| 05:30 | **Under The Hammer (R) ’CC’** Owners, buyers, sellers - they're all under pressure... and all under the hammer. | **PG** +UTHM2-009+ |

 **Thursday 13 February 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 | **Bottersnikes and Gumbles: Gumble Magnetism / Gumble Rally (R) ’CC’** In a faraway forgotten valley, heaped with long abandoned junk, a timeless battle rages between good and evil, this is the land of Bottersnikes & Gumbles. | **C** +BSAG-004+ |

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| 07:30 | **Get Arty (R) ’CC’** Today on GET ARTY give your aquarium a colourful makeover, learn how to do holographic make up, plus nail art, campfire cookies and surfboard designs! | **C** +ARFA01-036+ |

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| 08:00 | **Pipsqueaks: Art & Special Clothes (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-032+ |

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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** +MIDM4-093+ |

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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** +MIDM4-094+ |

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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. | +NBCT20-043+ |

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| 12:00 | **My Greek Odyssey (R)** In this episode, Peter explores the tiny island of Sifnos where he gets a cooking lesson from a master - the grandson of Greece’s famous chef Nikolaos Tselementes, father of the traditional moussaka. | **PG** +MYGO02-011+ |

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| 13:00 | **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** +MIDM4-093+ |

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

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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. Starring:MERRICK WATTS,TIM ROSS | **G** +HPR-175+ |

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| 15:30 | **Mighty Ships: Northern Eagle (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS06-005+ |

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| 16:30 | **Under The Hammer (R) ’CC’** Owners, buyers, sellers - they're all under pressure... and all under the hammer. | **PG** +UTHM2-010+ |

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| 17:00 | **The Real Seachange (R) ’CC’** The last-minute push to get their hotel ready is on for Amy and David. And after a variety of setbacks, Ian and Michele get some great news. | **PG** +RLSC2-008+ |

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| 17:30 | **The Yorkshire Vet in Autumn (R)** Set in Autumn, watch as everything from hedgehogs to squirrels come into the vets, and follow the animals getting ready for a healthy winter hibernation. | **PG (A)**+YORK03-010+ |

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| 18:30 | **Bargain Hunt: Newbury 6 (R)** Charlie Ross is at the Newbury Showground and takes a trip down memory lane with a Mini Cooper S, before heading to the auction. | **PG** +BHUN45-006+ |

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| 19:30 | **Father Brown: The Invisible Man (R) ’CC’** The circus has returned to town and Father Brown finds himself dealing with a murder and an unexpected marriage. | **M (V,A)**+FBRO03-003+ |

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| 20:30 | **Judge John Deed: Health Hazard (R)** Sir Ian Rochester if furious when the vainglorious new Presider, Sir Monty 'Legover' Everard miscalculates and hands John Deed a controversial case against a mobile phone company. Starring:ANDREW HAVILL,DANIEL HILL,HOWARD SADDLER,FRANK WINDSOR,KOUROSH ASAD,LARA CAZALET,ROBERT SCHOFIELD,SAN SHELIA,TOM KNIGHT,STEVEN ELLIOTT,SYLVIA COHEN | **M (V)**+JJD2-005+ |

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| 22:30 | **Jonathan Creek: The Curious Tale Of Mr. Spearfish (R)** Lenny Spearfish is not having a good life, until he agrees to sell his soul to the devil... Starring:ALAN DAVIES,CAROLINE QUENTIN | **M (A,V)**+JNTC3-001+ |

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| 23:30 | **Mighty Ships: Northern Eagle (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS06-005+ |

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| 00:30 | **The Cosmetic Surgery Show (R)** Follows one of Australia's leading Cosmetic and Dermatological Surgeons, Dr Daniel Lanzer, as he and his team perform incredible procedures. | **MA** +CMCF02-004+ |

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| 01:00 | **Father Brown: The Invisible Man (R) ’CC’** The circus has returned to town and Father Brown finds himself dealing with a murder and an unexpected marriage. | **M (V,A)**+FBRO03-003+ |

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| 02:00 | **The Yorkshire Vet in Autumn (R)** Set in Autumn, watch as everything from hedgehogs to squirrels come into the vets, and follow the animals getting ready for a healthy winter hibernation. | **PG (A)**+YORK03-010+ |

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| 03:00 | **Bargain Hunt: Newbury 6 (R)** Charlie Ross is at the Newbury Showground and takes a trip down memory lane with a Mini Cooper S, before heading to the auction. | **PG** +BHUN45-006+ |

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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? Hosted by Simon Reeve. | **G** +MIDM4-095+ |

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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** +MIDM4-096+ |

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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-176+ |

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

 **Friday 14 February 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 | **Bottersnikes and Gumbles: This Means Peace / Happy Gumbleday To Bounce (R) ’CC’** In a faraway forgotten valley, heaped with long abandoned junk, a timeless battle rages between good and evil, this is the land of Bottersnikes & Gumbles. | **C** +BSAG-005+ |

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| 07:30 | **Get Arty (R) ’CC’** On a mystical episode of Get Arty, learn how to decorate a dragon cake, draw a unicorn, and visit the largest public sculpture exhibition in the world! | **C** +ARFA01-037+ |

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| 08:00 | **Pipsqueaks: Carrot & Traffic Lights (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-033+ |

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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** +MIDM4-095+ |

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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** +MIDM4-096+ |

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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. | +NBCT20-044+ |

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| 12:00 | **Ultimate Bowls Championship: Moama - Highlights Quarter Finals 1 And 2 (R)** The Ultimate Bowls Championship is a celebration of the sport of lawn bowls. It has been designed to respect, showcase and grow the game we love. | **PG** +ULBC01-013+ |

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| 13:00 | **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** +MIDM4-095+ |

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

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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-176+ |

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| 15:30 | **Mighty Ships: Neptune (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS06-006+ |

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| 16:30 | **The Real Seachange (R) ’CC’** It's the moment of truth for David and Amy as their first guests arrive. Nigel and Suzy take a whopping pay cut to follow their dream. | **G** +RLSC2-009+ |

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| 17:00 | **The Real Seachange (R) ’CC’** There's trouble on the farm for Alan and Michelle. And Suzy and her daughters are struggling in tropical Queensland. Hosted by John Howard. | **G** +RLSC2-010+ |

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| 17:30 | **Escape To The Country: Powys (R)** Jules Hudson heads to Powys, Mid Wales, to help a self employed couple seek out a more relaxed lifestyle. | **G** +ETTC18-001+ |

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| 18:30 | **Bargain Hunt: Ardingly 14 (R)** Eric Knowles presents this edition with experts Charles Hanson and Richard Madley. | **PG** +BHUN45-007+ |

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| 19:30 | **Pie In The Sky: Swan In His Pride (R)** Fisher takes a reluctant Henry to Bath, where an undercover officer has seemingly become the third victim of a serial killer. | **PG** +PIES2-007+ |

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| 20:30 | **Martin Clunes: Islands Of Britain: The North (R)** Martin explores remote Scottish islands beginning his journey on Muckle Flugga, the most northerly outpost of the British isles. | **PG** +IOB-001+ |

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| 21:30 | **Tales From The Coast With Robson Green: Hebrides (R) ’CC’** Join Robson Green as he explores the shores of Britain, on a journey to find out just what it is that makes the coast so special and how Britain has been defined by its relationship with the sea. | **PG** +TALE01-003+ |

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| 22:30 | **Selling Houses Australia: Inner City Terrace (R) ’CC’** A man struggles to sell his Redfern terrace house, which is in desperate need of a presentation upgrade to get the sky-high pricetag he is after. | **G** +SEHO05-009+ |

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| 23:30 | **Pie In The Sky: Swan In His Pride (R)** Fisher takes a reluctant Henry to Bath, where an undercover officer has seemingly become the third victim of a serial killer. | **PG** +PIES2-007+ |

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| 00:30 | **Mighty Ships: Neptune (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS06-006+ |

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| 01:45 | **Escape To The Country: Powys (R)** Jules Hudson heads to Powys, Mid Wales, to help a self employed couple seek out a more relaxed lifestyle. | **G** +ETTC18-001+ |

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| 03:00 | **Bargain Hunt: Ardingly 14 (R)** Eric Knowles presents this edition with experts Charles Hanson and Richard Madley. | **PG** +BHUN45-007+ |

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| 04:00 | **The Real Seachange (R) ’CC’** There's trouble on the farm for Alan and Michelle. And Suzy and her daughters are struggling in tropical Queensland. Hosted by John Howard. | **G** +RLSC2-010+ |

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| 04:30 | **The Cosmetic Surgery Show (R)** Follows one of Australia's leading Cosmetic and Dermatological Surgeons, Dr Daniel Lanzer, as he and his team perform incredible procedures. | **MA** +CMCF02-004+ |

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| 05:00 | **Ultimate Bowls Championship: Moama - Highlights Quarter Finals 1 And 2 (R)** The Ultimate Bowls Championship is a celebration of the sport of lawn bowls. It has been designed to respect, showcase and grow the game we love. | **PG** +ULBC01-013+ |

 **Saturday 15 February 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: Tasmania (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV-012+ |

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| 08:45 | **Travel Oz: Sporting (R) ’CC’** Join Greg Grainger to take a look at Australian sport, from blow-carting across the beaches of tropical North Queensland to rafting the white waters of an inland river. | **PG** +TRAV3-010+ |

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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. | +NBCT20-045+ |

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| 11:30 | **The Great Australian Doorstep: Falls Creek (R)** Its nearly winter and its time for a Family holiday to Falls Creek as we check out what makes Falls Creek one of Australia's leading snow holiday destinations. | **G** +GRAD08-011+ |

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| 12:00 | **Malaysia Kitchen (R)** Alvin shares a Malaysian salad that's said to promote good fortune, whips up some tender coconut calamari and is joined by veteran chef, Carol Selva Rajah to make a hearty and healthy mysore dahl. | **G** +MKIT01-003+ |

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

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| 14:00 | **Sydney Weekender (R) ’CC’** Mike returns to Port Macquarie. Lizzy gets a taste of farm life in Wagga Wagga. Mel checks out Tenterfield.  | **G** +7SWE26-043+ |

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| 14:30 | **The Great Australian Doorstep** Details TBC.  | **PG** +GRAD11-001+ |

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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** +7CTC20-001+ |

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| 15:30 | **Weekender ’CC’** Whether it is day tripping to the reef, watching a fiery outback sunset, or brunch at a cool city cafe, Weekender will inspire you to make the most of your precious break.  | **G** +WEKN20-001+ |

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| 16:00 | **Honey I Bought The House: Siobhan And Jack** 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 (L)**+HBTH01-006+ |

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| 17:00 | **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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| 18:00 | **Helloworld ’CC’ NEW EPISODE**Join the all-star cast as they uncover the greatest travel experiences in the world today. | **PG** +HELW01-009+ |

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| 18:30 | **The Yorkshire Vet (R)** Joining Julian Norton is his partner, fellow vet and former Herriot trainee, Peter Wright together with their dedicated team of staff at his practice, Skeldale Veterinary Centre. | **PG (A)**+YORK01-005+ |

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| 19:30 | **The Yorkshire Vet NEW EPISODE**Details TBC.  | **PG (A)**+YORK07-001+ |

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| 20:30 | **Escape To The Country: Glouchestershire NEW EPISODE**Jules Hudson is helping a self-confessed city-lover to break free from the Big Smoke and find some countryside calm where she can raise her young son in Glouchestershire. | **G** +ETTC24-027+ |

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| 21:30 | **Escape To The Country: Buckinghamshire NEW EPISODE**Alistair Appleton helps a house hunting couple find a country home and get back to nature in Buckinghamshire. | **PG** +ETTC24-028+ |

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| 22:30 | **Escape To The Country: Gloucestershire (R)** Alistair Appleton is welcoming returning expats to the Gloucestershire countryside where they hope to retire with a generous 700,00-pounds budget for a rural home. | **G** +ETTC23-031+ |

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| 23:30 | **Honey I Bought The House: Siobhan And Jack (R)** 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 (L)**+HBTH01-006+ |

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| 00:30 | **Escape To The Country: Glouchestershire (R)** Jules Hudson is helping a self-confessed city-lover to break free from the Big Smoke and find some countryside calm where she can raise her young son in Glouchestershire. | **G** +ETTC24-027+ |

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| 01:30 | **The Great Australian Doorstep (R)** Details TBC.  | **PG** +GRAD11-001+ |

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| 02:00 | **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** +7CTC20-001+ |

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| 02:30 | **Weekender (R) ’CC’** Whether it is day tripping to the reef, watching a fiery outback sunset, or brunch at a cool city cafe, Weekender will inspire you to make the most of your precious break.  | **G** +WEKN20-001+ |

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| 03:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 23 (R) ’CC’** Victoria is sailing the seas of Tropical North Queensland. Bridget meets some Cairns locals. Kip explores Brisbane by trike, while for Chris it is about the celebration of all things cultural. | **G** +7QWE19-023+ |

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| 03:30 | **Malaysia Kitchen (R)** Alvin shares a Malaysian salad that's said to promote good fortune, whips up some tender coconut calamari and is joined by veteran chef, Carol Selva Rajah to make a hearty and healthy mysore dahl. | **G** +MKIT01-003+ |

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| 04:00 | **The Great Australian Doorstep: Falls Creek (R)** Its nearly winter and its time for a Family holiday to Falls Creek as we check out what makes Falls Creek one of Australia's leading snow holiday destinations. | **G** +GRAD08-011+ |

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| 04:30 | **Travel Oz: Tasmania (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV-012+ |

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| 05:15 | **Travel Oz: Sporting (R) ’CC’** Join Greg Grainger to take a look at Australian sport, from blow-carting across the beaches of tropical North Queensland to rafting the white waters of an inland river. | **PG** +TRAV3-010+ |