**Sunday 12 January 2020**

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| 06:00 | **It Is Written: Ink On Paper** Religious program. | **PG** +IIWR20-002+ |

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

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| 07:00 | **Tomorrow's World: Why Neglect The Gospel?** Religious program. | **PG** +TOMW20-002+ |

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| 07:30 | **Leading The Way: Know Where You Stand, Pt. 2** Religious program. | **PG** +LWAY20-002+ |

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| 08:00 | **David Jeremiah: Turning Point At Madison Square Garden In New York City, Pt. 2** Religious program. | **PG** +DAJE20-002+ |

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| 08:30 | **Hour Of Power: Dr. John Townsend** Religious program. | **PG** +HOOP20-002+ |

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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** +MTAB01-062+ |

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| 10:00 | **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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| 10:30 | **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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| 11:00 | **NBC Today (R) ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT20-011+ |

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| 12:00 | **International Swimming League: ISL 2019 Review** International swimming league. | +ISWL19-023+ |

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| 13:00 | **House Of Wellness (R) ’CC’** Join us at The House of Wellness as we bring you part two of our Hawaiian escape to uncover the secrets of health and wellbeing in the land of Aloha. | **PG** +HOWL03-036+ |

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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** +MYGO02-009+ |

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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)**+YORK06-004+ |

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| 16:00 | **Escape To The Country: West Sussex (R)** A series which helps prospective buyers find their dream home in the country. | **G** +ETTC24-020+ |

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| 17:00 | **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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| 18:00 | **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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| 19:00 | **Border Security - Australia's Front Line (R) ’CC’** Tonight we see unique souvenirs, working travellers testing the system's limits and precisely what attracts the attention of mail room officers. | **PG** +BORD-115+ |

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

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

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| 20:30 | **Gold Coast Medical (R) ’CC’** A former champion boxer mauled by a shark fought back with a punch, can the doctors give him back his left hook? Also, a tumour the size of an apple is found growing in a woman's brain. | **M (A)**+GMED01-006+ |

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| 21:30 | **Hospital (R) ’CC’** With nearly all of St Mary's 297 beds occupied, the hospital must discharge patients before any new ones can be admitted. | **M (A,L)**+LADW01-002+ |

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| 22:45 | **Air Crash Investigations: Fatal Flaw (R) ’CC’** Take a look at how disasters in the sky can be caused by the tiniest fault in the aircraft. | **PG** +MDAY6-002+ |

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| 23:45 | **Dog Patrol (R)** Delta team Sue and Hades track an offender after an armed holdup, Corrections and Customs drug dogs show off how good they are. | **PG (D,V,L)**+STFC07-002+ |

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| 00:15 | **Gold Coast Medical (R) ’CC’** A former champion boxer mauled by a shark fought back with a punch, can the doctors give him back his left hook? Also, a tumour the size of an apple is found growing in a woman's brain. | **M (A)**+GMED01-006+ |

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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** +BDRI01-005+ |

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| 02:00 | **Special: Paradises Of The Pacific (R) (1992)** Greg Grainger depicts the wide diversity of cultures that flourish in the South Pacific. Starring:GREG GRAINGER | **G** +AMS-536+ |

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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** +MYGO02-009+ |

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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** +MIDM4-047+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-048+ |

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| 05:00 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-151+ |

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

 **Monday 13 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** +ZOMO02-046+ |

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| 07:30 | **Get Arty (R) ’CC’** Create beautiful paint effects with ordinary table salt, make your own kimono, and turn confetti and craft glue into a bowl! | **C** +ARFA01-013+ |

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| 08:00 | **Pipsqueaks: Reading Books & It's Cold (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-009+ |

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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** +MIDM4-047+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-048+ |

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| 09:30 | **NBC Today (R) ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT20-012+ |

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| 10:30 | **House Calls To The Rescue (R) ’CC’** The team rescue a bedroom nightmare - but first they have to move Australia's biggest bed! | **G** +HSCL-015+ |

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| 11:30 | **Better Homes And Gardens Summer: Summer Series (R) ’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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| 13:00 | **Australia: The Story Of Us (R) ’CC’** More than 50,000 years in the making, comes the extraordinary story about the people, places and events that have shaped our country from the first inhabitants to the present day.  | **PG** +ASUS-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** +MIDM4-047+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-048+ |

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| 15:00 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-151+ |

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| 15:30 | **Mighty Ships: Akamalik (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G** +MTYS02-006+ |

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| 16:30 | **The Outdoor Room With Jamie Durie: France (R) ’CC’** See how to turn your backyard into a French masterpiece. Then, Shannon Bennett cooks delicious lamb smoked with real hay. Starring:SHANNON BENNETT | **G** +ORWJ-007+ |

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| 17:00 | **Surf Patrol (R) ’CC’** A huge storm rolls into Surfers Paradise and the swell causes major problems for lifesavers. | **PG** +SPTL4-005+ |

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| 17:30 | **Escape To The Country: Somerset (R)** Prospective buyers find their dream home. | **G** +ETTC22-067+ |

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| 18:30 | **Bargain Hunt: Newark 10 (R)** Christina Trevanion presents from the largest antiques fair in Europe - Newark in Nottinghamshire. | **G** +BHUN44-015+ |

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| 19:30 | **Doc Martin: Happily Ever After (R)** Martin and Louisa's wedding day arrives, but is Martin ready to make the commitment? Starring:AMANDA ABBINGTON,DAVID RYALL,JOHN MARQUEZ,JEFF RAWLE,KATHERINE PARKINSON,SELINA CADELL | **PG** +DOCM3-007+ |

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| 20:30 | **The Inspector Lynley Mysteries: Payment In Blood (R)** When eminent playwright Joy Sinclair is found dead at the remote seaside home of impresario Sir Stuart Stinhurst, Lynley and Havers are sent to the west coast of Scotland to investigate. Starring:CAMILLA POWER,IDRIS ELBA,JAMES MCAVOY,JULIAN WADHAM,JOHATHAN FIRTH,RON DONACHIE,NAOMI FREDERICK,DON GALLAGER,RONALD PICKUP | **M (V)**+INLM-002+ |

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| 22:30 | **19-2: Deer** A showdown between rival street gangs goes wrong leaving Ben's life in danger. Squad 19 gathers at Marie's for the Sergeant's party; Isabelle discovers Nick may have feelings for someone else. | **M (S,V,L)**+NINT01-002+ |

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| 23:30 | **Mighty Ships: Akamalik (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G** +MTYS02-006+ |

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| 00:30 | **Surf Patrol (R) ’CC’** A huge storm rolls into Surfers Paradise and the swell causes major problems for lifesavers. | **PG** +SPTL4-005+ |

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| 01:00 | **Doc Martin: Happily Ever After (R)** Martin and Louisa's wedding day arrives, but is Martin ready to make the commitment? Starring:AMANDA ABBINGTON,DAVID RYALL,JOHN MARQUEZ,JEFF RAWLE,KATHERINE PARKINSON,SELINA CADELL | **PG** +DOCM3-007+ |

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| 02:00 | **Escape To The Country: Somerset (R)** Prospective buyers find their dream home. | **G** +ETTC22-067+ |

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| 03:00 | **Bargain Hunt: Newark 10 (R)** Christina Trevanion presents from the largest antiques fair in Europe - Newark in Nottinghamshire. | **G** +BHUN44-015+ |

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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** +MIDM4-049+ |

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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** +MIDM4-050+ |

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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-152+ |

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| 05:30 | **The Outdoor Room With Jamie Durie: France (R) ’CC’** See how to turn your backyard into a French masterpiece. Then, Shannon Bennett cooks delicious lamb smoked with real hay. Starring:SHANNON BENNETT | **G** +ORWJ-007+ |

 **Tuesday 14 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** +ZOMO02-047+ |

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| 07:30 | **Get Arty (R) ’CC’** Learn how to make a time lapse sequence like a pro, or a giant crepe paper flower. Cook up some adorable bunny cupcakes, and meet Melinda Young, jewellery maker. | **C** +ARFA01-014+ |

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| 08:00 | **Pipsqueaks: Ball Games & Fast (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-010+ |

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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** +MIDM4-049+ |

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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** +MIDM4-050+ |

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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. | +NBCT20-013+ |

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| 12:00 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-010+ |

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| 12:30 | **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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| 13:00 | **Australia: The Story Of Us (R) ’CC’** Tonight we journey through 1837-1854 where Australia begins to break free from its shackles and become a land of opportunity. Gold miners fight for their rights against a deadly army. | **PG (A,V,L)**+ASUS-002+ |

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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** +MIDM4-049+ |

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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** +MIDM4-050+ |

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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-152+ |

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| 15:30 | **Mighty Ships: Oasis Of The Seas (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G** +MTYS03-001+ |

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| 16:30 | **The Outdoor Room With Jamie Durie: Egypt (R) ’CC’** When Jamie travels to Egypt, see how a new wooden gazebo and water canal transforms this dry sun-trap into an outdoor room fit for a Pharaoh! | **G** +ORWJ-008+ |

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| 17:00 | **Surf Patrol (R) ’CC’** A young girl collides in the surf with a competitor from the Surf Carnival and she may have sustained a serious injury. | **PG** +SPTL4-006+ |

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| 17:30 | **Escape To The Country: Cornwall (R)** Prospective buyers find their dream home. | **G** +ETTC22-068+ |

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| 18:30 | **Bargain Hunt: Lewes 3 (R)** Anita Manning presents from Lewes in East Sussex.  | **G** +BHUN44-016+ |

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| 19:30 | **Cold Case: Fly Away (R) ’CC’** Rush and Valens reopen a case involving a young woman, Rosie Miles, who is slowly emerging from a 2-year coma with no memory of the murder of her daughter, Toya. | **M (V,A)**+COLC01-008+ |

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| 20:30 | **Without A Trace: Kam Li ’CC’** Jack and the team search for a recently retired U.S. Army officer who disappears following a dinner in his honor given by former members of his Vietnam platoon, including Manny Aybar. | **M (V,A)**+WIAT01-017+ |

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| 21:30 | **Without A Trace: The Source ’CC’** Jack and the team search for a tenacious television reporter, Delia Rivers, after she disappears in the middle of a dangerous, high-profile investigation. | **M (V)**+WIAT01-018+ |

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| 22:30 | **Deadly Dates: Sharon (R) ’CC’** When 29-year-old Australian mum Sharon Siermans called short a date with a man she met online, he later took revenge by beating her to death with a cricket bat. | **M (A,V)**+SRFM01-002+ |

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| 23:30 | **Mighty Ships: Oasis Of The Seas (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G** +MTYS03-001+ |

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| 00:30 | **Surf Patrol (R) ’CC’** A young girl collides in the surf with a competitor from the Surf Carnival and she may have sustained a serious injury. | **PG** +SPTL4-006+ |

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| 01:00 | **Mr Selfridge (R)** At Selfridge's, preparations are afoot to celebrate the 20th anniversary of the store's opening. Harry gets special permission from the council for a large-scale public parade along Oxford Street. | **PG (A)**+MRSE04-009+ |

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| 02:00 | **Escape To The Country: Cornwall (R)** Prospective buyers find their dream home. | **G** +ETTC22-068+ |

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| 03:00 | **Bargain Hunt: Lewes 3 (R)** Anita Manning presents from Lewes in East Sussex.  | **G** +BHUN44-016+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-051+ |

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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-153+ |

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

 **Wednesday 15 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** +ZOMO02-048+ |

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| 07:30 | **Get Arty (R) ’CC’** Make your towel stand out from the crowd with a watermelon dye job. Learn the latest tricks in nail art, and make a beautiful watercolour cake with pastry chef, Gigi. | **C** +ARFA01-015+ |

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| 08:00 | **Pipsqueaks: Hide And Seek & Birthday Parties (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-011+ |

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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** +MIDM4-051+ |

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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** +MIDM4-052+ |

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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. | +NBCT20-014+ |

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| 12:00 | **Queensland Weekender: Daydream Island (R) ’CC’** Mel discovers true island life on Daydream Island in Tropical North Queensland. | **G** +7QWE19-045+ |

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| 12:30 | **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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| 13:00 | **Australia: The Story Of Us (R) ’CC’** As we journey through 1862-1890, gold brings new wealth to Australian colonies, Bush Ranger Frank Gardener attempts Australia's biggest heist, AFL is born and the long gold boom comes crashing down. | **PG (V)**+ASUS-003+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-051+ |

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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** +MIDM4-052+ |

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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-153+ |

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| 15:30 | **Mighty Ships: USS Kentucky (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G** +MTYS03-002+ |

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| 16:30 | **The Outdoor Room With Jamie Durie: Thailand (R) ’CC’** Jamie helps out a Brisbane dad who claims to be "the world's worst gardener" before travelling to Thailand to bring home a tropical garden. Starring:NEIL PERRY | **G** +ORWJ-009+ |

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| 17:00 | **The Real Seachange (R) ’CC’** Meet families, couples and singles ready to quit their jobs, sell their houses and take the biggest risk of their live as they escape the rat race. | **G** +RLSC-001+ |

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| 17:30 | **Escape To The Country: North Devon (R)** Prospective buyers find their dream home. | **G** +ETTC22-069+ |

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| 18:30 | **Bargain Hunt: Newark 11 (R)** Christina Trevanion presents from the largest antiques fair in Europe. | **G** +BHUN44-017+ |

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| 19:30 | **Border Security - Australia's Front Line (R) ’CC’** A traveller who says she didn't pack her own bags, a marital rift and some very expensive "noodles". Narrated by Grant Bowler. | **PG (D)**+BORD-111+ |

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| 20:00 | **Border Security - Australia's Front Line (R) ’CC’** A search ends with a dramatic walkout, and officers think a laptop hides evidence of a massive scam. Narrated by Grant Bowler. | **PG** +BORD-112+ |

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| 20:30 | **Criminal Minds: Wheels Up (R) ’CC’** Agent Matt Simmons joins the BAU team in a race to take down Mr. Scratch and save one of their own in the process. | **M (A,V)**+CRMD13-001+ |

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| 21:30 | **Criminal Minds: To A Better Place (R) ’CC’** The BAU investigates three similar crimes in which victims' remains are discovered in old suitcases. | **M (A,V)**+CRMD13-002+ |

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| 22:30 | **Criminal Minds: In Heat (R) ’CC’** Hotchner, Rossi and their team travel to Miami to catch a serial killer whose conflicted sexual identity fuels his crime spree. | **M** +CRMD3-017+ |

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| 23:30 | **Border Security - Australia's Front Line (R) ’CC’** A traveller who says she didn't pack her own bags, a marital rift and some very expensive "noodles". Narrated by Grant Bowler. | **PG (D)**+BORD-111+ |

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| 00:00 | **Border Security - Australia's Front Line (R) ’CC’** A search ends with a dramatic walkout, and officers think a laptop hides evidence of a massive scam. Narrated by Grant Bowler. | **PG** +BORD-112+ |

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| 00:30 | **Mighty Ships: USS Kentucky (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G** +MTYS03-002+ |

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| 01:30 | **The Real Seachange (R) ’CC’** Meet families, couples and singles ready to quit their jobs, sell their houses and take the biggest risk of their live as they escape the rat race. | **G** +RLSC-001+ |

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| 02:00 | **Escape To The Country: North Devon (R)** Prospective buyers find their dream home. | **G** +ETTC22-069+ |

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| 03:00 | **Bargain Hunt: Newark 11 (R)** Christina Trevanion presents from the largest antiques fair in Europe. | **G** +BHUN44-017+ |

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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** +MIDM4-053+ |

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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** +MIDM4-054+ |

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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-154+ |

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| 05:30 | **The Outdoor Room With Jamie Durie: Thailand (R) ’CC’** Jamie helps out a Brisbane dad who claims to be "the world's worst gardener" before travelling to Thailand to bring home a tropical garden. Starring:NEIL PERRY | **G** +ORWJ-009+ |

 **Thursday 16 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** +ZOMO02-049+ |

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| 07:30 | **Get Arty (R) ’CC’** Turn your watercolours into flowers, or build a camera slider to make movies like a pro. Learn body paint tips, and get to know some of our talented hosts a little better. | **C** +ARFA01-016+ |

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| 08:00 | **Pipsqueaks: Babies & Fun At Home (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-012+ |

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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** +MIDM4-053+ |

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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** +MIDM4-054+ |

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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. | +NBCT20-015+ |

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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** +MYGO02-009+ |

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| 13:00 | **Australia: The Story Of Us (R) ’CC’** In the years 1915-1918, our nation throws itself into a global conflict that will decide Australia's fate and leave a historic mark. In WW1, Australian nurses help transform emergency medicine. | **PG (V)**+ASUS-004+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-053+ |

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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** +MIDM4-054+ |

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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-154+ |

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| 15:30 | **Mighty Ships: Christobal Colon (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G** +MTYS03-003+ |

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| 16:30 | **The Outdoor Room With Jamie Durie: Mexico (R) ’CC’** Jamie travels to the world's most colourful nation to bring back his most vibrant makeover yet! Starring:ED HALMAGYI | **G** +ORWJ-010+ |

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| 17:00 | **The Real Seachange (R) ’CC’** Dean and Annie Krueger quit Melbourne for a remote fishing village in Tasmania. | **G** +RLSC-002+ |

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| 17:30 | **Escape To The Country: North Wales (R)** Prospective buyers find their dream home. | **G** +ETTC22-070+ |

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| 18:30 | **Bargain Hunt: Leominster / Hay 8 (R)** Natasha Raskin presents from Hay-on-Wye, with experts Paul Laidlaw and Kate Bliss. | **G** +BHUN44-018+ |

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| 19:30 | **Father Brown: The Mayor And The Magician (R) ’CC’** When the mayor drops dead during his speech at the Kembleford village fete, Father Brown deduces that he was deliberately electrocuted. Meanwhile, Mrs McCarthy's past comes back to haunt her. | **M (V,A)**+FBRO01-009+ |

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| 20:30 | **Judge John Deed: Political Expediency (R)** Judge John Deed faces a challenging dilemma when the driver of an Arab sheikh is charged with murdering a young prostitute. | **M (A,V)**+JJD2-001+ |

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| 22:30 | **Jonathan Creek: The Scented Room (R)** Although Jonathan Creek knows how a painting worth a million pounds was stolen by an invisible thief, he refuses to tell anyone! Starring:ALAN DAVIES,CAROLINE QUENTIN | **M (A)**+JNTC2-003+ |

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| 23:30 | **Mighty Ships: Christobal Colon (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G** +MTYS03-003+ |

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| 00:30 | **The Real Seachange (R) ’CC’** Dean and Annie Krueger quit Melbourne for a remote fishing village in Tasmania. | **G** +RLSC-002+ |

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| 01:00 | **Father Brown: The Mayor And The Magician (R) ’CC’** When the mayor drops dead during his speech at the Kembleford village fete, Father Brown deduces that he was deliberately electrocuted. Meanwhile, Mrs McCarthy's past comes back to haunt her. | **M (V,A)**+FBRO01-009+ |

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| 02:00 | **Escape To The Country: North Wales (R)** Prospective buyers find their dream home. | **G** +ETTC22-070+ |

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| 03:00 | **Bargain Hunt: Leominster / Hay 8 (R)** Natasha Raskin presents from Hay-on-Wye, with experts Paul Laidlaw and Kate Bliss. | **G** +BHUN44-018+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-055+ |

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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** +MIDM4-056+ |

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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-155+ |

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

 **Friday 17 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** +ZOMO02-050+ |

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| 07:30 | **Get Arty (R) ’CC’** Bring a clay dragon to life with simple electronics, or make a bowl of monsters! Cover your schoolbooks with fake fur, or make a Tassie Devil say cheese. | **C** +ARFA01-017+ |

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| 08:00 | **Pipsqueaks: Footwear & Growing Up (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-013+ |

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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** +MIDM4-055+ |

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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** +MIDM4-056+ |

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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. | +NBCT20-016+ |

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| 12:00 | **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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| 12:30 | **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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| 13:00 | **Mr Selfridge (R)** At Selfridge's, preparations are afoot to celebrate the 20th anniversary of the store's opening. Harry gets special permission from the council for a large-scale public parade along Oxford Street. | **PG (A)**+MRSE04-009+ |

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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** +MIDM4-055+ |

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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** +MIDM4-056+ |

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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-155+ |

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| 15:30 | **Mighty Ships: Africa Mercy (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS03-004+ |

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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** +UTHM-001+ |

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| 17:00 | **The Real Seachange (R) ’CC’** It's crunch time for two families. Has leaving the big city been worth the risk? | **G** +RLSC-003+ |

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| 17:30 | **Escape To The Country: Cornwall (R)** Prospective buyers find their dream home. | **G** +ETTC22-071+ |

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| 18:30 | **Bargain Hunt: Lewes 4 (R)** Anita Manning presents from Lewes in East Sussex, with experts Philip Serrell and Nick Hall. | **G** +BHUN44-019+ |

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| 19:30 | **Pie In The Sky: The One That Got Away (R)** Trout farmer Bill Pritchard's fiance goes missing after he has accepted a lucrative take-over by a chain fishery. | **PG** +PIES2-004+ |

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| 20:30 | **Dogs Behaving (Very) Badly (R) ’CC’** Graeme's his first port of call is to the Welsh Valleys to help owner Laura with her Pug cross Dolly whose got an appetite for destruction. | **PG** +DOBB01-006+ |

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| 21:30 | **Selling Houses Australia: Developer Greens (R) ’CC’** A couple attempt to sell their home, after a sub-dividing attempt is undone by rezoning and council demands. | **G** +SEHO05-006+ |

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| 22:30 | **The House That 100K Built: Lesley And Kevin / Sue And Tim (R)** This episode follows two ambitious builds as owners strive to create the perfect home for each of their retirements. | **G** +HOTB03-005+ |

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| 23:45 | **Pie In The Sky: The One That Got Away (R)** Trout farmer Bill Pritchard's fiance goes missing after he has accepted a lucrative take-over by a chain fishery. | **PG** +PIES2-004+ |

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| 00:45 | **Mighty Ships: Africa Mercy (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS03-004+ |

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| 02:00 | **Escape To The Country: Cornwall (R)** Prospective buyers find their dream home. | **G** +ETTC22-071+ |

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| 03:00 | **Bargain Hunt: Lewes 4 (R)** Anita Manning presents from Lewes in East Sussex, with experts Philip Serrell and Nick Hall. | **G** +BHUN44-019+ |

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| 04:00 | **Movie: Paradises Of The Pacific (R) (1992)** Greg Grainger depicts the wide diversity of cultures that flourish in the South Pacific. Starring:GREG GRAINGER | **G** +AMS-536+ |

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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** +BDRI01-005+ |

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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** +UTHM-001+ |

 **Saturday 18 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: Waltzing Matilda Billabong (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV-007+ |

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| 08:45 | **Travel Oz: Opal Heroes (R) ’CC’** This week, Greg Grainger follows opal miners of Yowah, kite surfers in Western Australia and goes on an indigenous tour with a difference in far North Queensland. | **PG** +TRAV3-006+ |

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| 09:30 | **NBC Today (R) ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT20-017+ |

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| 11:30 | **House Calls To The Rescue (R) ’CC’** The team rescue a bedroom nightmare - but first they have to move Australia's biggest bed! | **G** +HSCL-015+ |

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| 12:30 | **Intolerant Cooks: Ep 11 - That's My Jam! (R)** Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG** +INTC04-011+ |

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| 13:00 | **The Great Australian Doorstep: New Zealand Motorhome Tour (R)** We continue our New Zealand Motorhome Tour taking you to the Tourism Capital of New Zealand, Rotorua, as well as Te Papa New Zealand's world famous Museum before heading to the South Island. | **PG** +GRAD08-007+ |

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| 13:30 | **SA Weekender ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-036+ |

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| 14:00 | **Creek To Coast: Lake Eyre (R) ’CC’** Roger is taking trusty old Dolly, 1984 Landcruiser Ute, on a trip he has wanted to do for a very long time. | **G** +7CTC19-043+ |

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| 14:30 | **Queensland Weekender: Capricorn Coast ’CC’** Sammie is on the beautiful Capricorn Coast exploring the rainforest and uncovering the natural wonders of the southern end of the Great Barrier Reef. | **G** +7QWE19-046+ |

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| 15:00 | **The Great Day Out: School Holiday Fun ’CC’** The team have ideas to keep the kids active, healthy and entertained during the school holidays. Jess learns the art of pasta making, we visit the butterfly house on Bribie Island, plus much more. | **G** +GDOT19-048+ |

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| 15:30 | **The Zoo (R) ’CC’** A lion must undergo a world-first operation. Meanwhile, an orphaned flying fox meets his new mum. | **G** +ZOOT3-002+ |

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| 16:00 | **The Zoo (R) ’CC’** A zebra tries to avoid a pedicure, while the parenting skills of a new tiger mum are scrutinised. | **G** +ZOOT3-003+ |

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| 16:30 | **Honey I Bought The House: Amy And Jason 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** +HBTH01-002+ |

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| 17:30 | **Building The Dream: Somerset (R)** Andrew & Vicki are building a five-bedroom home with a large kitchen diner and they think they could save almost £150,000 by opting to renovate and extend rather than buy a finished home in the area. | **G** +BUTD01-003+ |

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| 18:30 | **World's Deadliest Weather: Caught On Camera (R) ’CC’** A record breaking twister rips through Tuscaloosa, USA. On the Pacific island of Maui, a drone captures remarkable footage of a young daredevil as he's caught in a flash flood. | **PG (A)**+WDWC02-001+ |

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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)**+YORK06-005+ |

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| 20:30 | **Escape To The Country: Dorset NEW EPISODE**Nicki Chapman is on a property hunting mission in Dorset with a young couple from Surrey who are seeking a rural home. | **G** +ETTC24-021+ |

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| 21:30 | **Escape To The Country: Devon (R)** Nicki Chapman is in Devon helping a fun loving couple with 475,000-pounds find a country home which suits their entertaining ambitions. | **G** +ETTC23-025+ |

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| 22:30 | **Escape To The Country: North Wales (R)** Alistair Appleton is property shopping in rural North Wales with a couple who have 400,000-pounds to make their return from France to UK soil. | **G** +ETTC23-026+ |

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| 23:30 | **Honey I Bought The House: Amy And Jason (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** +HBTH01-002+ |

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| 00:30 | **Escape To The Country: Dorset (R)** Nicki Chapman is on a property hunting mission in Dorset with a young couple from Surrey who are seeking a rural home. | **G** +ETTC24-021+ |

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| 01:30 | **The Great Australian Doorstep: New Zealand Motorhome Tour (R)** We continue our New Zealand Motorhome Tour taking you to the Tourism Capital of New Zealand, Rotorua, as well as Te Papa New Zealand's world famous Museum before heading to the South Island. | **PG** +GRAD08-007+ |

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| 02:00 | **Intolerant Cooks: Ep 11 - That's My Jam! (R)** Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG** +INTC04-011+ |

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| 02:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-036+ |

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| 03:00 | **Creek To Coast: Lake Eyre (R) ’CC’** Roger is taking trusty old Dolly, 1984 Landcruiser Ute, on a trip he has wanted to do for a very long time. | **G** +7CTC19-043+ |

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| 03:30 | **Queensland Weekender: Queensland Weekender 2019 Ep: 19 (R) ’CC’** Liz proves you don't have to travel overseas to enjoy a tropical holiday. Lee gets the engine revving, and the heart racing in a WRX rally. Bridget meets a 40-year veteran of the Eumundi Markets. | **G** +7QWE19-019+ |

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| 04:00 | **The Great Day Out: School Holiday Fun (R) ’CC’** The team have ideas to keep the kids active, healthy and entertained during the school holidays. Jess learns the art of pasta making, we visit the butterfly house on Bribie Island, plus much more. | **G** +GDOT19-048+ |

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| 04:30 | **Travel Oz: Waltzing Matilda Billabong (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV-007+ |

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| 05:15 | **Travel Oz: Opal Heroes (R) ’CC’** This week, Greg Grainger follows opal miners of Yowah, kite surfers in Western Australia and goes on an indigenous tour with a difference in far North Queensland. | **PG** +TRAV3-006+ |