**Sunday 29 December 2019**

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| 06:00 | **It Is Written: How's Your Blood Pressure** Religious program. | **PG** +IIWR19-035+ |

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| 06:30 | **Amazing Facts** Religious program. | **PG** +AMFA19-052+ |

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| 07:00 | **Tomorrow's World: 2020 In Bible Prophecy** Religious program. | **PG (A)**+TOMW19-052+ |

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| 07:30 | **Leading The Way: Spiritual Reset** Religious program. | **PG** +LWAY19-052+ |

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| 08:00 | **David Jeremiah: A Psalm For The New Year** Religious program. | **PG** +DAJE19-052+ |

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| 08:30 | **Hour Of Power: Faith Unlocks Your Destiny** Religious program. | **G** +HOOP19-052+ |

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

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| 09:30 | **Mum's At The Table** Mums At The Table is the place where we share, laugh and dream together. It's a TV panel show featuring real women; smart and sassy ladies with real lives, real families, real struggles and real joy. | **PG** +MTAB01-060+ |

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| 10:00 | **The Yorkshire Vet (R)** Joining Julian Norton is his partner, fellow vet and former Herriot trainee, Peter Wright together with their dedicated team of staff at his practice, Skeldale Veterinary Centre. | **PG (A,S)**+YORK06-002+ |

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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. | +NBCT19-311+ |

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| 12:00 | **Special: The 129th Rose Parade (R) (2018)** It's a celebration more than a century old - a festival of flowers, music and sports unequaled anywhere else in the world. | **G** +SPEC80-001+ |

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| 14:00 | **My Greek Odyssey** Continuing Peter Maneas' goal of stepping foot on all 227 inhabited Greek islands, he takes us to a diverse mix of destinations, some frequently explored, others few have ever visited. | **PG** +MYGO02-007+ |

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| 15:00 | **Vasili's Garden (R)** Vasili's Gardens takes you into the backyards of everyday Australians to share organic gardening techniques and teach you how to improve your health using your own garden produce. | **PG** +VASI05-008+ |

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| 15:30 | **Intolerant Cooks: Ep 9 - That's No Weed! (R)** Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG** +INTC04-009+ |

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| 16:00 | **Escape To The Country: Cornwall (R)** Nicki Chapman is tasked with helping a rural property shopper who wants to buy her ideal country home in North Wales and has drafted in her best friend for moral support. | **G** +ETTC24-018+ |

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| 17:00 | **Escape To The Country: Devon (R)** Each episode follows one big move, and with everything from snug, chocolate-box cottages to medieval grandeur, it's clear that everyone has their own idea about the perfect country escape.  | **G** +ETTC23-019+ |

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| 18:00 | **Escape To The Country: Dorset (R)** Each episode follows one big move, and with everything from snug, chocolate-box cottages to medieval grandeur, it's clear that everyone has their own idea about the perfect country escape. | **G** +ETTC23-020+ |

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| 19:00 | **Dog Patrol (R)** Whanganui Delta team Jason and Farris hunt for some deer poachers, Corrections drug dog Jess sniffs out trouble in the property room at Auckland Prison. | **PG** +STFC07-009+ |

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| 19:30 | **Australia's Deadliest: Australia's Deadliest Shark Coast (R) ’CC’** Australia's Deadliest Shark Coast documents the prime-evil fear that has swept throughout Western Australia's ocean-loving community and the authorities' response to this fatal mystery. | **PG (A)**+WLDC-701+ |

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| 20:30 | **Gold Coast Medical (R) ’CC’** Tonight, a deadly one punch attack; the race to save Darryl's heart with a balloon, critical care paramedics take on a head on collision, and a very special sperm donor delivers a miracle. | **PG (A,N,L)**+GMED01-004+ |

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| 21:30 | **Movie: Ablaze (2018) PREMIERE**Details TBC.  | **M (L,A)**+SCAU01-001+ |

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| 23:30 | **Dog Patrol (R)** Whanganui Delta team Jason and Farris hunt for some deer poachers, Corrections drug dog Jess sniffs out trouble in the property room at Auckland Prison. | **PG** +STFC07-009+ |

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| 00:00 | **Gold Coast Medical (R) ’CC’** Tonight, a deadly one punch attack; the race to save Darryl's heart with a balloon, critical care paramedics take on a head on collision, and a very special sperm donor delivers a miracle. | **PG (A,N,L)**+GMED01-004+ |

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| 01:00 | **Intolerant Cooks: Ep 9 - That's No Weed! (R)** Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG** +INTC04-009+ |

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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. | **G** +BDRI01-003+ |

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| 02:00 | **Special: France: Soaring With The Senses - Part 1 (R) (1991)** Greg Grainger journeys through beautiful France in a hot air balloon sampling the cuisine and culture. Starring:GREG GRAINGER | **PG** +AMS-533+ |

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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** +MYGO02-007+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-027+ |

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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** +MIDM4-028+ |

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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-141+ |

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

 **Monday 30 December 2019**

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

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

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| 07:00 | **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** +ZOMO02-036+ |

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| 07:30 | **Get Arty (R) ’CC’** Turn your water gun into a paint gun; make adorable clay photo holders and pottery with Joe Darling, all that and more today on Get Arty. | **C** +ARFA01-003+ |

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| 08:00 | **Toybox: Dirty Footprints (R) ’CC’** Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P** +TOYB2-041+ |

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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** +MIDM4-027+ |

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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** +MIDM4-028+ |

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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. | +NBCS19-052+ |

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| 10:30 | **House Calls To The Rescue (R) ’CC’** Jo's team rescues an entire neighbourhood from a noisy young guitarist. | **G** +HSCL-013+ |

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| 11:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-034+ |

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| 12:00 | **Creek To Coast: Outback to Green (R) ’CC’** Creek to Coast with Caravanning Queensland is travelling west of the Divide, exploring Charleville, Cunnamulla, St George, Goondiwindi and Stanthorpe. Discovering great stays, eats and sights. | **G** +7CTC19-040+ |

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| 12:30 | **Intolerant Cooks: Ep 9 - That's No Weed! (R)** Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG** +INTC04-009+ |

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| 13:00 | **The Master (R) ’CC’** Five aspiring millionaires must successfully navigate a number of heart stopping rounds of general knowledge questions in order to challenge the Master for his title, and the chance to win $1 million. Hosted by MARK BERETTA. | **G** +MAST-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** +MIDM4-027+ |

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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** +MIDM4-028+ |

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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-141+ |

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

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| 16:30 | **Last Chance Learners (R) ’CC’** In this week's country driving challenge, the learners take a not-so- leisurely drive in the country - how will they cope with the very real farming hazards? | **PG** +DLRN-009+ |

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| 17:00 | **Surf Patrol (R) ’CC’** A young lifesaver must save an elderly man in treacherous surf, and a plague of bluebottles has lifesavers run off their feet. | **G** +SPTL3-005+ |

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| 17:30 | **Escape To The Country: Shropshire (R)** Nicki Chapman is helping a music composer realise her dream of escaping suburbia for the Shropshire countryside. | **G** +ETTC22-057+ |

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| 18:30 | **Bargain Hunt: Lewes 1 (R)** Anita Manning presents as the hunt for bargains heads to the East Sussex town of Lewes, with experts Philip Serrell and Nick Hall helping out the teams. | **G** +BHUN44-005+ |

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| 19:30 | **Doc Martin: The Holly Bears A Prickle (R)** Martin and Louisa almost have a disaster-free date. Pauline is in dire need of assistance with her gambling addiction. Starring:DENISE BLACK,LUCY ROBINSON,JOSEPH MORGAN,JOHN MARQUEZ,KATHERINE PARKINSON,TONY MAUDSLEY | **PG** +DOCM3-005+ |

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| 20:30 | **The Inspector Lynley Mysteries: A Great Deliveranc: The Inspector Lynley Mysteries: A Great Deliverance Part 1 (R)** When local farmer William Tey is decapitated in a gruesome, frenzied attack, Inspector Lynley is assigned to the case. Starring:AMANDA RYAN,ANTHONY CALF,CATE HAMER,CAROLINE CARVER,EMMA FIELDING,DENISE BLACK,PETER HALLIDAY,REBECCA GALLACHER,MATTHEW DUNSTER,NATHANIEL PARKER,SHARON SMALL,COLUM CONVEY,HANNAH COYLE,PAUL BRENNEN,HOWARD WARD,POOKY QUESNEL,NICHOLAS DAY,DAVID BLAIR | **M (V)**+INSL-001+ |

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| 22:10 | **The Inspector Lynley Mysteries: A Great Deliveranc: The Inspector Lynley Mysteries: A Great Deliverance Part 2 (R)** A new line of enquiry opens when Lynley and Havers track down William Tey's wife, Tessa. Starring:AMANDA RYAN,ANTHONY CALF,CATE HAMER,CAROLINE CARVER,COLUM CONVEY,HANNAH COYLE,HOWARD WARD,EMMA FIELDING,DENISE BLACK,DAVID BLAIR,POOKY QUESNEL,PETER HALLIDAY,REBECCA GALLACHER,PAUL BRENNEN,MATTHEW DUNSTER,NATHANIEL PARKER,NICHOLAS DAY,SHARON SMALL | **M (A,V)**+INSL-002+ |

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| 23:50 | **Mighty Ships: Emma Maersk (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS01-002+ |

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| 00:50 | **Doc Martin: The Holly Bears A Prickle (R)** Martin and Louisa almost have a disaster-free date. Pauline is in dire need of assistance with her gambling addiction. Starring:DENISE BLACK,LUCY ROBINSON,JOSEPH MORGAN,JOHN MARQUEZ,KATHERINE PARKINSON,TONY MAUDSLEY | **PG** +DOCM3-005+ |

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| 02:00 | **Escape To The Country: Shropshire (R)** Nicki Chapman is helping a music composer realise her dream of escaping suburbia for the Shropshire countryside. | **G** +ETTC22-057+ |

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| 03:00 | **Bargain Hunt: Lewes 1 (R)** Anita Manning presents as the hunt for bargains heads to the East Sussex town of Lewes, with experts Philip Serrell and Nick Hall helping out the teams. | **G** +BHUN44-005+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-029+ |

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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** +MIDM4-030+ |

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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-142+ |

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| 05:30 | **Last Chance Learners (R) ’CC’** In this week's country driving challenge, the learners take a not-so- leisurely drive in the country - how will they cope with the very real farming hazards? | **PG** +DLRN-009+ |

 **Tuesday 31 December 2019**

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

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

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| 07:00 | **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** +ZOMO02-037+ |

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| 07:30 | **Get Arty (R) ’CC’** Decorate delicious cupcakes to look like fluffy sheep, make a mold of your hand, and graffiti artist Scott Marsh, all that and more on Get Arty. | **C** +ARFA01-004+ |

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| 08:00 | **Toybox: Ned's Doll (R) ’CC’ SEASON FINAL**Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P** +TOYB2-042+ |

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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** +MIDM4-029+ |

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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** +MIDM4-030+ |

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| 09:30 | **NBC Today (R) ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-312+ |

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| 12:00 | **Adventure All Stars (R)** Join the team as they explore everything fun and adventurous Australia has to offer.  | **PG** +ADAS01-005+ |

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| 13:00 | **The Master (R) ’CC’** Five aspiring millionaires must successfully navigate a number of heart stopping rounds of general knowledge questions in order to challenge the Master for his title, and the chance to win $1 million. Hosted by MARK BERETTA. | **G** +MAST-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** +MIDM4-029+ |

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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** +MIDM4-030+ |

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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-142+ |

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

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| 16:30 | **Last Chance Learners (R) ’CC’** This week's city driving challenge proves all too much for one relationship. Will a change of attitude see David through his driving test? | **PG** +DLRN-010+ |

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| 17:00 | **Surf Patrol (R) ’CC’** Lifesavers face a difficult task to reach a fisherman seriously injured after being washed off the rocks. | **G** +SPTL3-006+ |

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| 17:30 | **Escape To The Country: Oxfordshire (R)** Jules Hudson is property shopping with a couple who are returning to the UK after 13 years living abroad. | **G** +ETTC22-058+ |

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| 18:30 | **Bargain Hunt: Westpoint 18 (R)** Paul Laidlaw, Charlie Ross and Richard Madley are at Exeter's Westpoint Arena for this edition of Bargain Hunt. But which team will come out on top at the auction? | **G** +BHUN44-006+ |

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

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| 20:30 | **Without A Trace: The Friendly Skies ’CC’** Jack and the team search for an airline stewardess, Linda Schmidt, who disappeared on her way to the airport. | **M (V,A)**+WIAT01-014+ |

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| 21:30 | **Movie: Frisky (2015) PREMIERE**Details TBC.  | **M (O,S,L)**+MADM02-003+ |

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| 23:30 | **Air Crash Investigations: Disaster At Tenerife (R) ’CC’** Two 747s collide on the tarmac in Tenerife in what remains the single deadliest aviation accident of all time. | **PG** +MDAY16-003+ |

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| 00:30 | **Mighty Ships: Wallenius Faust (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS01-003+ |

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| 01:30 | **Surf Patrol (R) ’CC’** Lifesavers face a difficult task to reach a fisherman seriously injured after being washed off the rocks. | **G** +SPTL3-006+ |

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| 02:00 | **Escape To The Country: Oxfordshire (R)** Jules Hudson is property shopping with a couple who are returning to the UK after 13 years living abroad. | **G** +ETTC22-058+ |

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| 03:00 | **Bargain Hunt: Westpoint 18 (R)** Paul Laidlaw, Charlie Ross and Richard Madley are at Exeter's Westpoint Arena for this edition of Bargain Hunt. But which team will come out on top at the auction? | **G** +BHUN44-006+ |

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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** +MIDM4-031+ |

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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** +MIDM4-032+ |

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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-143+ |

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

 **Wednesday 01 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** +ZOMO02-038+ |

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| 07:30 | **Get Arty (R) ’CC’** What do you get when you combine an elephant and a duck, a Duckerphant of course! Drawing, photography and body art, all that and more on Get Arty. | **C** +ARFA01-005+ |

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| 08:00 | **Pipsqueaks: All About Noses & Mouth Music (R) ’CC’ SERIES RETURN**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-001+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-032+ |

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| 09:30 | **NBC Today (R) ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-313+ |

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| 12:00 | **Queensland Weekender: Gulflander/ Isa Rodeo (R) ’CC’** Lee is on the quintessential Outback adventure where he takes in the breathtaking open skies, meets the resilient locals, plus a couple cowboys along the way. | **G** +7QWE19-043+ |

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| 12:30 | **The Great Day Out: Tasting Tour (R) ’CC’** Today the team is tasting their way around Queensland. | **G** +GDOT19-045+ |

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| 13:00 | **The Master (R) ’CC’** Five aspiring millionaires must successfully navigate a number of heart stopping rounds of general knowledge questions in order to challenge the Master for his title, and the chance to win $1 million. Hosted by MARK BERETTA. | **G** +MAST-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** +MIDM4-031+ |

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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** +MIDM4-032+ |

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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-143+ |

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| 15:30 | **Mighty Ships: Henry Larson (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G** +MTYS01-004+ |

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| 16:30 | **Last Chance Learners (R) ’CC’** With only ten days left at the school, some of the learners are still struggling with the basics. Can Sharni take the pressure as she prepares for her driving test? | **PG** +DLRN-011+ |

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| 17:00 | **Surf Patrol (R) ’CC’** A massive search is underway for a shark that attacked a young lifesaver on Sydney's northern beaches. Hosted by Tom Williams. | **G** +SPTL3-007+ |

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| 17:30 | **Escape To The Country: Somerset (R)** Nicki Chapman is house hunting with a couple of childhood sweethearts, who are seeking a rural retreat in Somerset, after living in urban Croydon all their lives. | **G** +ETTC22-059+ |

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| 18:30 | **Bargain Hunt: Leominster / Hay 6 (R)** Natasha Raskin joins the bargain-hunting teams in Leominster as friends compete to buy three items that will hopefully make a profit at auction.  | **G** +BHUN44-007+ |

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| 19:30 | **Border Security - Australia's Front Line (R) ’CC’** An Italian man may want to clown around illegally and a German passenger's nervous behaviour raises alarm. | **PG** +BORD-106+ |

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| 20:00 | **Border Security - Australia's Front Line (R) ’CC’** One pair of boots, two women and several drug readings. A high-tech mission to combat serious threats in our northern waters. | **PG** +BORD-108+ |

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| 20:30 | **Criminal Minds: The Job (R) ’CC’** The BAU searches for a serial killer who leaves distinctive marks on victims' faces with the help of an impressive potential new team member, forensic psychologist Dr. Tara Lewis. | **M (A,V)**+CRMD11-001+ |

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| 21:30 | **Criminal Minds: The Witness (R) ’CC’** When a Los Angeles bus is attacked with sarin gas, the BAU must act quickly to find the suspect before a larger-scale incident occurs. | **M (A,V)**+CRMD11-002+ |

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| 22:30 | **Criminal Minds: 'Til Death Do Us Part (R) ’CC’** When brides-to-be in Savannah are killed on the eve of their nuptials, the BAU suspects a jilted UnSub is at work. | **M (A,V)**+CRMD11-003+ |

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| 23:30 | **Criminal Minds: Outlaw (R) ’CC’** When three restaurant workers are killed in a robbery/homicide in Las Vegas, N.M., the BAU looks at a cold case that happened in the town six years ago for leads.  | **MA (V,D,A)**+CRMD11-004+ |

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| 00:30 | **Mighty Ships: Henry Larson (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G** +MTYS01-004+ |

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| 01:30 | **Surf Patrol (R) ’CC’** A massive search is underway for a shark that attacked a young lifesaver on Sydney's northern beaches. Hosted by Tom Williams. | **G** +SPTL3-007+ |

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| 02:00 | **Escape To The Country: Somerset (R)** Nicki Chapman is house hunting with a couple of childhood sweethearts, who are seeking a rural retreat in Somerset, after living in urban Croydon all their lives. | **G** +ETTC22-059+ |

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| 03:00 | **Bargain Hunt: Leominster / Hay 6 (R)** Natasha Raskin joins the bargain-hunting teams in Leominster as friends compete to buy three items that will hopefully make a profit at auction.  | **G** +BHUN44-007+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-033+ |

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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** +MIDM4-034+ |

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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-144+ |

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| 05:30 | **Last Chance Learners (R) ’CC’** With only ten days left at the school, some of the learners are still struggling with the basics. Can Sharni take the pressure as she prepares for her driving test? | **PG** +DLRN-011+ |

 **Thursday 02 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** +ZOMO02-039+ |

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| 07:30 | **Get Arty (R) ’CC’** Snow flakes, snow globes and make your own stained glass window, plus meet glass engraver Kayo Yokoyama. | **C** +ARFA01-006+ |

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| 08:00 | **Pipsqueaks: Machines At Home & Farm Animals (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-002+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-033+ |

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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** +MIDM4-034+ |

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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. | +NBCT20-001+ |

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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** +MYGO02-007+ |

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| 13:00 | **The Master (R) ’CC’** Five aspiring millionaires must successfully navigate a number of heart stopping rounds of general knowledge questions in order to challenge the Master for his title, and the chance to win $1 million. Hosted by MARK BERETTA. | **G** +MAST-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** +MIDM4-033+ |

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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** +MIDM4-034+ |

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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-144+ |

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| 15:30 | **Mighty Ships: MV Paul R. Tregurtha (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS01-005+ |

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| 16:30 | **Last Chance Learners (R) ’CC’** After 30 days, it's the end of school for our Last Chance Learners. The remaining learners will have one last shot at passing their driving test and winning a car. | **PG** +DLRN-012+ |

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| 17:00 | **Surf Patrol (R) ’CC’** An ocean race at Cronulla Beach is thrown into turmoil when the lifesaver rescue helicopter spots sharks just fifty metres from competitors. | **G** +SPTL3-008+ |

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| 17:30 | **Escape To The Country: North Yorkshire (R)** Jules Hudson is helping a couple to find their first home together with business potential. | **G** +ETTC22-060+ |

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| 18:30 | **Bargain Hunt: Lewes 2 (R)** Anita Manning and the team are in the East Sussex town of Lewes. | **G** +BHUN44-008+ |

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| 19:30 | **Father Brown: The Devil's Dust (R) ’CC’** Father Brown joins the search when a girl who is believed to be radioactive goes missing overnight. But just who is responsible for her disappearance? | **M (A)**+FBRO01-007+ |

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| 20:30 | **Judge John Deed: Judge John Deed: Appropriate Response (R)** Robert Romero, a serial rapist imprisoned by Judge John Deed, is released on parole and seeks revenge on the Judge. | **M (V)**+JJD-003+ |

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| 22:30 | **Air Crash Investigations: Deadly Detail (R) ’CC’** A Boeing 737 is engulfed in flames on the tarmac, and the disaster leaves an international team of investigators with a troubling question. | **PG** +MDAY16-004+ |

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| 23:30 | **Mighty Ships: MV Paul R. Tregurtha (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS01-005+ |

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| 00:30 | **Surf Patrol (R) ’CC’** An ocean race at Cronulla Beach is thrown into turmoil when the lifesaver rescue helicopter spots sharks just fifty metres from competitors. | **G** +SPTL3-008+ |

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| 01:00 | **Father Brown: The Devil's Dust (R) ’CC’** Father Brown joins the search when a girl who is believed to be radioactive goes missing overnight. But just who is responsible for her disappearance? | **M (A)**+FBRO01-007+ |

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| 02:00 | **Escape To The Country: North Yorkshire (R)** Jules Hudson is helping a couple to find their first home together with business potential. | **G** +ETTC22-060+ |

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| 03:00 | **Bargain Hunt: Lewes 2 (R)** Anita Manning and the team are in the East Sussex town of Lewes. | **G** +BHUN44-008+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-035+ |

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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** +MIDM4-036+ |

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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-145+ |

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

 **Friday 03 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** +ZOMO02-040+ |

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| 07:30 | **Get Arty (R) ’CC’** Better Homes and Gardens presenter Adam Dovile teams up with Jacqui to make an indoor tent. | **C** +ARFA01-007+ |

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| 08:00 | **Pipsqueaks: Holidays & Rocket Ships (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-003+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-035+ |

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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** +MIDM4-036+ |

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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. | +NBCT20-002+ |

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| 12:00 | **Air Crash Investigations: Dangeous Approach (R) ’CC’** When a Colorado commuter flight ends in disaster, the shocking cause will rock the entire airline industry. | **PG (D)**+MDAY16-006+ |

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| 13:00 | **Mr Selfridge (R)** After a tumultuous period, Harry is determined to get his life and the store back on track. Selfridge's has returned to doing what it does best: a classic store wide 'Summer Promotion'. | **PG** +MRSE04-007+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-035+ |

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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** +MIDM4-036+ |

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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-145+ |

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| 15:30 | **Mighty Ships: Resolute (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G** +MTYS01-006+ |

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| 16:30 | **The Outdoor Room With Jamie Durie: Italy (R) ’CC’** Join Jamie Durie as he travels the world in search of inspiration to use as he and his team transform a lucky garden into an Outdoor Room. Starring:ANDY URBANI,MARY URBANI,TOBIE PUTTOCK | **G** +ORWJ-001+ |

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| 17:30 | **Escape To The Country: East Midlands (R)** Nicki Chapman is house hunting with a newly married couple that wish to escape London life and move closer to family. | **G** +ETTC22-061+ |

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| 18:30 | **Bargain Hunt: Portobello / Kingston 15 (R)** Charlie Ross presents as the hunt for bargains heads to Kingston upon Thames. | **G** +BHUN44-009+ |

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| 19:30 | **Better Homes And Gardens: Best Budget Meals (R) ’CC’** Ed and Karen help reduce the amount spent with a bunch of affordable recipes. There's family meals, desserts, entertaining ideas and even snacks for the kids. | **G** +BHSP19-003+ |

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| 20:30 | **Dogs Behaving (Very) Badly (R) ’CC’** Graeme takes on a dog that's a bully, a dog fixated on food and a horrendous howler. | **PG** +DOBB01-004+ |

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| 21:30 | **Selling Houses Australia: Divorce Sale (R) ’CC’** A recently divorced man attempts to sell his house, whose garden is in desperate need of fixing. | **PG** +SEHO05-004+ |

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| 22:30 | **The House That 100K Built: Jason And Riikka (R)** Jason and his Finnish wife Riikka have lived in many homes in Torquay, but never one that truly felt like home. | **G** +HOTB03-003+ |

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| 23:45 | **Pie In The Sky: Brown Bread (R)** A customer is found dead in Pie in the Sky's toilet but when the emergency services arrive his corpse has gone. | **PG** +PIES2-002+ |

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| 00:45 | **Mighty Ships: Resolute (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G** +MTYS01-006+ |

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| 02:00 | **Escape To The Country: East Midlands (R)** Nicki Chapman is house hunting with a newly married couple that wish to escape London life and move closer to family. | **G** +ETTC22-061+ |

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| 03:00 | **Bargain Hunt: Portobello / Kingston 15 (R)** Charlie Ross presents as the hunt for bargains heads to Kingston upon Thames. | **G** +BHUN44-009+ |

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| 04:00 | **Special: France: Soaring With The Senses - Part 1 (R) (1991)** Greg Grainger journeys through beautiful France in a hot air balloon sampling the cuisine and culture. Starring:GREG GRAINGER | **PG** +AMS-533+ |

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| 05:00 | **The Outdoor Room With Jamie Durie: Italy (R) ’CC’** Join Jamie Durie as he travels the world in search of inspiration to use as he and his team transform a lucky garden into an Outdoor Room. Starring:ANDY URBANI,MARY URBANI,TOBIE PUTTOCK | **G** +ORWJ-001+ |

 **Saturday 04 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: Montague Island & Brisbane (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV-005+ |

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| 08:45 | **Travel Oz: The Great Barrier Reef (R) ’CC’** Follow researchers studying coral growth on the reef, marine biologists releasing turtle hatchlings and meet the acknowledged master mariner of the reef. | **PG** +TRAV3-004+ |

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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. | +NBCT20-003+ |

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| 11:30 | **House Calls To The Rescue (R) ’CC’** Jo's team rescues an entire neighbourhood from a noisy young guitarist. | **G** +HSCL-013+ |

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| 12:30 | **Vasili's Garden (R)** Vasili's Gardens takes you into the backyards of everyday Australians to share organic gardening techniques and teach you how to improve your health using your own garden produce. | **PG** +VASI05-008+ |

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| 13:00 | **Intolerant Cooks: Ep 9 - That's No Weed! (R)** Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG** +INTC04-009+ |

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| 13:30 | **The Great Australian Doorstep: Moreton Island with Isuzu (R)** We take an Isuzu iVenture 4WD weekend to the limits as we show you Moreton Island like never before. Some of Australia's most stunning coastlines is located on our gorgeous sand islands. | **PG** +GRAD08-005+ |

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| 14:00 | **Adventure All Stars** Join the team as they explore everything fun and adventurous Australia has to offer.  | **PG** +ADAS01-006+ |

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| 15:00 | **SA Weekender ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-035+ |

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| 15:30 | **Creek To Coast: Raindrop (R) ’CC’** Join Roger on a four-wheel drive adventure that he has dreamt of doing his whole life. It is the ultimate Creek to Coast voyage covering two river systems, the Southern Ocean and 2000 kilometres. | **G** +7CTC19-041+ |

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| 16:00 | **Queensland Weekender: Fun Over Fifty ’CC’** Chris is taking in the magic of east coast Queensland with Fun Over Fifty and discovering some hidden treasures. | **G** +7QWE19-044+ |

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| 16:30 | **The Great Day Out: Pedal to the Metal ’CC’** Liz puts the pedal to the metal on the Willowbank Raceway. Laurel has found a country getaway not far from the city. Alastair uncovers the must do dining venues in Ipswich and we visit Blackbutt. | **G** +GDOT19-046+ |

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| 17:00 | **The Zoo (R) ’CC’** The keepers find two chameleons that are able to turn each other green with happiness, and two male chimps compete for control. | **G** +ZOOT2-004+ |

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| 17:30 | **Building The Dream: Hertfordshire (R)** Charlie's in Hertfordshire for today's programme to meet Adam and Vicki Nicholl. After having a close look at their plans Charlie's got some bright ideas. | **G** +BUTD01-001+ |

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| 18:30 | **The Yorkshire Vet in Autumn: Winter On The Moors (R)** Called out to remote farms to tend animals in labour and the sick and injured, vets Julian Norton and Peter Wright must battle the weather to treat and save patients including owls and cattle. | **PG (A)**+YORK03-011+ |

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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,S)**+YORK06-003+ |

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| 20:30 | **Escape To The Country: North Wales NEW EPISODE**Alistair Appleton goes house hunting with a couple who want to buy a family home in the West Sussex countryside that will give them a better work life balance. | **G** +ETTC24-019+ |

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| 21:30 | **Escape To The Country: Welsh Borders (R)** Each episode follows one big move, and with everything from snug, chocolate-box cottages to medieval grandeur, it's clear that everyone has their own idea about the perfect country escape.  | **G** +ETTC23-021+ |

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| 22:30 | **Escape To The Country: Cheshire (R)** Each episode follows one big move, and with everything from snug, chocolate-box cottages to medieval grandeur, it's clear that everyone has their own idea about the perfect country escape.  | **G** +ETTC23-022+ |

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| 23:30 | **The Yorkshire Vet in Autumn: Winter On The Moors (R)** Called out to remote farms to tend animals in labour and the sick and injured, vets Julian Norton and Peter Wright must battle the weather to treat and save patients including owls and cattle. | **PG (A)**+YORK03-011+ |

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| 00:30 | **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,S)**+YORK06-003+ |

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| 01:30 | **Escape To The Country: North Wales (R)** Alistair Appleton goes house hunting with a couple who want to buy a family home in the West Sussex countryside that will give them a better work life balance. | **G** +ETTC24-019+ |

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| 02:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-035+ |

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| 03:00 | **Creek To Coast: Raindrop (R) ’CC’** Join Roger on a four-wheel drive adventure that he has dreamt of doing his whole life. It is the ultimate Creek to Coast voyage covering two river systems, the Southern Ocean and 2000 kilometres. | **G** +7CTC19-041+ |

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| 03:30 | **Queensland Weekender: Queensland Weekender 2019 Ep: 17 (R) ’CC’** Lee is on a journey from the beach to the bush to compete in the outback's toughest endurance event. | **G** +7QWE19-017+ |

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| 04:00 | **The Great Day Out: Pedal to the Metal (R) ’CC’** Liz puts the pedal to the metal on the Willowbank Raceway. Laurel has found a country getaway not far from the city. Alastair uncovers the must do dining venues in Ipswich and we visit Blackbutt. | **G** +GDOT19-046+ |

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| 04:30 | **Travel Oz: Montague Island & Brisbane (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV-005+ |

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| 05:15 | **Travel Oz: The Great Barrier Reef (R) ’CC’** Follow researchers studying coral growth on the reef, marine biologists releasing turtle hatchlings and meet the acknowledged master mariner of the reef. | **PG** +TRAV3-004+ |