

ABC TV Week 10 Program Guide

Sunday, 3 March 2024

- 6:00am** **rage**
(CC,PG)
Keep the party vibe going with wall-to-wall music videos, from new releases to classics and the long-forgotten.
- 7:00am** **Weekend Breakfast**
(CC)
Ease into your Sunday with an engaging mix of news, updated information, analysis, interviews, politics and weather. Presented by Johanna Nicholson and Fauziah Ibrahim, plus sport with Jared Coote.
- 9:00am** **Insiders**
(CC)
After the Dunkley By-Election, how will the result shift political fortunes? David Speers brings you the best political analysis on the big issues that matter - from cost of living, defence, foreign affairs and the economy.
- 10:00am** **Offsiders**
(CC)
The footy season is almost here! The NRL kicks off with a spectacular double header in Las Vegas this afternoon, while the AFL Pre-Season Community Series concludes ahead of the Season Opener in Sydney on Thursday Night.
- 10:30am** **The World This Week**
(CC,Repeat)
Beverley O'Connor brings you a weekly roundup of international news from an Australian perspective as reported by ABC News correspondents covering the Indo Pacific, Europe, North America, the Middle East, India and Indonesia.
- 11:00am** **Compass: Chloe and the Happily Ever After**
(CC,AD,Repeat,PG,Adult Themes)
Chloe Hayden was diagnosed as autistic at the age of 13 and was selective mute for many years. With a passion for Disney princesses, Chloe found her voice online as a 'princess' and now stars as Quinni in Heartbreak High.
- 11:30am** **Songs Of Praise: St David's Day**
(CC,Repeat,G)
Katherine Jenkins visits St David's College Lampeter, now part of The University where higher education began in Wales 200 years ago. She meets the Vice-Chancellor Professor Medwin Hughes and students from around the world.

- 12:00pm ABC News At Noon**
(CC)
Dan Bourchier presents the latest from ABC News, following today's top stories and coverage of events as they unfold. Plus original reporting, expert analysis and all the updated news, sport, weather and information you need.
- 12:30pm Landline**
(CC)
Hosted by award-winning journalist Pip Courtney, Landline is Australia's only national agricultural television program covering stories from Australia's rural and regional heartland.
- 1:30pm Gardening Australia**
(CC,AD,Repeat,G)
Tammy visits a collector's colourful balcony; Costa meets multicultural community gardeners; Clarence profiles autumn flowering natives; Millie savours summer; plus we meet a florist creating sculptures with fruit and veg.
- 2:25pm Dream Gardens: Balwyn, VIC**
(CC,Repeat,G)
Paul and Zoe want a garden to match their fabulous art deco home in Melbourne. But project managing the ambitious build themselves will take courage. Loved ones think they're crazy, can they prove the doubters wrong? (Final)
- 3:00pm Nigella Bites: Fun Foods**
(CC,Repeat,G)
Nigella says goodbye to the food snobs and purists and creates a space for a bit of kitsch in the kitchen, with Elvis Presley's Fried Peanut Butter and Banana Sandwich, Ham Baked in Coke and Chocolate Lime Cheesecake.
- 3:25pm The Cook And The Chef: An Autumn Lunch**
(CC,Repeat,G)
Simon gets the cooking started with a pre-lunch drink of bloody Mary and an oyster. Maggie makes an avocado and tomato jelly, followed by grilled quail and a selection of cheese. Simon ups the ante and makes a heavenly quail.
- 3:50pm Grand Designs New Zealand**
(CC,AD,Repeat,G)
New Zealander Mark Ahearn and his Australian wife Liz are taking time out from their hectic lives in Perth to build a family holiday home in Abel Tasman. However their plans soon begin to systematically unravel.
- 4:40pm Extraordinary Escapes: Sarah Millican**
(CC,AD,Repeat,PG)
Comedian and author, Sarah Millican, takes a break from her tour to join Sandi in Devon where Sandi hopes to teach her friend the art of rest and relaxation.

- 5:30pm** **The ABC Of Jack Thompson**
(CC,Repeat,PG,PG - Nudity,Aboriginal and Torres Strait Islander viewers are advised that the following program may contain images and voices of people who have died)
David Wenham tracks back through the ABC Archival life of Jack Thompson, arguably our first movie star. This moving interview will surprise anyone who thinks they know this giant of Australian screen.
- 6:00pm** **Anh's Brush With Fame: Marcia Hines**
(CC,Repeat,PG)
Marcia Hines is an Australian music icon. She arrived in Australia, from Boston, as a 16-year-old to perform in the musical Hair and then made Australia her home. How will Anh capture her independence and bravery?
- 6:30pm** **Compass: The Rewilders with Gina Chick**
(CC,AD)
Season Premiere Wilderness queen Gina Chick, winner of Alone, takes us into the world of rewilding. We meet people discovering ways to reconnect to nature, finding their wild hearts and nourishing their souls. They call it "sacred activism".
- 7:00pm** **ABC News**
(CC)
- 7:30pm** **Death In Paradise**
(CC,AD,PG,Adult Themes)
The team investigate the murder of an estate agent during the private sale of a picturesque beach and discover the buyers were victims of a scam. Meanwhile, Marlon leads a counterfeit goods case to impress the Commissioner.
- 8:30pm** **House Of Gods: Family Blood**
(CC,AD,PG)
While Isa struggles to meet his financial commitment to Seyyed Modhaffar, Batul emerges as her father's most strategic, and cutthroat, child.
- 9:30pm** **Silent Witness: History Part Four**
(CC,AD,Repeat,M,Adult Themes)
A secret from his father propels Jack to Belfast. Meanwhile, Simone and Nikki investigate the mystery of a burned body. As familial secrets come to the surface, Jack faces tragedy head on.
- 10:30pm** **The War Of The Worlds**
(CC,AD,Repeat,M,Adult Themes, Violence)
Amy and George search desperately for each other as the Martian invasion spreads.
- 11:30pm** **Harrow: Alea lacta Est**
(CC,AD,Repeat,M,Adult Themes, Violence)
After two men die in a duel, Harrow uncovers a web of Machiavellian intrigue within a suburban historical society. Meanwhile, the return of Tanya forces Harrow to reassess the last twenty years of his life.

- 12:20am Significant Others**
(CC,AD,Repeat,M,Adult Themes, Coarse Language, Sexual References, Sex Scenes)
Raging against the purgatory of not knowing, the family venture back out into the world of the living to discover new aspects of themselves and their missing sister.
- 1:15am Sanditon**
(CC,AD,Repeat,PG)
As the summer regatta approaches, Sidney wrestles with his feelings towards an old flame. With Lady Denham at death's door, tensions finally come to a head and threaten to split everyone apart.
- 2:05am rage Vault**
(MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence)
Australia's longest running music TV show, rage is home to the biggest vault of music videos from a diverse range of artists, genres and eras. We curate the best clips of all time to surprise and entertain you for hours.
- 4:00am Catalyst: Beating Diabetes**
(CC,Repeat,PG)
Nutritionist Dr Joanna McMillan is on a mission to help stem the onslaught of Type 2 diabetes, devising a personalised program to help four Australians on the brink of developing the chronic illness.
- 5:00am Insiders**
(CC,Repeat)
After the Dunkley By-Election, how will the result shift political fortunes? David Speers brings you the best political analysis on the big issues that matter - from cost of living, defence, foreign affairs and the economy.

Monday, 4 March 2024

- 6:00am** **News Breakfast**
(CC)
- 9:00am** **ABC News Mornings**
(CC)
- 10:00am** **Landline**
(CC,Repeat)
- 11:00am** **Antiques Roadshow**
(CC,Repeat,G)
- 12:00pm** **ABC News At Noon**
(CC)
- 1:00pm** **The Bikes Of Wrath**
(CC,Repeat,M,Coarse Language)
- 2:30pm** **Back Roads**
(CC,AD,Repeat,G)
- 3:00pm** **The Cook And The Chef**
(CC,Repeat,G)
- 3:25pm** **Tenable**
(CC,Repeat,G)
- 4:15pm** **Antiques Roadshow**
(CC,Repeat,G)
- 5:10pm** **Grand Designs**
(CC,Repeat,G)
- 6:00pm** **Back Roads: Eugowra, NSW**
(CC,Repeat,G)
Heather Ewart visits a town at the centre of the richest gold escort heist in Australian history and discovers where Eugowra's real treasure lies. She has a crack at driving a horse-drawn plough in this rich, farming country.
- 6:30pm** **Hard Quiz**
(CC,Repeat,PG)
Tom Gleeson awards the Big Brass Mug to whichever expert best answers his questions about photographer Robert Mapplethorpe, NRL team Melbourne Storm, heavy metal band Metallica and romantic book and TV series, Bridgerton.
- 7:00pm** **ABC News**
(CC)
- 7:30pm** **7.30**
(CC)
Sarah Ferguson presents Australia's premier daily current affairs program, delivering agenda-setting public affairs journalism and interviews that hold the powerful to account. Plus political analysis from Laura Tingle.

- 8:00pm Australian Story**
(CC)
The power of the personal. Compelling stories about real people that illuminate, entertain and inspire. Presented by Leigh Sales.
- 8:30pm Four Corners**
(CC)
Four Corners is the home of Australian investigative journalism. These fearless and forensic documentaries expose scandals, trigger inquiries, fire debate and confront taboos.
- 9:15pm Media Watch**
(CC)
Australia's leading forum for media analysis and comment, bringing you a brave and fearless critique of the week's journalism, issues and events in the news. Presented by Paul Barry.
- 9:35pm Q+A**
(CC)
Patricia Karvelas leads the conversation as citizens put their questions to local and international politicians and thought leaders. Q+A brings together a range of guests to debate the big issues affecting Australians.
- 10:35pm ABC Late News**
(CC)
Follow the story with the latest on the day's events, explaining what's happening and why it matters. ABC News has reporters across Australia and around the globe uncovering what you need to know. Presented by Jade Barker.
- 10:50pm The Business**
(CC,Repeat)
Australia's leading daily business and finance show, bringing you up to date on market moves, economic trends and the forces affecting consumers, employees and business owners big and small. Presented by Kirsten Aiken.
- 11:10pm The Weekly With Charlie Pickering**
(CC,Repeat)
Back for its 10th Season, The Weekly with Charlie Pickering is the one show on TV that knows the world is far too serious to be taken too seriously. You give us 30 minutes - we'll give you the week.
- 11:40pm Planet America**
(CC,Repeat)
Former U.N. Ambassador and Former South Carolina Governor Nikki Haley faces the voters in her home state in the South Carolina Primary against Donald Trump, the frontrunner for Republican Presidential nomination.
- 12:15am Grand Designs: East Devon**
(CC,Repeat,G)
Kevin McCloud meets a master craftsman whose dream is to build a castle made entirely of mud.

- 1:00am Tenable**
(CC,Repeat,G)
Five friends led by team captain Cynthia answer Top 10 list questions as they attempt to win a big cash prize. Can they score a Perfect 10 and walk off with the money?
- 1:50am rage**
(MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence)
Australia's longest running music TV show, rage is home to the biggest vault of music videos from a diverse range of artists, genres and eras. We curate the best clips of all time to surprise and entertain you for hours.
- 4:30am Catalyst: Memory Matters**
(CC,Repeat,G)
Dr Caroline West meets scientists working at the forefront of memory research, introducing remarkable individuals whose exceptional memories and unique abilities are helping unlock the secrets of memory.
- 5:30am 7.30**
(CC,Repeat)
Sarah Ferguson presents Australia's premier daily current affairs program, delivering agenda-setting public affairs journalism and interviews that hold the powerful to account. Plus political analysis from Laura Tingle.

Tuesday, 5 March 2024

- 6:00am** **News Breakfast**
(CC)
- 9:00am** **ABC News Mornings**
(CC)
- 10:00am** **Foreign Correspondent**
(CC,AD,Repeat)
- 10:30am** **Courtney Act's One Plus One**
(CC,Repeat)
- 11:00am** **Antiques Roadshow**
(CC,Repeat,G)
- 12:00pm** **ABC News At Noon**
(CC)
- 1:00pm** **Call The Midwife**
(CC,AD,Repeat,PG,Adult Themes)
- 2:00pm** **Anh's Brush With Fame**
(CC,Repeat,PG)
- 2:30pm** **Back Roads**
(CC,AD,Repeat,G)
- 3:00pm** **The Cook And The Chef**
(CC,Repeat,G)
- 3:30pm** **Tenable**
(CC,Repeat,G)
- 4:15pm** **Antiques Roadshow**
(CC,Repeat,G)
- 5:15pm** **Grand Designs**
(CC,Repeat,G)
-
- 6:00pm** **Back Roads: Agnes Water and 1770, Qld**
(CC,Repeat,PG)
Join guest presenter Paul West as he discovers the heart and soul of the twin towns Agnes Water and 1770 in Queensland, where science is harnessing the 'power of people'.
- 6:30pm** **Hard Quiz**
(CC,Repeat,PG)
Contestants who want to win the Big Brass Mug must answer Tom Gleeson's questions about their expert subjects: The Bible, dog breed Weimaraners, punk band Green Day and classic Aussie film Puberty Blues.
- 7:00pm** **ABC News**
(CC)

- 7:30pm** **7.30**
(CC)
Sarah Ferguson presents Australia's premier daily current affairs program, delivering agenda-setting public affairs journalism and interviews that hold the powerful to account. Plus political analysis from Laura Tingle.
- 8:00pm** **Back Roads: East Arnhem Land, NT (Part 1)**
(CC,Aboriginal and Torres Strait Islander viewers are advised that the following program contains images and voices of people who have died)
Rae Johnston discovers a remote and tiny community that punches above its weight on the international stage, in music, art, science, politics and culture - all while tackling a growing environmental and ecological crisis.
- 8:30pm** **Better Date Than Never**
(CC,AD,G)
Jack and his date navigate awkwardness and turn their anxiety into a game. Allycia is seeking a romantic fairytale of her own, just like her best friend Olivia. Fan favourite Charles returns on his quest for love.
- 9:05pm** **Whale With Steve Backshall: Ocean Hunters**
(CC,G)
Steve Backshall reveals the Ingenious hunting strategies of whales. Entering their world, an extraordinary encounter with Orca begins a journey that reveals the remarkable abilities of the ocean's greatest predators.
- 9:55pm** **You Can't Ask That: Dementia**
(CC,Repeat,M,Adult Themes, Coarse Language)
This episode features people living with dementia. Their all too common, though no less exceptional, stories take us through some complex philosophical terrain. There will be laughs, tears and some mind-altering insights.
- 10:30pm** **ABC Late News**
(CC)
Follow the story with the latest on the day's events, explaining what's happening and why it matters. ABC News has reporters across Australia and around the globe uncovering what you need to know. Presented by Jade Barker.
- 10:45pm** **The Business**
(CC,Repeat)
Australia's leading daily business and finance show, bringing you up to date on market moves, economic trends and the forces affecting consumers, employees and business owners big and small. Presented by Kirsten Aiken.
- 11:00pm** **Four Corners**
(CC,Repeat)
Four Corners is the home of Australian investigative journalism. These fearless and forensic documentaries expose scandals, trigger inquiries, fire debate and confront taboos.

- 11:45pm** **Q+A**
(CC,Repeat)
Patricia Karvelas leads the conversation as citizens put their questions to local and international politicians and thought leaders. Q+A brings together a range of guests to debate the big issues affecting Australians.
- 12:50am** **Media Watch**
(CC,Repeat)
Australia's leading forum for media analysis and comment, bringing you a brave and fearless critique of the week's journalism, issues and events in the news. Presented by Paul Barry.
- 1:05am** **Grand Designs: Newbury**
(CC,Repeat,G)
Two die-hard Londoners throw in their urban media jobs and move lock, stock and barrel to country Newbury where they build a spectacular 21st century, flint-covered farmhouse, and establish a micro-brewery to boot.
- 1:55am** **Tenable**
(CC,Repeat,G)
The Gibbs family of five led by team captain Barry play to take home a big cash prize by answering a series of Top 10 list questions.
- 2:40am** **rage**
(MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence)
Australia's longest running music TV show, rage is home to the biggest vault of music videos from a diverse range of artists, genres and eras. We curate the best clips of all time to surprise and entertain you for hours.
- 4:30am** **Catalyst: Bionic Revolution**
(CC,Repeat,PG)
Dr Nikki Stamp meets Australians whose lives are transformed by artificial body parts, and scientists whose cutting-edge work merging biology with technology reveal a world on the cusp of a bionic revolution.
- 5:30am** **7.30**
(CC,Repeat)
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Wednesday, 6 March 2024

- 6:00am News Breakfast**
(CC)
- 9:00am ABC News Mornings**
(CC)
- 10:00am Four Corners**
(CC,AD,Repeat)
- 11:00am Antiques Roadshow**
(CC,Repeat,G)
- 12:00pm ABC News At Noon**
(CC)
- 12:30pm National Press Club Address**
(CC)
- 1:35pm Media Watch**
(CC,Repeat)
- 1:50pm Anh's Brush With Fame**
(CC,Repeat,PG)
- 2:20pm Back Roads**
(CC,AD,Repeat,G)
- 2:50pm The Cook And The Chef**
(CC,Repeat,G)
- 3:20pm Tenable**
(CC,Repeat,G)
- 4:05pm Antiques Roadshow**
(CC,Repeat,G)
- 5:10pm Grand Designs**
(CC,Repeat,G)
- 5:55pm Back Roads**
(CC,AD,Repeat,G)
- 6:25pm Hard Quiz**
(CC,Repeat,PG)
Four more contestants are desperate to get their grubby mitts on Tom Gleeson's Big Brass Mug: superfans of nineties sitcom Father Ted, Arnott's bikkies, Final Fantasy video game series and the real Jackie O (not Kyle's mate).
- 7:00pm ABC News**
(CC)
- 7:30pm 7.30**
(CC)
Sarah Ferguson presents Australia's premier daily current affairs program, delivering agenda-setting public affairs journalism and interviews that hold the powerful to account. Plus political analysis from Laura Tingle.

- 8:00pm** **Hard Quiz**
(CC,PG)
Brand New Which subject will win Tom Gleeson's Big Brass Mug for its expert contestant on this Hard Quiz: women in Greek Mythology, pop queen Shania Twain, the 7 Up documentary series, or the mouth-watering world of spices?
- 8:30pm** **The Weekly With Charlie Pickering**
(CC)
Back for its 10th Season, The Weekly with Charlie Pickering is the one show on TV that knows the world is far too serious to be taken too seriously. You give us 30 minutes - we'll give you the week.
- 9:05pm** **This Is Going To Hurt**
(CC,AD,MA,Coarse Language)
It's the day of Adam's engagement party, but his work stress is becoming increasingly overwhelming. Shruti tries a new tack, but doesn't get the outcome she hoped.
- 9:50pm** **Planet America**
(CC)
Chas and John break down another big week in the US like only they can, explaining Super Tuesday and looking ahead to President Biden's crucial State of the Union speech on Friday.
- 10:20pm** **Adam Hills: The Last Leg**
(CC,Repeat)
Fast-tracked from the UK, join Adam Hills, Josh Widdicombe and Alex Brooker plus special guests for an entertaining, off-beat look at the big events of the past week.
- 11:05pm** **ABC Late News**
(CC)
Follow the story with the latest on the day's events, explaining what's happening and why it matters. ABC News has reporters across Australia and around the globe uncovering what you need to know. Presented by Jade Barker.
- 11:20pm** **The Business**
(CC,Repeat)
Australia's leading daily business and finance show, bringing you up to date on market moves, economic trends and the forces affecting consumers, employees and business owners big and small. Presented by Kirsten Aiken.
- 11:35pm** **Rosehaven**
(CC,AD,Repeat,PG)
Everyone's wishing Emma a happy birthday, but she's not a fan of celebrating it. It's work experience week and McCallum Real Estate haven't had any requests until Gez from the op shop asks if she can learn the ropes.

- 12:05am** **Rosehaven**
(CC,AD,Repeat,PG)
When a flashy competitor sets his sights on Rosehaven, will the locals be enticed by the bells and whistles over the local knowledge of McCallum Real Estate? (Final)
- 12:30am** **Grand Designs: North Wales**
(CC,Repeat,G)
A couple decide to build a modernist villa on a cliff top in North Wales. But as their house starts to take shape, one of the biggest storms in recent UK history hits the coast.
- 1:20am** **Tenable**
(CC,Repeat,G)
A team of five family and friends from Redding led by team captain Melvir join forces to take on the Tenable tower. Have they got what it takes to score a Perfect 10 and win 125,000 pounds?
- 2:05am** **rage**
(MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence)
Australia's longest running music TV show, rage is home to the biggest vault of music videos from a diverse range of artists, genres and eras. We curate the best clips of all time to surprise and entertain you for hours.
- 4:30am** **Catalyst: Allergy Clinic**
(CC,Repeat,G)
With Australia in the grip of an allergy epidemic, we set up a pop-up clinic to understand why so many of us are suffering from these conditions and reveal the latest science about what we can do to treat and prevent them.
- 5:30am** **7.30**
(CC,Repeat)
Sarah Ferguson presents Australia's premier daily current affairs program, delivering agenda-setting public affairs journalism and interviews that hold the powerful to account. Plus political analysis from Laura Tingle.

Thursday, 7 March 2024

- 6:00am** **News Breakfast**
(CC)
- 9:00am** **ABC News Mornings**
(CC)
- 10:00am** **Australian Story**
(CC,AD,Repeat)
- 10:30am** **Compass**
(CC,AD,Repeat)
- 11:00am** **Wang Gungwu Lecture 2024**
(CC)
- 12:00pm** **ABC News At Noon**
(CC)
- 12:30pm** **National Press Club Address**
(CC)
- 1:30pm** **Whale With Steve Backshall**
(CC,Repeat,G)
- 2:30pm** **Anh's Brush With Fame**
(CC,Repeat,PG)
- 3:00pm** **The Cook And The Chef**
(CC,Repeat,G)
- 3:25pm** **Tenable**
(CC,Repeat,G)
- 4:10pm** **Antiques Roadshow**
(CC,Repeat,G)
- 5:10pm** **Grand Designs**
(CC,Repeat,PG)
-
- 6:00pm** **Back Roads: Back To Murrumbidgee**
(CC,AD,Repeat,G)
Heather Ewart returns to Murrumbidgee after the New Year's Eve 2019 firestorm engulfed the town. Heather catches up with some old friends to find out how they've dealt with the impact of the bushfires, then a global pandemic.
- 6:30pm** **Hard Quiz**
(CC,Repeat,PG)
Experts in the L.A. Lakers basketball team, classic film Easy Rider, animated Disney classic Beauty and the Beast and reality television series Keeping Up with the Kardashians battle for Tom Gleeson's Big Brass Mug.
- 7:00pm** **ABC News**
(CC)

- 7:30pm** **7.30**
(CC)
Sarah Ferguson presents Australia's premier daily current affairs program, delivering agenda-setting public affairs journalism and interviews that hold the powerful to account. Plus political analysis from Laura Tingle.
- 8:00pm** **Foreign Correspondent**
(CC)
This season we travel to the conflict zones of Israel and Ukraine, meet people living the dream on an Italian island and investigate multi-million-dollar crime gangs in Europe. Plus reporting from Indonesia, India and the US.
- 8:30pm** **Grand Designs New Zealand**
(CC,AD,G)
When Matthew and Rosemarie Dunning decide to put down some permanent roots in Mangawhai, they throw convention out the window and embrace their son's intriguing concept of a brick house in a sand dune.
- 9:20pm** **Antiques Roadshow: Dyffryn Gardens 1**
(CC,Repeat,G)
Antiques Roadshow is at Dyffryn Gardens near Cardiff, treasures include an Antarctic compass.
- 10:20pm** **Dream Gardens: Essendon, VIC**
(CC,Repeat,G)
Presenter Michael McCoy visits Frank and Mary-Anne D'Aquila from Essendon, Victoria, who are in pursuit of a family garden complete with pool, plants and an entertaining space.
- 10:55pm** **ABC Late News**
(CC)
Follow the story with the latest on the day's events, explaining what's happening and why it matters. ABC News has reporters across Australia and around the globe uncovering what you need to know. Presented by Jade Barker.
- 11:10pm** **The Business**
(CC,Repeat)
Australia's leading daily business and finance show, bringing you up to date on market moves, economic trends and the forces affecting consumers, employees and business owners big and small. Presented by Alicia Barry.
- 11:25pm** **This Is Going To Hurt**
(CC,AD,Repeat,MA,Coarse Language)
It's the day of Adam's engagement party, but his work stress is becoming increasingly overwhelming. Shruti tries a new tack, but doesn't get the outcome she hoped.

- 12:15am** **Grand Designs: North Cornwall**
(CC,Repeat,PG)
A couple transform a small, damp, single-storey bungalow in Cornwall into a cutting edge home. #GrandDesigns
- 1:00am** **Tenable**
(CC,Repeat,G)
A team of family and friends from Dundee led by team captain Dale get their chance to win a huge prize by answering Top 10 list questions on subjects including The Oscars, Mr Men and tennis.
- 1:50am** **rage**
(MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence)
Australia's longest running music TV show, rage is home to the biggest vault of music videos from a diverse range of artists, genres and eras. We curate the best clips of all time to surprise and entertain you for hours.
- 4:30am** **Catalyst: The Mindfulness Experiment**
(CC,Repeat,PG)
Catalyst brings together 15 ordinary Australians to take part in a revealing scientific experiment - to see if practicing mindfulness can help treat conditions like chronic pain, anxiety and stress that affect millions of us.
- 5:30am** **7.30**
(CC,Repeat)
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Friday, 8 March 2024

6:00am	News Breakfast (CC)
9:00am	ABC News Mornings (CC)
10:00am	Planet America (CC,Repeat)
10:30am	That Pacific Sports Show (CC,Repeat)
11:00am	Antiques Roadshow (CC,Repeat,G)
12:00pm	ABC News At Noon (CC)
1:00pm	Silent Witness (CC,AD,Repeat,M,Adult Themes)
2:00pm	House Of Gods (CC,AD,Repeat,PG)
3:00pm	The Cook And The Chef (CC,Repeat,G)
3:25pm	Tenable (CC,Repeat,G)
4:15pm	Antiques Roadshow (CC,Repeat,G)
5:10pm	Grand Designs (CC,Repeat,PG)
6:00pm	Back Roads: Cooktown, Qld (CC,AD,Repeat,PG,Aboriginal and Torres Strait Islander viewers are advised that the following program contains images and voices of people who have died) Cooktown is a place heaving with history. Guest presenter Craig Quartermaine discovers what locals make of Captain Cook and how the community is making sense of its past in a story of connections, friendships and forgiveness.
6:30pm	Hard Quiz (CC,Repeat,PG) Four experts enter. Three will exit through the big steel doors. One will be the Hard Quiz Champion! Topics include: the animated film Ratatouille, Australian Owls, the Ford Mustang, and the Real Housewives of New York!
7:00pm	ABC News (CC)

- 7:30pm Gardening Australia**
(CC,AD)
Hannah visits a permaculture garden; Costa gets waterwise with wicking pots; Jerry celebrates the subtropics; Josh talks to an inspired gardener; plus we meet a collective of beekeepers whose creativity is the bee's knees.
- 8:30pm Midsomer Murders: A Climate of Death**
(CC,AD,M,Adult Themes, Violence)**Final**
Locals have put the sleepy Goodman's Land on the map as 'The Greenest Village in Midsomer'. But when the entire village is bought by a Texan oilman, a string of grisly murders ensues. (Final)
- 10:00pm Hard Quiz**
(CC,Repeat,PG)
Which subject will win Tom Gleeson's Big Brass Mug for its expert contestant on this Hard Quiz: women in Greek Mythology, pop queen Shania Twain, the 7 Up documentary series, or the mouth-watering world of spices?
- 10:30pm The Weekly With Charlie Pickering**
(CC,Repeat)
Back for its 10th Season, The Weekly with Charlie Pickering is the one show on TV that knows the world is far too serious to be taken too seriously. You give us 30 minutes - we'll give you the week.
- 11:05pm ABC Late News**
(CC)
Follow the story with the latest on the day's events, explaining what's happening and why it matters. ABC News has reporters across Australia and around the globe uncovering what you need to know. Presented by Jade Barker.
- 11:20pm Joanna Lumley's Great Cities of the World: Berlin**
(CC,Repeat,PG)**Final**
Joanna Lumley visits Berlin and meets the Festival of Lights, an all-female motorcycle club, a famous photographer who documented life in Soviet-controlled East Berlin and finally Holocaust survivor, Frau Friedlander. (Final)
- 12:05am Grand Designs: Milton Keynes**
(CC,Repeat,PG)
A GP and his wife decide to build a new home at the bottom of their garden. Problem is, right from the start they can't agree on any aspect of the design - even the basic shape.
#GrandDesigns
- 12:55am Tenable**
(CC,Repeat,G)
Five police colleagues answer Top 10 list questions as they attempt to top the Tower and win a big cash prize.

1:40am**Belgravia**

(CC,AD,Repeat,PG)

Anne tells Caroline a secret which puts the women in opposition, and James himself has something to confess.

2:25am**rage**

(MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence)

Your weekend begins with an all-night music video marathon. Rage brings you new music, emerging and independent Australian artists, plus classic hits, party favourites and songs you've never heard but will fall in love with.

5:00am**rage**

(PG)

Keep the party vibe going as the sun comes up with continuous music videos, from new releases to classics and the songs we've long forgotten.

Saturday, 9 March 2024

- 6:00am** **rage**
(CC,PG)
Your weekend starts here as rage counts down the hottest music videos of the week, with the latest chart toppers and brand new hit predictions.
- 7:00am** **Weekend Breakfast**
(CC)
Start your weekend informed and up-to-date. Johanna Nicholson and Fauziah Ibrahim bring you the latest news, interviews, politics, culture, weather and global affairs. Plus sport with Jared Coote.
- 9:00am** **rage**
(CC,PG)
Keep the party vibe going every Saturday morning with wall-to-wall music videos, from classic hits and long-forgotten tracks from the rage vault, to the latest new releases and special features.
- 10:30am** **rage Guest Programmer**
(CC,PG)
Australia's longest running music TV show, rage is home to the biggest vault of music videos from a diverse range of artists, genres and eras. Guest Programmers curate a playlist of their all-time favourite clips.
- 12:00pm** **ABC News At Noon**
(CC)
Dan Bourchier presents the latest from ABC News, following today's top stories and coverage of events as they unfold. Plus original reporting, expert analysis and all the updated news, sport, weather and information you need.
- 12:30pm** **Death In Paradise**
(CC,AD,Repeat,PG,Adult Themes)
The team investigate the murder of an estate agent during the private sale of a picturesque beach and discover the buyers were victims of a scam. Meanwhile, Marlon leads a counterfeit goods case to impress the Commissioner.
- 1:30pm** **A Life In Ten Pictures: Elizabeth Taylor**
(CC,Repeat,M,Coarse Language)
Elizabeth Taylor's image is famous around the world, but can a handful of iconic shots and private snaps reveal a new story? It's an extraordinary life seen through a unique lens.
- 2:40pm** **Better Date Than Never**
(CC,AD,Repeat,G)
Jack and his date navigate awkwardness and turn their anxiety into a game. Allycia is seeking a romantic fairytale of her own, just like her best friend Olivia. Fan favourite Charles returns on his quest for love.

- 3:15pm** **Julia Zemiro's Home Delivery: Germaine Greer**
(CC,Repeat,PG)
Germaine Greer's first home was in Melbourne's Sandringham, a place she doesn't remember with fondness. But having come to the UK in 1964, she shows Julia through her haunts in her now home, Cambridge.
- 3:40pm** **Extraordinary Escapes: Sarah Millican**
(CC,AD,Repeat,PG)
Comedian and author, Sarah Millican, takes a break from her tour to join Sandi in Devon where Sandi hopes to teach her friend the art of rest and relaxation.
- 4:30pm** **Universe With Brian Cox: The Search For Second Earth Alien Worlds**
(CC,Repeat,G)
Thirty years ago, the only planets we knew of were those in our solar system. Today we have discovered thousands more and suspect there are billions waiting to be discovered in our galaxy. Is there a second Earth among them?
- 5:30pm** **Landline**
(CC,Repeat)
A tasty sampler of stories from the land - covering food, agriculture, crops, climate, business and innovation - as we meet the fascinating people who make our rural and regional communities unique. Presented by Pip Courtney.
- 6:00pm** **Australian Story**
(CC,AD,Repeat)
The power of the personal. Compelling stories about real people that illuminate, entertain and inspire. Presented by Leigh Sales.
- 6:30pm** **Back Roads: East Arnhem Land, NT (Part 1)**
(CC,Repeat,Aboriginal and Torres Strait Islander viewers are advised that the following program contains images and voices of people who have died)
Rae Johnston discovers a remote and tiny community that punches above its weight on the international stage, in music, art, science, politics and culture - all while tackling a growing environmental and ecological crisis.
- 7:00pm** **ABC News**
(CC)
- 7:30pm** **Life After Life**
(CC,AD,M,Adult Themes, Sex Scenes)
Series Premiere
The story of Ursula Todd, a woman in the first half of the 20th century, who experiences an endless cycle of birth, death, and rebirth.
- 8:30pm** **Endeavour: Terminus**
(CC,AD,Repeat,M,Adult Themes, Violence)
In the midst of 1971's cruel winter, Endeavour and Thursday's relationship is shaken when Thursday unwittingly discovers that Endeavour's problems are greater than anybody could have suspected.

- 10:00pm** **House Of Gods: Family Blood**
(CC,AD,Repeat,PG)
While Isa struggles to meet his financial commitment to Seyyed Modhaffar, Batul emerges as her father's most strategic, and cutthroat, child.
- 11:00pm** **Midsomer Murders: A Climate of Death**
(CC,AD,Repeat,M,Adult Themes, Violence)**Final**
Locals have put the sleepy Goodman's Land on the map as 'The Greenest Village in Midsomer'. But when the entire village is bought by a Texan oilman, a string of grisly murders ensues. (Final)
- 12:30am** **rage Guest Programmer**
(MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence)
Australia's longest running music TV show, rage is home to the biggest vault of music videos from a diverse range of artists, genres and eras. Guest programmers curate an all-night playlist of their all-time favourite clips.
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