

19 February 2017



SUNDAY EXPRESS

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Janelle Monáe

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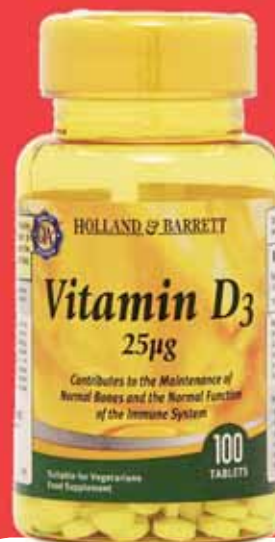
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COVER: STYLING: SALLY-ANNE ARGYLE / PHOTOGRAPHS: DAN WILLIAMS / STYLIST'S ASSISTANT: SIAN O'DONNELL / PHOTOGRAPHER'S ASSISTANT: LIAM PRIOR / HAIR AND MAKE-UP: CAROLYN WREN USING SUKIN AND ESTEE LAUDER / MODEL: TINNA AT PREMIER

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On the cover:

Jumper, £380; trousers,
£225, both Genevieve Sweeney
(genevievesweeney.com); earrings,
£55, Toolally (toolally.com)



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Get this!

There's something for every budget in this week's must-have selection **Compiled by Laura Mulley**



THIRSTY WORK

William Morris re-usable coffee cups, £11.95 each, Ecoffee Cup (0800 011 9820, ecoff.ee)



GREEN WITH ENVY

Dyrberg/Kern hinged bangle, £89, John Lewis (03456 049049, johnlewis.com)

SPIRIT IN THE SKY

Silent Pool gin, £37, Marks & Spencer (0333 014 8000, marksandspencer.com)



BED OF ROSES

Velvet pouf, £180, Ragged Rose (01622 812897, raggedrose.com)



COMING TO A SCREEN NEAR YOU

LG PH150G portable projector, £299, Amazon (0800 279 7234, amazon.co.uk)



CLEAN SWEEP

SlimVac cordless vacuum cleaner, £289.99, Vax (0330 026 8455, vax.co.uk)



LOVE BIRDS

Salt and pepper shakers set, £16, Cath Kidston (0333 320 2663, cathkidston.co.uk)



HOT SHOTS

Creatista Plus coffee machine, £449, Nespresso (0800 442442, nespresso.com)



BARDS OF A FEATHER

Pens, £6 each, National Theatre Bookshop (020 7452 3456, shop.nationaltheatre.org.uk)



BLINGING UP BABY

Moses basket, £99, Moba (01323 410470, mobauk.com)



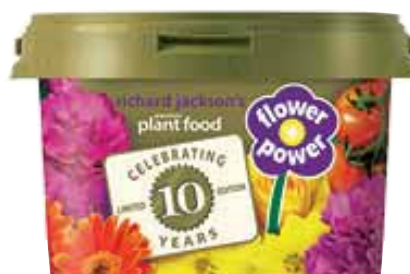
STARRY, STARRY NIGHTS

Necklace, £65, Lucky Eyes (020 7529 1401, luckyeyes.co.uk)



CUTTING EDGE

Karoto vegetable sharpener and peeler, £9.99, Lakeland (01539 488100, lakeland.co.uk)



READY, STEADY, GROW

Richard Jackson's Flower Power 10th-anniversary edition tub of plant food, £24.98, QVC (0800 514131, qvcuk.com)



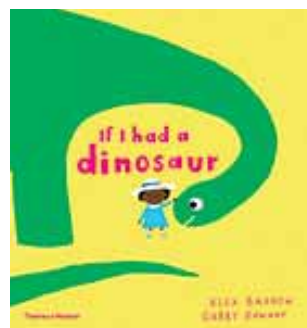
LIGHT FANTASTIC

Chloe pendant ceiling light, £195, Debenhams (0344 800 8877, debenhams.com)



SEVEN UP

Joseph Joseph set of stacking bowls, £26, Amara (0800 587 7645, amara.com)



A MONSTER HIT

If I Had A Dinosaur by Alex Barrow and Gabby Dawnay, £10.95, Express Bookshop (see page 81)



MAGIC CIRCLES

Birthstone droplet rings, £40 each, Pandora (0808 234 5431, pandora.net)



RAINY OUTLOOK

National Gallery London skyline transparent umbrella, £25, Fulton (020 8963 3010, fultonumbrellas.com)



GOOD CALL

Swift 2 X smartphone, £219, Wileyfox (wileyfox.com)



CREATURE COMFORTS

Foldover dinosaur cushions, from £12 each, Natural History Museum Shop (020 7942 5494, nhmshop.co.uk)



SOAP STAR

Marble-effect soap dispenser, £12, Sainsbury's (0800 636262, sainsburys.co.uk)



HOT TO TROT

Embroidered trainers, £19.99, Quiz (quizclothing.co.uk)



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first look

Be spellbound by magical Cirque du Soleil, admire Princess Diana's fabulous gowns, go stargazing and watch guide dog puppies at work **Compiled by Kirsten Jones**



VISIT

Meet some incredibly cute puppies and learn how they are trained as future life changers at the Guide Dogs National Breeding Centre.

Scheduled tours of the Warwickshire centre run daily and are suitable for both children and adults. The tour gives visitors the opportunity to see how the puppies develop and learn the skills that enable them to become guide dogs for the blind and partially sighted. An expert guide – with a dog in tow – leads the tour and guests are able to test out the sensory tunnel to learn what life is like with sight loss. Visit guidedogs.org.uk/nbc-tours.



WATCH

Spend a magical night at the circus with the agile acrobats of Cirque du Soleil as they tour the UK with their signature show, *Varekai*. In this dynamic and spectacular show set in a fantasy world on the edge of time, a young man falls from the sky into a shadowy dream forest full of fabulous creatures. *Varekai* is on at Leeds' First Direct Arena from Wednesday until Sunday before it heads to Birmingham, Nottingham and Glasgow. For further information go to cirquedusoleil.com.



DO

Embrace the darkness during a stellar line-up of celestial events celebrating the sky at night. The North York Moors, Yorkshire Dales and South Downs national parks are hosting the second Dark Skies Festival, which ends next Sunday. Attractions include stargazing parties, ghost walks and rocket workshops. See darkskiesnationalparks.org.uk.

GO TO

Princess Diana's journey from shy ingénue to fashion queen is celebrated in a new exhibition of her clothing at Kensington Palace. From early public appearances to her later life in the spotlight, *Diana: Her Fashion Story*



shows the style evolution of the Princess of Wales, who died in a car crash in 1997. Exhibition highlights include the pale pink Emanuel blouse worn for her 1981 engagement portrait and the blue velvet Victor Edelstein gown she wore when she danced with John Travolta at the White House. Visit hrp.org.uk.

MUST haves

Take your pick of an award-winning drama, a golden age mystery or a period action movie

Moonlight

Director Barry Jenkins' poignant drama chronicles the life from infancy to adulthood of Chiron, a young black man struggling with his sexuality and his place in the world in a crime-ridden Miami neighbourhood. Mahershala Ali



and Naomie Harris star in this acclaimed film. It's in cinemas now.

The Riviera Express

When a film star is murdered on the English Riviera, reporter Judy Dimont investigates. A second killing follows,



but can Judy find the connection to solve the seaside mystery? The novel by TP Fielden is out on Thursday priced £12.99. See Bookshop on page 81.

Free State Of Jones

Oscar winner Matthew McConaughey stars in an epic drama set during the American Civil War. Outcast farmer Newt Knight joins runaway slaves to form a rebellion that changed Mississippi's history. Out on Blu-ray and DVD tomorrow, it costs from £19.99.





Great strides





Top row, from left: Orange, £45, Monsoon (020 3372 3052, monsoon.co.uk)

White and floral, £40, River Island (0344 576 6444, riverisland.com)

Tropical print, £45, Monsoon (as before)

Pale-blue linen, £85, East (020 8877 6543, east.co.uk)

Eastern print, £35, V by Very (0844 822 2321, very.co.uk)

Blue with wide waistband, £30, Miss Selfridge (0344 984 0263, missselfridge.com)

Bottom row, from left: Pale pink, £28, Simply Be (0345 071 9018, simplybe.co.uk)

White and navy stripes, £26, M&Co (0333 202 0720, mandco.com)

Yellow textured, £29, Topshop (0344 984 0264, topshop.com)

Coral and navy print, £139, Jigsaw (020 8392 5603, jigsaw-online.com)

Pale pink with front lines, £35, Miss Selfridge (as before)

Floral print, £12, George at Asda (0800 952 3003, george.com)

Step into wide-legged trousers this spring

Compiled by Sally-Anne Argyle



Coat, £149; top, £25; trousers, £35; shoes, £49.50; bag, £29.50, all Marks & Spencer (0333 014 8000, marksandspencer.com)



Knitting pretty

Pick striking
stripes for
spring knitwear

Styling by Sally-Anne Argyle

Photographs by Dan Williams



Facing page: Knitted top, £40; knitted tube skirt, £45, both Jovonna (jovonnalondon.com); sandals, £248, Chie Mihara (chiemihara.com)

This page: Knit dress, £235, Marc Cain (marc-cain.com); circle pendant, £105, Lola Rose (lolarose.co.uk)



Polo neck, £24.99,
New Look (0344 499
6690, newlook.com);
culottes, £300, Genevieve
Sweeney (020 3695 8728,
genevievesweeney.com);
retro circle sunglasses,
£85, Folli Follie (0344 477
9979, follifollie.co.uk)



Jacquard dress, £250; Jacquard jumpsuit, £475, both Genevieve Sweeney (as before); sandals, £276, Chie Mihara (chiemihara.com); bead bracelet, £35, Lola Rose (lolarose.co.uk); socks, £5 for three pairs, Topshop (0344 984 0264, topshop.com)



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Rib knit dress, £42, Topshop
(0344 984 0264, topshop.com)

Stylist's assistant: Sian O'Donnell
Photographer's assistant: Liam Prior
Hair and make-up: Carolyn Wren
using Sukin and Estée Lauder
Model: Tinna at Premier



Amy Packer

Pure genius

Thinking of going vegan? Don't forget to take a look at the cosmetics in your make-up bag, says our Beauty Editor

Mind your own beeswax. And lanolin. And carmine. That's the message coming from beauty consumers this year as the trend for vegan products really begins to take off. Our desire for organic and natural lotions and potions has been growing for some time, with the industry predicted to be worth an incredible £12 billion by 2020. Now people are starting to seek out cosmetics and creams that are not just chemical and cruelty free, but contain no animal derivatives whatsoever.

Unfortunately, pinning down mainstream ranges that are

entirely vegan can be tricky. Even super-ethical brands such as Aveda and The Body Shop don't qualify as vegan because the smallest blob of honey or beeswax makes a product a no-go, so you really need to be in the know if you're taking this seriously.

That said, there's nothing we love more than being virtuous without making much (read: any) effort, and it came as no surprise to me to discover that one of PETA's most successful blogs is "44 accidentally vegan snack foods". You could always take the same approach to your beauty regime – pick and choose products

from ranges you love that make the grade without actually trying to.

For example, **Dr Hauschka Night Serum (£38; 0800 055 6604, drhauschka.co.uk)** is entirely free of animal derivatives and is a fabulously fragrant gel that helps balance skin and stimulates the renewal process. And you can sleep easy knowing no animals were harmed in the making.

There's nothing remotely "knit your own yoghurt" about **Kat Von D's** cult range, which finally landed in the UK at the end of last year, but the make-up artist keeps her products vegan wherever possible. Her **Tattoo Liner**

(£16; **debenhams.com**) has legions of fans thanks to its superfine flexible brush tip, which makes precise application super-easy. Also keep your eyes peeled for her amazing Unlock-It Makeup Remover Wipes, which go on sale here in the summer.

Looking for a mascara you can feel morally superior about? **Arbonne It's A Long Story Mascara (£28; 0800 977 5721, arbonne.com)** will give dramatic lashes without the worry. It's waterproof and long wearing, and you really aren't sacrificing quality for your conscience.

For rich texture and bold

GETTY IMAGES





colour, you can't go wrong with **Barry M Satin Super Slick Moisturising Lip Paints (£4.99; 020 8349 2992, barrym.com)**. They're free from tallow (rendered animal fat also found in the new plastic fivers) which so many lippies contain, while shea butter and vitamin E keep your pout in peak condition – and with that price tag, you can experiment with the whole range.

If you don't want your make-up brushes plucked from the backside of a horse, goat or squirrel, there are plenty of synthetic options on the market these days. Check out **EcoTools**, whose **Define and Highlight Duo (£11.99; ecotools.com)** are made with super-silky, sustainable bamboo. Even the packaging they come in is made from tree-free paper.

Yes, they are vegan and cruelty free, but the best thing about **Nailberry L'Oxygéné Oxygenated Nail Lacquers (£17; nailberry.co.uk)** is how kind and clever the formulation is. The polish is designed to allow air and moisture to pass through its surface, keeping nails in peak condition, even if you're a varnish addict who is never seen in public without a coat of the colourful stuff.

For all-natural illumination, check out **Inika Organic Certified Organic Light Reflect Cream (£19; inikaorganic.com/uk)**

– apply lightly for cheek and brow bones that pack a punch.

For speedy coverage, **Lavera Tinted Moisturising Cream 3in1 (£12.90; 01557 332498, pravera.co.uk)** is perfect for days when full make-up feels like a step too far. Giving hydration and a natural glow in a quick hit, you simply apply it after cleansing and there's no need for foundation – leaving you more time to plan your accidentally vegan lunch... **S**

Beauty

Life as I know it

Melanie C

Singer Melanie, 43, lives in London with her daughter Scarlet, seven Words by Rachel Corcoran

Not a lot of people know this but I'm very good at...

I think I'm quite a good cook. My mum taught me when I was younger – she's always cooked from scratch – and I think it's stood me in really good stead. I'm not afraid in the kitchen, especially with baking. For some reason, my cakes turn out rather well.

My best friend is... That's a tough one. Like most people, you have friends from school and college or your colleagues, like the girls I was in the band with. But right now the person I want to hang out with is my little girl, Scarlet. She's my buddy and also getting to that point where her advice is actually quite good. She's very opinionated and outspoken and not afraid to say her true feelings, which as a mum is quite hard work, but once she's out in the big wide world, I think she'll be fine.

My nickname is... the obvious one, Sporty Spice. The funniest thing about it is that I'm probably sportier now than I ever was. I think the nickname firstly came about because I wore tracksuit pants. I've done a few triathlons over the years but I did three this year including my personal best in London.

The bravest thing I've ever done is... in Zambia for Comic Relief. We went down the Zambezi white water rafting, kayaking and canoeing for five days. We lived out in the bush with no contact with home apart from calling in to Nick Grimshaw on Radio 1. It was one of the most difficult things but one of the most exhilarating. We raised loads of money, which was great, and they ended up building a school in one of the little villages we visited.

My favourite TV show is... I've been going over old boxsets and I'm into *Mad Men* at the moment, which I'm enjoying, although I'm a little late to the party on it.

My perfect evening is... probably one at home. It doesn't sound like anything extraordinary but I find that when I'm busy and out and about, I just crave to be at home, having a nice quiet dinner with

my boyfriend [Joe Marshall] after the kids are in bed [he has two children, who are 10 and eight], then settle down in front of something decent in front of the box.

I'd like to say sorry to... the girls.

Emma, Geri and Melanie wanted to go out and do some stuff together as a band again, but it just didn't feel right for me so I had to do what was right for me and follow my instinct. I feel bad about letting people down and fans that'd want to see it. But I think when you are 43, it's time to start doing what's right for you and not just what's right for other people.

My first kiss was with... my boyfriend at school. I was about 14. It was in the playground but not during school time. It was pretty daunting but I think I've improved since then.

My biggest regret is... Some days I really regret some of my tattoos. I love tattoos and think there are some really beautiful ones, and some people look great with them, but I wish I had made different choices. If I could get rid of any, I think I'd start with the one on my calf, which is a dragon. I'd quite like my legs back. Who you are in your mid-twenties and who you are in your early forties are quite different.

The one thing I'd change about myself is... I often have a lot of guilt. I find it quite crippling if I do decide to do something when people would rather I did something else.

The best thing my parents taught me was... My mum always said to me to never do anything I don't feel comfortable doing, which is pretty good advice, especially working in the entertainment industry. You just have to trust your instincts and there are definitely times in my career when I was younger when I thought people knew better than me. Now I realise with my career, I have to do what I think is right, even if it's wrong.

The last time I cried was... I do like a bit of a cry. I cried this morning saying goodbye

"My greatest weakness is spoiling Scarlet rotten. It's challenging not to"



to one of my old school buddies. We don't get to see each other very often because she has twins and work, but she was in London for a meeting and she stayed over with me and saying goodbye was quite sad this morning.

The first record I ever bought was... *The Kids From Fame*. I bought it from Woolworths with my own money, and it was on vinyl. I loved that album – it was so cool.

It's not good for my image but I like...

I suppose I'm obviously quite healthy and active and all of those things, but I do love a boozy day down the pub with my mates. I don't think that's very good for my image. It's quite rock'n'roll but it's not really sporty.

My greatest weakness is... spoiling Scarlet rotten. It's challenging not to.

If I could pass any law I would... police Twitter. Some of the abuse that you get is so horrendous. I think if it could be clamped down on, that would be my first port of call.

I drive... a Lexus hybrid. It's 10 years old. I don't understand why people get new cars every few years. There's nothing wrong with my car. I'll just keep it until it dies.

The shop I can't walk past is... Space NK. I do love a little potion or a candle.

My perfect Sunday is... either at home or down the pub. Actually it might be down the pub because then I don't have to wash up. We have a Sunday club with a few of my friends who live locally. We'll go to our local pub and have a big roast and a few bottles of wine.

My favourite place in Britain is... I'm from just outside Liverpool and love the city. I'm very proud to be from there. As a kid, it was super exciting going into town to go shopping, and now when I return I love to see the Liver Building, the skyline and the Mersey.

My last holiday was... in Italy last summer. I got together with my sister, my nephews and my dad. We got all the kids together and rented a house in Tuscany, which was fab.

I'm currently reading... I'm reading *Harper And The Scarlet Umbrella* by Cerrie Burnell, but that's Scarlet's book! She loves David Walliams as well – they're good books. So my reading isn't really age-appropriate.

The best day of my life was... definitely the day I had Scarlet.

If I had half an hour left on Earth...

I would really hope to be with the people I love and just enjoy them and enjoy hanging out. Lots of big cuddles. **S**

Melanie's album Version Of Me is out now. Her UK tour starts on April 4. Visit melaniec.net for more information.

From comedy to drama, Sarah Parish can cut it in a wide range of roles. She's thrilled to be in the new series of *Broadchurch*, as Simon Button reports

Asked to describe her character in the new series of *Broadchurch*, Sarah Parish says: "She's the girl everybody wanted to be at school. She was the good-looking one all the boys fancied, the girl who was really good at sports, the girl who was the head of the gang."

And was Sarah the same? "Absolutely not," she laughs. "I was kind of a quirky thing at school. I liked quite unusual music and I was very into drama and not particularly sporty. I had a group of friends but we were by no means the cool girls."

As a guest on the third series of the crime drama, Sarah plays Cath who has been married to her high-school sweetheart for 30 years. At first sight they seem to be the town's perfect couple.

"When I read the part of Cath, I thought, 'Yes, I remember that girl,'" says Sarah, who was born and raised in Yeovil in Somerset and filmed her scenes in nearby West Bay. "I remembered looking at her in school and thinking, 'Gosh, I wish I looked like her and I wish I had her designer trainers.'" She sighs. "I knew that girl. But I wasn't her."

Still, the actress went on to greater things with roles in shows such as *Cutting It*, *Mistresses*, *W1A* and *Trollied* while *Broadchurch*'s Cath remains stuck in her home town. And as she marks her 50th birthday, the cracks in Cath's marriage are starting to show.

Thankfully, 48-year-old Sarah's marriage to actor James Murray is much happier. The most stressful thing, Sarah says, is organising her acting career around caring for their seven-year-old daughter Nell.

"It's an ongoing struggle, I think, for any actress," she says. "You just take one day at a time and one job at a time. I've been fairly lucky that since Nell was born a lot of the jobs I've done have been quite close to home, like Bristol or down in the South West somewhere. I haven't had to schlepp up to the Orkney Islands or anything like that."

"Sometimes, it's been taken out of my hands or I've deliberately made that choice, but it's worked out well. Now Nell is seven I probably could take jobs a bit further away. I've taken a step back from acting, but now it might be time to pull my socks up and do a bit more work."

Her *Broadchurch* stint was ideal for moving things up a notch as the huge cast meant Sarah wasn't needed all the time. For while she was making *Broadchurch* she was also filming a new series of *Trollied*, spending half the week in Bristol and the other half in West Bay.

"That's very appealing when you've got a little girl and you live nearby, but I might have to go further afield and work a bit harder in future," she says. "I've had a nice time but we've all got to pay the rent, haven't we?"

Sarah and James, who was also in *Cutting It*

remember,' and it's obvious they're watching the telly out of the corner of their eye."

Having left Dorset to study drama in London, Sarah loved being back in West Bay for *Broadchurch*. "It was very nostalgic going back and seeing places I hadn't seen for years," says the actress, who now lives in Hampshire.

Back then she dreamed of being a dancer. "But I just wasn't good enough and I was never going to be good enough," she recalls, adding that she auditioned for The Royal Ballet School but didn't get in. "They knew I was going to be too tall and completely the wrong shape."

So she turned her attention to Yeovil Youth Theatre where she found acting was more up her street and eventually graduated from a Boddingtons bitter advert to starring roles in *Peak Practice* and *Cutting It*.

Sarah's subsequent credits include *Merlin*, *Mistresses* and *Atlantis* and she has a recurring role as Anna Rampton, Director of Better, in BBC2 satire *W1A*. With filming of the next series under way, she says of the show's rapid-fire dialogue: "It's incredibly difficult. Everyone feels the pressure but it's so rewarding and we have an awful lot of giggles on the set."

Broadchurch sees Sarah working with leading man David Tennant for the fourth time. They have previously worked together in the musical series *Blackpool*, the drama *Recovery* and in a *Doctor Who* Christmas special where she was unrecognisable as the alien Empress of the Racnoss. She says of their relationship: "We have a shorthand now, although in *Broadchurch* we don't have an enormous amount to do together. But we've known each other for such a long time and we've worked closely together so many times, it's always nice to work with someone you know. There's a real ease there."

She is also a fan of *Broadchurch*'s leading lady Olivia Colman. "I would say Olivia is one of our best actresses and to watch her work is brilliant," she says. "The great thing about Olivia is that she has a huge versatility. She's incredibly funny and very good at comedy but she's also heartbreaking. Her range is enormous."

But flitting between the *Broadchurch* and *Trollied* sets meant Sarah had no time to hit the gym. "I let myself go a bit," she admits. "I would find myself stuffing in sandwiches between West Bay and Bristol, desperately trying to learn lines in the car and

"Luckily, since Nell was born, many of my jobs have been close to home"

and was recently seen in the ITV miniseries *Him*, try not to work at the same time but they have a nanny who steps in on the rare occasions their schedules collide.

When Sarah is away she uses FaceTime to keep in touch with Nell.

"I don't think kids are that interested in FaceTime," she says. "They go hello then they lose interest really quickly and run off and you're left there with a blank screen. Sometimes it's more disappointing and it's better to just wait to see them. You think with FaceTime it's going to be this wonderful, 'Oh Mummy it's lovely to see you,' when often it's you going, 'What did you do at school?' and them going, 'I can't

Parish news





not going to the gym because there wasn't time."

But she is back on form now.

"It makes you feel better and you need that physical strength as an actor as well as emotional strength to be able to bring your A-game on the day."

She and James are also gearing up for a big fundraising push for The Murray Parish Trust, a charity they founded in honour of their daughter, Ella-Jayne, who died at eight months from congenital heart failure in 2009. The trust raises money for the Paediatric Intensive Care Unit at Southampton University Hospital, which cared for Ella-Jayne. This year the trust is

organising a Teddy Bear's Picnic and is hoping to involve every child in every primary school across nine South West counties.

The long-term plan is to build a children's emergency and trauma department at the hospital. Sarah says: "It's wonderful to keep Ella-Jayne's memory alive by doing this and also wonderful to be helping other children."

She and James feel blessed that Nell is happy and healthy. "She's funny, she's lively and a happy little girl," says her mother. "She's really balanced and she's fun to hang out with. I think she'll be all right. She's a cool kid."

In a recent interview James told us his daughter is his best friend and Sarah agrees: "Definitely. She's a good mate. I think because she's an only child and she spends a lot of time with adults you can take her out for a meal and she'll behave. You can take her with a bunch of grown-ups and she won't demand attention all the time. She's great at being around adults and knowing how to behave and knowing what's cool and what isn't. We're very lucky to have her."

And Nell does not seem overly impressed by what her parents do for a living. "Sometimes we say, 'Mummy and Daddy tell stories and we're actors and we pretend to be other people' but I don't think she cares," Sarah says. "Sometimes she'd have a look at *Atlantis* when it was on but she didn't like the monsters much."

"She's just not that bothered," she adds. "She's more bothered about her mates and school and her dolls and her teddies." **S**

Broadchurch returns to ITV soon.

S MAGAZINE ★ 19 FEBRUARY 2017

"It's wonderful to keep Ella-Jayne's memory alive and help children"

**Above: The actress with Olivia Colman, David Tennant and the rest of the *Broadchurch* cast
Below: Sarah and her husband, actor James Murray, who she married in 2007**



**Above: Sarah and Amanda Holden in *Cutting It*, the BBC drama set in a hairdressing salon
Below: As Anna in the satire *W1A*, with Hugh Bonneville, Monica Dolan and Andrew Brooke**



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Leave London St Pancras by Eurostar to Paris. Then change trains and continue to Strasbourg for a night at the Ibis Strasbourg Gare. Travel by rail to Basel on Day 2, then on to Tiefencastel. Set in the heart of the Swiss Alps, Tiefencastel offers a beautiful base from which to explore.

Day 3 St Moritz

Travel by rail to St Moritz, along the UNESCO-listed Albula Railway line, and admire the incredible views of the steep valleys. In the glamorous city of St Moritz, you are free - perhaps ascend one of the town's cable cars for stunning views - before the return to Tiefencastel.

Days 4-5 The Bernina Express

Enjoy an excursion on the Bernina Express today. The line winds its way over steep ravines and past wild waterfalls as it runs through the Engadine Valley and crosses over the distinctive Brusio Viaduct with its series of spiralling loops. Your destination is Tirano in northern Italy. You have free time in this idyllic lakeside town. Spend a day at leisure in Tiefencastel on Day 5. There are several walks from the town, and Parc Ela - Switzerland's largest nature park - is within easy reach. Otherwise, why not visit the Albula Railway Museum in nearby Bergun?

Days 6-7 Chur

Take the train to Chur, and join the Arosa Line. This stunning ride climbs from Chur to reach charming, lakeside Arosa, crossing the elegant Langweiser Viaduct. Later you return to Chur, Switzerland's oldest town, for time to discover the historic city centre. Day 7 is at leisure.

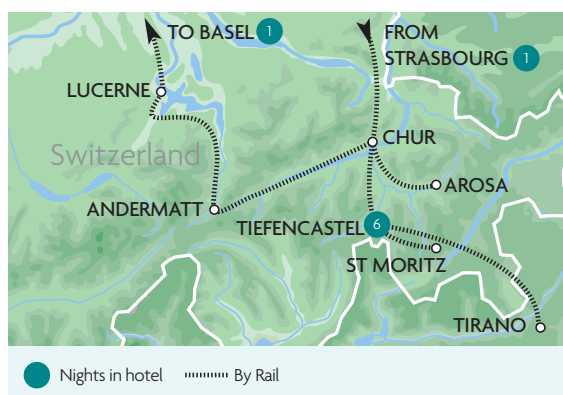
Day 8 The Glacier Express

Join the iconic Glacier Express in Tiefencastel for the amazing journey to Andermatt. Our trip passes the scenery for which Switzerland is known; neat vineyards, meadows and woodland rising to the snow-capped peaks.

Travel over the dramatic mountain passes and along the beautiful Rhine Valley to Andermatt. You then change trains and continue via Lucerne to Basel, for a night at the Hotel Schweizerhof.

Day 9 Return to London

Leave Basel on the high-speed train to Paris this morning, and connect with the Eurostar to London.



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27 May 17	£1,615	2 Sep 17	£1,615
3 Jun 17	£1,615	9 Sep 17	£1,645
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Anxiety attacks almost ended Anna Williamson's TV career. Here, she tells Connie Knox how she turned her life around

At the age of 25, Anna Williamson had it all – a job presenting children's show *Toonattik*, a flat in central London and the loving support of her parents. But anxiety began to plague her and soon her dream career was threatened.

Fast forward 10 years and Anna is still on TV – you may have seen her on the *This Morning* sofa. But she is also a trained counsellor, a performance coach and a member of the National Council of Psychotherapists.

And now she has written a book – *Breaking Mad: The Insider's Guide To Conquering Anxiety* – which she describes as “a therapist in your pocket”.

Life has been something of a roller coaster for Anna, now 35, but she is confident she can help people “kick anxiety into touch”. In her gentle, soothing voice she explains how her grounded background became the springboard for her glamorous career.

She says: “I had a lovely upbringing. My parents gave me a lot of love and I have a very healthy relationship with my brother and sister.”

At 15, Anna started a band with two other girls, which ignited her passion for performing. “I just loved the lights, the creative outlet,” she explains. “So when I stopped being in a girl band, TV presenting was the next step.”

Having landed a job at 17 with Disney Channel, she went on to work on *Toonattik* – and it was then her anxiety became a debilitating problem.

“It was ITV's Saturday and Sunday morning slot,” she says. “I loved it – it was the best job of my life. But being in a bad relationship was causing me a lot of emotional stress and I was putting a lot of pressure on myself to be the best at my job.”

“I was caring so much about my job that all I worried about was getting fired.”

This intense pressure led to anxiety, nerves and insomnia, triggering terrifying panic attacks.

“They were like an electric shock of adrenaline – a wave of hot and cold dripping fear which takes over your body,” says Anna. “It's that debilitating feeling of: ‘Oh my God, I have to get out of here.’ You don't know what to do with yourself, you are scared of everything with no idea why. It is the loneliest experience and can last for up to 30 minutes after a slow build-up.”

For six months Anna kept her problem a secret from the people around her.

“I had a fog of fear every morning. When it got really bad I would take sleeping tablets for my

“I had a fog of fear every morning. I'd will myself to get through the day”

insomnia. I would drink coffee to keep me up during the day, which made it worse,” she says. “I would look at myself in the mirror and will myself to get through the day.”

“Before I got help I would call my mum every morning and she would give me a pep talk in the taxi to work.”

The panic attacks struck six or seven times a day. By the end of each day Anna was exhausted, every ounce of energy used in her battle with anxiety. But she was such a good actress no one noticed anything wrong. She obsessed about sleep and her social life tailed off.

Anna describes developing OCD

(obsessive compulsive disorder) about getting home every night to the safety of her flat.

Finally, she could cope no longer. She walked into work one day and a colleague asked her if she was OK. “I burst into tears and it was actually the best thing that ever happened,” she says. “People underestimate how nice others can be. My team made the decision I wasn't fit to be there. I was to go home and get the help I needed.”

Anna saw a psychiatrist, who diagnosed her with generalised anxiety disorder and panic disorder.

“Getting a diagnosis was life changing and I didn't feel like a freak. The psychiatrist put me on short-term medication, which helped me recharge, then I could build myself up again.”

“I then had talking therapy, a mix of Neuro-Linguistic Programming (NLP), Emotional Freedom Technique (EFT) and hypnosis to help me change my thought patterns. I had two sessions a week for the first three weeks then one every month for around a year.”

Less than a month after her breakdown at the studios, Anna was back at work and loving her job again.

“I learnt about myself, what triggers my anxiety and what needed to change,” she explains. “In three weeks I felt very strong. I ended my relationship and have never looked back. I presented *Toonattik* for another two years and it was the best two years of the show. It made me a much better presenter.”

Anna admits anxiety can still creep up on her occasionally, in which case she takes the time to evaluate what is going on: “It can play tricks on your mind and brain and this is why I wrote the book. If I had listened to my anxiety I would have jacked in my job and I would have been worse off for that. Do not let the fear win,” she says.

The former therapy sceptic is now a qualified NLP practitioner, counsellor and life coach. “I wanted

to fly the flag for mental health,” she says. “Training on and off for five years, my new education became part of my TV career.”

The book followed. “Everything I teach my clients is in this book,” says Anna. “As many as one in four people suffer from a mental health illness so *Breaking Mad* is there to help anyone cope with common

Life



without fear

symptoms and typical situations in which anxiety can be present.

"Anxiety is when you start being unnecessarily anxious about day-to-day tasks. It becomes life limiting. If you are starting to change thoughts and actions as a result of the anxiety, then that's when you should seek help."

Today, Anna is happily married to

Alex. They have a four-month-old son, Enzo, and live in Hertfordshire. She has a show on talkRADIO, is a member of the *Celebrity Big Brother Bit On The Side* "psych" team and has more than 30 clients at her practice. She is also a campaigner for the mental health charity MIND, the Prince's Trust and Childline.

"The overall message is to step

back and give yourself enough time to do every task," she says. "If you can't, then drop one. If you don't feel rushed, you won't stress." **S**

Breaking Mad: The Insider's Guide To Conquering Anxiety (Bloomsbury, £12.99) by Anna Williamson with Dr Reetta Newell is out on Thursday. See Bookshop on page 81.

Strategies for dealing with stress

- **Talk:** Don't hide it. If you are experiencing debilitating anxiety you are not alone. Millions of people in the UK suffer from it. The first thing to do is to talk to a friend, a partner or, if you don't want to open up to anyone you know, a GP or a private counsellor.
- **Breathe:** Breathe in for seven seconds and out for 11 seconds, feel it down to the bottom of your lungs. Lack of oxygen fuels anxiety.
- **Time out:** Do something different for 10 minutes. Get some fresh air and completely change whatever you are doing to distract your mind.
- **Technology-free zone:** We are so connected to emails and social media that they will increase your stress. At some point, when the emails are coming in thick and fast, turn the computer off for an hour and read a book.
- **Perspective:** Remind yourself where you are and find yourself a safe place.
- **Plan your day:** Plan the top four things that need doing in a day and take time in your day to do nothing. Take your hour lunch break at work. A change of scenery can reset your mental health. Make time for your family – things like sitting down for a family meal, rather than eating at 100 miles an hour standing up. Eat healthily.
- **Exercise:** Yoga and meditation are great for the mind. Use up the adrenaline that anxiety feeds off, so go for a run around the park. This will help you sleep better and it will also release "happy" chemicals.

The art of Monáe

With two mega movies out, Janelle Monáe is the hottest news in Hollywood. Simon Button reports

Reading the script for *Hidden Figures*, Janelle Monáe was hooked by the thought of playing Mary Jackson. “I loved the fact that she wasn’t going to sit back and allow people to stop her achieving her dreams and goals,” Janelle says of the African-American NASA mathematician and engineer who helped put the first American astronaut into orbit.

Mission accomplished, Mary went on to work in NASA’s human resources department. “She sought to help the careers of other women and other minorities and I thought that was so awesome,” Janelle marvels. “It was so noble and kind of her – to take a pay cut to go help others.”

After voicing a character in the film *Rio 2*, 31-year-old Janelle has been nominated for a slew of supporting actress awards including acclaimed drama *Moonlight*. However, since 2003, she was forging a path as a singer and songwriter and she sees a lot of herself in Mary Jackson.

“On the music side of things, there were times where I was told to dress a certain way to achieve a certain level of success or that I had to sing about certain topics, playing up to the stereotypes of what it means to be a black woman and a black female artist. Mary wanted justice and I’ve always wanted justice for my career as an artist. For her, it was about changing the face of what it meant to be an engineer, like, ‘Yes, black women can be engineers, too.’”

An inspirational true story, *Hidden Figures* centres on three African-American women who aided NASA in the space race. Alongside Mary, there’s Katherine Johnson who played a huge role in calculating flight trajectories for the mission that in 1962 sent astronaut John Glenn into space and Dorothy Vaughan who mastered the computer system.

The roles played by these three women aren’t well-known. “And that’s appalling,” Janelle sighs, “but you understand why when you consider

the historical circumstances. Women were treated as second-class citizens. They were not looked at as full human beings with rights.”

With an even deeper sigh, she says, “Then try being a black woman during that era. This was pre-Martin Luther King and his ‘I have a dream’ speech. I understand it, I totally get it, but I’m excited that people will finally get the chance to be inspired by these behind-the-scenes heroes.”

Agreeing that great strides have been made since the 1960s, Janelle believes there’s still a long way to go. “We’ve overcome a lot of obstacles but we still have some unfinished business. When millennials like myself watch *Hidden Figures*, I think they’ll be able to relate. They’ll maybe know what it’s like to fight for justice and equality as a woman or an African-American. And it’s important to show that these women had allies within NASA – their supervisors and bosses making sure, for example, that they were able to use the same restrooms as the same men and women who were doing less work than them.”

She was anxious about working with Taraji P Henson who has been in the business for more than 15 years and Octavia Spencer who has been acting professionally for more than two decades. “I was the new actor coming on set and I was excited but also nervous at the same time. You’re working with two brilliant ladies but they made me feel like a little sister.”

Referring to their bond as “a life-long sisterhood”, the trio would hang out and cook for each other (“Well, Taraji cooked for us,” Janelle laughs), there were lots of giggles between heavy scenes and the newbie gushes about her co-stars as “warm, smart, funny and at the top of their class”.

She sees them as role models and given her chart success and the acclaim she’s been getting for both *Hidden Figures* and *Moonlight*, she knows she’s one herself. “When you’re a



From top: Janelle as NASA mathematician Mary Jackson in the highly anticipated *Hidden Figures*; playing Teresa in *Moonlight*

public figure, it comes with the territory,” says Janelle, who nonetheless manages to keep her private life private to preserve an air of mystery. “I’ve never strived to be perfect because I think perfection is often the enemy of greatness.”

“Life is full of highs and lows and, hopefully, the people who look at you can strive to be better than you. They can look at you and go, ‘You know Janelle didn’t do so great at this so I’m gonna do better.’ I encourage people who look up to me to be better than me.” She laughs.

Now based in Atlanta, Janelle was born in Kansas City. Her mum was a janitor and her dad a truck driver but Janelle – whose childhood hero Dorothy from *The Wizard Of Oz* gets whisked from Kansas to a magical new land – dreamed of being a performer and followed that dream to New York, where she studied drama. Relocating to Georgia, she got into music – releasing her first EP in 2003, cultivating a strong image of tuxedos and futuristic hairdos and claiming that’s not her on stage at all. “It’s actually not me, it’s a clone,” she quips. “I’m one of the first people to own a clone and I use her all the time.”

Performing, she feels is “my destiny and my DNA” and as the head of her own record label and a model for CoverGirl, she says, “I don’t look at myself as a singer or an actor but more a storyteller. I thrive off connecting with audiences and making them think and feel.”



Breaking into movies was just a matter of time for the former theatre kid who did musicals and plays when studying in New York. "Acting has been a part of my life for so long and I was just waiting on the right role and the right story. I'm not a seasoned actor and I'm not trying to rush it. I want to be a part of meaningful projects."

Voicing a vet named Dr Monae in *Rio 2* was fun but she sees *Moonlight* – in which she plays a neighbour who gives a young black gay boy the TLC his drug-addicted mother can't provide – as very meaningful indeed. "I'm so proud of that film," she says of the Golden Globe winner and Oscar contender. "I'm beyond proud. I always love when the underdog becomes the hero."

The message of *Hidden Figures* was a big draw but, on a lighter note, she also loved the 1960s outfits. "I hate the politics and the segregation of that era but I love the fashions. I had a fun time trying on the outfits and hairstyles."

In the film, mother-of-two Mary is striving to get the perfect work/life balance and Janelle, who has fingers in so many professional pies, admits, "I'm just figuring that out myself and I haven't even had children yet. This woman had a family, she was a mum, she was also a career woman and she did it all excellently. I hope that when I become a mother, I can do it all as great as she did." At the minute, she'd settle for more downtime. "Right now, I'm looking for more quiet moments, just to be able to sit and read a book."

As the boss of Wondaland Records, she shares Mary's skill with numbers. "I have to be good at maths when I'm running a business," says the gifted student who did a lot of research into the women at NASA's Langley headquarters and their work on the space race. Sounding very knowledgeable, she mentions "equilateral equations" and "low apogee" and "perigee" and explains, "I challenged myself to learn how these women's minds were working every day. They solved equations and came up with the numbers and the projections and calculations to get our men into space."

I also learned all the jargon and I enjoyed thinking like a mathematician and a scientist."

Which prompts the question: would Janelle like to venture into space herself? "Absolutely," she exclaims, adding that she's looked into the Mars Initiative, which aims to send people to the Red Planet to start humanity there. "But they won't be returning and that's the only thing that puts me off – I want to have the option of coming back."

That said, Janelle still has her sights on the stars. "When I was young, I wanted to be an astronaut. I wanted to defy gravity and go to different planets." As someone who doesn't believe in limitations, she adds, "I don't think it's too late for me to be an astronaut." **S**

Hidden Figures and *Moonlight* are in cinemas now.

Family affair

Stumped for a fun child-friendly destination?
Our writers find holidays everyone will love

Cornwall

If I didn't have to write this review, I wouldn't be telling anyone about St Mawes. It's one of those little gems you never want to leave and don't want anyone else knowing about.

It's a fishing village tucked away at the end of the Roseland Peninsula on Cornwall's south coast. Compared to the rest of the county, it seems to escape the levels of tourism that towns such as Padstow and St Ives get, so it feels as though you've stumbled upon something special.

We stayed in Penolva, a beautiful house overlooking the water with four bedrooms and four bathrooms, making it an ideal family home-from-home getaway. The expansive garden leads to its own private jetty and from here we went kayaking and even spotted a starfish.

The house was built in the 1960s by Dick Wilkins, a friend of the Queen Mother. She and other members of the Royal Family visited Wilkins at Penolva, arriving by HMY Britannia and using the very same slipway.

Beautiful setting and amazing house aside, our stay was made complete by the detail and thoughtfulness of St Mawes Retreats, which manages Penolva. We arrived to find a huge pile of home-made scones, complete with clotted cream and jam, in the fridge. The children were delighted to find a bucket and spade and a Cornish teddy bear on their beds to welcome them and a circus tent full of toys in a corner of the enormous living room. We were staying there with our 16-month-old daughter and were impressed to find everything we could have needed for her, including a travel cot, baby monitor and even a babysitting service.

The concierge service available is second to

none and is the reason so many guests return. One of our favourites was the in-house spa treatment where a qualified therapist comes to the house to give therapies – ideal for busy mums or grandparents who need a bit of time out from the mayhem of excited children.

We also couldn't resist trying out the private chef service. Our personal cook for the night arrived with crates of locally sourced, mouthwatering produce, including scallops and venison plus blackberries from her own back garden. She cooked a delicious three-course meal and served each with a carefully chosen wine. The kitchen was left immaculately clean, so you can enjoy the relaxation of eating in, but with none of the bore of clearing up.

To burn off the treats, there's plenty to see on foot, mooching around the village and crabbing from the harbour. On Penolva's doorstep is St Mawes Castle, Henry VIII's coastal artillery fortress built in the 1500s, and you can visit Falmouth, less than a mile away, with a short ferry hop. After taking in the sights, the Hotel Tresanton terrace is perfect for a G&T sundowner.

We'll definitely return and having experienced the service from St Mawes Retreats, I can't imagine visiting in any other way.

Anna Woodham



A week on Cornwall's Roseland Peninsula proved just the ticket for Anna and her family (above)

Penolva By St Mawes Retreats is available for private rental from £4,500 for seven nights. For reservations and further information, call 0800 088 6622 or visit stmawesretreats.co.uk.



Bad Hofgastein, Austria

It's an obvious winter sport destination, but Austria in summer is an underrated treat. This time we visited the small but beautifully elegant spa town of Bad Hofgastein in the Gastein Valley and stayed at the family-run Hotel Österreichischer Hof. Our recently refurbished apartment-style room (complete with kitchenette) was the perfect place for the family to unwind after a day exploring in the mountains. In addition, all guests have free access to the Alpentherme, a magnificent spa resort, and a Gastein Card, which offers discounts on attractions and public transport.

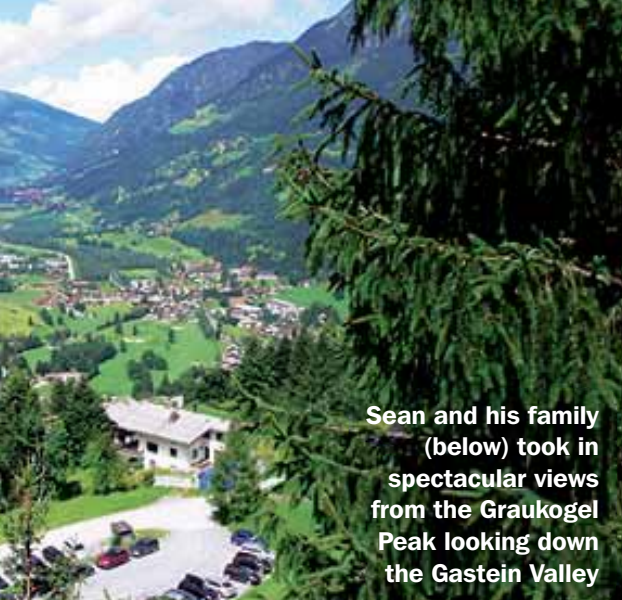
In the morning we decided to take advantage of the Wanderschaukeltag, the network of ski lifts and cable cars, which allowed us to "commute" from Bad Hofgastein to the neighbouring town of Bad Gastein across several peaks and valleys. Needless to say the scenery was stunning. At the top of one mountain we walked (rather unsteadily) across Europe's highest suspension bridge to the Glocknerblick viewing platform, from where on a clear day you can see across to several peaks, including Austria's highest mountain, Grossglockner, which stands at more than 3,700 metres.

We'd promised our horse-mad daughter Ezmé a riding lesson or two at Islandpferdehof, a short bike ride from our hotel. Ezmé was looked after by fully trained instructors as she helped to get the horses ready before riding Little and Venus, two gorgeous Icelandic ponies, around the sand school and then out into the valley.

A summer visit to the Alps wouldn't be complete without a hike, so with boots laced and walking sticks in hand we headed up Graukogel peak, which towers above Bad Gastein. After a short bus journey and chair lift ride, we tackled the rest by foot – we loved spotting the distant church steeple now miles down in the valley that had greeted us with its chiming bells on our first morning.

We didn't have time to try all the activities





Sean and his family (below) took in spectacular views from the Graukogel Peak looking down the Gastein Valley



on offer, but we managed archery, fishing, gold panning, cheese tasting and bread making.

For a slight change of scenery, we visited the Kitzsteinhorn mountain, ascending above 3,000 metres by cable car. The outlook from the top is literally breathtaking as you can occasionally feel the lack of oxygen while drinking in the views across the National Park Hohe Tauern. You can also discover the history of the mountain, both geological and human, by entering the 360 metre-long mineshaft, carved through part of this magnificent peak.

For our final day, we hired some two-wheeled steeds and a guide called Daniel, who took us on a truly beautiful cycle ride. We passed alongside a river with vast cliff faces to one side, bright blue skies to the other and the majesty of the mountain range ahead. It was the perfect way to say auf wiedersehen to Austria... for now.

Sean Bennett

Thomson Lakes & Mountains (020 8939 0740, thomsonlakes.co.uk) offers a week half board at the four-star Hotel Österreichischer Hof in Bad Hofgastein (gastein.com) from £670 per person including flights from Gatwick to Salzburg and resort transfers, departing on September 2, 2017. Direct flights are available from all major UK airports at a supplement starting at £20. For information about the region, visit salzburgerland.com. For guided bike rides, visit thebike.at. For archery, fishing and gold panning visit angertal.at.

Côte D'Azur, France

It will come as no surprise to learn the Côte d'Azur shouts money. As you step into arrivals at Nice airport, companies implore you to fly to your campsite by helicopter and you can hire any number of amazing sports cars – Lamborghinis, Porsches and Ferraris are all available.

Rightly shunning the shallow trappings of the wealthy, we hired a sensible Seat estate for a comfortable 90-minute journey to Domaine des Naïades, a medium-sized hillside campsite at Port Grimaud, to our Al Fresco mobile home.

Al Fresco's friendly reps took us to our three-bedroom accommodation nestling among fragrant pine, cypress, olive and eucalyptus trees and just a five-minute saunter from the pool and restaurant.

The warm sea breeze wafting through our deck area was immediately relaxing and after a skim of the English papers from the campsite shop it was off to explore. Turning right towards Saint Tropez on the busy D559 road is not generally to be recommended but it will bring you within five minutes to the Géant Casino, a 24/7 supermarket in arguably the best food region in the world where you can feast the senses on about two acres of cheese, fish and meats and the enormous ready-to-eat fresh paellas.

For a late evening walk, head directly south through the Les Prairies de la Mer campsite, an Al Fresco partner, that offers a direct route to the sea, in this case, the playground of the Golfe de Saint-Tropez. As the sun sets, count the private yachts moored there and dream of a lottery win.

With temperatures around 30°C most days in summer, only a fool would stray too far from either the mobile air conditioning or the excellent swimming pool – but get there early for a sunlounger. I thought it was a Brexit conspiracy when only a few English people appeared to have nabbed one, until a countryman generously offered me his.

The following day we drove to nearby Port Grimaud, said to be the Venice of the Riviera, but more importantly the home of our own national treasure Joan Collins. She wasn't in when we visited, so instead we walked the pretty lanes dotted with multicoloured houses.

The pristine, hilltop village of Gassin, five kilometres away and with a stunning, all-encompassing view of the gulf of St Tropez below, is also worth a visit.

The following day, we headed for Sylvabelle Beach about 15km away. You arrive along an incredible cliff sidewalk, which snakes its way to a relatively unpopulated sandy beach. After a dip in the Med, treat yourself at the local patisserie to tarte tropézienne, a cake filled with cream which was once demanded by resident actress Brigitte Bardot. Beach and cake – the Saint-Tropez experience in a day.

For a visit to Saint-Tropez itself, get there before 9am. Park at the old port, take in the delightful Saint-Tropez museum with its pictures by Bonnard and Matisse and if you're feeling flush, breakfast at the Christian Dior brasserie or drift into Roberto Cavalli's cafe.

With beautiful colours, smells, climate and food, the Côte d'Azur is better than its billing – and need not break the bank. But give the helicopter a swerve.

David Stephenson



Prices start at £231 for six people staying in a Rossini two-bedroom mobile home at Domaine des Naïades for seven nights, arriving April 8, 2017, when booked before February 28. Use the promotion code AF10P before February 28 to get an extra 10 per cent off. To book at any of the Al Fresco parks, call 01613 328900 or visit alfresco-holidays.com.



David and his family (above) got a taste of the high life during a luxury camping holiday at Domain des Naïades on the Côte D'Azur

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In the closet with

Leah Wood

The designer rocks bold colours, denim and floaty frocks Words and styling by Tricia Welch

Former model and singer (she supported David Bowie on tour) Leah, 38, is the daughter of Rolling Stones guitarist Ronnie Wood and organic beauty products pioneer Jo Wood. Leah, who is designing jewellery for Rock & Raw and runs yoga and meditation events, lives in Kentish Town with financier husband Jack MacDonald and their children, Maggie, seven, and Otis, three.

How would you describe your style? Touch and go. Relaxed and cool. I'm a mum of two now and I don't have time to think about what I'm going to wear, so a T-shirt and jeans or shorts is often the most practical. But I do make the effort when I'm going to a big event.

Which colours and shapes suit you best? I like bold, solid colours, especially red, blue and yellow, stripes and prints – and I like fitted and floaty dresses, but always belted, skinny jeans and shorts.

What is your favourite fashion era? The 20s and 30s. I love a flapper dress. It was the era of liberation, when women got rid of their corsets and started expressing their new-found freedom.

What are your favourite high-street brands? The Kooples, Topshop, Reiss and Gap. But I shop a lot more online. I'm often on Instagram, ferreting out new brands – not just for me, for the kids, too.

Who is your favourite designer?

Alice Temperley. I'm very lucky – she lets me borrow from her for special events.

Do you have a style icon? Audrey Hepburn from the past, Maggie Gyllenhaal for now and my mum.

What is your best beauty secret?

Sweating. I run a lot and I do hot yoga. It's fantastic for detoxifying.

Are you a hoarder or do you clear out your wardrobe each season?

I lived in Australia for a while and we've moved a few times since we've been back in the UK, so I'm used to decluttering. I haven't kept any clothes from my modelling years and I give a lot to charity. If I don't wear it, I don't keep it.

Are you a fan of vintage? Yes, but I don't live and breathe it. I have a few key pieces, but contemporary fashion is generally more practical.

How many shoes and handbags do you own?

About 40 pairs of shoes – that's everything from heels to trainers – and about 20 bags. I'm not into big-name designers. I prefer smaller, quirkier labels.

What is the best piece of fashion advice you have ever been given?

When in doubt wear black. An LBD is a fail-safe.

What is your current favourite outfit?

Skinny Gap jeans and a soft T-shirt. It's all about comfort and practicality. There's no point in



Leah enjoys vintage fashion and this dress is one of her favourites. She teams it here with a blue 0039 Italy cashmere cardigan and Buddha Babe snake sandals



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Above: Leah sets off this classy Wheels & Dollbaby leopard-print minidress with a selection of her trademark bracelets

Below: A black Melissa Odabash swimsuit doubles as a body, which the entrepreneur wears with a pair of pale blue Insight denim shorts



being precious when your three year old squashes grapes into your top. **Is there an old favourite you turn to in a wardrobe crisis?** Jeans and a lacy body with a blazer.

How much do you spend on clothes each month? Nothing at the moment. Every spare penny is going on doing up our new flat. Clothes are at the bottom of my list of priorities.

What is the most expensive item in your wardrobe – and the best bargain? My most expensive is a leather jacket by Isabel Marant with a fur collar and red lining. My husband bought it for my birthday five years ago. My best bargain is a rabbit-fur coat from a vintage shop. It cost £150 but is amazing.

What is the oldest item in your wardrobe? The lace bridesmaid dress I wore to my mum and dad's wedding when I was six years old. My daughter Maggie found it recently, put it on and loved it.

Who made your wedding dress? Mairead, a friend of mine who is a vintage collector, found it for me. It used to belong to a European princess and fitted me perfectly – cream silk with blue jewels and a huge train. Prada made my tulle headpiece plus the dress for my after party.

What is the one item of clothing you couldn't live without? My black Nike running shoes.

What is your favourite piece of jewellery? Apart from my wedding ring, a diamond heart which my dad gave my mum when I was born. She always wore it while I was growing up so it's very special.

Have you ever made a fashion faux pas? Yes. I was doing a gig and a make-up artist ringleted my hair, then brushed it out into a massive Afro. I wore it with a rainbow kaftan. I thought it looked cool but seriously, what was I thinking?

What item of clothing would you save from a burning house? The leather jacket my husband bought me and my wedding dress. I will always keep those. 📌

For more on Leah's meditation/ yoga events and jewellery, see her Instagram @leahwoodofficial. Also visit rockandrawjewellery.com.



Clockwise, from top left: Leah collaborated on the design for this grey sweatshirt by Selfish Mother at thefmystore.com

Leah's "lucky" stone angel leans against the notebook containing her childrenswear designs. She owns about 40 pairs of shoes, including Converse trainers, her Alexander McQueen skull pumps and black pumps from Office

These delicate lace bodies are Leah's go-to with jeans and a blazer. The black one is by Eres and the pink body is a Stella McCartney

Among her favourite black logo tees are these by American Apparel and SeaSoul & Snow

Leah's leopard-print workout wear is by Hip And Healthy, the headphones are by Marshall and the sunglasses are Ray-Bans

Some of the jewellery she wears every day includes these bead bracelets, a Chan Luu pearl anklet that was a gift from her husband, her Aurora Lopez Mejia wedding ring, a bracelet with her children's initials and a Rock & Raw pink tourmaline and quartz crystal necklace

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Challenging grief together

After losing seven family members to cancer, Craig and Gemma needed a sense of purpose

Gemma Scott, 30, is an accountant from Scunthorpe in North Lincolnshire and lives with her husband Craig, 35, a mechanic. She says:

"I was just two miles into the Toronto Marathon when I got a stitch across my chest and back. I'd developed a chest infection on the flight over and had nose bleeds earlier that day, which was a sign I shouldn't be running. It was sweltering, 90 per cent humidity and my lungs felt so tight, I couldn't breathe. But I thought, 'I'm not coming all this way and not doing a full marathon.'

I never used to be a runner. I was a size 20 when I was a teenager and not fit in the slightest. Craig and I got together in 2004 and he wasn't sporty either. He was a mechanic and did a lot of lifting at work, but wasn't into fitness.

When I was 18, I started going to the gym and I couldn't stay on the treadmill for a minute without being out of breath. But gradually, it got easier and I started to lose some weight.

Then in 2008, Craig lost three of his grandparents to stomach cancer. It was a devastating time for him as he was really close to them, so we wanted to do something for cancer research and signed up for Race For Life.

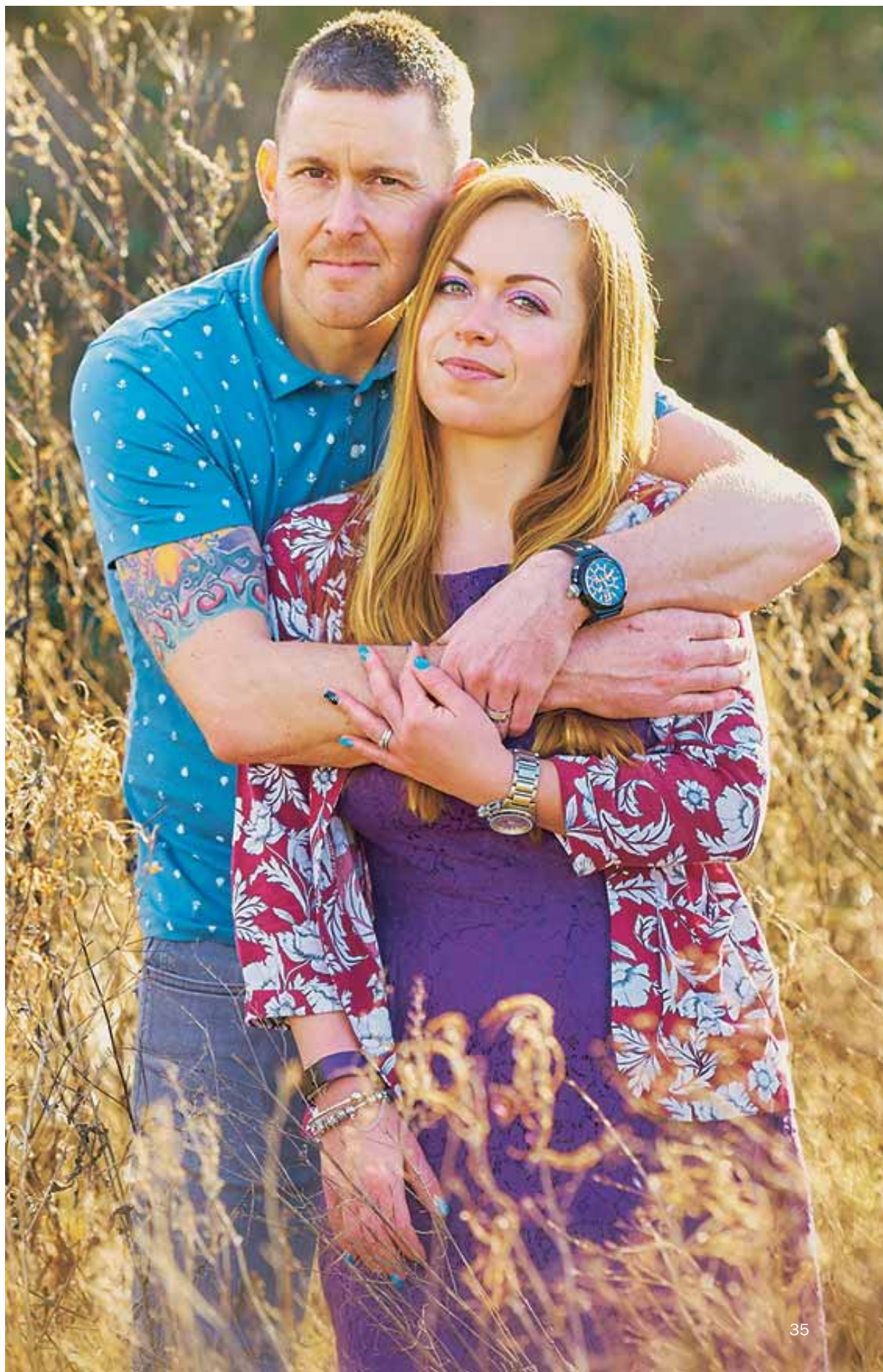
Running wasn't my favourite thing. I could do 5k on the treadmill, but neither of us had run outside before. We didn't even have proper kit. We ran around the block, but I could barely make it to the end of the road. Craig was way ahead, but he couldn't run very far either.

But I loved being out in the fresh air – it cleared my head and gave me such a boost. I thought, 'Wow, this is so much better than a sweaty gym.' Craig felt better, too. He really missed his grandparents and running helped give him a different focus.

We did the 5k, then a 10k and built up to the Great North Run half marathon. It was 13.1 miles and at one point, we ran past Frank Bruno!

In 2009, tragically I lost my grandad to skin cancer and in 2011, we lost Craig's aunt who had been battling breast cancer and bone cancer. Then in 2013, my aunt lost her battle with leukaemia.

I was really close to her. She lived in Canada but came over for our wedding



in 2012. We had a cake featuring a bride and groom in running vests and the tables named after the route of the London Marathon. At the time, my aunt didn't tell us she had leukaemia because she didn't want to upset us. She had always encouraged me, so a few months later I rang her to tell her I'd got into the London Marathon and I was doing it for her. But my uncle gave me the tragic news that she had just died.

My world crashed. I knew she'd had treatment, but I didn't realise she was so ill and didn't expect it to happen so soon. It was really horrible. She was the biggest inspiration to me – she just got on with life, she never moaned and has inspired me on every marathon I've done.

The following year, my uncle also lost his battle with stomach cancer and passed away.

Although we continued to fundraise and had done a couple of marathons, I thought, 'We need to do something big and give people a bigger reason to sponsor us.' So I came up with the idea of running 11 marathons across two continents in 14 months, followed by a 69-mile ultra marathon along Hadrian's Wall. The aim was to raise £10,000 for Worldwide Cancer Research.

Craig wasn't sure. He kept saying, 'It's a lot of money, it's a lot of time.' But I quietly started signing him up. He kept getting emails saying he was entered into a race and eventually agreed to do it.

We started in 2016 with the Manchester Marathon in April, followed by Liverpool in May and the Ladybower Trail Marathon in the Peak District in June. Then, out of the blue, my mum phoned and said she had been diagnosed with lung cancer.

That just broke me. It felt like everyone I loved was being affected by this horrible disease and it was all happening at once. It was difficult to stay positive when we'd both had so many setbacks, but if anything it made me more determined.

In September, we did the Robin Hood Marathon in Nottingham. It was so warm, I really struggled, but I thought about my mum and it gave me the motivation to carry on.

Then in October, we flew to Toronto. Our flight was cancelled and we only had 36 hours to get acclimatised. I'd also developed a chest infection and nearly pulled out of the race, then at 23 miles I saw a sign saying, 'If Trump can run for president, you can run this marathon.' It made me smile and was the pick-up I needed. The last mile was the fastest mile I've ever run.

As soon as I saw Craig waiting at the finish line, I collapsed into his arms and started crying. That was the marathon that had been really special to me because it was where my aunt had lived and I know that if she had been there, she would have been proud. It was the toughest marathon I have done.

Three weeks later, we flew to Las Vegas. It was the first time we had done a night marathon, but it was like an 80s disco with neon flashing lights. It was amazing.

A month later, we did Leeds. We're doing Barcelona in March, Manchester in April and Milton Keynes and Liverpool in May. Then the ultra marathon, The Wall, in June. That will be the biggest challenge, as we have to run for 24 hours. It's going to hurt.

It's hard getting up at 4.30am when it's gale-force winds, rain and freezing cold, but I love training with Craig. It feels special because we're working towards the same goal. We can identify when each other is struggling and support each other without even talking. When you've seen someone at rock bottom, it brings you closer.

Craig has also been injured. He got to 10 miles in one race and felt his IT band on the outside of his leg go bang. He said he'd never felt pain like it, but kept going even though he was in absolute agony. He didn't run for the best part of five weeks after that.

We've saved hard to fund our challenge and missed out on parties and nights out. Our friends think we're crazy, but support us and understand why we're doing it.

Meanwhile, my mum is waiting to see if she is in remission. She appreciates what I'm doing, but always worries and she has never seen me

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Gemma and Craig have run races from Toronto (above) to Dublin

run. But that's not a bad thing because if she saw me at the end of a race, she'd probably stop me from doing it! I think my dad is secretly proud, as he used to run when he was younger and appreciates what goes into the training.

There is not a day that goes by when we don't miss the relatives we have lost, but if I can prevent one person from suffering like my family has, it will be worth it." 

Visit virginmoneygiving.com/teamscotty2016 and worldwidecancerresearch.org.

Cancer update

Thanks to research, the number of people surviving cancer in the UK has doubled over the last 40 years, and about half of patients survive for more than 10 years. But as more people benefit from improved healthcare and longer life expectancy, the number of cases is expected to rise. Cancer remains the biggest global killer. One in two people in the UK will get cancer at some point in their lives, with 60 per cent of all cases diagnosed in people aged over 65.

Worldwide Cancer Research is the leading UK charity funding research into cancer anywhere in the world.

or joint pain relief.





Jane O'Gorman

Our agony aunt gets to the heart of your relationship problems

Must I put up with my rude mother-in-law?

My mother-in-law was furious that during a family meal I served my seven-year-old son before her. She said my behaviour was disrespectful and my mothering skills too "child orientated". When I said I was simply relieved he was eating again after having had tonsillitis, she barked at my husband, "Are you going to allow her to talk back to me like that?" My sister says she won't

speak to her again. Why should I? My husband says we need to keep her on side as her house will come to us when she dies. Is your mother-in-law worried or ill at the moment? Does she have problems with her property or has she received bad news? Perhaps your husband should ask her what prompted her recent outburst. It could be she was just letting off steam and didn't actually mean to bark at you. None of us are perfect

and sometimes we react when we don't really mean to. However, if she genuinely does have an issue with you and the way she feels you treat her, then you all need to get around a table to thrash this issue out. Equally, though, she can't think she can push you around simply because she has money. What you can't have is friction within the family, especially if you have a young child who is witnessing the conflict.

Why has he been avoiding me?

I haven't seen my boyfriend since Boxing Day and I'm not even sure if we are still in a relationship. He spent the New Year with friends and has told me he is busy with work – yet he's not too busy to post pictures of himself on social media. My texts have gone unanswered and his sisters and friends are avoiding me, too. Recently, one of his friends ran away from me in a shop. How have I become an outcast? I urge you to take control by ending this charade yourself. If your

boyfriend hasn't the maturity to speak his mind, then inform him that he won't be seeing you or hearing from you again. It is sad things have come to this, but not everyone is as truthful or as honourable as we would like them to be. This man and his circle don't define you, so branch out and grab your own future by the throat.

She wants to keep up with her friends

My partner is insisting that we move closer to her friend. She keeps finding fault with the house we are in and says she feels unhappy and isolated here.

But I fear it is merely a ploy to bully me into getting a new and bigger house. She has always been ashamed of our terraced home and seems obsessed with keeping up with her friends. But I don't want to take on any more debt. How do I stop her from overstretching us?

You and your partner are in this relationship and she is entitled to be heard. If she really isn't happy with her home, then what changes or compromises can be made? Make it clear that you are not interested in competing and can't contemplate any further debt, but you are prepared to listen. Pit your wits and deal with this as adults.

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If you would like to have a problem answered by Jane, text **SMAGJANE followed by a brief explanation of your problem to 87080.**

Texts cost 50p plus your standard network rate. SP: Spoke, 0333 202 3390. Please note that Jane cannot respond to individual messages and not all problems will be published.

Grab a piece of paper and draw up five, 10 or 15-year plans if necessary. The alternative is allowing this matter to grow until it comes between you.

Contact Jane at S Magazine, Fourth Floor, Northern & Shell Building, 10 Lower Thames Street, London EC3R 6EN or email jane.ogorman@express.co.uk. Jane regrets that she cannot reply personally to your letters.



Sex matters

I am disgusted my father still demands sex from my mother. They are both retired and have been married for 50 years. Recently my mother told me my father expects sex most nights but she is sick of it, especially as she now suffers from several health conditions. The words "too much information" can't begin to explain how I felt after hearing this and I can't look at my father in the same way. How dare he subject her to such a regular ordeal?

Your mother needs to speak to your father about this. She needs to explain she is no longer enjoying their regular sex life and a new way needs to be found. Whether that involves a sex contract, ie a number of times each month, or no sex at all, is up to them. But be very careful about becoming involved and taking sides. Loaded words like "ordeal" are not helpful because you have no way of knowing how their relationship really works. It may help your mother to speak to her GP or a relationship counsellor.



Doctor, doctor

Dr Rosemary Leonard MBE is a GP with many years' experience working in London's top teaching hospitals

My vitamin B12 injections have been stopped. When my blood was checked my B12 level was high, as I had been taking extra in the form of a spray, but without the injections I am becoming tired and depressed. I was diagnosed with anaemia four or five years ago.

The most common reason for vitamin B12 deficiency is a condition known as pernicious anaemia. Vitamin B12 cannot be absorbed by the body in tablet form

so it must be given by injection. Similarly, B12 in a mouth spray won't help either and won't increase the levels in the blood. In the past, vitamin B12 injections were given every two months but it is known now that once every three months is sufficient for most people.

Contact Dr Leonard at S Magazine, Sunday Express, Fourth Floor, Northern and Shell Building, 10 Lower Thames Street, London EC3R 6EN, or email dr.leonard@express.co.uk. Dr Leonard regrets that she cannot reply personally to letters. Read her column every Tuesday in the Daily Express.

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Victoria Gray's best...

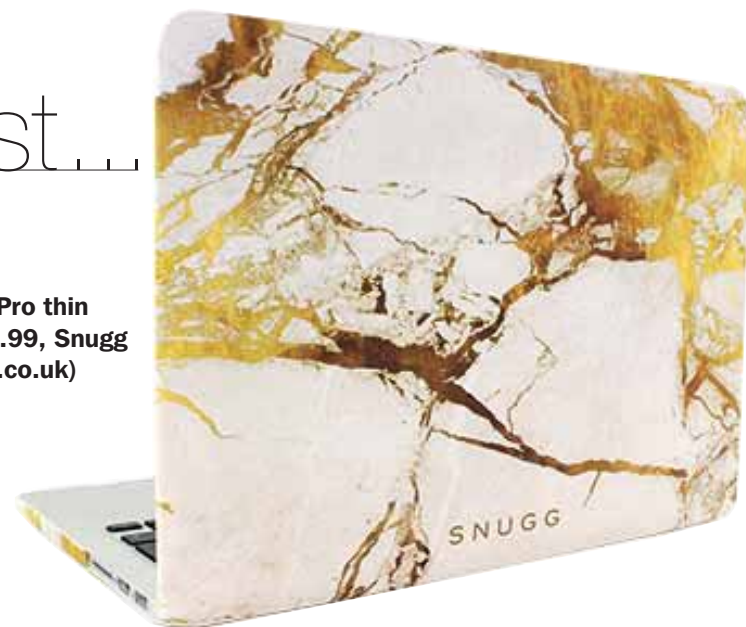
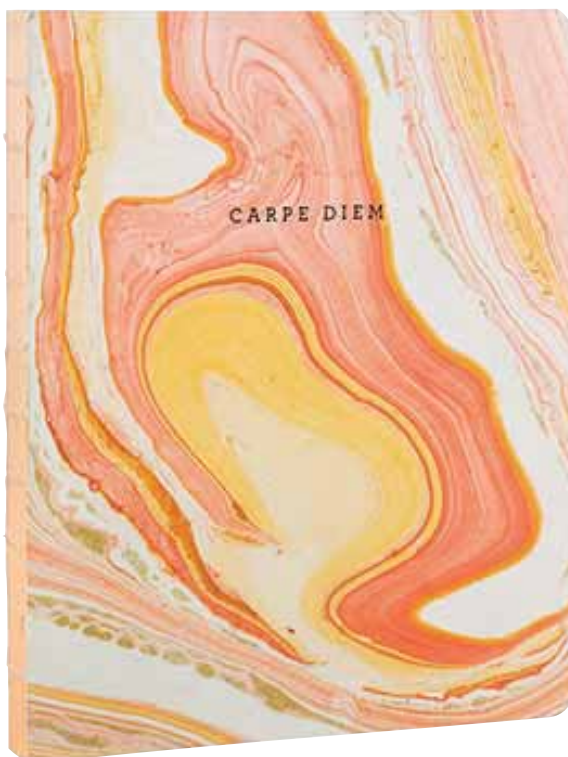


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oliverbonas.com)



Dispenser, £5; tumbler,
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Above: Bring some texture to the table with seagrass place mats, which are £15 for a set of two. The wooden board is £32, the banana-leaf place mats are £15 for two and the Global Artisan napkins are £15 for a set of four. All available from House of Fraser (0345 602 1073, houseoffraser.co.uk)

Right: Wool fabric adds a cosy touch to a room. This Ashfield collection from fabric house Ian Mankin is woven at a family-owned mill in Burnley, Lancashire. All fabric is priced from £49.50 per square metre (020 7722 2159, ianmankin.co.uk)

Below: Neptune's new cushions collection includes these sumptuous, oversized duck feather-filled creations. You can choose from three gorgeous designs: the Isla Finch velvet costs £72, the Tamsin Ewan dove wool is £76 and the Laura design in Emma dove fabric costs £80 (01793 427427, neptune.com)



Add a touch of texture for extra home comfort, says Victoria Gray

Feeling



good

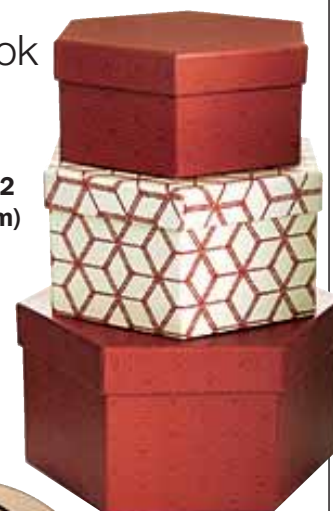
Right: This beautiful bath mat is handmade ethically and sustainably in Turkey from organic cotton. It's £68 from Biome (biome.com)

Below: The new Restoration collection from Sainsbury's includes this on-trend dog's tooth check bed linen, which is £25 for a double set. The checked light shade is £10, the bulldog lamp is £28, the cushions are from £10 and the throw costs £15 (0800 636262, sainsburys.com)



Get the look

Storage boxes, £8 for three, Wilko (0800 032 9329, wilko.com)



Alana mirror, £99, Made (0344 257 1888, made.com)



Charnwood Cove wood-burning stove, £1,734, Ludlow Stoves (01584 878552, ludlowstoves.co.uk)



Studio Industrial double wooden chest, £798, Alexander & Pearl (020 8508 0411, alexanderandpearl.co.uk)



A fresh START

Begin your day with a gourmet breakfast

Styling by Victoria Gray Photographs by Winfried Heinze



Try pancakes for a
taste of America

American pancakes

Serves: 4

Cooking time: 10 minutes

Preparation time: 15 minutes

150g (5½oz) plain flour

1 heaped tsp baking powder

2 tbsps golden caster sugar

1 large egg

140ml (5fl oz) milk

25g (1oz) melted butter,
plus extra for cooking

A good pinch of salt

8 tbsps maple syrup

200g (7oz) blueberries

250ml (8¾fl oz) Greek yoghurt

● Sift the flour and baking powder into a bowl then mix in the sugar.

● Separate the egg yolk and egg white then mix the yolk in a cup with milk.

● Fold the milk, egg yolk and butter into the dry ingredients until it becomes a smooth batter.

● In a clean, dry bowl, whisk the egg white with salt until it forms stiff peaks. Carefully fold the egg whites through the batter ⅓ at a time until fully combined.

● Heat a large frying pan with a knob of butter over a medium heat.

● Ladle 50ml (1¾oz) of the batter at a time into the pan and cook for 2 minutes on each side.

● Serve with maple syrup, blueberries and Greek yoghurt.

Avocado crush

Serves: 4

Cooking time: 15 minutes

Preparation time: 10 minutes

8 bacon rashers

100g (3½oz) cherry tomatoes

2 avocados

A squeeze of lemon juice

A pinch of chilli flakes

Salt and pepper

4 eggs

A knob of butter

200g (7oz) young spinach

4 slices of sourdough toast

● Preheat the oven to 180°C/
350°F/gas mark 4.

● Lay the bacon in a baking tray and scatter around the cherry tomatoes. Roast for 10 minutes until the bacon is crispy and the tomatoes are just starting to pop.

● Peel, de-stone and roughly cube the avocados. Place in a bowl then mix with lemon juice and chilli flakes. Season to taste.

● Bring a frying pan ¾ full of salted

Avocado crush
is a healthy twist
on bacon and eggs





Breakfast smoothie bowl is full of fruity goodness

water to the boil. Turn down to a rolling simmer and crack the eggs in. Turn the heat off and leave the eggs to poach for 4 minutes. Remove then drain on a kitchen towel.

- Pour the poaching water away and place the frying pan back on the heat with a knob of butter.
- Allow the butter to sizzle then sauté the spinach for 20 seconds until it's just starting to wilt.
- Spread the avocado on to the toast and serve with the bacon, roast tomatoes, spinach and poached eggs.

Breakfast smoothie bowl

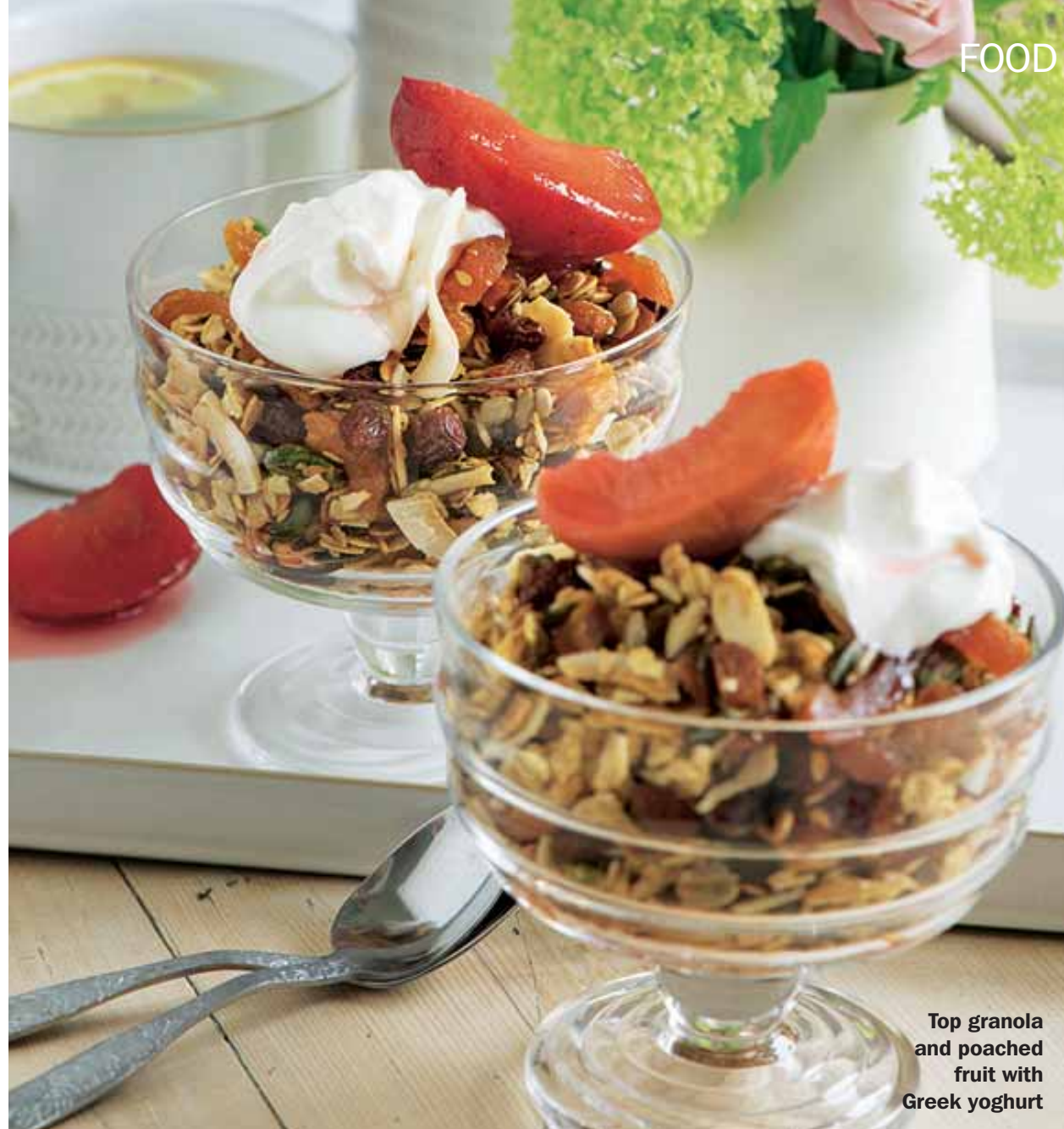
Serves: 2

Preparation time: 25 minutes

3 tbsps chia seeds
250ml (8¾fl oz) milk (dairy or non-dairy, oat, coconut, soy etc)
300g (10½oz) frozen mixed berries
2 frozen bananas
1 tsp acai berry powder

For the toppings:

2 tpsps chia seeds
2 tpsps sunflower seeds
50g (1¾oz) blueberries
50g (1¾oz) strawberries, sliced
● Soak 3 tablespoons of chia seeds in the milk. You can do it the night before but store in the fridge.
● Place the frozen berries and bananas in a blender then pulse a couple of times to break up.
● Add the soaked chia seeds, milk and acai berry powder then blend until it's only just smooth or it will lose its vibrancy and goodness.



Top granola and poached fruit with Greek yoghurt

- Spoon into bowls then sprinkle with chia seeds, sunflower seeds, blueberries and strawberries.

Granola and poached fruit

Serves: 8

Cooking time: 30 minutes

Preparation time: 20 minutes

2 tbsps coconut oil
100ml (3½fl oz) maple syrup
2 tbsps honey
1 tsp vanilla paste
Zest of 1 orange
250g (8¾fl oz) whole rolled oats
100g (3½oz) sunflower seeds
100g (3½oz) pumpkin seeds
50g (1¾oz) linseeds
100g (3½oz) shelled pistachios
100g (3½oz) flaked almonds
100g (3½oz) coconut flakes
200g (3½oz) sultanas

200g (3½oz) chopped apricots

For the poached fruit

4 plums, halved and stoned
4 nectarines, halved and stoned
3 tbsps runny honey
250ml (8¾fl oz) water
Juice of 1 orange

To serve:

Milk

Greek yoghurt

- Preheat the oven to 130°C/ 270°F/ gas mark ½ and line a baking tray with baking paper.
- Place the coconut oil, syrup, honey, vanilla paste and orange zest into a saucepan. Gently warm until combined and infused with the vanilla paste.
- Mix the oats, seeds, pistachios and almonds in a large bowl.
- Pour ¾ of the liquid over the dry ingredients and mix until fully coated.
- Spoon the mixture on to the

baking tray and bake for 15 minutes, stirring every 5 minutes.

- Mix the coconut flakes, sultanas and apricots with the remaining liquid.
- After 15 minutes, mix the coconut flakes, sultanas and apricots through the baking granola.
- Bake for a further 15 minutes, stirring every 5 minutes.
- Spoon the granola on to a large flat tray and allow to cool fully.
- The granola will last for a month in an air-tight container.
- For the poached fruit, put all the ingredients in a pan and simmer for 7 minutes then remove from heat and allow fruit to cool in the liquid.
- When the fruit has cooled, remove it and reduce the liquid by ½.
- Serve the granola with a splash of milk, the poached fruit, a spoonful of Greek yoghurt then drizzle with the poaching syrup.

S READER OFFER

This electric salt and pepper mill set from Cooks Professional features adjustable blades for fine or coarse grinding.

Each mill requires 6xAAA batteries (not included). To order for £14.99, plus £3.95 UK mainland p&p, call 0871 911 7022 and quote 70198. Calls cost 13p per minute plus your network access charge.



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Kedgerree

Serves: 4

Cooking time: 25 minutes

Preparation time: 15 minutes

1 large onion, peeled and finely diced

2 garlic cloves, peeled and grated

*1 thumb-sized piece of ginger,
peeled and grated*

1 red chilli, chopped

A knob of butter

1 tbsp olive oil

1 tbsp curry leaves

1 tsp mustard seeds

2 tsps turmeric

2 tsps mild curry powder

or garam masala

300g (10½oz) basmati rice

600ml (1 pint) boiling water

600g (1lb 5oz) undyed

smoked haddock

300ml (½ pint) milk

2 bay leaves

4 eggs

Juice of 1 lemon

100ml (3½fl oz) double cream

A bunch of fresh coriander, chopped

● Sauté the diced onion, garlic, ginger and chilli in a large pan with the butter and oil for 5 minutes until soft, aromatic and translucent.

● Add the curry leaves and mustard seeds. Cook for a further minute, add the turmeric and curry powder then cook for a further minute.

● Stir in the rice then pour over the boiling water. Cover with a lid and bring to a rolling simmer for 10 minutes. Remove from the heat and leave covered for 5 minutes.

● Place the haddock in a frying pan skin side up then cover with the milk and add the bay leaves. Simmer for 5 minutes then cover, remove from the heat and allow the fish to poach for a further 5 minutes.

● Place the eggs in a pan of water and bring to a boil. Turn down and simmer for 4½ minutes then run under cold water to stop them cooking any more. Once cooled, peel and chop into quarters.

● Remove the skin then flake the haddock and stir into the rice with a squeeze of lemon juice, cream, a small ladle of the poaching milk, eggs and coriander. 🍴

Recipes written by home economist Dominic Hoile / Tableware from a selection at Creative Tops (01536 207710, creative-tops.com)

Kedgerree is a breakfast classic



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These robust pans are lightweight thanks to their pressed aluminium construction and stainless steel handles. Choose from a two-piece frying pan or three-piece sauce pan set, or why not complete your kitchen set with both. There are three colour options available. Choose between a slate grey outer with copper exterior, a copy outer with grey interior, or complete copper coating.

The saucepan set contains: one 16 x 6.5cm saucepan, one 18 x 7cm saucepan and one 20 x 8cm saucepan, all with tempered glass lids.

The frying pan set contains one 20.5cm pan and one 26.5cm pan. Please note, lids are not included. To extend the life of your pans we recommend you hand wash them.

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Jamie Goode

WINE

Our expert toasts one of Spain's lesser known wine regions

Spain's flagship wine region is Rioja, which produces its world-famous oaky wines. But it also has another top wine region that's lesser known, yet capable of making full and flavoursome wines. The region is Ribera del Duero, which is roughly in the middle of the country, towards the north. Here, a continental climate results in hot summers and cold winters, and ideal conditions for ripening red grapes, yet retaining some freshness. These wines will please Rioja lovers, but they also have their own personality.

"One" Ribera del Duero Reserva 2012, Spain £13.25, Oddbins, 14.5% alcohol
I love this wine, which is supple and detailed with ripe blackberry fruits and some raspberry flavours. There's also a tasty savoury edge to the fruit.

Cillar de Silos Crianza 2012, Ribera del Duero, Spain £16.99, Majestic, 14.5% alcohol
This has a pretty floral nose with tarry-edged blackcurrant fruit and some sweet blackberries. There are also notes of chocolate, coffee and vanilla adding interest.

Avaniel Ribera Del Duero Tempranillo 2015, Spain £7.50, thewinesociety (01438 741177), 13.5% alcohol
Here's a delightful wine showing a spicy peppery edge to the vivid cherry and berry fruit. It's sweet, mellow and perfectly balanced.

Aldi Exquisite Minarete 2015, Ribera del Duero, Spain £5.99, Aldi, 13.5% alcohol
Soft and moreish, this red has lots of fruity sweetness. It offers sweet vanilla and cedar flavours alongside rounded, smooth cherry and blackberry fruit.

Torres Celeste 2013, Ribera del Duero, Spain £12, Waitrose, 14% alcohol
There are gorgeous raspberry fruit aromatics here, with some black cherries, too. And the taste is of vibrant fruit accompanied by some cedary, spicy oak character and a hint of vanilla. It's direct, sweetly fruited and absolutely delicious.

Finca Torremilanos Montecastrillo 2014, Ribera del Duero, Spain £8.99, Majestic, 13.5% alcohol
This organic wine spends only a short time in oak barrels, allowing the fruit to shine through. It's bright, crunchy and dense with grippy blackberry and raspberry fruit, and a good structure. It's the perfect wine to accompany a nice steak.

Tesco Finest Tempranillo Reserva 2011, Ribera del Duero, Spain £8, Tesco, 14% alcohol
Here's a classic Spanish red with juicy berry fruits supported by vanilla and cedar from oak ageing. This has an attractive sweet and savoury character and would be excellent with roast lamb. **S**



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Alan Titchmarsh

Mini marvels

Choose dwarf bulbs for minimum fuss and maximum impact, says Alan

Spring bulbs are the undisputed stars of the season, but it's usually the everyday species that you see in beds and borders and creating colourful drifts in the lawn.

Their dwarf relatives are ideal for growing in raised beds, tubs and sink gardens, and grown in pots in a greenhouse they make brilliant displays as they bloom early.

Serious dwarf bulb fanciers will have their names on the mailing lists of several specialist nurseries so they can buy choice species as dry, dormant bulbs in autumn. But if you visit a nursery now (including alpine nurseries), you can buy pot-grown plants as they are bursting into bloom. If you visit an early spring flower show you'll see dozens of delectable dwarf bulbs in nursery displays and you can stock up from the sales tables.

The collectors' specimens aren't as cheap as the spring bulbs sold for bedding in garden centres, but a few potfuls make a brilliant display for a tub on your patio or a table in an unheated conservatory – even a shelf in a porch or a lean-to.

They are good value, too. With basic care, they last for years and by planting them while they are still growing, you stand a better chance of establishing them than dry bulbs.

Miniature daffodils are little

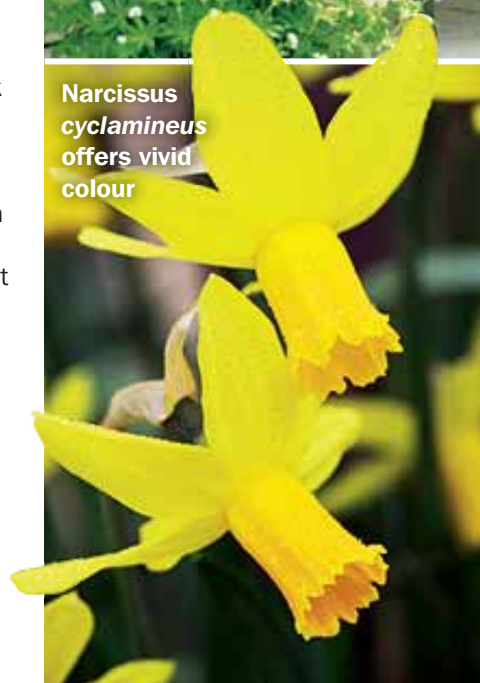
crackers. *Narcissus cyclamineus* has small reflex-petalled flowers – something like a bright-yellow cyclamen seen in close-up – and *Narcissus bulbocodium* is often nicknamed hooped petticoats, because its flowers look like crinoline skirts with a tiny bodice on top. The individual bulbs are minute compared to those of the big trumpet daffs grown in borders – five plants in a four-inch pot makes a good show.

Spring-flowering hardy cyclamen are great favourites for growing in pots. Go for named varieties such as cyclamen "Apollo", which has white-marbled leaves. Several cyclamens that aren't quite reliably hardy outdoors are favourites for growing in unheated glasshouses. Look for *Cyclamen libanoticum*, which has large faintly scented pink flowers and heart-shaped leaves, and *Cyclamen pseudibericum*, which has strongly fragrant flowers in purplish-carmine. Cyclamen such as these are nearly always sold as growing plants in flower or as dormant but fully rooted tubers in their pots. Avoid buying bare, withered tubers without any roots since they rarely regrow and may well have been plundered from the wild.

Miniature tulip species come in a fascinating range; they make wonderful eye-catchers for a raised bed or rock garden, but they need



Narcissus cyclamineus offers vivid colour



Cyclamen pseudibericum is fabulously fragrant

Reader offers

Switch on to bulbs

This lovely dwarf perennial produces gorgeous summer blooms that make a striking display. Perfect for patio borders, pots or summer flower beds, there's great variation of colour in our mixture. Order 50 mixed Dutch Iris (7-8cm bulbs supplied) for £7.49, or buy 100 plus 50 free for £14.98. Prices include p&p. Order online at www.shop.express.co.uk/EXP259, call 0871 988 8356, or send a cheque, made payable to Express Newspapers, to Express Offer EXP259, 14 Hadfield Street, Old Trafford, Manchester M16 9FG. Delivery is within 14 days.

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harvesting every summer as they rot easily if they are left in the ground, and soil pests find them way too tasty for comfort. Once the leaves die down naturally dig the bulbs up, sort out the small ones that won't flower next year to grow on separately, and save the biggest ones to store in the shed and replant next year.

The smallest, choicest varieties are best grown in pots, so when the plants die down for the summer stand the dormant pots in a sunny place to "bake" during the hot weather. This treatment reminds them of conditions in their Turkish homelands and coaxes them back into bloom next year.

Tecophilaea, a rare find until a few years ago, is a great feather in a dwarf bulb collector's cap. Think of bright blue crocuses, flowering in April or May. Some people risk this prized plant outside in a raised bed, but since it isn't really hardy it's far better to keep it in pots in a cold or frost-free greenhouse. As least that way you can bring it into the porch or conservatory to admire.

One of my favourite dwarf bulbs is Iris "Katharine Hodgkin". She looks like a normal *Iris histrioides* in shape and size, but with extraordinary sea-green, cream and yellow flowers with navy blue spots and stripes. Being vigorous, the same bulbs will flower year after year if you plant them outside now.

But some of the most riveting little plants are fritillaria species – or "frits" as they are known to their friends. The dwarf sorts are incredible, with tufts of short, fragile, glassy foliage and nodding bell-like flowers in shades of ochre-yellow, green or brown come April or early May. They may not be too spectacular, and they are a challenge to grow well, but they are worth a close look when you do pull it off, so put them in pots where you can give each one attention.

However you accommodate them, miniature bulbs are a delight. But be warned, they are very collectable – you'll soon be hooked. **S**

Caring for dwarf bulbs

- Pot up groups of dry bulbs in wide, shallow pots (ideally terracotta) in late summer or autumn, according to species, keeping one variety per container. Note any special cultivation instructions on the back of the label for future reference.

- If you buy growing plants now, keep them inside a cold frame, greenhouse, bright airy carport, or a very sheltered spot outside.

- Water sparingly and feed with weak doses of heavily diluted liquid tomato every two weeks until the foliage starts dying down naturally. In summer, stand dry pots of daffs, hardy and semi-hardy cyclamen species and *tecophilaea* in a cool, shady, safe spot down the garden, exposed to light summer showers (but in a wet year protect them from repeated soakings). Put tulips in a place that gets gentle sun – if possible sink the pots to their rims in sand in a sunny cold frame – and keep them bone dry.

- Repot pot-grown miniature bulbs every year in late summer while bulbs are totally dormant. Gently remove all the old compost and any dead roots (but leave any live roots, which are often found on cyclamen that don't go entirely dormant). Put a handful of coarse drainage material such as gravel in the bottom and replant the bulbs in a mixture of 50 per cent John Innes No3 and 50 per cent coarse potting grit or pea shingle. Very good drainage is essential for most of these species. For cyclamen, use 33 per cent each John Innes No3, grit and peat-free multipurpose compost.

- Start daffs and cyclamen back to life with gentle watering from late summer onwards. Don't start tulips or dwarf Iris up until mid-October.

Tecophilaea is best kept in a greenhouse





Charlotte Heathcote

Every week in *S Magazine*

Empowered

The best of women's fiction reviewed by Fanny Blake

City Of Friends ****

by Joanna Trollope (out Feb 23)
(Mantle, £18.99)

Joanna Trollope's novels address the issues and emotional journeys that face women today. In this, her 20th novel, she turns a sharp and reflective eye upon four friends in their workplaces.

When high-flying Stacey asks for flexible hours in her city job, she is immediately made redundant. Facing life without work, with a preoccupied husband and a mother whose mind is rapidly disintegrating, the future looks bleak. She retreats from the world.

Meanwhile, Melissa, a single mother and high-achieving business consultant, must deal with her son's growing allegiance to his father and his father's new family.

Beth is a successful academic but her world is overturned when her partner Claire walks out.

Finally, Gaby juggles her family of three children with a job as an investment banker.

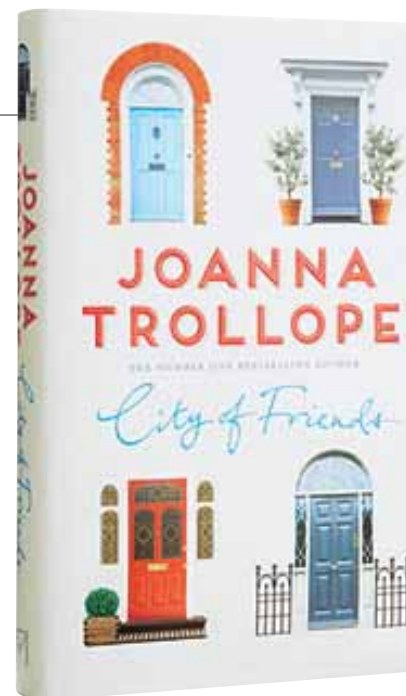
Complications arise when Gaby hires Sarah, the new wife of Melissa's ex-husband, without mentioning it to her friends.

As the novel progresses, each woman is forced to question herself and to ask what really matters. How important is work? How much more do women have to put up with in the workplace than men? What price transparency, especially among friends? The author addresses all these questions with her customary insight and wisdom, depicting the characters with warmth and psychological veracity, drawing the reader deep into their lives.

Hold Back The Stars ****

by Katie Khan
(Doubleday, £12.99)

In the not-so-distant future, following the mutual destruction of America and the Middle East, Europe has become Europia (Europe + Utopia). Society operates under specific rules designed



to ensure the absence of any national identity or religious division. Falling in love is forbidden until people are in their thirties so that they are focused on their contribution to society. So residents rotate to a different region every three years to start a new life. A serious love affair would put them at risk of expulsion from Europia.

The novel opens hundreds of thousands of miles above this new order where lovers Max and Carys, twentysomething astronauts with the Space Agency, are separated from their spaceship and are tumbling through space. As time ticks past, they try to find a way to save themselves. The novel flashes between their terrifying predicament and their story on Earth where they broke the rules by falling in love.

Here come the girls

Reuniting families, new romances and triumph against the odds feature in Fanny Blake's selection of more women's lit



The Summer Seaside Kitchen
by Jenny Colgan
(Sphere, £7.99)

Flora is a paralegal and when her job sends her to the remote island of Mure where she grew up, she goes with some reluctance. But she overcomes an awkward reunion with her father and brothers and finds herself thrown back into the life of the island and rediscovering her love of cooking. At the same time, she must introduce her resistant boss and their client to island life as well as

winning the islanders round to the idea of a new hotel. But will she win her boss's heart, too? This is as fresh and invigorating as a breath of sea air.



My Not So Perfect Life
by Sophie Kinsella
(Bantam, £18.99)

This new standalone novel from the author of the hugely successful *Shopaholic* series is guaranteed to raise a smile. Katie Brenner is leading the not-so-perfect London life until she is sacked by her power-hungry boss Demeter. Katie



A Song For Tomorrow
by Alice Peterson
(Simon & Schuster, £7.99)

Based on the life of pop singer Alice Martineau, who died from cystic fibrosis aged 30, this is a heart-wrenching read. Determined not to be defined by her condition or by the obstacles in her path, Alice gives up modelling to pursue her burning desire to be a singer. She has the support of friends, family and Tom, the man who falls for her the moment he sets eyes on her with no idea of the difficulties ahead. A moving story of an



The Chilbury Ladies' Choir ****

by Jennifer Ryan (out Feb 23)
(HarperCollins, £12.99)

Six months into the Second World War, the face of rural England is changing. In the Kent village of Chilbury, where most of the menfolk have enlisted, the choir is disbanded when the vicar decrees there can be no choir without men. But no one has bargained for Miss Primrose Trent, aka Prim, who proposes a women-only choir. Gradually, even the doubters come round and the choir brings the women of all ages together.

The story is told mostly through the letters and journals of various villagers: widowed nurse Mrs Tilling; flirtatious Venetia Winthrop who gets herself into deep water with a secret liaison; her younger sister Kitty who has the singing voice of an angel; scheming midwife Edwina Paltry who will do anything to pay off her debts; and Sylvie, a young Czechoslovakian refugee. Through them, the secrets and deceits of village life are revealed, bringing some people together and tearing others apart. Courageous or fearful, loving or cunning, their voices build a wonderfully idiosyncratic and gripping picture of a small community which will be turned upside down by the encroaching war.

Basing the book on stories her grandmother told her, the author sets a number of hares running through the novel from a baby swap to a mystery incomer. Ryan also goes on to evoke vividly the shock and – in many cases – the delight of women who discover not only how to stand up for each other but for themselves.

Their appeal to change those rules results in them being sent into space as part of a study into bonds formed at their age and whether they justify a rethink of the system.

However, Max and Carys are tasked with finding a path through the asteroid belt that surrounds the planet, preventing space exploration. The chances of them coming home are remote. Will they survive and will they make it home?

Khan's characters come second to her ambitious concept but remain sufficiently rounded to keep the reader engaged. The vast magnificence of space is superbly realised and the last third of the novel is packed with surprises that overturn all expectations. Intriguing and moving, it's a love story that's out of this world.

extraordinary young woman and the triumph of her spirit against huge odds.



Before The Rains

by Dinah Jefferies (out on February 23) (Viking, £12.99)

From the best-selling author of *The Tea Planter's Wife* comes another journey into a colourful world. In 1930, the British Government sends

Eliza Fraser to the fictional Indian state of Juraipore to photograph the Royal Family and local life. Eliza's developing friendship with the prince's brother Jay leads them both to discover more about the country and the iniquities of British rule. However, there are many opposed to their growing closeness and eventually they must choose between the traditions binding Jay or whether to follow their feelings. Packed with colour, history,



This Is How It Always Is

by Laurie Frankel (Headline Review, £16.99)

This heart-warming novel explores life with a transgender child. Rosie Walsh, a doctor, and writer Penn Adams have five sons but long for a daughter. Then their

fifth son Claude turns three and announces that he wants to be a girl. Although Rosie and Penn are unsure what to do, they support his decision and Claude becomes Poppy. But when Poppy goes out into the world, the family's journey takes unexpected and difficult turns. Written with wry humour and compassion, this is a personal story of parenting, love and understanding.

To buy these books, see Express Bookshop on page 81.

Top fives

Top five fiction

1. Out Of Bounds

by Val McDermid
(Sphere, £7.99)

2. Apple Tree Yard

by Louise Doughty
(Faber, £7.99)

3. The Moment She Left

by Susan Lewis
(Arrow, £7.99)

4. Cold Earth

by Ann Cleeves
(Pan, £7.99)

5. The Steel Kiss

by Jeffery Deaver
(Hodder, £7.99)

Top five non-fiction

1. Tom Kerridge's Dopamine

Diet by Tom Kerridge
(Absolute, £20)

2. Lean In 15

by Joe Wicks
(Bluebird, £14.99)

3. Lean In 15: The Sustain Plan

by Joe Wicks
(Bluebird, £16.99)

4. Mary Berry Everyday

by Mary Berry
(BBC, £26)

5. When Breath Becomes Air

by Paul Kalanithi
(Vintage, £8.99)

Top five children's

1. The Midnight Gang

by David Walliams
(HarperCollins Children's, £12.99)

2. Diary Of A Wimpy Kid: Double

Down by Jeff Kinney
(Puffin, £12.99)

3. Harry Potter And The

Philosopher's Stone
by JK Rowling

(Bloomsbury, £7.99)

4. Lego Batman Movie: Chaos

In Gotham City

(Egmont, £6.99)

5. Fantastic Beasts And Where

To Find Them by JK Rowling

(Little, Brown, £16.99)

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What were the secrets of the old chapel? Find out in this story by Elly Griffiths

A walk to the graveyard was always a treat. When we were first married, Jon used to make a joke of it.

"Wow, your family really know how to enjoy themselves. Graveyard in the morning, probably a funeral in the afternoon, then *Songs Of Praise* in the evening," he'd joke.

But even Jon grew to enjoy the ritual. The walk over the downs, stopping by the pond for sandwiches and tea from a flask, the turning into the lane where the trees met overhead and where – in spring – the banks would foam with glorious daffodils, then the silent church, the creaking gate and the walk through the graves.

It had been a proper village once, with farm-workers' cottages – even a small school. But the farm went out of business and the new road bypassed the village, leaving only a rutted track that was impassable in the winter. One by one, the residents left the cottages and there were no children for the school. Only the church remained, but even that was now closed. It was a silent place, and when a sheep once wandered into the graveyard from the fields, its bleating seemed shockingly loud, as if it could raise the dead.

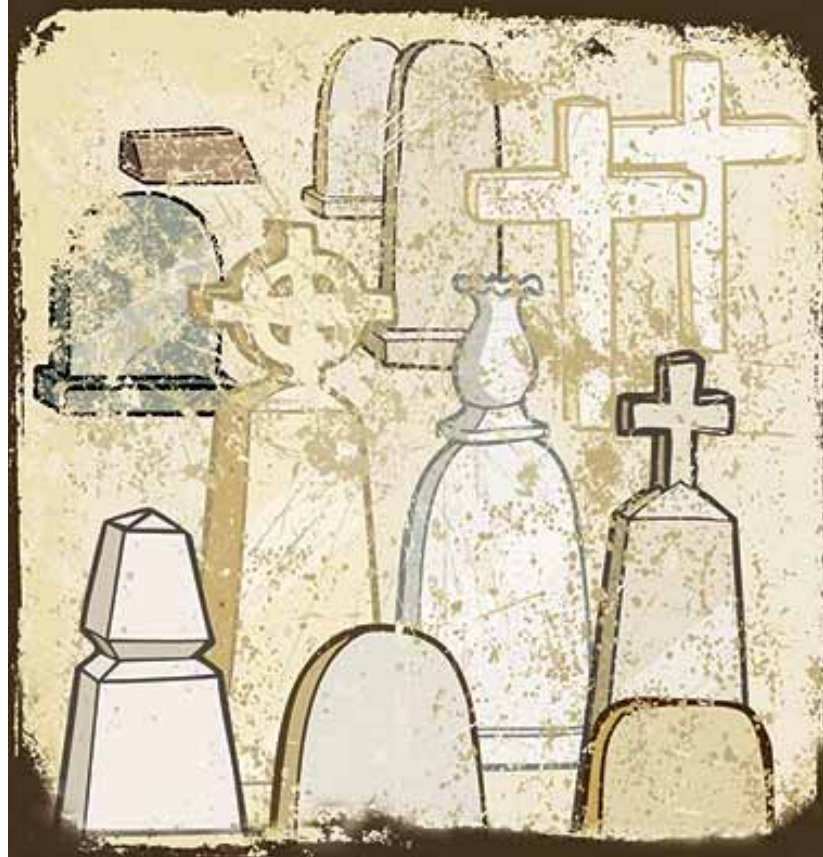
We used to say that our children, Lily and Tom, learnt to read in that graveyard, spelling out the difficult Victorian names. Thomasina, Violet, Herbert, Archibald. It was a handy maths lesson, too.

"If Elsie Maynard was born in 1852 and died in 1855, how old was she?" I'd ask.

"Three," Lily would say, and pick daisies to put on Elsie's grave.

The most impressive grave was a stone cross near the church porch.

"Sacred to the memory of the Rev Martin Amshore, vicar of the parish, 1870-1940. Also his beloved wife Verity 1875-1952," it read.



The Village Church

Martin must have been the last vicar, as the church closed in 1932.

A small white stone by the lych-gate read: "Private Thomas Amshore 1897-1915. Too dearly loved to be forgotten."

The church was always locked, but on one visit, just before Christmas 2014, we were surprised to find the door open and an elderly couple arranging holly in the porch.

"There's going to be a carol service," they told us. "It's to commemorate the First World War. We're cleaning the place up a bit."

They showed us round. The building smelt of damp, but there was still that faint "holy" aroma that I remembered from the infrequent church services of my youth: candles, incense and flowers.

Lily and Tom were 13 and 15. They hadn't wanted to come, but I'd insisted. We'd had Sunday lunch at my mum's and everyone had eaten and drunk too much.

"A brisk walk over the downs is just what we need," I said.

Jon was stuck into a football match and Mum wasn't feeling too good that day, so it was just me and the kids. They'd been bored at first, but I was glad to see that they were interested in the old church, asking questions and taking photographs on their phones.

"That's the leper window," the man was telling them. "Lepers weren't allowed inside, so they would queue by the window to be given Holy Communion."

"How old is the church?" I asked.

"Anglo-Saxon, originally," said the woman. "It was abandoned after the Reformation. They smashed all the lovely stained glass. That window up there," she pointed above the altar, "used to show the Archangel Michael with his fiery sword. The church wasn't opened again until the 19th century."

"You know a lot about the local history," I said.

"Well, I used to spend a lot of time here, dear," she told me, as she went back to her flower arranging.

On the way out I tried, rather awkwardly, to make a donation.

"No need," said the man. He had a deep voice and it echoed against the vaulted ceiling. "Just your presence is enough. Nice to see young people here, too."

Tom, who was beside me, looked embarrassed.

"God bless you," she said, turning to me. "Keep them close, dear. They're gone before you know it."

"Yes," I said brightly. "It won't be long before they're at university."

The woman smiled but didn't answer. As we walked away, I saw her standing in the porch. I waved, but she didn't respond.

When we got home, Jon said, "Maybe they were the ghosts of Martin and Verity. Didn't the woman say she used to spend a lot of time there? Well, the place has been closed since the 30s."

"They were called Margaret and Henry Sutton," I said. "I asked. They belong to the Church Preservation Society. I thought I might go along to the carol service. It's next Saturday, apparently."

But I never did get to go. That night, Mum had a heart attack in her sleep and died. The ramifications of selling the house went on until spring and, when we drove away for the last time, I had no real sense that my childhood had gone forever. I never went back to the silent village and the graveyard.

When Tom was doing A-level art, he printed out some of his photos of the church. They showed the empty nave and aisle, the birds' nests in the beams, a middle-aged woman, red-faced from the walk and too much lunch, two bored-looking teenagers. They also showed an elderly couple, grey-haired and slightly sad and, behind them, a tall youth in the uniform of the First World War, his face glowing in the light from a window which had once shown St Michael, the patron saint of soldiers. **S**

Elly Griffiths' new novel, The Chalk Pit (Quercus, £16.99) is published on Thursday. See Express Bookshop on page 81.

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"LOSING Rick is still a shock. He had been a part of my story for 50 years. Rick was the archetypal rock star, one

of the originals. He never lost his joy, his mischievous edge and his penchant for living life at high speed, high volume, high risk. His life was never boring and he was louder and faster and more carefree than the rest of us.

This is us in 1994, at a fund-raising gig for The Prince's Trust, and ours was without doubt the longest relationship of my life. We spent years on the road, on the stage and in the studio, rarely far from each other, honing what we did. And from the early days, we worked together to create the Quo sound, look and hits.

When myself and Alan Lancaster started the band in 1962 with fellow classmate Jess Jaworski we were called The Scorpions for about a week, then we became The Spectres when John Coghlan joined us.

We rehearsed in our manager's gas showroom in Lambeth Walk, in the basement, and because it was an old building it vibrated so much that all the cookers ended up in the middle of the room and we had to push them all back against the walls before we left.

I met Rick, who was in a band called The Highlights, a couple of years later. We were performing at a so-called rock'n'roll ballroom and

I remember seeing him stood in the middle of the floor with this attitude and stance.

He told me subsequently that he was looking at us and thinking, 'That's what I want to do.' Anyway, we became friends and eventually Alan Lancaster and our manager said they were thinking of asking Rick to join 'because the band needs a voice'. Since I was the singer I was like, 'Hello?' – but to be fair I never had much of a voice, more a monotone.

By 1967 we'd renamed ourselves Status Quo and the following year *Pictures Of Matchstick Men* made the top 10. And I'll admit that success made me a mouthy big head. Plus, you think you've won when success comes, but that's when the work starts because you have to sustain it.

But I loved being in a band and there have been many highlights, like landing our first record contract – which meant we could put 'recording artists' on posters and charge more for admission – and hearing our first hit on the radio.

Live Aid in 1985 was, of course, a milestone. It's funny because no one wanted to go on first but we didn't care, not realising that there'd be so much media in front of the stage that footage of us opening the show went all around the world.

Low points? We got put in prison in Austria for a couple of days after a security scuffle went pear-shaped and Alan Lancaster hit a police officer. Rick learning that his daughter Heidi had drowned [at the age of two] was really upsetting and he went through all

sorts of torment. And I was a heavy drinker, which then led me to cocaine, but I've been clean for something like 29 years now.

Rick and I never really argued, apart from maybe one big shouting match in Munich. I think I threw a towel at him and he threw it back – it was vicious. We were a team,

a double act, a partnership and yet also two very different people handling the pressures of growing older, constant touring, dealing with success. We didn't have rows, we'd just go quiet." **S**

Status Quo The Vinyl Collection 1981-1996 is out on Friday.



REX FEATURES / GETTY IMAGES

My favourite photograph by guitarist Francis Rossi

Rocker Francis, 67, reflects on the loss of his Status Quo bandmate Rick Parfitt and how their 50-year friendship survived the highs and lows Words by Simon Button

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What to watch

SUNDAY EXPRESS

New drama, adventure and music – **John Marrs** reveals the best on the box

Programme of the week

SS-GB

Tonight, 9pm, BBC1

The reimagining of America under Nazi and Japanese control following the Second World War has proved a successful concept for a show over on Amazon Prime, with *The Man In The High Castle* in its second season. Now the BBC is following suit with *SS-GB*, a five-part series that begins tonight. Sam Riley and Kate Bosworth star in the drama set in 1941's London when the country is under German SS control after losing the Battle of Britain. But as you might expect, there's much resistance against the Nazis' rule.



Billions

Tuesday, 9pm, Sky Atlantic

Last year's first series of *Billions* was one of Sky Atlantic's most watched shows ever. Series two begins this week, with Damian Lewis playing hedge fund billionaire Bobby Axelrod, still in a bitter war with government attorney Chuck Rhoades (Paul Giamatti) and now ready to sue.

The Brit Awards 2017

Wednesday, 7.30pm, ITV

The biggest event in the British music calendar comes from London's O2 Arena, with Dermot O'Leary and Emma Willis hosting. Robbie Williams, Emeli Sandé, Little Mix, Ed Sheeran and Bruno Mars will all be performing, but who will be walking away with a trophy?

Schofield's South African Adventure

Friday, 8pm, ITV
When Phillip Schofield told viewers of *This Morning* that he'd like to swim with sharks, little did he know how keen producers would be to make that happen. Now this and other items on his bucket list have been ticked thanks to this trip of a lifetime to South Africa.

Soap watch

Mike Ward tunes in and catches up on the latest in the wonderful world of soapland

Coronation Street

Leanne goes into labour tomorrow – in a broken-down lift, of all places, with her sister Toyah. It seems it's time for them to put aside their differences. Elsewhere, Sarah bans Bethany from seeing Nathan again and Liam gets to visit his jailbird mum Maria.



pub and Denise gets flustered when the social worker visits.

Emmerdale

Aaron has no idea of the surprise awaiting him when he walks into the Woolpack. The place is all decked out for him and Robert

to tie the knot (above). What could go wrong? Elsewhere, Priya and Rakesh secretly reunite.

Hollyoaks

Zack is happy to be Leela's knight in shining armour tomorrow, coming to her rescue as she's hounded by reporters at Cameron's sentencing.

Neighbours

Toadie vows to spend more quality time with Sonya this week, but Dee soon scuppers their plan. Meanwhile, Paige prepares to tell Jack her baby is his, while Leo and David appear to make a breakthrough in the hunt for their dad.

Home And Away

Decker's life hangs in the balance tomorrow after he's rushed into hospital with gunshot wounds.

Doctors

Lena's outraged husband forces her to choose between him and Emma this week. Meanwhile, Al gets shocking news about his father.

EastEnders

Still reeling from Lee's actions, Whitney is shocked to discover that she's also homeless. Meanwhile, environmental health pop in to see Mick again to check on the state of the

BBC 1



Countryfile, 7pm

6.00 Breakfast (S) (W) (HD) **7.50** MOTD: FA Cup Highlights (rpt) (S) (W) (HD) **9.00** The Andrew Marr Show (S) (W) (HD) **10.00** The Big Questions (S) (W) (HD) **11.00** Bargain Hunt (rpt) (S) (W) (HD) **12.00** BBC News, (S) Weather (W) (HD) **12.15** FILM: Shrek Forever After (2010) Animated comedy, with the voice of Mike Myers. (S) (W) (HD) **1.40** Match Of The Day Live: The FA Cup. Fulham v Tottenham Hotspur (Kick-off 2.00pm). (S) (W) (HD) **4.05** Escape To The Country (rpt) (S) (W) (HD) **4.50** Lifeline (S) (W) **5.00** Songs Of Praise (S) (W) **5.35** BBC News (S) (W) **5.50** Local News, (S) Weather (W)

6.00 THE BIG PAINTING CHALLENGE (2/6) Mariella Frostrup and Rev Richard Coles take the contestants on a trip to Hastings to sharpen their landscape painting skills by capturing the pier and the shoreline on canvas. A panel made of local residents choose their favourite painting, before the judges announce who will be leaving the show. (S) (W) (HD)

7.00 COUNTRYFILE Ellie Harrison helps with the annual clean-up at Cheddar Gorge, abseiling down the cliffs to check for dangerous loose rocks and helping volunteers to clear back the undergrowth. Including Weather For The Week Ahead. (S) (W)

8.00 CALL THE MIDWIFE (5/8) A distant cousin of Fred's who has Down's Syndrome is taken in by the Buckles following the death of his protective mother, but Violet struggles to cope with his needs. (S) (W)

9.00 NEW SERIES SS-GB (1/5) Drama set in an alternate history of the Second World War where Britain is under German occupation. Two Scotland Yard detectives investigate the murder of a scientist.

10.00 BBC NEWS Latest headlines. (S) (W) (HD)

10.20 LOCAL NEWS, WEATHER Regional bulletin. (W)

10.30 MOTD: FA CUP HIGHLIGHTS Action from the fifth round of matches, featuring Blackburn Rovers v Manchester United at Ewood Park and Fulham v Tottenham Hotspur at Craven Cottage. (S) (W)

11.10 AMERICAN HIGH SCHOOL (2/6) A revelation about the captain of the basketball team's personal life threatens his future. Vernon tries to persuade his mother to watch him perform with the cheerleaders.

11.55 THE CELEBRITY APPRENTICE USA The celebrities must write, produce and direct a silent video to promote a product. (S) (W) (HD) Followed by Weather For The Week Ahead. (S) (W)

1.25 BBC News. Latest national and international news. (S) (W)

BBC 2



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6.30 Big Dreams Small Spaces (rpt) (S) (W) (HD) **7.30** An Island Parish: Anguilla (rpt) (S) (W) (HD) **8.00** Around The World In 80 Gardens (rpt) (S) (W) (HD) **9.00** Countryfile Winter Special (rpt) (S) (W) (HD) **10.00** Saturday Kitchen Best Bites (S) (W) **11.30** Nigel Slater's Dish Of The Day (rpt) (S) (W) (HD) **12.00** Nigelissima (rpt) (S) (W) (HD) **12.30** A Cook Abroad: Rick Stein's Australia (rpt) (S) (W) (HD) **1.30** Omar Sharif: Talking Pictures (rpt) (S) (W) **2.00** FILM: Funny Lady (1975) Musical comedy sequel, starring Barbra Streisand. (S) (W) (HD) **4.15** Birds Of Paradise: The Ultimate Quest (rpt) (S) (W) (HD) **5.15** Ski Sunday (S) (W) (HD)

6.00 FILM OZ THE GREAT AND POWERFUL (2013) An amoral circus illusionist is transported to a magical land, where he is mistaken for a powerful wizard prophesied to fall from the sky and save the realm from evil. His attempt to take advantage of the situation leads him into a dangerous quest involving three powerful witches. Fantasy adventure prequel to The Wizard Of Oz, starring James Franco, Mila Kunis and Michelle Williams. (S)

8.00 DRAGONS' DEN (15/16) Deborah Meaden, Peter Jones, Touker Suleyman, Sarah Willingham and Nick Jenkins assess the profit-making potential of a self-igniting wood-burning stove, a new kind of dating app, a range of authentic ethnic snacks and a fitness company for children. Presented by Evan Davis. (S)

9.00 SPECIAL FORCES – ULTIMATE HELL WEEK (4/6) Reggie Yates brings the contestants to South Korea to train under an officer from the country's Underwater Demolition Team. They face a series of gruelling challenges, including dragging truck tyres up hills and facing the unusual exercise known as the Thinking Man Position. (S) (W) (HD)

10.00 FILM BEING AP (2015) Premiere. Documentary about jockey AP McCoy, who has been crowned champion jockey 19 years running, following him as he weighs up his desire to score a record-breaking number of victories with the pressure to retire from horse racing. (S) (W) (HD)

11.40 FILM DEFIANCE (2008) Three Jewish brothers escape into the forests during the Nazi invasion of Poland and form a resistance movement. Second World War drama, starring Daniel Craig, Liev Schreiber and Jamie Bell. (S) (W) (HD)

1.45 Sign Zone: Question Time (rpt) (SL) (S) (W) **2.45** Sign Zone: Holby City (rpt) (SL) (S) (W) **3.45** This Is BBC Two (S) (W)

ITV



Lion Country: Night And Day, 8pm

6.00 CITV: The Aquabats! Super Show! (rpt) (W) **6.20** Dino Dan: Trek's Adventures (rpt) (SL) (W) **6.30** Dino Dan: Trek's Adventures (rpt) (SL) (W) **6.45** Sooty (rpt) (SL) (W) **6.55** Signed Stories (rpt) (SL) (W) **7.00** Oddbods (rpt) (W) **7.05** Thunderbirds Are Go (rpt) (W) **7.30** Scrambled! (W) **7.35** Mr Bean: The Animated Series (rpt) (W) **7.50** Ultimate Spider-Man (W) **8.20** Horrid Henry (rpt) (W) **8.45** Teen Titans Go! (rpt) (W) **9.05** Adventure Time (rpt) (W) **9.25** ITV News (W) **9.30** Countrywise: Guide To Britain (rpt) (W) (HD) **10.00** Peston On Sunday (W) (HD) **10.55** Gino's Italian Escape: Hidden Italy (rpt) (W) (HD) **11.25** Chopping Block (rpt) (W) (HD) **12.30** ITV News, Weather (W) **12.45** FILM: Carry On Jack (1963) Comedy, with Bernard Cribbins. (W) (HD) **2.25** All Star Family Fortunes (rpt) (W) (HD) **3.10** Ninja Warrior UK (rpt) (W) (HD) **4.15** The Voice UK (rpt) (W) (HD) **5.30** Tipping Point (rpt) (W) (HD)

6.30 LOCAL NEWS, WEATHER Regional bulletin. (W)

6.40 ITV NEWS, WEATHER Latest headlines. (W)

7.00 TAKE ME OUT CELEBRITY SPECIAL Paddy McGuinness presents a special edition of the dating show, with TOWIE's James 'Arg' Argent, presenter Melvin Odom and Olympic gymnast Nile Wilson entering the "love lift" in the hope of impressing 30 single women returning from previous series and persuading them to keep their lights on as a sign of approval. (W) (HD)

8.00 LION COUNTRY: NIGHT AND DAY (3/3) With the rains due, it seems lion cubs Prince and Ziggy may finally have a chance of surviving this perilous season. Against all odds they seem to have finally been accepted into the pride and won the approval of the dominant males – but a jealous lioness intends to get rid of them. (W) (HD)

9.00 THE GOOD KARMA HOSPITAL (3/6) An abandoned baby is brought to the hospital and Lydia is reunited with an expat artist, whose unusual lifestyle may be about to catch up with him. (W)

10.00 ITV NEWS, WEATHER Latest headlines. (W)

10.20 PESTON ON SUNDAY Political magazine, presented by Robert Peston. (rpt) (W) (HD)

11.15 PREMIERSHIP RUGBY UNION Action from the 15th round of fixtures, which included Gloucester v Saracens, Bath v Harlequins and Newcastle Falcons v Northampton Saints. (W) (HD)

12.15 Jackpot247 **3.00** Chopping Block (rpt) (SL) **3.50** ITV Nightscreen (W) **5.05** The Jeremy Kyle Show (rpt) (SL) (W)

● (1/3) Episode Number (W) Widescreen (rpt) Repeat (S) Subtitles (AD) Audio Description (SL) Sign Language (HD) High Definition

REGIONAL VARIATIONS

BBC1 SCOTLAND As BBC1 except: **11.10** Sportscene **12.10** American High School **12.55** The Celebrity Apprentice USA **2.20** Weather For The Week Ahead **2.25-6.00** BBC News. Headlines.
BBC2 WALES As BBC2 except: **12.00** A Cook Abroad: Rick Stein's Australia **1.00** Live Snooker: The Welsh Open **4.30** Birds of Paradise: The Ultimate Quest **5.30** Ski Sunday **6.15** Scrum V Sunday **7.00** Live Snooker: The Welsh Open. Presented by Ian Hunt. **10.00** Dragons' Den **11.00** Special Forces – Ultimate Hell Week **12.00** SAS: Rogue Warriors **1.00-1.45** QI XL. Quiz show.
BBC2 SCOTLAND As BBC2 except: **4.15-5.15** River City **6.00** Sportscene **7.00-8.00** The Adventure Show. With Dougie Vipond.

BBC2 NORTHERN IRELAND As BBC2 except: **10.00** A Special Relationship **10.30** Film: Being AP (2015) (12) **12.10** Horizon: Clean Eating – The Dirty Truth **1.10-1.45** BBC News. Headlines.
ITV ANGLIA As ITV except: **12.44-12.45** Local Weather **6.30-6.40** Local News. Latest headlines and sport. **10.19-10.20** Local Weather
ITV YORKSHIRE As ITV except: **12.44-12.45** Local Weather. Latest forecast. **6.30-6.40** Local News **10.19-10.20** Local Weather
ITV TYNE TEES As ITV except: **12.44-12.45** Local Weather. Latest forecast. **6.30-6.40** Local News **10.19-10.20** Local Weather
ITV GRANADA As ITV except: **12.44-12.45** Local Weather. Latest forecast. **6.30-6.40** Local News **10.19-10.20** Local Weather
ITV WALES As ITV WEST except: **10.55-11.25** Newsweek Wales

12.44-12.45 Local Weather **6.30-6.40** Local News. Latest headlines and sport. **10.19-10.20** Local Weather. Latest regional forecast.
ITV BORDER As ITV except: **1.34-2.25** Local Weather **6.30-6.40** Local News. Latest headlines and sport. **10.19-10.20** Local Weather
S4C 6.00 Cyw **8.50** Penblwyddi Cyw. Children's birthday greetings, with a chance for viewers to see their pictures on television. **8.55** Pen-Blwydd Pwy? **9.00** Clwb Rygbi **11.20** Dal Ati: Dal Ati: Bore Da **12.20** Dal Ati: Dal Ati **1.20** Rownd a Rownd **1.50** Rownd a Rownd **2.15** Wil ac Aeron: Taith yr Alban **2.45** Rygbi Pawb **3.45** Sgorio **6.25** Ralfio+ **6.55** Newyddion S4C a'r Tŷwydd **7.00** Dechrau Canu Dechrau Canmol **7.30** Pryd o Sêr **8.30** Arfordir Cymru **9.00** Byw Celwydd **10.00** Clwb2 **10.45-11.50** Julian Lewis Jones yn Awstralia

CHANNEL 4



The Karate Kid, 5pm

- 6.15** The King Of Queens (rpt) **6.40** The King Of Queens (rpt) **7.10** Everybody Loves Raymond (rpt) **7.35** Everybody Loves Raymond (rpt) **8.00** Everybody Loves Raymond (rpt) **8.30** Frasier (rpt) **9.00** Frasier (rpt) **9.30** Sunday Brunch (HD) **12.30** George Clarke's Amazing Spaces (rpt) (HD) **1.35** The Simpsons (rpt) **2.05** The Simpsons (rpt) **2.35** FILM: Addams Family Values (1993) Spooky couple Gomez and Morticia hire a nanny to look after their new baby son – and stop him suffering an early death at the hands of his jealous elder siblings. Romance soon blossoms between the new childminder and Uncle Fester, but he does not realise she is planning to kill him once she has got hold of the family fortune. Comedy sequel, starring Anjelica Huston, Raul Julia, Christopher Lloyd, Christina Ricci and Joan Cusack. (W) (HD) **4.30** Channel 4 News **5.00** FILM: The Karate Kid (2010) An American youngster goes to live in China with his mother, where he becomes an outsider and falls foul of the local bullies. He receives help from the kindly school caretaker, who turns out to be a kung fu master and offers to train the boy to defend himself. Martial arts drama, starring Jaden Smith and Jackie Chan. (W)
- 7.30** **THE JUMP** The remaining celebrity contestants compete in the skeleton event, which requires them to ride down a twisted track on a heavy metal sled with their faces millimetres from the ice. The losers in each race will then have to face the jump to decide who will be the next to leave the series. (HD)
- 9.00** **FILM** **X-MEN: DAYS OF FUTURE PAST** (2014) Premiere. In a future ravaged by war, the superhero team makes a desperate last stand against a force of deadly robots. Their only hope is to send Wolverine back in time to the 1970s, to join forces with an earlier version of the X-Men and change the events that started the conflict. Superhero adventure sequel, starring Hugh Jackman, Jennifer Lawrence and Michael Fassbender. (W)
- 11.40** **FILM** **LAWLESS** (2012) Three brothers run an underground bootlegging operation in Depression-era Virginia. However, as their criminal activities become increasingly successful, a corrupt deputy sheriff demands a cut of the profits, forcing them to fight to defend their livelihood. Crime drama, starring Shia LaBeouf, Tom Hardy, Jason Clarke, Gary Oldman and Guy Pearce. (W) (HD)
- 1.40** The Last Leg (rpt) (HD) **2.35** Phil: Secret Agent Down Under (rpt) (SL) (HD) **3.30** Phil: Secret Agent Down Under (rpt) (HD) **4.25** Kirstie's Fill Your House For Free (rpt) (HD) **4.40** Four In A Bed (rpt) (HD) **5.10** Fifteen To One (rpt)

CHANNEL 5



National Lampoon's Vacation, 4.35pm

- 6.00** Milkshake! Peppa Pig (rpt) **6.05** Peppa Pig (rpt) **6.10** Milkshake! Monkey (rpt) (HD) **6.15** Milkshake! Bop Box (rpt) **6.20** Paw Patrol (rpt) (HD) **6.30** Bob The Builder (rpt) (HD) **6.40** Fireman Sam (rpt) (HD) **6.55** Rupert Bear (rpt) **7.05** Olly The Little White Van (rpt) (HD) **7.10** Wanda And The Alien (rpt) (HD) **7.20** Angelina Ballerina (rpt) **7.35** Little Princess (rpt) **7.50** Paw Patrol (rpt) (HD) **8.10** Blaze And The Monster Machines (rpt) (HD) **8.35** Noddy: Toyland Detective (rpt) (HD) **8.50** Ben And Holly's Little Kingdom (rpt) **9.05** Shimmer And Shine (HD) **9.35** Peppa Pig (rpt) **9.45** Peppa Pig (rpt) **9.50** Ben And Holly's Little Kingdom (rpt) **10.00** Teenage Mutant Ninja Turtles (rpt) (HD) **10.35** Football On 5: The Championship (rpt) (HD) **11.30** Football On 5: Goal Rush (rpt) (HD) **12.00** Inside Windsor Castle (rpt) (HD) **12.55** Secrets Of The National Trust With Alan Titchmarsh (rpt) (HD) **1.55** FILM: Seabiscuit (2003) Fact-based horse racing drama, with Tobey Maguire. (W) **4.30** 5 News Weekend **4.35** FILM: National Lampoon's Vacation (1983) Comedy, starring Chevy Chase. (W)
- 6.25** **FILM** **NATIONAL LAMPOON'S EUROPEAN VACATION** (1985) The disaster-prone Griswolds win a holiday touring Europe on a gameshow – and proceed to cause mayhem wherever they go. Comedy sequel, with Chevy Chase and Beverly D'Angelo. Edited for language and sexual content. Includes 5 News Update at 7.25pm.
- 8.10** **THAT'S SO 1985** (1/8) A look at events in 1985 using news, pop and TV archive clips to provide a reminder of the time, including the Live Aid concerts prompted by the famine in Ethiopia. (rpt)
- 9.00** **THE FREDDIE MERCURY STORY: WHO WANTS TO LIVE FOREVER?** Documentary made to mark the 25th anniversary of the Queen frontman's death, which explores two of the most important years in his life, from the band's iconic performance at the Live Aid concert in 1985 to his diagnosis with Aids in 1987. (rpt) (HD)
- 11.05** **20 MOMENTS THAT ROCKED THE 80S** Cherie Lunghi presents a countdown of memorable moments from the 1980s, including royal weddings, political scandals, sporting triumphs and the rise to fame of iconic entertainers. (rpt) (HD)
- 12.35** Lip Sync Battle (rpt) (HD) **1.00** SuperCasino. Live gaming. **3.10** Bargain-Loving Brits In The Sun (rpt) (HD) **4.00** World's Most Pampered Pets (rpt) (SL) (HD) **4.50** House Doctor (rpt) (SL) **5.15** Nick's Quest (rpt) (SL) **5.40** Angels Of Jarm (rpt) (SL) **5.50** Roary The Racing Car (rpt) (SL)

SUNDAY 19 FEBRUARY 2017

- ITV2 6.10am** Emmerdale **8.45** Coronation Street **11.40** The Voice UK **1.00pm** 2Awesome: 2Awesome **1.05** 2Awesome: 2Awesome: Guidance **1.40** 2Awesome: 2Awesome: Fame High **1.55** 2Awesome: 2Awesome: Third Wheel **2.25** 2Awesome: 2Awesome: LA Story **2.45** You've Been Framed! Gold **3.10** Film: The Haunted Mansion (2003,PG) **4.55** Film: The Smurfs 2 (2013,U) **7.00** Film: Jack and Jill (2011,PG) **9.00** Ibiza Weekender **10.00** Family Guy **11.30** American Dad! **12.25am** The Cleveland Show **1.25** Ibiza Weekender **2.15** Teleshopping **ITV3 6.30am** Wycliffe **7.20** Murder, She Wrote **8.30** Heartbeat **10.40** Film: Carry On Follow That Camel (1967,PG) **12.40pm** Film: Hidden Treasure (2001) **2.45** Wycliffe **3.50** Agatha Christie's Marple **6.00** Midsomer Murders **8.00** The Royal Variety Performance 2016 **10.35** Birds of a Feather **11.10** Film: Steptoe and Son Ride Again (1973,PG) Comedy. **1.15** Inspector Morse **ITV4 6.55am** The Professionals **7.50** The Saint **8.55** Hogan's Heroes **10.25** Shed and Buried **11.30** The Car Chasers **12.00noon** Pawn Stars **2.20** Film: The Cimarron Kid (1952,U) **4.10** Film: Rio Bravo (1959,PG) **7.00** The Chase: Celebrity Special **8.00** Premiership Rugby Union Highlights **9.05** Film: Memphis Belle (1990,PG) **11.15** Film: The Road (2009,15) **1.25** Lawrence D'Agallio: Sports Life Stories **2.25** Hogan's Heroes. Comedy. **BBC FOUR 7.00pm** Sound of Song **8.00** Life of a Mountain: A Year on Blencathra **9.00** Tom Waits: Tales from a Cracked Jukebox **10.00** The Cult Next Door **11.00** Film: Phoenix (2014,12) **12.35am** Nelson's Caribbean Hell-Hole: An Eighteenth Century Navy Graveyard Uncovered **1.35** Order and Disorder with Jim Al-Khalili **2.35** Life of a Mountain: A Year on Blencathra **SKY 1 7.00am** Futurama **9.00** Supergirl **10.00** The Flash **11.00** WWE Raw Hlts **12.00noon** Futurama **1.30** Modern Family **5.00** The Simpsons **5.30** The Big Spell **6.30** The Simpsons **8.00** Freddie Down Under **9.00** Hawaii Five-0 **10.00** NCIS: Los Angeles **11.00** MacGyver **12.00midnight** The Force: Essex **1.00** Air Ambulance **ER 2.00** Arrow **2.50** Police Force: Australia **SKY ATLANTIC 6.00am** The West Wing **7.00** The West Wing Special **8.00** The West Wing **11.00** Without a Trace **4.00pm** Blue Bloods **9.00** Fortitude **10.00** Film: A History of Violence (2005,18) **11.55** True Detective **1.10am** The Wire **2.25** Looking **4.10** Storm City **SKY CINEMA PREMIERE 6.00am** Anything For Love (2016,PG) **7.35** The Landlord (2015,15) **9.10** The Meddler (2015,12) **11.00** Bad Neighbours 2 (2016,15) **12.40pm** Miracles From Heaven (2016,12) **2.35** Fathers and Daughters (2015,15) **4.35** Anything For Love (2016,PG) **6.10** The Meddler (2015,12) **8.00** Fathers and Daughters (2015,15) Drama. **10.00** Bad Neighbours 2 (2016,15) **11.40** Miracles From Heaven (2016,12) **1.35am** Hacked (2013,18) **3.00** Up for Love (2016,12) **FILM4 11.00am** Destr (1954,PG) **1.00pm** Endless Love (2014,12) **3.05** Carry On Teacher (1959,U) **4.50** Never Been Kissed (1999,12) **6.55** Tooth Fairy (2010,PG) Family comedy. **9.00** Faster (2010,15) **10.55** The Fourth Kind (2009,15) **1.00am** Amour (2012,12) **CBS ACTION 6.00am** Teleshopping **8.30** Tomorrow's World **9.00** Star Trek: Deep Space Nine **12.00noon** Film: Dr Quinn, Medicine Woman: The Heart Within (2001,PG) **2.00** The High Chaparral **4.00** Dr Quinn: Medicine Woman **6.00** Film: Angel and the Badman (2009,PG) **8.00** Matlock **9.00** NCIS: Los Angeles **1.55am** Hack **3.50** The High Chaparral. Western series. **CBS REALITY 6.00am** Teleshopping **7.30** Tomorrow's World **8.00** The Key of David **8.30** The Lord's Challenge **9.00** Judge Judy **5.00pm** Neighbours at War **7.00** Hoarders: Family Secrets **8.00** Hoarders **9.00** Encounters with Evil **10.00** Killer Cops **11.00** Pretty Bad Girls **1.00am** Encounters with Evil **2.00** Killer Cops **SKY SPORTS 1 6.00am** Live One-Day International Cricket. New Zealand v South Africa. **9.00** The Sunday Supplement **10.30** Goals on Sunday **12.30pm** Live SPFL Football. Kilmarnock v Aberdeen (Kick-off 1.00pm). **3.00** Live SPFL Football. Dundee v Rangers (Kick-off 3.15pm). **5.30** Live World Pool Masters. The semi-finals and final from Gibraltar. **9.30** Goals on Sunday **10.30** Football's Greatest Players **11.00** Premier League 100 Club **12.00midnight** World Pool Masters

● All programme details are correct at time of going to press

5STAR

- 6.00am** Teleshopping **8.00** Access **8.10** Dance Moms **8.55** 8 Simple Rules **10.25** My Wife and Kids **4.00pm** Can't Pay? We'll Take It Away **8.00** On Benefits: Life on the Dole **9.00** The Great British Benefits Handout **10.00** Emerald City. Dorothy comes across a wounded soldier strung up like a scarecrow. **11.00** Don't Tell the Doctor **12.00midnight** Sex Pod **1.00** Baby Faced Brides **2.00** American Horror Story: Murder House **3.10** Top 20 Funniest **3.50** Access. Showbiz news and gossip. **4.00-6.00** Teleshopping

5USA

- 6.00am** Teleshopping **9.00** Person of Interest **9.45** Castle **10.40** CSI: NY **12.35pm** Film: Columbo: Lady in Waiting (1971) (PG) Crime drama. **2.15** Film: Columbo: Uneasy Lies the Crown (1990) (PG) Crime drama. **4.20** Film: Columbo: A Stitch in Crime (1973) (PG) Detective drama. **6.00** NCIS: Los Angeles **8.00** NCIS **9.00** CSI: Crime Scene Investigation **10.00** CSI: Crime Scene Investigation **11.00** Law & Order: Special Victims Unit **12.00midnight** Law & Order: Special Victims Unit **4.00-6.00** Teleshopping

BBC 1



Match Of The Day Live: The FA Cup, 7.30pm

6.00 Breakfast (S) (W) (HD) **9.15** Britain's Home Truths (S) (W) (HD) **10.00** Homes Under The Hammer (rpt) (HD) **11.00** Wanted Down Under Revisited (HD) **11.45** Oxford Street Revealed (rpt) (HD) **12.15** Bargain Hunt (S) (W) (HD) **1.00** BBC News At One, (S) Weather (W) (HD) **1.30** Local News, (S) Weather (W) **1.45** Doctors (S) (W) (HD) **2.15** The Coroner (rpt) (S) (W) (HD) **3.00** Escape To The Country (rpt) (S) (W) (HD) **3.45** The Farmers' Country Showdown (S) (W) (HD) **4.30** Flog It! (S) (W) (HD) **5.15** Pointless (rpt) (S) (W) (HD)

6.00 BBC NEWS AT SIX, WEATHER (W) (HD)

6.30 LOCAL NEWS, WEATHER Regional bulletin. (W)

7.00 THE ONE SHOW Live chat and topical reports. (S)

7.30 MATCH OF THE DAY LIVE: THE FA CUP Sutton United v Arsenal (Kick-off 7.55pm). Coverage of the fifth-round fixture, which takes place at the Borough Sports Ground, as the non-league side look to cause a huge upset against the 12-time winners of the competition. Sutton have already defeated three Football League teams to reach this stage, with their scalp of Championship high-flyers Leeds United in round four causing the biggest stir. Arsene Wenger will be wary of taking tonight's opponents lightly and may go against his usual cup policy of bleeding the young players, with the artificial turf at the Borough Sports Ground adding an extra layer of unpredictability to the contest. (S) (W) (HD)

10.00 BBC NEWS AT TEN, WEATHER (S) (W) (HD)

10.30 LOCAL NEWS, WEATHER Regional bulletin. (W)

10.45 HAVE I GOT A BIT MORE OLD NEWS FOR YOU (9/11) Pointless co-host Alexander Armstrong takes over the reins for an extended edition of the satirical current affairs quiz from December 2015, with MP Alex Salmond and comedian Sara Pascoe joining regular team captains Ian Hislop and Paul Merton to poke fun at the week's events. (rpt) (HD)

11.30 THE GRAHAM NORTON SHOW (18/20)

The host chats to Tom Hiddleston, who is currently starring in new movie Kong: Skull Island. Actress Ruth Wilson discusses her role in the National Theatre's production of Hedda Gabler, while Ricky Gervais offers a few laughs and talks about his latest stand-up tour. Daniel Radcliffe and Joshua McGuire also appear. (rpt) (S) (W) (HD) Followed by Weather For The Week Ahead. (S) (W) (HD)

12.20 BBC News. Catch up with the latest headlines. (W) (HD)

● (1/3) Episode Number (W) Widescreen (rpt) Repeat (S) Subtitles (AD) Audio Description (SL) Sign Language (HD) High Definition

BBC 2



University Challenge, 8pm

6.00 My Life In Books (rpt) (S) (W) **6.30** Wanted Down Under Revisited (rpt) (S) (W) (HD) **7.15** The Farmers' Country Showdown (rpt) (S) (W) (HD) **8.00** Sign Zone: The Great Interior Design Challenge (rpt) (SL) (S) (W) **9.00** Victoria Derbyshire (S) (W) (HD) **11.00** BBC Newsroom Live (S) (W) (HD) **12.00** Daily Politics (S) (W) (HD) **1.00** Cash In The Attic (rpt) (S) (W) **1.25** Beat The Brain (rpt) (S) (W) (HD) **1.55** Landward (S) (W) (HD) **2.25** Mountain (rpt) (S) (W) (HD) **3.25** The Blue Planet (rpt) (S) (W) **4.25** A Place To Call Home (S) (W) (HD) **5.15** Antiques Road Trip (rpt) (S) (W) (HD)

6.00 EGGHEADS (116/140) Quiz hosted by Jeremy Vine, in which the winners of famous gameshows work as a team to tackle a new set of challengers. (rpt) (HD)

6.30 GREAT CONTINENTAL RAILWAY JOURNEYS (1/10) Part one of two. Michael Portillo travels through the Balkans to Istanbul along part of the route taken by the Orient Express, beginning in the Bulgarian capital of Sofia. (S) (W) (HD)

7.00 THE HAIRY BIKERS' CHICKEN AND EGG (3/6) Dave and Si cook chicken tagine with preserved lemons and olives in Morocco, and experience the full extent of Spanish and Moorish influences on Moroccan cuisine. (rpt) (S) (W) (HD)

8.00 UNIVERSITY CHALLENGE (30/37) Jeremy Paxman hosts another quarter-final. (HD)

8.30 AN ISLAND PARISH: ANGUILLA (8/8) Bishop Brooks visits Antigua as part of his diocese's 175th anniversary celebrations. (S) (W) (HD)

9.00 SAS: ROGUE WARRIORS (3/3) Ben Macintyre concludes his history of the unit's early years, revealing how the SAS left the desert for Europe and a darker and far more complex theatre of war. (HD)

10.00 CRADLE TO GRAVE (2/8) Continuing the 1970s-set sitcom based on the early life of radio DJ, journalist and writer Danny Baker. Things are looking up for the future broadcaster when he has a few lessons in biology – both at school and in the bedroom. Starring Peter Kay and Lucy Speed, with Laurie Kynaston as the young Danny. (rpt) (S) (HD)

10.30 NEWSNIGHT, WEATHER (S) (W) (HD)

11.15 HOSPITAL (6/6) Surgeons are forced to use unconventional methods to finish operations. (rpt)

12.15 Sign Zone: Countryfile Winter Special (rpt) (SL) (S) (W) **1.10** Sign Zone: Who Do You Think You Are? (rpt) **2.10** Sign Zone: Royal Recipes (rpt) **2.55** This Is BBC Two (W) (HD)

ITV



Coronation Street, 7.30pm & 8.30pm

6.00 Good Morning Britain (HD) **8.30** Lorraine (HD) **9.25** The Jeremy Kyle Show (W) (HD) **10.30** This Morning (W) (HD) **12.30** Loose Women (W) (HD) **1.30** ITV News, Weather (W) **1.55** Local News, Weather (W) **2.00** Judge Rinder (W) (HD) **3.00** James Martin's French Adventure (W) (HD) **3.59** Local Weather (W) **4.00** Tipping Point (W) (HD) **5.00** The Chase (W) (HD)

6.00 LOCAL NEWS, WEATHER Regional bulletin. (W)

6.30 ITV NEWS, WEATHER Latest headlines. (W)

7.00 EMMERDALE Robert arranges a surprise wedding in the Woolpack with the help of the rest of the village, but getting Aaron to the pub on time proves harder than expected until Cain steps in. (W) (HD)

7.30 CORONATION STREET Toyah rails at Leanne for her jibe about her not being a mum, plus Peter persuades Ken to lend him money for a consultation at a private fertility clinic. (W) (HD)

8.00 THE MARTIN LEWIS MONEY SHOW (11/11) The financial journalist and Saira Khan offer advice for first-time buyers and those who need help saving for their pensions, as well as tips on ISAs. (W) (HD)

8.30 CORONATION STREET Leanne goes into labour in the Victoria Court lift, while Sarah bans Bethany from seeing Nathan again. (W) (HD)

9.00 THE HALCYON The hotel celebrates its 50 year anniversary, but Lucian struggles to keep things in order as pressure mounts and Adil attempts to corner Toby and bring him back from the edge of doing something terrible. Garland and Lady Hamilton find a cause to unite over, while Emma is still confused about the men in her life and finally comes to a decision after talking to Betsey about love during wartime. The tension between Joe and Freddie is palpable: will it spill over? Last in the series. (W) (HD)

10.00 ITV NEWS, WEATHER Latest headlines. (W)

10.30 LOCAL NEWS, WEATHER Regional bulletin. (W)

10.40 THROUGH THE KEYHOLE (7/8) Keith Lemon hosts the gameshow in which panellists David Haye, Samia Longchambon and Dave Berry are challenged to identify the homes of the rich and famous. (rpt)

11.40 THE CHASE Bradley Walsh presents as four contestants answer general knowledge questions and work as a team to take on the Chaser. (rpt) (HD)

12.35 Jackpot247. Live interactive gaming. (W) **3.00** The Jeremy Kyle Show (rpt) (SL) (W) (HD) **3.55** ITV Nightscreen (W) (HD) **5.05** The Jeremy Kyle Show (rpt) (SL) (W) (HD)

REGIONAL VARIATIONS

BBC1 WALES As BBC1 except: **10.40** Gareth Wyn Jones – Milk Man **11.10** Have I Got a Bit More Old News for You **11.55** The Graham Norton Show **12.40** Weather **12.45-6.00** BBC News **BBC1 NORTHERN IRELAND** As BBC1 except: **6.55-7.00** Party Election Broadcast **10.40** True North: Kick Me **11.20** Have I Got a Bit More Old News for You **12.05** The Graham Norton Show. The host chats to The Night Manager and Thor star Tom Hiddleston, who is currently starring in new movie Kong: Skull Island. **12.50-6.00** BBC News. Catch up with the latest headlines. **BBC2 WALES** As BBC2 except: **1.25** Beat the Brain. Quiz show. **1.55-2.25** Beat the Brain **3.25-4.25** Italy Unpacked

BBC2 NORTHERN IRELAND As BBC2 except: **5.15** Bargain Hunt **5.55-6.00** Party Election Broadcast **10.00-10.30** Múinteoirí **ITV WALES** As ITV WEST except: **3.59-4.00** Local Weather **6.00-6.30** ITV News **10.40** Sharp End **11.10-11.40** The Harbour **S4C** **7.00** Cyw: Twm Tisian **7.05** Cyw: Ysbyty Cyw Bach **7.20** Cyw: Blero yn Mynd i Ocido **7.30** Cyw: Jen a Jim Pob Dim **7.45** Cyw: Sam Tân **8.00** Cyw: Igam Ogam **8.10** Cyw: Mwnci'n Dweud Mwnci'n Gwneud **8.20** Cyw: Boj **8.30** Cyw: Llan-ar-goll-en **8.45** Cyw: Dwylo'r Enfys **9.00** Cyw: Tili a'i Ffrindiau **9.15** Cyw: Y Diwrnod Mawr **9.30** Cyw: Cwprwdd Cadi **9.40** Cyw: Bla Bla Blewog **9.55** Cyw: Popi'r Gath **10.05** Cyw: Oli Dan y Don **10.15** Cyw: Cwm Teg **10.20** Cyw: Y Brodyr Coala **10.35** Cyw: Holi

Hana **10.45** Cyw: Marcaroni **11.00** Cyw: Twm Tisian **11.05** Cyw: Ysbyty Cyw Bach **11.20** Cyw: Blero yn Mynd i Ocido **11.30** Cyw: Jen a Jim Pob Dim **11.45** Cyw: Sam Tân **12.00** Cyw: Igam Ogam **12.10** Cyw: Mwnci'n Dweud Mwnci'n Gwneud **12.20** Cyw: Boj **12.30** Cyw: Llan-ar-goll-en **12.45** Cyw: Dwylo'r Enfys **1.00** Newyddion S4C a'r Tywydd **1.05** Heno **2.00** Prynhawn Da **2.55** Newyddion S4C a'r Tywydd **3.00** Ward Plant **3.30** Arfordir Cymru: Bae Ceredigion **4.00** Awr Fawr **5.00** Stwnsh: Dewi a'r Ditectifs Gwyllt **5.10** Stwnsh: Dreigiau: Gwarchodwyr Berc **5.30** Stwnsh: Fi yw'r Bos **6.00** Pobol y Cwm **6.25** Newyddion S4C a'r Tywydd **6.30** Sgorio **7.00** Heno **8.00** Pobol y Cwm **8.25** Cefn Gwlad **9.00** Newyddion 9 a'r Tywydd **9.30** Ffermio **10.00-12.15** Rygbi

CHANNEL 4



The Trouble With Dad, 9pm

- 6.00** Countdown (HD) **6.45** The King Of Queens (rpt) **7.10** The King Of Queens (rpt) **7.35** The King Of Queens **8.00** Everybody Loves Raymond (rpt) **8.35** Everybody Loves Raymond (rpt) **9.05** Frasier (rpt) **9.35** Frasier (rpt) **10.05** Undercover Boss USA (rpt) (HD) **11.05** Ramsay's Kitchen Nightmares USA (rpt) **12.00** News (HD) **12.05** A New Life In The Sun (rpt) (HD) **1.05** Find It, Fix It, Flog It (rpt) (HD) **2.10** Countdown (HD) **3.00** Fifteen To One (HD) **4.00** A Place In The Sun: Winter Sun (HD) **5.00** Come Dine With Me (rpt) (HD)
- 6.00** **THE SIMPSONS** Lisa enters a singing competition on the Krusty the Clown Show, but Homer's competitive streak threatens to ruin her efforts. (rpt)
- 6.30** **HOLLYOAKS** Problems arise between Ste and Harry, prompting Ste to turn to John Paul. Joel sets up a fundraiser, but is floored when faced with Shane.
- 7.00** **CHANNEL 4 NEWS** Latest headlines. (HD)
- 8.00** **SUPERMARKETS: BREXIT & YOUR SHRINKING SHOP – CHANNEL 4 DISPATCHES** Harry Wallop reveals which of the nation's favourite brands have been affected by Brexit and looks at how the imposition of European import taxes could affect the cost of shopping. (HD)
- 8.30** **FOOD UNWRAPPED** Another selection of the team's favourite investigations, including Kate Quilton learning how a special enzyme contained in pineapples is being used to treat burns victims. (HD)
- 9.00** **THE TROUBLE WITH DAD** Cutting Edge show charting David Baddiel and his brother Ivor's efforts in caring for their father, who has a rare form of dementia stripping him of all his inhibitions. (HD)
- 10.00** **JON RICHARDSON: HOW TO SURVIVE THE END OF THE WORLD** The comedian is sent on a mission by his wife – fellow comedian and worrier Lucy Beaumont – to investigate the things they most fear will result in their deaths. (HD)
- 11.05** **8 OUT OF 10 CATS DOES COUNTDOWN** Jimmy Carr hosts the comedy panel show's version of the words-and-numbers quiz, as Jon Richardson and Michelle Wolf take on guest captain Jonathan Ross with Johnny Vegas. Three-man comedy act Pappy's joins resident lexicographer Susie Dent in Dictionary Corner. (rpt) (HD)
- 12.10** Parenting For Idiots (rpt) (HD) **1.05** Girls To Men (rpt) (HD) **2.00** The Wedding Day (rpt) (HD) **2.55** Phil: Secret Agent Down Under (rpt) (SL) (HD) **4.45** Four In A Bed (rpt) (HD)

● All programme details are correct at time of going to press

5STAR

6.00am Teleshopping **8.00** 8 Simple Rules **8.20** Dance Moms **9.10** Dance Moms **10.05** 8 Simple Rules **10.35** 8 Simple Rules **11.00** 100 Per Cent Hotter **12.00noon** Can't Pay? We'll Take It Away **1.00** Dance Moms **2.00** Can't Pay? We'll Take It Away **3.00** Neighbours **3.30** Home and Away **4.00** 8 Simple Rules **5.00** My Wife and Kids **6.00** Neighbours **6.30** Home and Away **7.00** Dance Moms **8.00** Can't Pay? We'll Take It Away **9.00** Film: Dirty Dancing (1987) (12) **11.05** Film: Taxi (2004) (12) **1.10am** Teen Wolf

CHANNEL 5



Neighbours, 1.45pm & 5.30pm

- 6.00** Milkshake! Pip Ahoy! (rpt) (HD) **6.10** Lily's Driftwood Bay (rpt) (HD) **6.20** Little Princess (rpt) **6.30** Paw Patrol (rpt) (HD) **6.45** Bob The Builder (rpt) (HD) **6.55** Fireman Sam (rpt) (HD) **7.05** Thomas & Friends (rpt) **7.20** Monkey (rpt) (HD) **7.25** Shimmer And Shine (HD) **7.35** Noddy: Toyland Detective (rpt) (HD) **7.50** Paw Patrol (rpt) **8.05** Ben And Holly's Little Kingdom (rpt) **8.15** Digby Dragon (HD) **8.30** Peppa Pig (rpt) **8.40** Peppa Pig (rpt) **8.50** Whisper (rpt) (HD) **9.00** Toot The Tiny Tugboat (rpt) (HD) **9.15** The Wright Stuff (HD) **11.15** GPs: Behind Closed Doors (rpt) (HD) **12.10** 5 News Lunchtime (HD) **12.15** The Nightmare Neighbour Next Door (rpt) (HD) **1.15** Home And Away (HD) **1.45** Neighbours (HD) **2.15** NCIS (rpt) (HD) **3.15** FILM: Lifetime Of Lies (2016) Mystery, starring Shenae Grimes-Beech. (HD) **5.00** 5 News (HD) **5.30** Neighbours (rpt)
- 6.00** **HOME AND AWAY** Decker is rushed to hospital with multiple gunshot wounds, but before losing consciousness, he mumbles something to Mason about a USB stick that fell out of his pocket. (rpt)
- 6.30** **5 NEWS TONIGHT** Latest headlines. (HD)
- 7.00** **THE CARS THAT MADE BRITAIN GREAT** (2/8) Celebrities share stories of being on the open road for the first time, including Matthew Wright, who recalls how his second-hand Austin 1300 broke down on the morning of purchase. (rpt) (HD) Followed by 5 News Update. (HD)
- 8.00** **STORM SURGE: WINTER ROAD RESCUE** (2/4) An RAC patrolman battles a blizzard to get to a woman whose car has broken down and coastguards have their work cut out as a red alert is issued for a huge tidal surge in Lowestoft. (HD) Followed by 5 News Update. (HD)
- 9.00** **THE RAILWAYS THAT BUILT BRITAIN WITH CHRIS TARRANT** (2/3) The broadcaster examines the role of the railways during the two world wars, keeping vital supply lines open and transporting troops to and from the front. (HD)
- 10.00** **TV'S 50 GREATEST MAGIC TRICKS** TV illusionists have been sawing ladies in half, catching bullets between their teeth, reading minds and performing feats of escapology for decades. Channel 5 counts down the best, including the astonishing set-pieces of Penn & Teller. (rpt) (HD)
- 12.45** Criminals: Caught On Camera (rpt) (HD) **1.15** SuperCasino **3.10** Inside Windsor Castle (rpt) (HD) **4.00** Tattoo Disasters UK (rpt) (HD) **4.25** Tattoo Disasters UK (rpt)

5USA

6.00am Teleshopping **9.00** Access **9.10** Longmire **10.00** Law & Order **11.00** Law & Order **12.00noon** CSI: Miami **1.00** NCIS **2.00** Castle **3.00** Longmire **4.00** Law & Order **5.00** Law & Order **6.00** CSI: Miami. A wealthy businessman is killed. **7.00** NCIS **8.00** NCIS. Part one of two. **9.00** NCIS **10.00** Law & Order: Special Victims Unit **11.00** Law & Order: Special Victims Unit **12.00midnight** Law & Order: Special Victims Unit **1.00** CSI: Miami **2.00** CSI: Miami **3.00** Chicago PD **4.00-6.00** Teleshopping

MONDAY 20 FEBRUARY 2017

ITV2 7.15am The Ellen DeGeneres Show **8.00** Emmerdale **8.30** Coronation Street **9.30** Ninja Warrior UK **11.30** Take Me Out Celebrity Special **12.30pm** Emmerdale **1.00** Coronation Street **2.00** The Ellen DeGeneres Show **2.50** The Jeremy Kyle Show **5.00** Judge Rinder **6.00** You've Been Framed! Gold **8.00** Two and a Half Men **9.00** Family Guy **9.30** The Great Indoors **10.00** American Dad! **11.00** Family Guy **11.55** The Cleveland Show **12.50am** Two and a Half Men **1.20** The Great Indoors **ITV3 7.25am** Where the Heart Is **8.25** The Royal **9.25** Judge Judy **10.50** Inspector Morse **1.05pm** Heartbeat **2.05** The Royal **3.10** Where the Heart Is **4.15** In Loving Memory **4.50** Rising Damp **5.20** On the Buses **5.55** Heartbeat **7.00** Murder, She Wrote **8.00** Doc Martin **9.00** Inspector Morse **11.15** Prime Suspect 3 **1.30am** The Knock **ITV4 7.45am** Hogan's Heroes **8.45** The Professionals **9.50** Ironside **10.55** Gunsmoke **12.00noon** Storage Wars: Texas **12.55** Pawn Stars **1.55** Hogan's Heroes **2.55** Ironside **4.00** The Professionals **5.00** The Saint **6.05** Storage Wars: Texas **7.00** Pawn Stars **8.00** Parking Wars **9.00** Film: Eraser (1996,15) **11.20** Bundesliga Football Highlights **12.20am** Premiership Rugby Union **BBC FOUR 7.00pm** 100 Days **7.00** Weather **7.30** Reel History of Britain **8.00** The Big Painting Challenge **9.00** Film: Life, Animated: Storyville (2016,PG) **10.25** Order and Disorder with Jim Al-Khalili **11.25** Oceans **12.25am** The Mystery of Murder: A Horizon Guide **1.25** Tom Waits: Tales from a Cracked Jukebox **SKY 1 6.00am** Hawaii Five-0 **8.00** Monkey Life **9.00** Police Force: Australia **10.00** Nothing to Declare **11.00** A Town Called Eureka **12.00noon** NCIS: Los Angeles **1.00** Hawaii Five-0 **3.00** NCIS: Los Angeles **4.00** Futurama **4.30** Modern Family **5.30** Futurama **6.30** The Simpsons **8.00** Film: Star Wars: Episode I – The Phantom Menace (1999,U) **10.45** The Blacklist **11.45** The Force: Manchester **12.45am** Most Daring **1.45** Brit Cops: War on Crime **SKY ATLANTIC 7.00am** Urban Secrets **8.00** The West Wing **10.00** House **11.00** Without a Trace **1.00pm** Blue Bloods **2.00** The Petrol Age **3.00** The West Wing **5.00** House **6.00** Without a Trace **8.00** Blue Bloods **9.00** Alan Partridge's Mid Morning Matters **10.00** Girls **10.35** Last Week Tonight with John Oliver **11.10** Real Time with Bill Maher **12.20am** The Kettering Incident **2.40** Girls **SKY CINEMA PREMIERE 6.00am** The Meddler (2015,12) **8.00** Fathers and Daughters (2015,15) **10.10** Miracles From Heaven (2016,12) **12.10pm** Anything For Love (2016,PG) **1.50** The Top Ten Show 2017 **2.10** Bad Neighbours 2 (2016,15) **4.00** The Meddler (2015,12) **6.00** Fathers and Daughters (2015,15) **8.00** Bad Neighbours 2 (2016,15) **9.45** The Top Ten Show 2017 **10.00** The Goob (2014,18) **11.30** Hacked (2013,18) **12.55am** Miracles From Heaven (2016,12) **FILM4 11.00am** Cattle Empire (1958,U) **12.40pm** Vertigo (1958,PG) **3.15** Four Guns to the Border (1954,U) **4.55** Hell Below Zero (1954,U) **6.45** Percy Jackson & the Lightning Thief (2010,PG) **9.00** Fast & Furious 6 (2013,12) **11.35** Devil's Knot (2013,15) **1.50am** The Dilemma (2011,12) **CBS ACTION 6.00am** Teleshopping **9.00** NCIS **11.00** The Twilight Zone **12.00noon** Gunsmoke **1.00** Bonanza **2.00** NCIS **3.00** NCIS: Los Angeles **4.00** Mission: Impossible **5.00** JAG **6.00** NCIS **7.00** MacGyver **8.00** Walker, Texas Ranger **9.00** NCIS **11.00** Mission: Impossible **12.00midnight** NCIS **2.40** Bonanza **CBS REALITY 6.00am** Teleshopping **9.00** Judge Judy **9.55** Hoarders: Family Secrets **10.50** Urban Legends **11.45** 48 Hours: Mystery **12.40pm** Judge Judy **3.10** Hoarders: Family Secrets **4.05** Urban Legends **5.05** Judge Judy **7.00** Medical Detectives **8.00** Unsolved Mysteries **9.00** 48 Hours: Mystery **10.00** Wives with Knives **11.00** Medical Detectives **12.00midnight** Evil Twins **SKY SPORTS 1 7.00am** WWE **8.00** Goals on Sunday **9.00** Premier League 100 Club **10.00** Football's Greatest Teams **11.00** Premier League Years **1.00pm** Premier League 100 Club **2.00** Premier League Legends **3.00** One2Eleven **4.00** Premier League 100 Club **5.00** Premier League Legends **6.00** One2Eleven **6.30** Soccer AM **7.00** Football Gold **7.30** Live EFL **10.15** Premier League World **10.45** Scottish Football **11.00** Soccer AM **11.30** Football Gold **12.00midnight** Premier League Legends

BBC 1



EastEnders, 7.30pm

6.00 Breakfast (S) (W) (HD) **9.15** Britain's Home Truths (S) (W) (HD) **10.00** Homes Under The Hammer (HD) **11.00** Wanted Down Under Revisited (HD) **11.45** Oxford Street Revealed (rpt) (HD) **12.15** Bargain Hunt (rpt) (HD) **1.00** BBC News At One, (S) Weather (W) (HD) **1.30** Local News, (S) Weather (W) **1.45** Doctors (S) (W) (HD) **2.15** The Coroner (rpt) (S) (W) (HD) **3.00** Escape To The Country (rpt) (S) (W) (HD) **3.45** The Farmers' Country Showdown (S) (W) (HD) **4.30** Flog It! (rpt) (S) (W) (HD) **5.15** Pointless (rpt) (S) (W) (HD)

6.00 **BBC NEWS AT SIX, WEATHER** (W) (HD)
6.30 **LOCAL NEWS, WEATHER** Regional bulletin. (W)
7.00 **THE ONE SHOW** Another mix of nationwide reports and live studio-based chat, hosted by Matt Baker and Michelle Ackley. (S) (W) (HD)
7.30 **EASTENDERS** A visit from the social worker leads to an argument between Denise and Kim, Mick realises the problems with the Vic are worse than he first thought and an excited Ben and Jay move into their new home. (HD) Followed by BBC News. (HD)
8.00 **HOLBY CITY** (20/52) Isaac's dark side comes to the surface as his relationship with Dominic reaches breaking point when he suspects he may have spent a night with another man. Serena's mentoring of Jasmine gives Morven cause for concern and as Hector is taken ill, Mo and Mr T start to reassess their work-life balance. (S) (W) (HD)
9.00 **DIY SOS: THE BIG BUILD** When Terry Guest had a brain injury, he was left with severe disabilities and the only care available for him was an old people's dementia care home, where he remained for several years. Presented by Nick Knowles. (W)
10.00 **BBC NEWS AT TEN, WEATHER** (S) (W) (HD)
10.30 **LOCAL NEWS, WEATHER** Regional bulletin. (W) Followed by National Lottery Update. (S) (W)
10.45 **IMAGINE – SHE SPOKE THE UNSPEAKABLE** Egyptian author Nawal El Saadawi relives her life, addressing some of the world's biggest challenges in a surprising and personal way. (S) (W) (HD)
11.45 **WHO DO YOU THINK YOU ARE?** (8/10) Warwick Davis starts his research with his paternal grandmother Edith, who led to his big break at the age of 11 when she heard an advert looking for cast members for a new film. (rpt) (S) (W) (HD) Followed by Weather For The Week Ahead. (S) (W) (HD)

12.50 BBC News. Catch up with the latest headlines. (W) (HD)

● (1/3) Episode Number (W) Widescreen (rpt) Repeat (S) Subtitles (AD) Audio Description (SL) Sign Language (HD) High Definition

BBC 2



Inside No 9, 10pm

6.00 My Life In Books (rpt) **6.30** Wanted Down Under Revisited (rpt) (HD) **7.15** The Farmers' Country Showdown (rpt) (HD) **8.00** Sign Zone: Great British Menu (rpt) (SL) (S) (W) **9.00** Victoria Derbyshire (S) (W) (HD) **11.00** BBC Newsroom Live (S) (W) (HD) **12.00** Daily Politics (S) (W) (HD) **1.00** Countryfile (rpt) (S) (W) (HD) **1.10** The Super League Show **1.55** Landward (S) (W) (HD) **2.25** Mountain (rpt) (S) (W) (HD) **3.25** The Blue Planet (rpt) (S) (W) **4.25** A Place To Call Home (S) (W) (HD) **5.15** Antiques Road Trip (rpt) (S) (W) (HD)

6.00 **EGGHEADS** (117/140) Quiz hosted by Jeremy Vine, in which the winners of famous gameshows work as a team to tackle a new set of challengers. (rpt) (HD)
6.30 **GREAT CONTINENTAL RAILWAY JOURNEYS** (2/10) Part two of two. Arriving in Istanbul, Michael Portillo orients himself with a boat trip on the Bosphorus, a much fought over stretch of water, and crosses from Europe to Asia. (W) (HD)
7.00 **THE HAIRY BIKERS' CHICKEN AND EGG** (4/6) Si King and Dave Myers examine the origins of southern fried chicken, one of the world's favourite fast foods, and in Texas they cook up their biker buffalo wings. (rpt) (S) (W) (HD)
8.00 **FURTHER BACK IN TIME FOR DINNER** (5/6) The Robshaws enter the 1940s and experience a decade dominated by war and entirely fuelled by rations, including powdered egg, nettles on toast and imitation brawn. (S) (W) (HD)
9.00 **THE DRUG TRIAL: EMERGENCY AT THE HOSPITAL** In 2006, eight healthy men took part in a drug trial that went wrong. This drama-documentary tells the story of one of the most infamous medical emergencies in history. (W) (HD)
10.00 **INSIDE NO 9** (2/6) An argument about a restaurant bill spirals out of control. (S) (W) (HD)
10.30 **NEWSNIGHT, WEATHER** (S) (W) (HD)
11.15 **SPECIAL FORCES – ULTIMATE HELL WEEK** Reggie Yates brings the contestants to South Korea to train under an officer from the Underwater Demolition Team. The recruits face a series of challenges, including dragging truck tyres up hills, carrying boats on their heads and facing the unusual exercise known as the Thinking Man Position. (rpt)

12.15 SAS: Rogue Warriors (rpt) (S) (W) (HD) **1.15** Sign Zone: Our Dancing Town (rpt) (SL) (S) (W) **2.15** Sign Zone: Royal Recipes (rpt) (SL) (S) (W) **3.00** This Is BBC Two (S) (HD)

ITV



Emmerdale, 7pm

6.00 Good Morning Britain (W) (HD) **8.30** Lorraine (W) (HD) **9.25** The Jeremy Kyle Show (W) (HD) **10.30** This Morning (W) (HD) **12.30** Loose Women (W) (HD) **1.30** ITV News, Weather (W) **1.55** Local News, Weather (W) **2.00** Judge Rinder (W) (HD) **3.00** James Martin's French Adventure (W) (HD) **3.59** Local Weather (W) **4.00** Tipping Point (W) (HD) **5.00** The Chase (W) (HD)

6.00 **LOCAL NEWS, WEATHER** Regional bulletin. (W)
6.30 **ITV NEWS, WEATHER** Latest headlines. (W)
7.00 **EMMERDALE** Debbie stills wants to go with Sarah when she goes overseas for treatment, Laurel confides in Will on the anniversary of Daniel's death and Paddy discusses his love life with Marlon. (HD)
7.30 **NEW SERIES** **BRITAIN'S BUSIEST MOTORWAY** (1/6) Documentary, charting the work of the men and women who toil behind the scenes to keep the M25 running, including maintenance workers Jack and Jamie. (W) (HD)
8.00 **TALES FROM THE COAST WITH ROBSON GREEN** (4/4) The actor's tour of the UK's coastal landscape concludes as he visits Essex and Suffolk, beginning with the salt marshes of the Blackwater Estuary, where he tries to run the route of the Maldon Mud Race. At Clacton-on-Sea, Robson reunites a group of Mods and Rockers, who previously made headlines via a dramatic clash on the resort town's beach in 1964. (W) (HD)
9.00 **SECRET LIFE OF DOGS** Martin Clunes details why the fact that dogs share more than 99 per cent of their DNA with grey wolves might explain why they make such loyal family pets. Last in the series. (HD)
10.00 **ITV NEWS, WEATHER** Latest headlines. (W)
10.30 **LOCAL NEWS, WEATHER** Regional bulletin. (W)
10.40 **TAKE ME OUT CELEBRITY SPECIAL** James 'Arg' Argent, Melvin Odoom and Nile Wilson try to impress 30 single women and win a date – but must get the female participants to keep their lights on as a sign of approval. (rpt) (W) (HD)
11.40 **FILM** **CARRY ON HENRY** (1971) Henry VIII needs an excuse to rid himself of his new French wife, so tries to make it look like she is having an affair. Comedy, starring Sid James, Joan Sims, Kenneth Williams and Charles Hawtrey. (W)

1.15 Jackpot247. Live interactive gaming. (W) **3.00** Loose Women (rpt) (W) (HD) **3.50** ITV Nightscreen (W) (HD) **5.05** The Jeremy Kyle Show (rpt) (SL) (W) (HD)

REGIONAL VARIATIONS

BBC1 SCOTLAND As BBC1 except: **8.00-9.00** River City
BBC1 NORTHERN IRELAND As BBC1 except: **6.55-7.00** Party Election Broadcast **10.40** Spotlight **11.10** Imagine – She Spoke the Unspeakable **12.10** Who Do You Think You Are? **1.10** BBC News
BBC2 WALES As BBC2 except: **1.55-2.25** Beat the Brain. Popular quiz show. **3.25-4.25** Italy Unpacked. Andrew Graham-Dixon and Giorgio Locatelli conclude their trip up the east coast by visiting the Veneto region, beginning their journey by harvesting clams that Giorgio uses in a pasta dish.
BBC2 NORTHERN IRELAND As BBC2 except: **5.15** Bargain Hunt. Two teams search for bargains that will generate a profit

at Peterborough antiques fair with the help of experts Catherine Southon and Thomas Plant. Plus, presenter Tim Wonnacott discovers something that would please many a horse-lover. **5.55** Party Election Broadcast **11.15** True North: Kick Me **11.55** Cradle to Grave **12.25** QI XL **1.10** Wild on Water – Coastal Guardians **S4C 7.00** Cyw: Pingu **7.05** Cyw: Octonots **7.15** Cyw: Càn yr Octonots **7.20** Cyw: Guto Gwningen **7.30** Cyw: Deian a Loli **7.45** Cyw: Nodi **8.00** Cyw: Stiù **8.10** Cyw: Dip Dap **8.15** Cyw: Cymylauychain **8.30** Cyw: Chwedlau Tinga Tinga **8.40** Cyw: Peppa **8.45** Cyw: Meic y Marchog **9.00** Cyw: Falmair' Fuwch **9.10** Cyw: Hafod Haul **9.25** Cyw: Tomos a'i Ffrindiau **9.35** Cyw: Abadas **9.45** Cyw: Y Dywysoges Fach **10.00** Cyw: Y Teulu Mawr **10.10** Cyw:

Heulwen a Llew **10.20** Cyw: ABC **10.35** Cyw: Bobi Jac **10.45** Cyw: Pentre Bach **11.00** Cyw: Pingu **11.05** Cyw: Octonots **11.15** Cyw: Càn yr Octonots **11.20** Cyw: Guto Gwningen **11.30** Cyw: Deian a Loli **11.45** Cyw: Nodi **12.00** Cyw: Stiù **12.10** Cyw: Dip Dap **12.15** Cyw: Cymylauychain **12.30** Cyw: Chwedlau Tinga Tinga **12.40** Cyw: Peppa **12.45** Cyw: Meic y Marchog **1.00** Newyddion S4C a'r Tywydd **1.05** Heno **2.00** Prynhawn Da **2.55** Newyddion S4C a'r Tywydd **3.00** Loriau Mansel Davies a'i Fab **3.30** Y Salon **4.00** Awr Fawr **5.00** Stwnsh: Sgorio **5.25** Stwnsh: Tag **6.00** Pobol y Cwm **6.25** Newyddion S4C a'r Tywydd **6.30** Llys Nini **7.00** Heno **7.30** Rownd a Rownd **8.00** Pobol y Cwm **8.25** Ward Plant **9.00** Newyddion 9 a'r Tywydd **9.30** Y Byd ar Bedwar **10.00** Noson Lawen **11.00** Clwb2

CHANNEL 4



UK's Best Place To Live, 8pm

6.00 Countdown (rpt) (HD) **6.45** The King Of Queens (rpt) **7.10** The King Of Queens (rpt) **7.35** The King Of Queens (rpt) **8.00** Everybody Loves Raymond (rpt) **8.35** Everybody Loves Raymond (rpt) **9.05** Frasier (rpt) **9.35** Frasier (rpt) **10.05** Undercover Boss USA (rpt) (HD) **11.00** Ramsay's Kitchen Nightmares USA (rpt) **12.00** News (HD) **12.05** A New Life In The Sun (rpt) (HD) **1.05** Find It, Fix It, Flog It (rpt) (HD) **2.10** Countdown (HD) **3.00** Fifteen To One (HD) **4.00** A Place In The Sun (HD) **5.00** Come Dine With Me (rpt) (HD)

6.00 THE SIMPSONS Homer fears the end of the world is imminent and urges the people of Springfield to join him in preparing to meet their maker – but his dire predictions prove wildly inaccurate. (rpt)

6.30 HOLLYOAKS Tegan and Courtney are confused by an angry outburst from Leela and think there is more to it, while John Paul and Ste reconnect. (HD)

7.00 CHANNEL 4 NEWS Latest headlines. (HD)

8.00 UK'S BEST PLACE TO LIVE Sarah Beeny reveals the United Kingdom's most desirable place to live. With the help of analysis of key factors, she travels around the UK looking for good affordable housing, best job prospects, reasonable child care, quality of family life and of social life. At the end of the show she reveals which location scores best. (HD)

9.00 24 HOURS IN A&E Cameras focus on the ups and downs of family life and how people pull together to get through them. Among the patients is Pam, 53, who is admitted to A&E after suffering a suspected heart attack. There's also a profile of ten-year-old Cora, who is rushed to St George's after being thrown from a horse into a tree. (HD)

10.00 STAYING HEALTHY: A DOCTOR'S GUIDE Dr Pixie McKenna examines the NHS's health data to reveal what made people ill in 2016, and reveals why it is not just cold and flu cases that rocket when kids return to school. (HD)

11.00 THIS IS US (12/18) Rebecca's approaching due date causes her to forget Jack's birthday, while Dr K struggles to carry on following the death of his wife. Drama, starring Mandy Moore. (HD)

12.00 Revenge Porn. What happens when someone maliciously shares intimate photos of another person without consent. (rpt) (HD) **12.55** KOTV Boxing Weekly (HD) **1.25** Gillette World Sport **1.50** Ramsay's Hotel Hell (rpt) (HD) **2.40** The Changing Room (rpt) (HD) **3.30** Shipping Wars UK (rpt) (HD) **4.10** Phil: Secret Agent Down Under (rpt) (SL) (HD)

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5STAR

6.00am Teleshopping **8.00** 8 Simple Rules **8.20** Dance Moms **9.10** Dance Moms **10.05** 8 Simple Rules **11.00** 100 Per Cent Hotter **12.00noon** Can't Pay? We'll Take It Away **1.00** Dance Moms **2.00** Can't Pay? We'll Take It Away **3.00** Neighbours **3.30** Home and Away **4.00** 8 Simple Rules **5.00** My Wife and Kids **6.00** Neighbours **6.30** Home and Away **7.00** Dance Moms **8.00** Benefits: 26 Kids and Claiming **9.00** The Magicians **10.00** Emerald City **11.00** 100 Per Cent Hotter **12.00midnight** Sex Pod **1.00** Teen Wolf

CHANNEL 5



Secrets Of The National Trust With Alan... 9pm

6.00 Milkshake! Pip Ahoy! (rpt) (HD) **6.10** Lily's Driftwood Bay (rpt) (HD) **6.20** Little Princess (rpt) **6.30** Paw Patrol (rpt) (HD) **6.45** Bob The Builder (rpt) (HD) **6.55** Fireman Sam (rpt) (HD) **7.05** Thomas (rpt) **7.20** Monkey (rpt) **7.25** Shimmer And Shine (HD) **7.35** Noddy (rpt) (HD) **7.50** Paw Patrol (rpt) (HD) **8.05** Ben And Holly's Little Kingdom (rpt) **8.15** Digby Dragon (HD) **8.30** Peppa Pig (rpt) **8.40** Peppa Pig (rpt) **8.50** Wissper (rpt) (HD) **9.00** Toot The Tiny Tugboat (rpt) (HD) **9.15** The Wright Stuff (HD) **11.15** GPs: Behind Closed Doors (rpt) (HD) **12.10** 5 News (HD) **12.15** The Nightmare Neighbour Next Door (rpt) (HD) **1.15** Home And Away (HD) **1.45** Neighbours (HD) **2.15** NCIS: Los Angeles (rpt) (HD) **3.15** FILM: The Nightmare Nanny (2013) Thriller, starring Ashley Scott. (HD) **5.00** 5 News (HD) **5.30** Neighbours (rpt) (HD)

6.00 HOME AND AWAY Justin and Kat risk their lives trying to find out if Ranae is part of the syndicate, while Brody thinks the family should run in the wake of Decker's death. (rpt) (HD)

6.30 5 NEWS TONIGHT Latest headlines. (HD)

7.00 STORM SURGE: WINTER ROAD RESCUE (2/4) An RAC patrolman battles a blizzard to get to a woman whose car has broken down and coastguards have their work cut out as a red alert is issued for a huge tidal surge in Lowestoft. (rpt) (HD)

8.00 INSIDE WINDSOR CASTLE (2/4) A look back at the series of events that shaped the monarchy between 1936 and 1952, using dramatic reconstructions and an extraordinary archive of film. (W) (HD) Followed by 5 News Update. (HD)

9.00 SECRETS OF THE NATIONAL TRUST WITH ALAN TITCHMARSH (3/6) Alan visits Attingham Hall in Shropshire to tell the story of the second Baron Berwick, the profligate 19th Century owner who squandered the family fortune. (HD)

10.00 CELEBRITY CARRY ON BARGING (2/4) On the second leg of the jaunt along the Kennet & Avon canal, Simon Callow lets his love of history steer the way to a forgotten waterway. (rpt) (HD)

11.05 I'M 20 BUT LOOK 60: EXTRAORDINARY PEOPLE Catching up with Zara, the Rotherham teenager with lipodystrophy, a rare genetic condition that causes her to look four decades older. (rpt) (HD)

12.05 The Great British Benefits Handout (rpt) **1.00** SuperCasino **3.10** GPs: Behind Closed Doors (rpt) (HD) **4.00** Tattoo Disasters UK (rpt) (HD) **4.25** Tattoo Disasters UK (rpt)

5USA

6.00am Teleshopping **9.00** Access **9.10** Longmire **10.00** Law & Order **11.00** Law & Order **12.00noon** CSI: Miami **1.00** NCIS **2.00** Castle **3.00** Longmire **4.00** Law & Order **5.00** Law & Order **6.00** CSI: Miami **7.00** NCIS **8.00** NCIS **9.00** Law & Order: Special Victims Unit **10.00** Law & Order: Special Victims Unit **11.00** Law & Order: Special Victims Unit. Munch investigates the rape and beating of a mute girl. **12.00midnight** Rookie Blue **1.00** CSI: Miami **2.00** CSI: Miami **3.00** Chicago PD **4.00-6.00** Teleshopping

TUESDAY 21 FEBRUARY 2017

ITV2 7.15am The Ellen DeGeneres Show **8.00** Emmerdale **8.30** Coronation Street **9.30** Ninja Warrior UK **11.30** Take Me Out Celebrity Special **12.30pm** Emmerdale **1.00** Coronation Street **2.00** The Ellen DeGeneres Show **2.50** The Jeremy Kyle Show **5.00** Judge Rinder **6.00** You've Been Framed! Gold **7.00** Funniest Ever You've Been Framed! Gold **8.00** Two and a Half Men **9.00** Hell's Kitchen USA **10.00** Celebrity Juice **10.50** Family Guy **11.45** American Dad! **12.45am** Two and a Half Men **ITV3 6.00am** In Loving Memory **6.25** Heartbeat **7.30** Where the Heart Is **8.30** The Royal **9.30** Judge Judy **10.50** Inspector Morse **1.05pm** Heartbeat **2.05** The Royal **3.10** Where the Heart Is **4.15** In Loving Memory **4.50** Rising Damp **5.20** On the Buses **5.55** Heartbeat **7.00** Murder, She Wrote **8.00** Midsomer Murders **10.00** Wycliffe **11.05** Prime Suspect IV **1.20am** The Knock **ITV4 6.00am** Gunsmoke **6.55** The Saint **7.50** Hogan's Heroes **8.50** The Professionals **9.50** Ironside **10.55** Gunsmoke **12.00noon** Storage Wars: Texas **12.55** Pawn Stars **1.50** Hogan's Heroes **2.55** Ironside **4.00** The Professionals **5.00** The Saint **6.05** Storage Wars: Texas **7.00** Pawn Stars **7.30** Pawn Stars **8.00** The Chase: Celebrity Special **9.00** Benidorm **10.00** Film: The Road (2009,15) **12.15am** Film: Conan the Destroyer (1984,15) **BBC FOUR 7.00pm** 100 Days **7.00** Weather **7.30** Weird Nature **8.00** Planet Earth II **9.00** South Downs: England's Mountains Green **10.00** Russia's Hooligan Army **11.00** Indian Hill Railways **12.00midnight** What a Performance! Pioneers of Popular Entertainment **SKY 1 6.00am** Hawaii Five-0 **8.00** Monkey Life **9.00** Police Force: Australia **10.00** Nothing to Declare **11.00** A Town Called Eureka **12.00noon** NCIS: Los Angeles **1.00** Hawaii Five-0 **3.00** NCIS: Los Angeles **4.00** Futurama **4.30** Modern Family **5.30** Futurama **6.30** The Simpsons **8.00** Supergirl **9.00** Ross Kemp: Libya's Migrant Hell **10.30** Hawaii Five-0 **11.30** Air Ambulance ER **12.30am** Most Daring **1.30** Brit Cops: War on Crime **SKY ATLANTIC 6.00am** Richard E Grant's Hotel Secrets **7.00** Urban Secrets **8.00** The West Wing **10.00** House **11.00** Without a Trace **1.00pm** Blue Bloods **2.00** The Petrol Age **3.00** The West Wing **5.00** House **6.00** Without a Trace **8.00** Blue Bloods **9.00** Billions **10.10** Crashing **10.45** Pete Holmes: Faces and Sounds **12.00midnight** Billions **1.10** Blue Bloods **SKY CINEMA PREMIERE 6.00am** Anything For Love (2016,PG) **7.35** Miracles From Heaven (2016,12) **9.30** Bad Neighbours 2 (2016,15) **11.10** The Meddler (2015,12) **1.00pm** Anything For Love (2016,PG) **2.35** McCanick (2013,15) **4.20** Fathers and Daughters (2015,15) **6.20** Bad Neighbours 2 (2016,15) **8.00** The Meddler (2015,12) **9.50** McCanick (2013,15) **11.30** The Goob (2014,18) **1.00am** Fathers and Daughters (2015,15) **3.00** Miracles From Heaven (2016,12) **FILM4 11.00am** The Tall T (1957,PG) **12.40pm** Mrs Pollifax – Spy (1971,PG) **2.55** The Great Sioux Uprising (1953,U) **4.35** Sands of Iwo Jima (1949,PG) **6.45** Terminal Velocity (1994,15) **9.00** GI Joe: Retaliation (2013,12) **11.10** The Girl with the Dragon Tattoo (2009,18) **2.10am** Pusher (2012,18) **CBS ACTION 6.00am** Teleshopping **9.00** NCIS **11.00** The Twilight Zone **12.00noon** Gunsmoke **1.00** Bonanza **2.00** NCIS **4.00** Mission: Impossible **5.00** JAG **6.00** NCIS **7.00** MacGyver **8.00** Walker, Texas Ranger **9.00** NCIS **11.00** Mission: Impossible **12.00midnight** NCIS **2.40** Bonanza **3.40** Walker, Texas Ranger **CBS REALITY 6.00am** Teleshopping **9.00** Judge Judy **9.55** Hoarders: Family Secrets **10.50** Urban Legends **11.50** 48 Hours: Mystery **12.43pm** Judge Judy **3.15** Hoarders: Family Secrets **4.10** Urban Legends **5.10** Judge Judy **7.00** Medical Detectives **8.00** Unsolved Mysteries **9.00** 48 Hours: Mystery **10.00** Wives with Knives **11.00** Medical Detectives **12.00midnight** Evil Twins **SKY SPORTS 1 7.00am** WWE **8.00** Premier League Legends **9.00** Football Gold **9.30** Soccer AM **10.00** Premier League Legends **11.00** Football Gold **12.00noon** Premier League 100 Club **1.00** Soccer AM **1.30** Football Gold **2.00** Premier League Legends **3.00** OneEleven **4.00** Premier League Years **6.00** Revista De La Liga **6.30** Premier League Legends **7.00** Scottish Football **7.15** Football Gold **7.30** Live ATP Tennis. **2.00am** Football Gold

BBC 1



The Real Marigold Hotel, 9pm

6.00 Breakfast (S) (W) (HD) **9.15** Britain's Home Truths (S) (W) (HD) **10.00** Homes Under The Hammer (rpt) (S) (W) (HD) **11.00** Wanted Down Under Revisited (S) (W) (HD) **11.45** Oxford Street Revealed (rpt) (S) (W) (HD) **12.15** Bargain Hunt (rpt) (S) (W) (HD) **1.00** BBC News At One, (S) Weather (W) (HD) **1.30** Local News, (S) Weather (W) **1.45** Doctors (S) (W) (HD) **2.15** The Coroner (rpt) (S) (W) (HD) **3.00** Escape To The Country (S) (W) (HD) **3.45** The Farmers' Country Showdown (S) (W) (HD) **4.30** Flog It! (S) (W) **5.15** Pointless (rpt) (HD)

6.00 **BBC NEWS AT SIX, (S) WEATHER** (W) (HD)

6.30 **LOCAL NEWS, (S) WEATHER** Regional stories.

7.00 **THE ONE SHOW** Matt Baker hosts the live magazine show, with a team of roving reporters presenting stories of interest from around the UK, plus big-name studio guests. (S) (W) (HD) Followed by BBC News, (S) Local News. (W) (HD)

8.00 **WHO DO YOU THINK YOU ARE?** (9/10) Actor Sunetra Sarker sets out to explore the Bengali heritage she ignored when she was growing up in Liverpool. Starting in Kolkata, India, she learns of her great-grandfather's courageous activism in colonial Bengal and of a family connection to Gandhi. (S) (W)

9.00 **THE REAL MARIGOLD HOTEL** (2/4) The celebrities continue to settle into life in their 16th Century mansion and are brought closer together when they celebrate Amanda Barrie's 81st birthday together. Plus, Bill Oddie opens up about how spending time in nature has helped him overcome mental-health issues. (S) (W) (HD)

10.00 **BBC NEWS AT TEN** Latest headlines. (W) (HD)

10.30 **LOCAL NEWS, (S) WEATHER** Regional stories. (W) Followed by National Lottery Update. (S) (W)

10.45 **PETER KAY'S CAR SHARE** (1/6) Sitcom about the daily commute of two supermarket employees thrown together in a company car-share scheme. Starring Peter Kay and Sian Gibson. (rpt) (S) (W)

11.15 **FILM 2017** Edith Bowman presents the programme, joined by Danny Leigh and Tim Robey to preview the Oscars and review horror film A Cure For Wellness and Patriots Day, starring Mark Wahlberg. (S) (W)

11.50 **THE BIG PAINTING CHALLENGE** (2/6) The contestants go on a trip to Hastings to sharpen their landscape painting skills. (rpt) (S) (W) (HD) Followed by Weather For The Week Ahead. (S) (W)

12.55 BBC News. Latest national and international headlines. (S)

● (1/3) Episode Number (W) Widescreen (rpt) Repeat (S) Subtitles (AD) Audio Description (SL) Sign Language (HD) High Definition

BBC 2



Great Continental Railway Journeys, 6.30pm

6.00 My Life In Books (rpt) (S) **6.30** Wanted Down Under Revisited (rpt) (S) (HD) **7.15** The Farmers' Country Showdown (rpt) **8.00** Sign Zone: The World's Most Extraordinary Homes (rpt) (W) **9.00** Victoria Derbyshire (S) (W) (HD) **11.00** BBC Newsroom Live (S) (W) (HD) **11.30** Daily Politics (S) (HD) **1.00** Lifeline (rpt) (S) **1.10** Cash In The Attic (rpt) (W) **1.35** Beat The Brain (rpt) (HD) **2.05** Landward (S) (W) **2.35** Mountain (rpt) (W) (HD) **3.30** The Blue Planet (rpt) (S) (W) **4.20** A Place To Call Home (S) (W) (HD) **5.15** Antiques Road Trip (rpt)

6.00 **EGGHEADS** Quiz, hosted by Jeremy Vine, in which the winners of famous gameshows work as a team to tackle a new set of challengers. (rpt) (S) (W) (HD)

6.30 **GREAT CONTINENTAL RAILWAY JOURNEYS** (3/10) Part one of two. In Vienna, Michael Portillo encounters a pre-Cold War spy and learns about the concert that caused a riot in 1913. (S)

7.00 **THE HAIRY BIKERS' CHICKEN AND EGG** (5/6) Dave and Si travel to Israel, where they visit the 2500-year-old remains of the world's first poultry farm, and prepare chicken shawarma kebabs, shakshuka and chicken schnitzel. (rpt) (S) (W) (HD)

8.00 **NEW SERIES THE HOUSE THAT £100K BUILT** (1/6) Journalist and curator Kieran Long and architect Piers Taylor visit Co Antrim, Northern Ireland, to follow the progress of Alistair and Karen, who are hoping that building their dream home will be the key to a mortgage-free life. (S) (W)

9.00 **NEW SERIES INCREDIBLE MEDICINE: DR WESTON'S CASEBOOK** (1/6) Gabriel Weston uncovers the workings of the human body, looking at case studies of individuals with rare conditions. She meets a seven-year-old who was born with her heart on the outside of her ribcage. (S)

10.00 **MOCK THE WEEK** (5/13) James Acaster, Rob Beckett, Ed Byrne, John Robins and Holly Walsh join host Dara O Briain for the topical comedy show. (rpt)

10.30 **NEWSNIGHT** Presented by Evan Davis. (S) (W) (HD) Followed by Weather. (S) (W) (HD)

11.15 **DRAGONS' DEN** (15/16) The panel assess the profit-making potential of a self-igniting stove, a dating app, a range of authentic ethnic snacks and a fitness company for children. (rpt) (S) (W) (HD)

12.15 Sign Zone: Trust Me, I'm A Doctor. The secrets to sticking to health resolutions. (rpt) (S) (W) **1.15** Sign Zone: Royal Recipes (rpt) (SL) (S) (W) **2.00** This Is BBC Two (S) (HD)

ITV



Coronation Street, 7pm

6.00 Good Morning Britain (W) (HD) **8.30** Lorraine (W) (HD) **9.25** The Jeremy Kyle Show (W) (HD) **10.30** This Morning. Presented by Phillip Schofield and Holly Willoughby. (W) (HD) **12.30** Loose Women (W) (HD) **1.30** ITV News, Weather (W) **1.55** Local News, Weather (W) **2.00** Judge Rinder (W) (HD) **3.00** James Martin's French Adventure. The chef visits the capital city, Paris, exploring the wholesale food market. (W) (HD) **3.59** ITV Local Weather (W) **4.00** Tipping Point. Gameshow, hosted by Ben Shephard. (W) (HD) **5.00** The Chase. Quiz show, hosted by Bradley Walsh. (W)

6.00 **LOCAL NEWS, WEATHER** Regional stories. (W)

6.30 **ITV NEWS, WEATHER** Latest headlines. (W)

7.00 **CORONATION STREET** Leanne tells Nick that she doesn't want his name on baby Oliver's birth certificate, while Michelle insists that she should visit the new arrival. At Underworld, Aidan is annoyed to find Jenny ensconced in the office. (W) (HD)

7.30 **THE BRIT AWARDS 2017** Dermot O'Leary and Emma Willis co-host the 37th edition of the British Phonographic Industry's annual pop music awards, staged at London's O2 and featuring performances by Robbie Williams, Emeli Sandé, Little Mix, Skepta, The 1975, Ed Sheeran and Bruno Mars. David Bowie receives two posthumous nominations, for British Male Solo Artist and Album of the Year, with Leonard Cohen receiving his first-ever nomination in the International Male Solo Artist category, also posthumously. (W) (HD)

10.00 **ITV NEWS, WEATHER** Latest headlines. (W)

10.30 **LOCAL NEWS, WEATHER** Regional stories. (W)

10.45 **UEFA CHAMPIONS LEAGUE HIGHLIGHTS** Action from the second batch of last-16 first-leg ties, including last night's clash between Manchester City and Monaco at the Etihad Stadium and Sevilla v Leicester City at the Ramon Sanchez Pizjuan, which took place tonight. Plus, highlights of Bayer Leverkusen v Atletico Madrid at the BayArena and FC Porto v Juventus at the Estadio do Dragao. (W)

11.55 **PETER SHILTON: SPORTS LIFE STORIES** (1/8) A profile of the former England goalkeeper, who had an illustrious career that included spells at Leicester City, Nottingham Forest and Southampton. (rpt) (W)

12.45 Jackpot247. Viewers participate in live interactive gaming. (W) **3.00** 1000 Heartbeats. Vernon Kay hosts the quiz show. (rpt) (W) (HD) **3.50** ITV Nightscreen. Information service. (W) (HD) **5.05** The Jeremy Kyle Show (rpt) (SL)

REGIONAL VARIATIONS

BBC1 WALES As BBC1 except: **6.55-7.00** Party Political Broadcast **10.40** The Wales Report **11.10** Peter Kay's Car Share **11.40** Film 2017 **12.15** The Big Painting Challenge **1.15** Weather For The Week Ahead **1.20-6.00** BBC News. Latest headlines.
BBC1 SCOTLAND As BBC1 except: **6.55-7.00** Party Political Broadcast **10.45** Holby City **11.45** Peter Kay's Car Share. Starring Peter Kay and Sian Gibson. **12.15** Film 2017 **12.50** The Big Painting Challenge **1.50** Weather For The Week Ahead **1.55** BBC News
BBC1 NORTHERN IRELAND As BBC1 except: **6.55-7.00** Party Election Broadcast **10.40** Nolan Live **11.40** Peter Kay's Car Share **12.10** Film 2017 **12.45** The Big Painting Challenge **1.45** BBC News

BBC2 WALES As BBC2 except: **1.35** Beat The Brain. Quiz, hosted by John Craven. **2.05-2.35** Beat The Brain **3.30-4.20** Flog It!
BBC2 SCOTLAND As BBC2 except: **1.10** Landward. Dougie Vipond visits a Mull. **1.40** Mountain **2.35-3.30** Politics Scotland
BBC2 NORTHERN IRELAND As BBC2 except: **5.15** Bargain Hunt **5.55-6.00** Party Election Broadcast **10.00-10.30** Spotlight **S4C 7.00** Cyw: Antur Natur Cyw **7.15** Cyw: Patrôl Pawennau **7.25** Cyw: Blero yn Mynd i Ocido **7.35** Cyw: ASRA **7.50** Cyw: Sam Tân **8.05** Cyw: Igam Ogam **8.15** Cyw: Sara a Cwac **8.25** Cyw: Boj **8.40** Cyw: Sbridiri **9.00** Cyw: Tili a'i Ffrindiau **9.15** Cyw: Bach a Mawr **9.30** Cyw: Cwprdd Cadi **9.40** Cyw: Ty Cyw **9.55** Cyw: Popi'r Gath **10.05** Cyw: Oli Dan y Don **10.15** Cyw: Wmff **10.20** Cyw: Y

Brodyr Coala **10.35** Cyw: Holi Hana **10.45** Cyw: Tecwyn y Tractor **11.00** Cyw: Antur Natur Cyw **11.15** Cyw: Patrôl Pawennau **11.25** Cyw: Blero yn Mynd i Ocido **11.35** Cyw: ASRA **11.50** Cyw: Sam Tân **12.05** Cyw: Igam Ogam **12.15** Cyw: Sara a Cwac **12.25** Cyw: Boj **12.40** Cyw: Sbridiri **1.00** Newyddion S4C a'r Tywydd **1.05** Heno **1.30** Dechrau Canu Dechrau Canmol **2.00** Prynhawn Da **2.55** Newyddion **3.00** Pryd o Sêr **4.00** Awr Fawr **5.00** Stwnsh: Pigo Dy Drwyn **5.30** Stwnsh: Angelo am Byth **5.40** Stwnsh: Fi **6.00** Pobol y Cwm **6.25** Newyddion **6.30** Wil ac Aeron: Taith yr Alban **7.00** Heno **7.30** Cymoedd Roy Noble **8.00** Pobol y Cwm **8.25** Gwaith/Cartref **9.00** Newyddion 9 a'r Tywydd **9.30** Loriau Mansel Davies a'i Fab **10.00** Rygbi Pawb **11.00-11.35** Cofio gyda Gareth Edwards

CHANNEL 4



Location, Location, Location, 8pm

6.00 Countdown (rpt) (HD) **6.45** The King Of Queens (rpt) **7.10** The King Of Queens (rpt) **7.35** The King Of Queens (rpt) **8.00** Everybody Loves Raymond (rpt) **8.35** Everybody Loves Raymond (rpt) **9.05** Frasier (rpt) **9.35** Frasier (rpt) **10.05** Undercover Boss USA (rpt) (HD) **11.00** Ramsay's Kitchen Nightmares USA (rpt) **12.00** Channel 4 News Summary (HD) **12.05** A New Life In The Sun (rpt) (HD) **1.05** Find It, Fix It, Flog It (rpt) (HD) **2.10** Countdown (HD) **3.00** Fifteen To One (HD) **4.00** A Place In The Sun: Winter Sun (HD) **5.00** Come Dine With Me. Contestants in Leicester compete. (rpt) (HD)

6.00 **THE SIMPSONS** (20/21) Ned Flanders takes in a pair of female lodgers, but their raunchy activities prompt him to consider moving away from Springfield altogether. Jason Bateman stars. (rpt)

6.30 **HOLLYOAKS** Sienna is suspicious when she sees Joel handing over a bag of cash to Shane. Meanwhile, Mac is concerned that Marnie could discover his affair and tensions are high between Diane and Tony. (HD)

7.00 **CHANNEL 4 NEWS** Latest headlines. (HD)

8.00 **LOCATION, LOCATION, LOCATION** Kirstie Allsopp and Phil Spencer revisit two couples who were previously featured on the show, including Sam and Krystle, who were keen to move from their rented flat into their own place and long-distance pair Jason and Jaye who were looking for a one-bed pad.

9.00 **NEW SERIES THE ROYAL HOUSE OF WINDSOR** (1/6) The story of the great dynasty, which began in 1917 when King George V changed the royal family's name from the German Saxe-Coburg and Gotha due to the anti-German sentiment in the British Empire during the First World War. The series uses the help of family insiders and access to the royal archives to reveal secrets behind the powerful family.

10.20 **FOUR ROOMS WITH SARAH BEENY** Dealers Celia Sawyer, Alex Proud, Pearl Lowe and Andrew Lamberty compete to purchase the public's prized possessions, including a gigantic dolls' house and a rare, signed Terry Pratchett novel. (HD)

11.25 **THE BILLION POUND HOTEL** A look inside the Burj Al Arab in Dubai, dubbed the world's most luxurious hotel, following the stories of guests who pay anything up to £10,000 a night for a suite. (rpt)

12.25 Walking The Nile (rpt) (HD) **1.20** The Secret Life Of 5 Year Olds (rpt) (HD) **2.15** FILM: Sorority Row (2009) Horror remake. (SL) (W) (HD) **3.55** Kirstie's Handmade Treasures (rpt) (HD) **4.10** Phil Spencer: Secret Agent (rpt) (SL) (HD)

● All programme details are correct at time of going to press

5STAR

6.00am Teleshopping **8.00** 8 Simple Rules **8.20** Dance Moms **9.10** Dance Moms **10.05** 8 Simple Rules **11.00** 100 Per Cent Hotter **12.00noon** Can't Pay? We'll Take It Away **1.00** Dance Moms **2.00** Dance Moms Throwback **3.00** Neighbours **3.30** Home and Away **4.00** 8 Simple Rules **5.00** My Wife and Kids **6.00** Neighbours **6.30** Home and Away **7.00** Dance Moms **7.55** Access **8.00** 100 Per Cent Hotter **9.00** Emerald City **10.00** Sex Pod **11.00** Don't Tell the Doctor **12.00midnight** Botched Up Bodies: Abroad

CHANNEL 5



Seven Pounds, 11.05pm

6.00 Milkshake! Pip Ahoy! (rpt) **6.10** Lily's Driftwood Bay (rpt) **6.20** Little Princess (rpt) **6.30** Paw Patrol (rpt) **6.45** Bob The Builder (rpt) **6.55** Fireman Sam (rpt) **7.05** Thomas & Friends (rpt) **7.20** Milkshake! Monkey (rpt) **7.25** Shimmer And Shine (HD) **7.35** Noddy: Toyland Detective (rpt) **7.50** Paw Patrol (rpt) **8.05** Ben And Holly's Little Kingdom (rpt) **8.15** Digby Dragon **8.30** Peppa Pig (rpt) **8.50** Wissper (rpt) (HD) **9.00** Toot The Tiny Tugboat (rpt) **9.15** The Wright Stuff (HD) **11.15** GPs: Behind Closed Doors (rpt) **12.10** 5 News **12.15** The Great British Benefits Handout (rpt) **1.15** Home And Away **1.45** Neighbours (W) **2.15** NCIS (rpt) **3.15** FILM: A Killer Among Us (2012) Crime thriller, with Tess Atkins. **5.00** 5 News At 5 (HD) **5.30** Neighbours (rpt)

6.00 **HOME AND AWAY** Ranae pursues Justin and an injured Kat to the caravan park, while Justin tells the others that he is going to warn the cops, but instead returns to the family home. (rpt) (HD)

6.30 **5 NEWS TONIGHT** A round-up of the evening's main headlines, including coverage of the latest national and international stories. (HD)

7.00 **A NEW LIFE IN OZ** The Boudry family decide to leave their Cornish home behind for Australia's South West, as mum Sasha wants to fulfil her dream of opening a sanctuary for animals in need. Last in the series. (HD) Followed by 5 News Update. (HD)

8.00 **GPS: BEHIND CLOSED DOORS** (20/30) A teenager with a history of depression comes to the surgery to seek advice about her medication, plus pensioner Patrick and his wife discuss their concerns about memory loss. (HD) Followed by 5 News. (HD)

9.00 **CLIMBING THE PROPERTY LADDER** (3/6) Cate and fiancée Nikki look to boost their pension pot by developing a rundown property and Andrzej renovates a small studio apartment hoping to make a big profit. **Followed by The Health Lottery draw.**

10.00 **THE BOY WITH NO FACE – 6 MONTHS ON: EXTRAORDINARY PEOPLE** An updated on the story of a 17-year-old who was born with a rare bone disorder that resulted in a tumour on his face. (HD)

11.05 **FILM SEVEN POUNDS** (2008) Premiere. Drama, starring Will Smith, Rosario Dawson, Woody Harrelson and Barry Pepper. (HD)

1.15 SuperCasino **3.10** Celebrity Carry On Barging (rpt) (HD) **4.00** Tattoo Disasters UK (rpt) (SL) (HD) **4.25** Tattoo Disasters UK (rpt) (SL) (HD) **4.45** House Doctor (rpt) (SL) **5.10** Great Artists (rpt) (SL) **5.35** Wildlife SOS (rpt) (SL)

5USA

6.00am Teleshopping **9.00** Access **9.10** Longmire **10.00** Law & Order **11.00** Law & Order **12.00noon** CSI: Miami **1.00** NCIS **2.00** Castle **3.00** Longmire **4.00** Law & Order **5.00** Law & Order **6.00** CSI: Miami **7.00** NCIS **8.00** NCIS. Vance discovers a key to a safety deposit box in his late wife's effects. **9.00** Person of Interest. New series. Reese and Finch attempt to reboot the Machine. **10.00** Law & Order: Special Victims Unit **11.00** Law & Order: Special Victims Unit **12.00midnight** Chicago Fire **1.00** CSI: Miami

WEDNESDAY 22 FEBRUARY 2017

ITV2 6.00am You've Been Framed! Gold **6.25** Funniest Ever You've Been Framed! Gold **7.15** The Ellen DeGeneres Show **8.00** Emmerdale **8.30** Totally You've Been Framed! Gold **9.15** Ninja Warrior UK **10.15** Film: Step Up 3 (2010,12) **12.30pm** Emmerdale **1.00** Funniest Ever You've Been Framed! Gold **2.00** The Ellen DeGeneres Show **2.50** The Jeremy Kyle Show **5.00** Judge Rinder **6.00** You've Been Framed! Gold **6.30** The Brit Awards 2017: Red Carpet **7.30** Totally Bonkers Guinness World Records **7.55** Film: After Earth (2013,12) **10.00** The Brit Awards 2017: Backstage **11.00** Family Guy **11.55** American Dad! **12.55am** Two and a Half Men **ITV3 6.00am** In Loving Memory **6.25** Heartbeat **7.25** Where the Heart Is **8.25** The Royal **9.25** Judge Judy **10.50** Inspector Morse **1.05pm** Heartbeat **2.05** The Royal **3.10** Where the Heart Is **4.15** In Loving Memory **4.55** Rising Damp **5.20** On the Buses **5.55** Heartbeat **7.00** Murder, She Wrote **8.00** Midsomer Murders **10.00** Wycliffe **11.05** Prime Suspect IV **1.20am** The Knock **ITV4 6.00am** Gunsmoke **6.55** The Saint **7.50** Hogan's Heroes **8.55** The Professionals **9.55** Ironside **10.55** Gunsmoke **12.00noon** Storage Wars: Texas **1.00** Pawn Stars **1.55** Hogan's Heroes **2.55** Ironside **4.00** Professionals **5.00** Saint **6.05** Storage Wars: Texas **7.00** Pawn Stars **8.00** River Monsters **9.05** Film: Transporter 3 (2008,15) **11.10** Film: From Dusk Till Dawn (1996,18) **1.20am** The Wine Show **2.20** Hogan's Heroes **BBC FOUR 7.00pm** 100 Days, Weather **7.30** Reel History of Britain **8.00** Kew's Forgotten Queen **9.00** Roots **10.40** Wild China **11.40** Could We Survive a Mega-Tsunami? **12.40am** Archaeology: A Secret History **SKY 1 6.00am** Hawaii Five-0 **8.00** Monkey Life **9.00** Police Force: Australia **10.00** Nothing to Declare **11.00** A Town Called Eureka **12.00noon** NCIS: Los Angeles **1.00** Hawaii Five-0 **3.00** NCIS: Los Angeles **4.00** Futurama **4.30** Modern Family **5.30** Futurama **6.30** Simpsons **8.00** MacGyver **9.00** The Blacklist **10.00** NCIS: Los Angeles **11.00** The Force: Manchester **1.00am** Most Daring **SKY ATLANTIC 6.00am** Richard E Grant's Hotel Secrets **7.00** The British **8.00** The West Wing **10.00** House **11.00** Without a Trace **1.00pm** Blue Bloods **2.00** The Petrol Age **3.00** The West Wing **5.00** House **6.00** Without a Trace **8.00** Blue Bloods **10.00** The Kettering Incident **12.20am** Film: Captivated: The Trials of Pamela Smart (2014,12) **2.20** Fortitude **3.20** Looking **SKY CINEMA PREMIERE 6.00am** Anything For Love (PG) **7.45** Everest: Sky Movies Special **8.15** The Landlord (15) **10.00** Fathers and Daughters (15) **12.00noon** The Meddler (12) **2.00** Bad Neighbours 2 (15) **3.45** McCanick (15) **5.30** The Lego Batman Movie: Special **6.00** Fathers and Daughters (15) **8.00** Bad Neighbours 2 (15) **9.50** Men & Chicken (15) **11.45** The Goob (2014,18) **FILM4 11.00am** Kansas City Confidential (1952,12) **1.05pm** Broken Arrow (1950,PG) **2.55** Flying Tigers (1942,PG) **4.55** The Violent Men (1955,PG) **6.50** Footloose (1984,15) **9.00** Unknown (2011,12) **11.15** Belle (12) **1.20am** The Girl Who Played with Fire (15) **CBS ACTION 6.00am** Teleshopping **9.00** NCIS **11.00** The Twilight Zone **12.00noon** Gunsmoke **1.00** Bonanza **2.00** NCIS **4.00** Mission: Impossible **5.00** JAG **6.00** NCIS **7.00** MacGyver **8.00** Walker, Texas Ranger **9.00** NCIS **11.00** Mission: Impossible **12.00midnight** NCIS **CBS REALITY 6.00am** Teleshopping **9.00** Judge Judy **9.55** Hoarders: Family Secrets **10.50** Urban Legends **11.50** 48 Hours: Mystery **12.40pm** Judge Judy **3.15** Hoarders: Family Secrets **4.10** Urban Legends **5.10** Judge Judy **7.00** Medical Detectives **8.00** Unsolved Mysteries **9.00** 48 Hours: Mystery **10.00** Wives with Knives **11.00** Medical Detectives **12.00midnight** Evil Twins **SKY SPORTS 1 6.00am** Football Gold **7.00** WWE Experience **8.00** Premier League Legends **9.00** Football Gold **10.00** Premier League Legends **11.00** Premier League Years **1.00pm** Football's Greatest Teams **2.00** Premier League Legends **3.00** One2Eleven: Ian Harte **3.15** One2Eleven: Michael O'Neill **3.30** One2Eleven: Steve Lomas **3.45** One2Eleven: Iain Dowie **4.00** Football Gold **4.30** Football's Greatest Teams **5.30** Live La Liga Football. Valencia v Real Madrid (Kick-off 5.30pm). **7.45** Live ATP Tennis **2.00am** Premier League Legends **2.30** Premier League World **3.00** Spanish Football Highlights

BBC 1



Death In Paradise, 9pm

6.00 Breakfast (S) (W) (HD) **9.15** Britain's Home Truths (S) (W) (HD) **10.00** Homes Under The Hammer (S) (W) (HD) **11.00** Wanted Down Under Revisited (S) (W) (HD) **11.45** Oxford Street Revealed (rpt) (S) (W) (HD) **12.15** Bargain Hunt (rpt) (S) (W) (HD) **1.00** BBC News At One, (S) Weather (W) (HD) **1.30** Local News, (S) Weather (W) **1.45** Doctors (S) (W) (HD) **2.15** The Coroner (rpt) (S) (W) (HD) **3.00** Escape To The Country (rpt) (S) (W) (HD) **3.45** The Farmers' Country Showdown (S) (W) (HD) **4.30** Flog It! (rpt) (S) (W) (HD) **5.15** Pointless. With Alexander Armstrong. (rpt) (S) (W)

6.00 **BBC NEWS AT SIX, (S) WEATHER** (W) (HD)
6.30 **LOCAL NEWS, (S) WEATHER** Regional bulletin.
7.00 **THE ONE SHOW** Matt Baker and Angela Scanlon present the live magazine show. (S) (W) (HD)
7.30 **EASTENDERS** Denise is forced to pay for her actions but is not prepared to take it lying down. Ben and Jay settle into their new home and a trip to the garden centre ends unexpectedly for Dot. (S) (W) (HD) Followed by BBC News, (S) Local News. (W)
8.00 **NEW SERIES SHOP WELL FOR LESS? (1/6)** The One Show presenter Alex Jones and business journalist Steph McGovern take on a mission to help families change the way they shop without changing their lifestyles. They begin in Glasgow, where Colin and Karen Rodger dream of taking their three sets of twins abroad for the first time. However, they are big spenders, with Karen's shoe addiction rubbing off onto the children, while Colin opts for only the very best when it comes to gadgets. (S) (W) (HD)
9.00 **DEATH IN PARADISE (8/8)** Jack Mooney and the team are puzzled when one of the candidates in the local mayoral elections is stabbed to death in the polling booth. Ardal O'Hanlon stars. (S) (W) (HD)
10.00 **BBC NEWS AT TEN** Latest headlines. (S) (W)
10.30 **LOCAL NEWS, (S) WEATHER** (W) (HD)
10.45 **QUESTION TIME (20/37)** David Dimbleby chairs the debate from Stoke-on-Trent, with a panel of politicians and other guests facing topical questions.
11.45 **THIS WEEK BY-ELECTION SPECIAL** Andrew Neil introduces political chat, with Michael Portillo and guests. The regular programme is followed by results from the Stoke-on-Trent Central by-election. (S) (W) (HD) Followed by Weather For The Week Ahead. (S) (W) (HD)

3.05 BBC News. Latest national and international news. (S) (W)

● (1/3) Episode Number (W) Widescreen (rpt) Repeat (S) Subtitles (AD) Audio Description (SL) Sign Language (HD) High Definition

BBC 2



Born Too White, 9pm

Times vary

6.00 My Life In Books (rpt) (S) (W) **6.30** Wanted Down Under Revisited (rpt) (S) (W) (HD) **7.15** The Farmers' Country Showdown (rpt) (S) (W) (HD) **8.00** Sign Zone: An Island Parish: Anguilla (rpt) (SL) (S) (W) **8.30** Sign Zone: Great British Railway Journeys (rpt) (SL) (S) (W) **9.00** Victoria Derbyshire (S) (W) (HD) **11.00** BBC Newsroom Live (S) (W) (HD) **12.00** Daily Politics (S) (W) (HD) **1.00** Cash In The Attic (rpt) (S) (W) **1.25** Beat The Brain (rpt) (S) (W) (HD) **1.55** Landward (S) (W) (HD) **2.25** Mountain (rpt) (S) (W) (HD) **3.25** Africa (rpt) (S) (W) (HD) **4.25** A Place To Call Home (S) (W) (HD) **5.15** Antiques Road Trip (rpt) (S) (W) (HD)

6.00 **EGGHEADS (101/140)** Quiz hosted by Jeremy Vine, in which the winners of famous gameshows work as a team to tackle a new set of challengers. (rpt) (S) (W)
6.30 **GREAT CONTINENTAL RAILWAY JOURNEYS (4/10)** Part two of two. Presenter Michael Portillo discovers how an earthquake in Ljubljana, Slovenia, encouraged its citizens to take up art and architecture. (S) (W) (HD)
7.00 **THE HAIRY BIKERS' CHICKEN AND EGG (6/6)** Dave Myers and Si King head to Bromsgrove to taste some jerk chicken and sample an authentic Birmingham Balti as their culinary tour reaches a climax. Last in the series. (rpt) (S) (W) (HD)
8.00 **THE GREAT POTTERY THROW DOWN (4/8)** Week four sees the contestants challenged to come up with ceramics for the great outdoors – flower pots, ceramic roses and a fully functioning water feature complete with pump. (S) (W) (HD)
9.00 **BORN TOO WHITE** An examination of the stigma attached to albinism in Tanzania and Malawi, East Africa – resulting in discrimination and persecution for those with the condition. (S) (W)
10.00 **MOTD: THE PREMIER LEAGUE SHOW** Gabby Logan presents the magazine programme featuring news and highlights. (S) (W) (HD)
10.30 **NEWSNIGHT** Presented by Emily Maitlis. (S) (W) (HD) Followed by Weather. (S) (W) (HD)
11.15 **THE DRUG TRIAL: EMERGENCY AT THE HOSPITAL** In 2006, eight healthy men took part in a drug trial that went wrong. This drama-documentary tells the story of one of the most infamous medical emergencies in history. (rpt) (S) (W) (HD)

12.15 Sign Zone: David Bowie: The Last Five Years (rpt) (SL) (S) (W) **1.45** Sign Zone: Royal Recipes (rpt) (SL) (S) (W) **2.30** This Is BBC Two. Programme previews. (S) (W) (HD)

Hunt **5.55-6.00** Party Election Broadcast **10.00-10.30** The Arts Show **11.15** MOTD: The Premier League Show **11.45-12.15** Mock the Week. Topical comedy quiz show, hosted by Dara O Briain. **S4C 7.00** Cyw: Pingu **7.05** Cyw: Octonots **7.15** Cyw: Cân yr Octonots **7.20** Cyw: Guto Gwningen **7.30** Cyw: Gwdihw **7.45** Cyw: Nodi **8.00** Cyw: Stiwl **8.10** Cyw: Dipdap **8.15** Cyw: Cymyldbychain **8.30** Cyw: Chwedlau Tinga Tinga **8.40** Cyw: Peppa **8.45** Cyw: Meic y Marchog **9.00** Cyw: Falmair' Fuwch **9.10** Cyw: Hafod Haul **9.25** Cyw: Tomos a'i Ffrindiau **9.35** Cyw: Abadas **9.45** Cyw: Y Dywysoges Fach **10.00** Cyw: Y Teulu Mawr **10.10** Cyw: Heulwen a Lleu **10.20** Cyw: ABC **10.35** Cyw: Bobi Jac **10.45** Cyw: Cei Bach **11.00** Cyw: Pingu **11.05** Cyw: Octonots **11.15** Cyw: Cân yr Octonots **11.20**

ITV



The Chase, 5pm

6.00 Good Morning Britain (W) (HD) **8.30** Lorraine (W) (HD) **9.25** The Jeremy Kyle Show (W) (HD) **10.30** This Morning (W) (HD) **12.30** Loose Women (W) (HD) **1.30** ITV News, Weather (W) **1.55** Local News, Weather (W) **2.00** Judge Rinder (W) (HD) **3.00** James Martin's French Adventure (W) (HD) **3.59** Local Weather (W) **4.00** Tipping Point. Gameshow, hosted by Ben Shephard. (W) (HD) **5.00** The Chase. Bradley Walsh presents. (W)

6.00 **LOCAL NEWS, WEATHER** Regional bulletin. (W)
6.30 **ITV NEWS, WEATHER** Latest headlines. (W)
7.00 **EMMERDALE** Aaron attends his sentencing and his friends and family are devastated to discover he will serve 12 months in prison. Gabby suspects her mother has a secret admirer. (W) (HD)
7.30 **MEN BEHAVING BADLY? TONIGHT** Julie Etchingham presents an undercover investigation into sexual harassment, going out on the streets and into nightclubs to find out whether men really are behaving badly. (W) (HD)
8.00 **EMMERDALE** Faith realises Debbie is planning to go to Prague with Sarah and tries to steal her boarding passes. However, an encounter with a police officer at the airport gives Debbie second thoughts about accompanying her daughter. Liv is outraged to hear Doug insulting her family and enlists Gabby's aid to teach him a lesson. Laurel confronts Will, Sandy is uncomfortable about visiting Ashley and Aaron struggles to cope with life behind bars.
9.00 **MAFIA WOMEN WITH TREVOR MCDONALD** Part two of two. Trevor McDonald meets ex-mobsters and their wives in hiding, including a couple in fear of their lives after the husband betrayed his Mafia bosses to the FBI. (W) (HD)
10.00 **ITV NEWS, WEATHER** Latest headlines. (W)
10.30 **LOCAL NEWS, WEATHER** Regional bulletin. (W)
10.40 **UEFA EUROPA LEAGUE HIGHLIGHTS** Action from the last-32 second-leg ties, including Saint-Etienne v Manchester United, Tottenham Hotspur v Gent and AS Roma v Villarreal. (W) (HD)
11.40 **TIPPING POINT** Gameshow, hosted by Ben Shephard, in which contestants answer questions to win turns on an arcade-style machine in the hope of winning up to £10,000. (rpt) (W) (HD)
12.35 Jackpot24. Live gaming. (W) **3.00** Men Behaving Badly? Tonight (rpt) (W) (HD) **3.25** ITV Nightscreen (W) (HD) **5.05** The Jeremy Kyle Show. Talk show. (rpt) (SL) (W) (HD)

Cyw: Guto Gwningen **11.30** Cyw: Gwdihw **11.45** Cyw: Nodi **12.00** Cyw: Stiwl **12.10** Cyw: Dipdap **12.15** Cyw: Cymyldbychain **12.30** Cyw: Chwedlau Tinga Tinga **12.40** Cyw: Peppa **12.45** Cyw: Meic y Marchog **1.00** Newyddion S4C a'r Tywydd **1.05** Heno **1.30** Cefn Gwlad **2.00** Prynhawn Da **2.55** Newyddion S4C a'r Tywydd **3.00** Cymoedd Roy Noble **3.30** Natur Gudd Cymru **4.00** Awr Fawr **5.00** Stwnsh: Chwarter Call **5.15** Stwnsh: Crwbanod Ninja **5.35** Stwnsh: Pat a Stan **5.40** Stwnsh: Rygbi Pawb **6.00** Pobol y Cwm **6.25** Newyddion S4C a'r Tywydd. Latest headlines. **6.30** Ward Plant **7.00** Heno **7.30** Rownd a Rownd **8.00** Pobol y Cwm **8.25** Wil ac Aeron: Taith yr Alban **9.00** Newyddion 9 a'r Tywydd **9.30** Pawb a'i Farn **10.30** Pryd o Sêr **11.30-12.05** Loriau Mansel Davies a'i Fab

REGIONAL VARIATIONS

BBC1 NORTHERN IRELAND As BBC1 except: **6.55-7.00** Party Election Broadcast **10.40** The View **11.40** Question Time **12.40** This Week By-Election Special **3.00-6.00** BBC News
BBC2 WALES As BBC2 except: **1.25** Beat The Brain. Quiz in which contestants face puzzles, problems, posers and conundrums designed to test their mental fitness. **1.55-2.25** Beat The Brain
BBC2 SCOTLAND As BBC2 except: **12.00-1.00** First Minister's Questions. Presented by Brian Taylor. **6.30** The Hairy Bikers' Chicken and Egg **7.30-8.00** Timeline **9.00-10.00** Growing Up in Scotland: A Century of Childhood **11.15-12.15** Born Too White
BBC2 NORTHERN IRELAND As BBC2 except: **5.15** Bargain

CHANNEL 4



Hollyoaks, 6.30pm

6.00 Countdown (rpt) (HD) **6.45** The King Of Queens (rpt) **7.10** The King Of Queens (rpt) **7.35** The King Of Queens (rpt) **8.00** Everybody Loves Raymond (rpt) **8.35** Everybody Loves Raymond (rpt) **9.05** Frasier (rpt) **9.35** Frasier (rpt) **10.05** Undercover Boss USA (rpt) (HD) **11.00** Ramsay's Kitchen Nightmares USA (rpt) **12.00** Channel 4 News Summary (HD) **12.05** A New Life In The Sun (rpt) (HD) **1.05** Find It, Fix It, Flog It (HD) **2.10** Countdown. Nick Hewer hosts the words-and-numbers game. (HD) **3.00** Fifteen To One (HD) **4.00** A Place In The Sun: Winter Sun **5.00** Come Dine With Me (rpt)

6.00 THE SIMPSONS (21/21) Bart meets a hip-hop-quoting priest and decides to become a Catholic – to the dismay of Homer, who then tries to lure him back into the Protestant fold. (rpt)

6.30 HOLLYOAKS Joel is stunned when he witnesses Sienna's abduction. Meanwhile, Neeta plans a night out in the hope of cheering up Sally. (HD)

7.00 CHANNEL 4 NEWS Latest headlines. (HD)

8.00 THE SUPERVET Pioneering veterinary surgeon Noel Fitzpatrick gets to work on more animals in need of his help. A puppy is rushed into the surgery after being hit by a car, leading to a series of operations including a skin graft in which the dog's leg is sewn into her stomach and a Chihuahua has shattered the bones in its paw falling down the stairs while chasing a cat. Can the professor help? (HD)

9.00 HAS POLITICAL CORRECTNESS GONE MAD? Writer, broadcaster and former politician Trevor Phillips argues that liberalism and fear of offending minorities is stifling legitimate debate. (HD)

10.00 THE SWINGERS (1/8) Dutch drama about a grieving young couple who move into a new house in the suburbs and become increasingly friendly with their neighbours, with fatal consequences. The rest of the series can be seen on All 4. (HD)

11.00 24 HOURS IN A&E Cameras focus on the ups and downs of family life, with patients including a 53-year-old woman who is rushed to A&E after suffering a suspected heart attack. (rpt) (HD)

12.05 The Trouble With Dad (rpt) (HD) **1.05** Jon Richardson: How To Survive The End Of The World (rpt) (HD) **2.00** Staying Healthy: A Doctor's Guide (rpt) (SL) (HD) **2.55** Supermarkets: Brexit & Your Shrinking Shop – Channel 4 Dispatches (rpt) (HD) **3.25** Kirstie's Homemade Home (rpt) (HD) **3.40** Four In A Bed (rpt) (HD) **4.10** Phil Spencer: Secret Agent (rpt) (SL) (HD) **5.05** Fifteen To One (rpt) (HD)

● All programme details are correct at time of going to press

5STAR

6.00am Teleshopping **8.00** 8 Simple Rules **8.20** Dance Moms **10.05** 8 Simple Rules **11.00** 100 Per Cent Hotter **12.00noon** Can't Pay? We'll Take It Away **1.00** Dance Moms **2.00** Dance Moms Throwback **3.00** Neighbours **3.30** Home and Away **4.00** 8 Simple Rules **5.00** My Wife and Kids **6.00** Neighbours **6.30** Home and Away **7.00** Dance Moms Throwback Special **8.00** Dance Moms **9.00** Don't Tell the Doctor **10.00** The Magicians **11.00** Film: Marley & Me (PG) Comedy drama. **1.25** Teen Wolf

CHANNEL 5



Bargain-Loving Brits In The Sun, 8pm

6.00 Milkshake! Pip Ahoy! (rpt) (HD) **6.10** Lily's Driftwood Bay (rpt) (HD) **6.20** Little Princess (rpt) **6.30** Paw Patrol (rpt) (HD) **6.45** Bob The Builder (rpt) (HD) **6.55** Fireman Sam (rpt) (HD) **7.05** Thomas & Friends (rpt) **7.20** Milkshake! Monkey (rpt) **7.25** Shimmer And Shine (HD) **7.35** Noddy: Toyland Detective (rpt) (HD) **7.50** Paw Patrol (rpt) (HD) **8.05** Ben And Holly's Little Kingdom (rpt) **8.15** Digby Dragon (HD) **8.25** Peppa Pig (rpt) **8.35** Peppa Pig (rpt) **8.50** Wissper (rpt) (HD) **9.00** Toot The Tiny Tugboat (rpt) (HD) **9.15** The Wright Stuff (HD) **11.15** GPs: Behind Closed Doors (rpt) (HD) **12.10** 5 News Lunchtime (HD) **12.15** Benefits: The Millionaire Shoplifter (rpt) (HD) **1.15** Home And Away (HD) **1.45** Neighbours (HD) **2.15** NCIS (rpt) **3.15** FILM: Deadly Paradise (2016) Premiere. Thriller, starring Boti Bliss. (HD) **5.00** 5 News At 5 (HD) **5.30** Neighbours (rpt)

6.00 HOME AND AWAY Heath hits the roof when Bianca admits she nearly kissed another man, while Evelyn tells Matt she is scared of moving things forward as she will be upset if things don't work. (rpt)

6.30 5 NEWS TONIGHT Latest headlines. (HD)

7.00 NIGHTMARE TENANTS, SLUM LANDLORDS (3/13) Property developer Alex calls in an eviction specialist after finding that he could be arrested if he tries to oust squatters from the derelict pub he has recently purchased. (rpt) (HD) Followed by 5 News Update. (HD)

8.00 BARGAIN-LOVING BRITS IN THE SUN Middlesbrough man Michael has great ambitions for his new high-end bar, while ex-criminal Rob is struggling to keep his tattoo parlour afloat. Last in the series. (HD) Followed by 5 News Update. (HD)

9.00 THE GREAT BRITISH BENEFITS HANDOUT (2/6) Romford grandmother Lorraine receives her trading licence and sets up her market stall, while hairdresser Donna is shocked to learn how much it will cost to renovate her salon. (HD)

10.00 NEW SERIES CELEBRITY SEX POD (1/3) Special version of the show, featuring famous faces sharing their thoughts on sex. (T)

11.05 THE NIGHTMARE NEIGHBOUR NEXT DOOR (2/6) A young couple gather shocking footage of the constant harassment they have endured. (rpt)

12.00 SuperCasino **3.10** Cruising With Jane McDonald (rpt) (HD) **4.00** Tattoo Disasters UK (rpt) (SL) (HD) **4.25** Tattoo Disasters UK (rpt) (SL) (HD) **4.45** House Doctor (rpt) (SL) **5.10** Great Scientists (rpt) (SL) **5.35** Wildlife SOS (rpt) (SL)

5USA

6.00am Teleshopping **9.00** Access **9.10** Longmire **10.00** Law & Order **11.00** Law & Order **12.00noon** CSI: Miami **1.00** NCIS **2.00** Castle **3.00** Longmire **4.00** Law & Order **5.00** Law & Order **6.00** CSI: Miami. Horatio has to sack a member of his team. **7.00** NCIS **8.00** NCIS **9.00** Chicago Fire **10.00** Law & Order: Special Victims Unit **11.00** Law & Order: Special Victims Unit. A woman's ex-boyfriend is suspected of setting up an assault. **12.00midnight** NCIS **1.00** CSI: Miami **2.00** CSI: Miami **3.00** Chicago PD

THURSDAY 23 FEBRUARY 2017

ITV2 6.25am Funniest Ever You've Been Framed! Gold **7.15** The Ellen DeGeneres Show **8.00** Coronation Street **8.30** You've Been Framed! Gold **9.30** Ninja Warrior UK **10.30** Film: Honey (2003,PG) **11.30** FYI Daily **11.35** Film: Honey (2003,PG) **12.30pm** Coronation Street **1.00** 100% You've Been Framed! **2.00** The Ellen DeGeneres Show **2.50** The Jeremy Kyle Show **5.00** Judge Rinder **6.00** You've Been Framed! Gold **7.00** Totally You've Been Framed! Gold **8.00** Two and a Half Men **9.00** Release the Hounds: Famous & Freaked **10.00** Family Guy **11.30** American Dad! **12.30am** Two and a Half Men

ITV3 6.25am Heartbeat **7.25** Where the Heart Is **8.25** The Royal **9.25** Judge Judy **10.50** Inspector Morse **1.05pm** Heartbeat **2.05** The Royal **3.05** Where the Heart Is **4.10** In Loving Memory **4.45** Doctor at Large **5.20** On the Buses **5.55** Heartbeat **7.00** Murder, She Wrote **8.00** Heartbeat **9.00** Murder on the Home Front **11.05** Prime Suspect IV **1.20am** The Knock

ITV4 6.55am The Saint **8.00** Hogan's Heroes **8.30** The Professionals **9.35** Ironside **10.40** Gunsmoke **11.45** Live Snooker Shoot-Out. Coverage of the single-frame tournament. **5.30pm** Storage Wars: Texas **6.30** World Cup Top Goalscorers **6.45** Live Snooker Shoot-Out. Further coverage of the single-frame tournament. **10.45** Film: Memphis Belle (1990,PG) **12.55am** The Professionals **1.45** Hogan's Heroes. Comedy.

BBC FOUR 7.00pm 100 Days **7.30** Top of the Pops: 1983 **8.00** Thailand: Earth's Tropical Paradise **9.00** Madame Tussaud: A Legend in Wax **10.00** The French Revolution: Tearing Up History **11.00** The Nazis: A Warning from History **11.50** Andrew Marr on Churchill: Blood, Sweat and Oil Paint **12.50am** Top of the Pops: 1983

SKY 1 6.00am Hawaii Five-0 **8.00** Monkey Life **9.00** Police Force: Australia **10.00** Nothing to Declare **11.00** A Town Called Eureka **12.00noon** NCIS: Los Angeles **1.00** Hawaii Five-0 **3.00** NCIS: Los Angeles **4.00** Futurama **4.30** Modern Family **5.30** Futurama **6.30** The Simpsons **8.00** Duck Quacks Don't Echo **9.00** Arrow **10.00** Ross Kemp: Libya's Migrant Hell **11.30** The Force: Manchester

SKY ATLANTIC 7.00am The British **8.00** The West Wing **10.00** House **11.00** Without a Trace **1.00pm** Blue Bloods **2.00** The Petrol Age **3.00** The West Wing **5.00** House **6.00** Without a Trace **8.00** Blue Bloods **9.00** Fortitude **10.00** High Maintenance **11.15** Last Week Tonight with John Oliver **11.50** Girls **12.25am** Crashing

SKY CINEMA PREMIERE 6.00am Anything For Love (2016,PG) **7.45** Fathers and Daughters (2015,15) **9.45** The Lego Batman Movie: Special **10.15** The Meddler (2015,12) **12.05pm** Bad Neighbours 2 (2016,15) **1.55** Fathers and Daughters (2015,15) **4.00** Oscars 2017 Nominations Special **4.15** McCanick (2013,15) **6.00** The Meddler (2015,12) **8.00** Bad Neighbours 2 (2016,15) **9.45** The Top Ten Show 2017 **10.00** The Greasy Strangler (2016,18) **11.45** McCanick (2013,15)

FILM4 11.00am Decision at Sundown (1957,U) **12.35pm** Prince Valiant (U) **2.40** Great Expectations (PG) **5.00** The Colditz Story (U) **7.00** The Addams Family (PG) **9.00** Closed Circuit (15) **10.50** Safe House (15) **1.05am** The Girl Who Kicked the Hornets' Nest (15)

CBS ACTION 6.00am Teleshopping **9.00** NCIS **11.00** The Twilight Zone **12.00noon** Gunsmoke **1.00** Bonanza **2.00** NCIS **4.00** Mission: Impossible **5.00** JAG **6.00** NCIS **7.00** Diagnosis Murder **8.00** Walker, Texas Ranger **9.00** NCIS **11.00** Mission: Impossible **12.00midnight** NCIS **CBS REALITY 6.00am** Teleshopping **9.00** Judge Judy **9.55** Hoarders **10.50** Urban Legends **11.45** 48 Hours: Mystery **12.35pm** Judge Judy **3.10** Hoarders **4.05** Urban Legends **5.05** Judge Judy **7.00** Medical Detectives **8.00** Unsolved Mysteries **9.00** 48 Hours: Mystery **10.00** Wives with Knives **11.00** Medical Detectives **12.00midnight** Evil Twins

SKY SPORTS 1 7.00am WWE Smackdown Hlts **8.00** Premier League Legends **9.00** Premier League World **9.30** Premier League Legends **10.00** One2Eleven **11.00** Premier League Years **1.00pm** Premier League World **1.30** Premier League Legends **3.00** One2Eleven **4.00** Premier League Years **6.00** Premier League Legends **6.30** Premier League World **7.00** Live Premier League Darts **10.00** Premier League Match Pack **10.30** La Liga Show **11.00** Premier League World **11.30** Premier League Match Pack **12.00midnight** La Liga Show

BBC 1



Room 101, 8.30pm

6.00 Breakfast (S) (W) (HD) **9.15** Britain's Home Truths (S) (W) **10.00** Homes Under The Hammer (rpt) (S) (W) (HD) **11.00** Wanted Down Under Revisited (S) (HD) **11.45** Oxford Street Revealed (rpt) (S) (W) (HD) **12.15** Bargain Hunt (S) (W) (HD) **1.00** BBC News At One, (S) Weather (W) (HD) **1.30** Local News, (S) Weather (W) **1.45** Doctors. Heston attempts to avoid an old enemy. (S) (W) (HD) **2.15** The Coroner (rpt) (S) (W) (HD) **3.00** Escape To The Country (rpt) (S) (W) (HD) **3.45** The Farmers' Country Showdown (S) (W) (HD) **4.30** Flog It! (S) (W) (HD) **5.15** Pointless. Unusual quiz show. (S) (W)

6.00 **BBC NEWS AT SIX, (S) WEATHER** (W) (HD)
6.30 **LOCAL NEWS, (S) WEATHER** Regional stories.
7.00 **THE ONE SHOW** Angela Scanlon hosts the final edition of the week, featuring a mix of guests and stories about people in extraordinary circumstances.
7.30 **A QUESTION OF SPORT** With 800m champion Lynsey Sharp, golfer Andrew Johnston, rugby union star JP Pietersen and former footballer Kevin Davies. (rpt) (HD) Followed by BBC News, (S) Local News.
8.00 **EASTENDERS** Konrad has an offer for Mick, Denise speaks to a journalist about the community and an embarrassing incident prompts Ian to tell Jane the truth about his visit to the nurse. (S) (W) (HD)
8.30 **ROOM 101** (6/9) Frank Skinner invites sports presenter Gabby Logan and comedians Richard Ayoade and Alun Cochrane to express their anger over people, events and objects that upset them. (S)
9.00 **NOT GOING OUT** (6/8) Lee and Lucy decide to attend a marriage counselling session. However, events soon put their relationship under further strain. Lee Mack and Sally Bretton star. (S) (W) (HD)
9.30 **TRACEY ULLMAN'S SHOW** (4/6) Songstress Adele is happy – but that's not helping her new album, while Dame Maggie reveals acting tips. (S)
10.00 **BBC NEWS AT TEN** Latest headlines. (W) (HD)
10.25 **LOCAL NEWS, (S) WEATHER** Regional stories. (HD) Followed by National Lottery Update. (S) (W)
10.35 **THE GRAHAM NORTON SHOW** (19/20) With Hugh Jackman, who is about to make his final appearance as Wolverine in the X-Men sequel Logan alongside co-star Sir Patrick Stewart. (S) (W) (HD)
11.25 **THE REAL MARIGOLD HOTEL** (2/4) The group celebrates Amanda's 81st birthday together. (rpt) (S) Followed by Weather For The Week Ahead. (S) (W)

12.30 BBC News. Latest national and international headlines. (S)

● (1/3) Episode Number (W) Widescreen (rpt) Repeat (S) Subtitles (AD) Audio Description (SL) Sign Language (HD) High Definition

BBC 2



Only Connect, 8.30pm

Times vary

6.00 The World's Most Photographed (rpt) (S) (W) **6.30** Wanted Down Under Revisited (rpt) (S) (W) (HD) **7.15** The Farmers' Country Showdown (rpt) (S) (W) (HD) **8.00** Sign Zone: Big Dreams Small Spaces (rpt) (SL) (S) (W) **9.00** Victoria Derbyshire (S) (W) (HD) **11.00** BBC Newsroom Live (S) (W) (HD) **12.00** Daily Politics (S) (W) (HD) **1.00** Coast (rpt) (S) (W) (HD) **1.25** Beat The Brain (rpt) (S) (W) (HD) **1.55** Landward (S) (W) (HD) **2.25** Mountain (rpt) (S) (W) **3.25** Africa (rpt) (S) (W) (HD) **4.20** A Place To Call Home (S) (W) (HD) **5.15** Antiques Road Trip. From Stickney, Lincolnshire. (rpt) (S)

6.00 **EGGHEADS** (102/140) Quiz hosted by Jeremy Vine, in which the winners of famous gameshows work as a team to tackle a new set of challengers. (rpt) (S) (W)
6.30 **GREAT CONTINENTAL RAILWAY JOURNEYS** (5/10) Part one of two. Michael Portillo experiences first-hand Italy's "need for speed" in a state-of-the-art Maserati sports car. (S) (W) (HD)
7.00 **BIG DREAMS SMALL SPACES** (6/6) In Blackpool, accountant Alex dreams of turning her boring backyard into a magical enchanted forest and in Bristol helps Ross transform his overgrown allotment. Monty Don provides help. (S) (W) (HD)
8.00 **MASTERMIND** (30/31) Specialised subjects include TV detective series The Sweeney, pioneering nurse Mary Seacole and explorer James Cook. (S) (W)
8.30 **ONLY CONNECT** (31/37) The Surrealists take on the Korfballers in this quarter-final match, seeking to make connections between groups of four things. (S)
9.00 **NEW SERIES THE SECRETS OF YOUR FOOD** (1/3) Michael Mosley and James Wong reveal the physics, chemistry and biology hidden inside various foods. The first programme examines breast milk, sourdough bread and rice. (S) (W) (HD)
10.00 **QI** (18/18) Part two of two. Highlights of the "N" series of the panel game, featuring quizmaster Sandi Toksvig and panellist Alan Davies. (S) (W) (HD)
10.30 **NEWSNIGHT** Analysis of the events, presented by Kirsty Wark. (S) (W) (HD) Followed by Weather. (S)
11.05 **FURTHER BACK IN TIME FOR DINNER** (5/6) The Robshaws enter the 1940s and experience a decade dominated by war. (rpt) (S) (W) (HD)
12.05 Terry Pratchett: Back In Black (rpt) (S) (HD) **12.55** FILM: Big Jim McLain (1952) Spy drama, starring John Wayne. (S) (W) **2.20** Sign Zone: Birds Of Paradise: The Ultimate Quest (rpt) (SL) (S) (W) **3.20** Sign Zone: The Brit Who Tried To Kill Trump (rpt) (SL) (W) **4.05** Sign Zone: Royal Recipes (rpt) (S)

ITV



Emmerdale, 7pm

6.00 Good Morning Britain (W) (HD) **8.30** Lorraine (W) (HD) **9.25** The Jeremy Kyle Show (W) (HD) **10.30** This Morning. Presented by Eamonn Holmes and Ruth Langsford. (W) (HD) **12.30** Loose Women (W) (HD) **1.30** ITV News, Weather (W) **1.55** Local News, Weather (W) **2.00** Judge Rinder (W) (HD) **3.00** James Martin's French Adventure. The chef ends his excursion at the Bois de Boulogne. (W) (HD) **3.59** ITV Local Weather (W) **4.00** Tipping Point (W) (HD) **5.00** The Chase. Quiz show, hosted by Bradley Walsh. (W) (HD)

6.00 **LOCAL NEWS, WEATHER** Regional stories. (W)
6.30 **ITV NEWS, WEATHER** Latest headlines. (W)
7.00 **EMMERDALE** Laurel visits Ashley, but is devastated to discover he is starting to forget who she is and is forced to accept that their relationship will be very different, while Jacob breaks up with Gabby. (W)
7.30 **CORONATION STREET** Michelle tells Steve that she would like to try for another baby, while Jenny tries to win businessman Richard Drake round and Eva readies herself for visiting Maria in prison. (W)
8.00 **NEW SERIES SCHOFIELD'S SOUTH AFRICAN ADVENTURE** (1/3) In the first of three programmes, Phillip Schofield and wife Steph visit South Africa, where the pair admire Cape Town and Phillip gets to see a great white shark. (W) (HD)
8.30 **CORONATION STREET** Aidan stumbles across an incriminating photo of Richard Drake on his computer and realises Jenny's intentions, while Maria agrees to let Liam stay with Eva and Aidan. (W) (HD)
9.00 **PIERS MORGAN'S LIFE STORIES** (4/4) Former UKIP leader Nigel Farage reflects on his life, his numerous brushes with death, his two marriages, his close friendship with new US President Donald Trump and achieving his ultimate political objective via the EU referendum. Last in the series. (W) (HD)
10.00 **ITV NEWS, WEATHER** Latest headlines. (W)
10.30 **LOCAL NEWS, WEATHER** Regional stories. (W)
10.40 **FISHING IMPOSSIBLE** (8/10) The guys head to Laos in search of the devil catfish, feared and revered in equal measure – but to stand any chance of catching one, they have to find the perfect spot. (rpt)
11.10 **THE WINE SHOW** (8/14) Amelia Singer explores the German roots of one of Australia's greatest wine regions and Joe Fattorini attends an auction. (rpt) (W)
12.10 Jackpot247. Live interactive gaming. (W) **3.00** Freeze Out (rpt) (SL) (W) (HD) **3.50** ITV Nightscreen (W) (HD)

REGIONAL VARIATIONS

BBC1 WALES As BBC1 except: **7.30-8.00** X-Ray. Omar Hamdi investigates the rising number of complaints about parking firms.
BBC2 WALES As BBC2 except: **7.00** Scrum V Live **9.00** Only Connect **9.30-10.30** The Secrets of Your Food **11.05** QI **11.35** Further Back in Time for Dinner **12.35-12.55** Coast
BBC2 SCOTLAND As BBC2 except: **6.30** Great Continental Railway Journeys **7.00** PRO12 Rugby Union **9.00** Only Connect. Victoria Coren Mitchell hosts. **9.30-10.30** The Secrets of Your Food **11.05** QI **11.35** Further Back in Time for Dinner **12.35** Coast
BBC2 NORTHERN IRELAND As BBC2 except: **5.15** Bargain Hunt. From Hay-on-Wye, Powys. **5.55** Party Election Broadcast

ITV YORKSHIRE As ITV except: **3.59-4.00** Local Weather. Latest forecast. **6.00-6.30** Local News. Round-up of regional headlines.
ITV GRANADA As ITV except: **3.59-4.00** Local Weather. Latest regional forecast. **6.00-6.30** Local News. Latest regional headlines.
ITV BORDER As ITV except: **3.59-4.00** Local Weather **6.00-6.30** Local News. Round-up of the latest headlines from across the region.
ITV WALES As ITV WEST except: **3.59-4.00** Local Weather **6.00-6.30** ITV News Wales at Six **8.00-8.30** Coast & Country
S4C 7.00 Cyw: Straeon Ty Pen **7.10** Cyw: Patrôl Pawennau **7.20** Cyw: Teulu Ni **7.30** Cyw: Do Re Mi Dona **7.45** Cyw: Sam Tân **8.00** Cyw: Igam Ogam **8.10** Cyw: Sara a Cwac **8.20** Cyw: Boj **8.30** Cyw: Heini **8.45** Cyw: Un Tro **9.00** Cyw: Tili a'i Ffrindiau **9.15** Cyw: Yn

yr Ardd **9.30** Cyw: Cwpwrdd Cadi **9.40** Cyw: Bla Bla Blewog **9.55** Cyw: Popi'r Gath **10.05** Cyw: Oli Dan y Don **10.15** Cyw: Wmff **10.20** Cyw: Y Brodyr Coala **10.35** Cyw: Holi Hana **10.45** Cyw: Marcaroni **11.00** Cyw: Straeon Ty Pen **11.10** Cyw: Patrôl Pawennau **11.20** Cyw: Teulu Ni **11.30** Cyw: Do Re Mi Dona **11.45** Cyw: Sam Tân **12.00** Cyw: Igam Ogam **12.10** Cyw: Sara a Cwac **12.20** Boj **12.30** Heini **12.45** Un Tro **1.00** Newyddion **1.05** Heno **1.30** Ffermio **2.00** Prynhawn Da **2.55** Newyddion **3.00** Julian Lewis Jones yn Awstralia **4.00** Awr Fawr **5.00** Tag **5.45** Sbargo **5.45** Gwboi a Twm Twm **6.00** Pobol y Cwm **6.25** Newyddion **6.30** Gwaith/Cartref **7.00** Heno **8.00** Pobol y Cwm **8.25** Only Men Aloud **9.00** Newyddion **9.30** Jonathan **10.30** Byw Celwydd **11.30-12.05** Caryl a'r Lleill

CHANNEL 4



6.00 Countdown (rpt) (HD) **6.45** The King Of Queens (rpt) **7.10** The King Of Queens (rpt) **7.35** The King Of Queens (rpt) **8.00** Everybody Loves Raymond (rpt) **8.35** Everybody Loves Raymond (rpt) **9.05** Frasier (rpt) **9.35** Frasier (rpt) **10.05** Undercover Boss USA (rpt) (HD) **11.00** Ramsay's Kitchen Nightmares USA (rpt) **12.00** Channel 4 News (HD) **12.05** A New Life In The Sun (rpt) (HD) **1.05** Find It, Fix It, Flog It (rpt) **2.10** Countdown **3.00** Fifteen To One (HD) **4.00** A Place In The Sun: Winter Sun **5.00** Come Dine With Me (rpt)

6.00 THE SIMPSONS (1/22) The family heads to New York so Bart can go looking for ex-girlfriend Mary Spuckler (Zoëy Deschanel) – and once there he revisits a few more of his old flames. (rpt) (HD)

6.30 HOLLYOAKS Warren calls Prince wanting to know where Shane is, while Neeta helps Sally to get ready for some speed dating. (HD)

7.00 CHANNEL 4 NEWS Latest headlines. (HD)

8.00 JAMIE AND JIMMY'S FRIDAY NIGHT FEAST (1/6) Jamie Oliver and Jimmy Doherty present dishes for the weekend from their cafe on Southend Pier. In the first of this third series, the pair are joined by Orlando Bloom, who shows off his sword training when he rustles up a Moroccan tagine. Jamie prepares fragrant, aromatic Asian seafood parcels, while Jimmy takes on the great British banger. (rpt)

9.00 NEW SERIES GOGGLEBOX The nation's favourite armchair critics share their opinions on what they have been watching during the week as the popular series returns for its ninth run. (HD)

10.00 THE LAST LEG Adam Hills, Josh Widdicombe and Alex Brooker are joined by celebrity guests for a comic review of the significant moments of the past seven days. The trio offer their own unique insight into some of the most difficult issues in Britain. (HD)

11.05 8 OUT OF 10 CATS (9/12) Gabby Logan, Ellie Simmonds, Alex Brooker and David O'Doherty join team captains Rob Beckett and Aisling Bea to discuss the most talked-about sporting events of 2016. (HD)

11.55 RUDE TUBE (7/10) Alex Zane presents a selection of clips featuring various modes of transport, including a magic carpet ride on the streets of New York and Mike Tyson falling off a hoverboard. (rpt)

12.55 FILM: Man On A Ledge (2012) Thriller, starring Sam Worthington. (HD) **2.40** Time Crashers (rpt) **3.35** Four In A Bed (rpt) (HD) **4.30** Phil Spencer: Secret Agent (rpt) (SL)

● All programme details are correct at time of going to press

5STAR

6.00am Teleshopping **8.00** 8 Simple Rules **8.20** Dance Moms **10.05** 8 Simple Rules **11.00** 100 Per Cent Hotter **12.00noon** Can't Pay? We'll Take It Away **1.00** Dance Moms **2.00** Dance Moms Throwback **3.00** Neighbours **3.30** Home and Away **4.00** 8 Simple Rules **5.00** My Wife and Kids **5.55** Access **6.00** Neighbours **6.30** Home and Away **7.00** Dance Moms **8.00** Can't Pay? We'll Take It Away **10.00** FILM: Grown Ups 2 (2013) (12) Comedy sequel. **12.05am** FILM: Taxi (2004) (12) Comedy remake.

CHANNEL 5



6.00 Milkshake! Pip Ahoy! (rpt) **6.10** Lily's Driftwood Bay (rpt) **6.20** Little Princess (rpt) **6.30** Paw Patrol (rpt) **6.45** Bob The Builder (rpt) **6.55** Fireman Sam (rpt) **7.05** Thomas & Friends (rpt) **7.20** Milkshake! Monkey (rpt) **7.25** Shimmer And Shine **7.35** Noddy: Toyland Detective (rpt) **7.50** Paw Patrol (rpt) **8.05** Ben And Holly's Little Kingdom (rpt) **8.15** Digby Dragon **8.30** Peppa Pig (rpt) **8.50** Wissper (rpt) **9.00** Toot The Tiny Tugboat (rpt) **9.15** The Wright Stuff **11.15** GPs: Behind Closed Doors (rpt) **12.10** 5 News **12.15** Storm Surge: Winter Road Rescue (rpt) **1.15** Home And Away **1.45** Neighbours (HD) **2.15** NCIS (rpt) **3.15** FILM: Patricia Cornwell's At Risk (2010) Mystery, with Andie MacDowell. (HD) **5.00** 5 News At 5 (HD) **5.30** Neighbours (rpt) (HD)

6.00 HOME AND AWAY Heath is taken in for questioning about Gunno's death, Ash nearly discovers the identity of Billie's rapist, while Phoebe undertakes organising a charity concert. (rpt) (HD)

6.30 5 NEWS TONIGHT A round-up of the evening's main headlines, including coverage of the latest national and international stories. (HD)

7.00 HAPPY CAMPERS: CARAVANNING (3/6) A couple travel to a caravan site in Whitby to get married and, while the venue is just a field, there is a whole wedding to be organised around their beloved caravan. (rpt) Followed by 5 News Update (HD)

8.00 CELEBRITY CARRY ON BARGING (3/4) Nigel Havers, Debbie McGee, Lorraine Chase and Simon Callow go antique shopping, explore an ice-age peat bog and learn about canal architect Thomas Telford. (HD) Followed by 5 News Update.

9.00 CRUISING WITH JANE MCDONALD (3/4) Beginning in Budapest, the singer sails the Danube on one of the most luxurious ships of its type, as she makes her first foray into the realms of the river cruise. (HD) Followed by **The Health Lottery draw**.

10.00 THE FREDDIE MERCURY STORY: WHO WANTS TO LIVE FOREVER? Documentary made to mark the 25th anniversary of the Queen frontman's death, which explores two of the most important years in his life, from the band's iconic performance at the Live Aid concert in 1985 to his diagnosis with Aids in 1987. (rpt) (HD)

12.00 SuperCasino. Live interactive gaming. **3.10** Secrets Of The Great Train Robbery (rpt) (HD) **4.00** Benefits: 26 Kids And Claiming (rpt) (HD) **4.45** House Doctor (rpt) (SL) **5.10** Great Scientists (rpt) (SL) **5.35** Wildlife SOS (rpt) (SL)

5USA

6.00am Teleshopping **9.00** Access **9.10** Longmire **10.00** Law & Order **11.00** Law & Order **12.00noon** CSI: Miami **1.00** NCIS **2.00** Castle **3.00** Longmire **4.00** Law & Order **5.00** Law & Order **6.00** CSI: Miami **7.00** NCIS **8.00** NCIS. The team investigates the death of a Navy doctor. **9.00** Rookie Blue. A witness in a Mob trial is abducted. **10.00** Law & Order: Special Victims Unit **11.00** Law & Order: Special Victims Unit **12.00midnight** Person of Interest **1.00** CSI: Miami **2.00** CSI: Crime Scene Investigation

FRIDAY 24 FEBRUARY 2017

ITV2 6.00am You've Been Framed! Gold **6.25** You've Been Framed! Gold Harry's Favourites **7.15** The Ellen DeGeneres Show **8.00** Emmerdale **9.30** Ninja Warrior UK **10.30** Film: St Trinian's (12) **12.30pm** Emmerdale **2.00** The Ellen DeGeneres Show **2.50** The Jeremy Kyle Show **5.00** Judge Rinder **6.00** You've Been Framed! Gold **7.00** 100% You've Been Framed! **8.00** Two and a Half Men **9.00** Film: Hot Fuzz (15) **11.20** Family Guy **12.20am** American Dad! **1.15** Ibiza Weekender

ITV3 6.00am In Loving Memory **6.25** Heartbeat **7.25** Where the Heart Is **8.25** Royal **9.25** Judge Judy **10.50** Inspector Morse **1.05pm** Heartbeat **2.05** The Royal **3.10** Where the Heart Is **4.15** In Loving Memory **4.50** Doctor at Large **5.20** On the Buses **5.55** Heartbeat **7.00** Murder, She Wrote **8.00** Doc Martin **9.00** Agatha Christie's Marple **11.00** Prime Suspect V **1.20am** Wycliffe

ITV4 6.00am Gunsmoke **6.55** The Saint **8.00** Hogan's Heroes **8.30** The Professionals **9.35** Ironside **10.35** Gunsmoke **11.45** Live Snooker Shoot-Out **5.30pm** Storage Wars: Texas **6.25** Hat-Trick Heroes II **6.45** Live Snooker Shoot-Out **10.45** Film: The Specialist (1994, 18) **1.00am** The Professionals **1.50** Hogan's Heroes

BBC FOUR 7.00pm News Today, Weather **7.30** Top of the Pops: 1983 **8.00** The Good Old Days **8.40** Sounds of the Seventies **8.50** Sounds of the 60s **9.00** Queen: From Rags to Rhapsody **9.55** Queen: The Legendary 1975 Concert **11.00** Even More Guitar Heroes at the BBC **12.00midnight** When Albums Ruled the World

SKY 1 6.00am Hawaii Five-0 **8.00** Monkey Life **9.00** Police Force: Australia **10.00** Nothing to Declare **11.00** A Town Called Eureka **12.00noon** NCIS: Los Angeles **1.00** Hawaii Five-0 **3.00** NCIS: Los Angeles **4.00** Futurama **4.30** Modern Family **5.30** Futurama **6.30** The Simpsons **8.30** Modern Family **9.00** Stan Lee's Lucky Man **10.00** The Blacklist **11.00** Freddie Down Under **12.00midnight** A League of Their Own

SKY ATLANTIC 6.00am Richard E Grant's Hotel Secrets **7.00** The British **8.00** The West Wing **10.00** House **11.00** Without a Trace **1.00pm** Blue Bloods **2.00** Networks of Power with Sir Christopher Meyer **3.00** West Wing **5.00** House **6.00** Without a Trace **8.00** Blue Bloods **9.00** Game of Thrones **11.25** Oz **1.50am** The Wire **3.05** Looking **4.15** Richard E Grant's Hotel Secrets

SKY CINEMA PREMIERE 6.00am McCanick (15) **7.50** The Lego Batman Movie: Special **8.20** The Meddler (12) **10.20** Fathers and Daughters (15) **12.20pm** Bad Neighbours 2 (15) **2.10** Teenage Mutant Ninja Turtles: Out Of The Shadows (12) **4.10** The Meddler (12) **6.00** Fathers and Daughters (15) **8.00** Teenage Mutant Ninja Turtles: Out Of The Shadows (12) **10.00** Bad Neighbours 2 (15) **11.40** The Greasy Strangler (18)

FILM4 11.00am Thunder Island (U) **12.20pm** Doctor in Distress (PG) **2.30** Winchester '73 (U) **4.20** The Undefeated (PG) **6.40** Chocolat (12) **9.00** The Guest (15) **11.05** Red Eye (12) **12.45am** Lesson of Evil (18)

CBS ACTION 6.00am Teleshopping **9.00** NCIS **11.00** Diagnosis Murder **12.00noon** Gunsmoke **1.00** Bonanza **2.00** NCIS **4.00** Mission: Impossible **5.00** JAG **6.00** NCIS **7.00** Diagnosis Murder **8.00** Walker, Texas Ranger **9.00** NCIS **11.00** Mission: Impossible **12.00midnight** NCIS

CBS REALITY 6.00am Teleshopping **9.00** Judge Judy **9.55** Hoarders **10.50** Urban Legends **11.50** 48 Hours: Mystery **12.40pm** Judge Judy **3.10** Hoarders **4.10** Urban Legends **5.10** Judge Judy **7.00** Medical Detectives **8.00** Unsolved Mysteries **9.00** 48 Hours: Mystery **10.00** Wives with Knives **11.00** Medical Detectives **12.00midnight** Evil Twins **1.00** 48 Hours **2.00** Wives with Knives

SKY SPORTS 1 8.00am Premier League Legends **9.00** Premier League 100 Club **10.00** Premier League Legends **10.30** Premier League World **11.00** Premier League Match Pack **11.30** Premier League 100 Club **12.00noon** Football Gold **1.00** Premier League 100 Club **1.30** Football's Greatest Players **2.00** Premier League Legends **3.00** Football Gold **4.00** Premier League 100 Club **4.30** Football's Greatest Players **5.00** Premier League Match Pack **5.30** Premier League Legends **6.00** Premier League Match Pack **6.30** Fantasy Football Club **7.30** Live EFL: Wolves v Birmingham City. **10.15** Premier League Preview **10.45** Fantasy Football Club **11.45** Premier League Match Pack **12.15am** Premier League Preview

BBC 1



Let It Shine, 6.45pm

- 6.00** Breakfast (S) (W) (HD) **10.00** Saturday Kitchen Live (S) (W) (HD) **11.30** The Little Paris Kitchen: Cooking With Rachel Khoo (rpt) (S) (W) (HD) **12.00** Football Focus (S) (W) (HD) **1.00** BBC News, (S) Weather (W) (HD) **1.15** TBA **2.00** Live Six Nations Rugby Union. Scotland v Wales (Kick-off 2.25pm). (S) (W) (HD) **4.30** Final Score (S) (W) (HD) **5.10** BBC News (S) (W) (HD) **5.20** Local News, (S) Weather (W) **5.30** TBA
- 6.45 LET IT SHINE** The battle of the boy bands is almost over as the three finalists take to the stage one last time, demonstrating their singing and dancing skills in the hope of winning the starring roles in Gary Barlow's new musical based on the music of Take That. He and his fellow panellists, Dannii Minogue, Martin Kemp and a special guest judge, will be giving their feedback, but this week the performers have to impress the viewers, as they're the ones who decide who comes out on top. As to who that will be – Graham Norton and Mel Giedroyc are the ones with the answer. Last in the series. (S) (W) (HD)
- 8.25 CASUALTY** (25/45) Steph is rushed to hospital when she tries to kill herself. Iain catches Gem trying to steal from him and insists she get a job – which a woman he rescues may be able to provide. (S) (HD)
- 9.15 TABOO** (8/8) The time of reckoning arrives for both James Delaney and his nemesis Sir Stuart Strange, as Delaney confronts the East India Company chairman with the cold, hard truth. All the while, Delaney conspires to escape his circumstances, but as the enmity of the Prince Regent turns to lethal fury, the Crown unleashes one final, destructive plan. Time is running out for all three major players, and old scores must be settled – with all tragic consequences borne. Historical drama, starring Tom Hardy, Jonathan Pryce and Mark Gatiss. (S) (W) (HD)
- 10.10 BBC NEWS, WEATHER** Latest headlines. (HD) Followed by National Lottery Update. (S) (W)
- 10.30 MATCH OF THE DAY** Gary Lineker presents highlights of the latest Premier League matches, including Chelsea v Swansea City at Stamford Bridge and Hull City v Burnley at the KCOM Stadium. (HD)
- 11.55 THIS COUNTRY** Mockumentary presenting a wry look at the lives of young people living in modern, rural Britain, via two ne'er-do-well cousins living in the Cotswolds. (S) (W) (HD)

12.15 TBA. Followed by Weather. (HD) **1.50** BBC News (HD)

● (1/3) Episode Number (W) Widescreen (rpt) Repeat (S) Subtitles (AD) Audio Description (SL) Sign Language (HD) High Definition

BBC 2



QI XL, 10.40pm

- 6.35** FILM: Yellow Canary (1943) Thriller, starring Anna Neagle and Richard Greene. (S) **8.10** FILM: In Which We Serve (1942) The survivors of a maritime disaster recall their adventures as they cling to the wreckage. Second World War drama, starring Noel Coward, John Mills and Richard Attenborough. (S) **10.00** Britain's Secret Seas. Explorer Paul Rose teams up with biologist Tooni Mahto and underwater archaeologist Frank Pope to explore the secrets of the seas surrounding Britain, highlighting the wide variety of marine life and mysterious wrecks within the nation's waters. (rpt) (S) (W) (HD) **11.00** Homes Under The Hammer. Lucy Alexander and Martin Roberts explore properties about to be auctioned, then talk to the buyers about their plans for the buildings. (rpt) (S) (W) (HD) **12.00** TBA **1.00** FILM: Waterloo (1970) Napoleon returns from exile to reclaim his empire, while the Duke of Wellington marshals an army for the battle to come. Historical drama, with Rod Steiger and Christopher Plummer. (S) **3.10** TBA **4.00** Mastermind. Contestants take to the black chair in the specialist and general knowledge quiz. (rpt) (S) (W) (HD) **4.30** University Challenge. Jeremy Paxman asks the questions as another two teams battle it out in the student quiz. (rpt) (S) (W) (HD)
- 5.00 ONLY CONNECT** Victoria Coren Mitchell presents the quiz show based on patience and lateral thinking, in which successful contestants make connections between things that at first do not appear to be linked. (rpt) (S) (W) (HD)
- 5.30 THE HOUSE THAT £100K BUILT** Journalist Kieran Long and architect Piers Taylor follow the progress of people choosing to build a property rather than buy one, offering them hints and tips to keep the projects on track. (rpt) (S) (W)
- 6.30 FLOG IT!** People are invited to try to make money out of their antiques by taking a risk at auction. (rpt)
- 7.30 GRAND TOURS OF THE SCOTTISH ISLANDS** Paul Murton sets out to visit some of the many islands that lay off the coastline. (S) (W) (HD)
- 8.00** TBA
- 8.30 DAD'S ARMY** Classic comedy with the Home Guard during the Second World War, starring Arthur Lowe, John Le Mesurier, Ian Lavender, Bill Pertwee, Frank Williams and Clive Dunn. (rpt) (S)
- 9.00** TBA
- 10.40 QI XL** Quiz show, featuring Alan Davies. (W) (HD)
- 11.25** TBA
- 1.10** TBA **3.10** This Is BBC Two. Upcoming shows. (S) (W) (HD)

ITV



The Boat That Rocked, 10.45pm

- 6.00** CITV: The Aquabats! Super Show! (rpt) (W) **6.20** Dino Dan: Trek's Adventures (rpt) (SL) (W) **6.30** Dino Dan: Trek's Adventures (rpt) (SL) (W) **6.45** Sooty (rpt) (SL) (W) **6.55** Signed Stories (rpt) (SL) (W) **7.00** Oddbods (rpt) (W) **7.05** Thunderbirds Are Go (rpt) (W) **7.30** Scrambled! Mr Bean: The Animated Series (rpt) (W) **7.50** Scrambled! Horrid Henry (rpt) (W) **8.10** Scrambled! Teen Titans Go! (rpt) (W) **8.30** Scrambled! Bear Grylls Survival School (W) **9.05** Scrambled! Adventure Time (rpt) (W) **9.25** ITV News (W) **9.30** Alphabetical (rpt) (W) (HD) **10.30** Guess This House (rpt) (W) (HD) **11.30** Off Their Rockers (rpt) (W) **11.55** ITV News, Weather (W) **12.00** FILM: Free Willy 2: The Adventure Home (1995) Two half-brothers help save the friendly whale and his pod from the danger of oil spilling from a crippled tanker. Family adventure, with Jason James Richter and Michael Madsen. (W) (HD) **1.50** Tipping Point (rpt) (W) (HD) **2.50** The Chase (rpt) (W) (HD) **3.50** Local News, Weather (W) **4.00** ITV News, Weather (W) **4.15** Live Six Nations Rugby Union. Ireland v France (Kick-off 4.50pm). Coverage of the match from the third round of fixtures. (W) (HD)
- 7.00** TBA
- 8.00 THE VOICE UK** Emma Willis hosts as the spinning-chair talent contest moves beyond the genial business of the Blind Auditions into the more cutthroat competition of the Battle phase. Coaches Sir Tom Jones, will.i.am, Gavin Rossdale and Jennifer Hudson are called upon to offer their chosen acts the mentoring they need to become chart-topping pop icons. Each of the coaches are given two "steals", which gives them a chance to save any acts they believe should not have been knocked out of the contest in the forthcoming head-to-head sing-offs. (W) (HD)
- 9.30** TBA
- 10.30** **ITV NEWS, WEATHER** Latest headlines. (W)
- 10.45** **FILM THE BOAT THAT ROCKED** (2009) A host of eclectic DJs entertain 1960s Britain through a pirate radio station, broadcasting from a vessel in the North Sea. However, a high-ranking government official is determined to bring an end to the rogue outfit and the individuals responsible for its continued existence. Richard Curtis' comedy, starring Bill Nighy, Rhys Ifans, Philip Seymour Hoffman, Kenneth Branagh and Nick Frost. (W)
- 1.10** Jackpot247. Live interactive gaming. (W) **3.00** Who's Doing The Dishes? (rpt) (W) (HD) **3.50** ITV Nightscreen (HD)

REGIONAL VARIATIONS

BBC1 SCOTLAND As BBC1 except: **4.30-5.10** SportsScene **BBC1 NORTHERN IRELAND** As BBC1 except: **5.00-5.10** Final Score from Northern Ireland. The latest football results. **BBC2 WALES** As BBC2 except: **4.00-4.30** TBA **6.30** Big Dreams Small Spaces. Monty Don helps amateur horticulturalists who have small or average-sized gardens but are planning to do something extraordinary with them. **7.30-8.00** Mastermind **BBC2 SCOTLAND** As BBC2 except: **1.00** TBA **2.15** Conference 2017 **3.45** Great Continental Railway Journeys **4.15** Mastermind. general knowledge quiz show. **4.45** University Challenge **5.15** Only Connect **5.45** The House That £100K Built **6.45-7.30** Flog It!

ITV MERIDIAN As ITV except: **12.34-1.50** Local Weather **4.40-7.00** Local News. Headlines. **10.34-10.45** Local Weather **ITV CENTRAL** As ITV except: **12.34-1.50** Local Weather **4.40-7.00** Local News. Headlines. **10.34-10.45** Local Weather **ITV WESTCOUNTRY** As ITV except: **12.34-1.50** Local Weather **4.40-7.00** Local News. Headlines. **10.34-10.45** Local Weather **ITV ANGLIA** As ITV except: **12.34-1.50** Local Weather **4.40-7.00** Local News. Headlines. **10.34-10.45** Local Weather **ITV YORKSHIRE** As ITV except: **12.34-1.50** Local Weather **4.40-7.00** Local News. Headlines. **10.34-10.45** Local Weather **ITV TYNE TEES** As ITV except: **12.34-1.50** Local Weather **4.40-7.00** Local News. Headlines. **10.34-10.45** Local Weather

ITV GRANADA As ITV except: **12.34-1.50** Local Weather **4.40-7.00** Local News. Headlines. **10.34-10.45** Local Weather **ITV BORDER** As ITV except: **4.40-7.00** Local News. Headlines. **ITV WEST** As ITV except: **12.34-1.50** Local Weather **4.40-7.00** Local News. Headlines. **10.34-10.45** Local Weather **ITV WALES** As ITV except: **12.34-1.50** Local Weather **4.40-7.00** Local News. Headlines. **10.34-10.45** Local Weather **S4C 6.00** Cyw **8.00** Swnsh Sadwrn **10.00** Tag **10.45** Y Diwrnod Mawr **11.00** Cynadleddau'r Gwanwyn: UKIP **1.15** Ffermio **1.40** Clwb Rygbi **4.55** Newyddion a Chwaraeon **5.00** Sgorio **7.30** TBA **9.00** Ochr 1: Gwobrau'r Selar 2017 **9.35** Noson Lawen **10.00** Y Salon **10.30** Jonathan **11.30-12.35** TBA

CHANNEL 4



Great Canal Journeys, 8pm

- 6.20** Mobil 1: The Grid **6.45** The King Of Queens (rpt) **7.10** Everybody Loves Raymond (rpt) **7.35** Everybody Loves Raymond (rpt) **8.05** Everybody Loves Raymond (rpt) **8.30** Frasier (rpt) **9.05** Frasier (rpt) **9.35** The Big Bang Theory (rpt) (HD) **10.00** The Big Bang Theory (rpt) (HD) **10.30** The Big Bang Theory (rpt) (HD) **10.55** The Simpsons (rpt) **11.25** The Simpsons (rpt) **12.00** Jamie And Jimmy's Friday Night Feast. Jamie Oliver and Jimmy Doherty return to their caff at the end of Southend Pier for a fourth series, cooking up feasts for the weekend, helped by some very special guests who receive the cooking lesson of a lifetime. (rpt) (HD) **1.00** Come Dine With Me. Salon owner Hannah hosts the first of a week of dinner parties in Exeter, hoping to impress her guests with a menu bursting with taste sensations. (rpt) (HD) **1.30** Come Dine With Me. The second dinner party in Exeter is hosted by funeral director and BMX fanatic Simon. (rpt) (HD) **2.00** Come Dine With Me. Body artist Pascale hosts the third night of a week of dinner parties in Exeter, preparing a Vietnamese menu full of flavour and colour in an effort to impress her guests. (rpt) (HD) **2.30** Come Dine With Me. Nick hosts the fourth night in Exeter, preparing a menu that he hopes represents his personality – big, bold and brash. (rpt) (HD)
- 3.00** **COME DINE WITH ME** Ajay hopes her nautical-themed evening will see her sail to victory. (rpt) (HD)
- 3.30** **A PLACE IN THE SUN: SUMMER SUN** Jonnie Irwin helps Stockport couple Gillian and Paul Clarke search for a holiday home on Spain's Costa Calida on a budget of £45,000. (rpt) (HD)
- 4.30** **LOCATION, LOCATION, LOCATION** Kirstie Allsopp and Phil Spencer offer their expert advice to more potential homeowners. (rpt) (HD)
- 5.30** **GRAND DESIGNS** Simon and Jasmine Dale take on the task of building a 21st Century, three-bedroom family home on a low budget. (rpt)
- 6.30** **CHANNEL 4 NEWS** Latest headlines. (HD)
- 7.00** **TBA**
- 8.00** **GREAT CANAL JOURNEYS** Timothy West and Prunella Scales venture into the open sea as they make their way through the islands of Scotland's coast. Their destination is the rarely used nine-mile Crinan canal on the Mull of Kintyre. (rpt) (HD)
- 9.00** **TBA**
- 11.25** **TBA**
- 1.20** Ramsay's Kitchen Nightmares USA (rpt) **1.25** TBA **2.15** Hollyoaks (SL) (HD) **4.15** Phil Spencer: Secret Agent (rpt) (HD) **5.10** Fifteen To One. Quiz show. (rpt) (HD)

● All programme details are correct at time of going to press

CHANNEL 5



NCIS, 8pm

- 6.00** Milkshake! Peppa Pig (rpt) **6.05** Peppa Pig (rpt) **6.10** Monkey (rpt) (HD) **6.15** Bop Box (rpt) **6.20** Paw Patrol (rpt) (HD) **6.35** Bob The Builder (rpt) (HD) **6.45** Fireman Sam (rpt) (HD) **6.55** Rupert Bear (rpt) **7.05** Oilly The Little White Van (rpt) (HD) **7.10** Wanda And The Alien (rpt) (HD) **7.20** Angelina Ballerina (rpt) **7.35** Little Princess (rpt) **7.50** Paw Patrol (rpt) (HD) **8.05** Blaze And The Monster Machines (rpt) (HD) **8.30** Noddy: Toyland Detective (rpt) (HD) **8.45** Ben And Holly's Little Kingdom (rpt) (HD) **8.55** Shimmer And Shine (HD) **9.25** Peppa Pig (rpt) **9.30** Peppa Pig (rpt) **9.35** Ben And Holly's Little Kingdom (rpt) **10.00** Teenage Mutant Ninja Turtles (rpt) **10.20** TBA **10.30** TBA **11.00** Police Interceptors (rpt) (HD) **12.00** TBA **1.00** TBA **2.00** TBA **3.00** The Nightmare Neighbour Next Door (rpt) (HD) **4.00** The Nightmare Neighbour Next Door (rpt) (HD) **5.00** Nightmare Tenants, Slum Landlords (rpt) (HD)
- 6.00** **CAN'T PAY? WE'LL TAKE IT AWAY** (4/5) Paul Bohill and Steve Pinner face some tough decisions when they are given the task of repossessing a house in which a woman is living with two young children. (rpt) (HD)
- 7.00** **NCIS: LOS ANGELES** (11/24) The team hunts for an electromagnetic pulse device that was stolen from a college research facility and could destroy Los Angeles if activated, killing millions of people. (rpt)
- 8.00** **NCIS** (8/24) DiNozzo is reunited with his old flame, Jeanne Benoit, when insurgents in Sudan attack a group of doctors, including her husband. Travelling to the crime scene to conduct a murder-kidnapping investigation, Dinozzi and McGee offer their assistance in searching for the doctors. (rpt) (HD)
- 8.55** **5 NEWS WEEKEND** The day's headlines. (HD)
- 9.00** **FOOTBALL ON 5: THE CHAMPIONSHIP** George Riley and Lynsey Hipgrave introduce highlights from the weekend's Championship games, including Leeds United v Sheffield Wednesday in a huge Yorkshire derby at Elland Road. (HD) **Followed by The Health Lottery draw.**
- 10.00** **FOOTBALL ON 5: GOAL RUSH** Goals from the weekend's games in League One and Two. (HD)
- 10.30** **HEISTS** (5/6) This episode looks back to 1911, when one of the most famous pieces of art, the Mona Lisa, was stolen from the Louvre museum in Paris.
- 11.30** **TBA**
- 12.00** SuperCasino **3.10** TBA **4.00** TBA **4.50** House Doctor (rpt) (SL) **5.20** Nick's Quest (rpt) (SL) **5.45** Angels Of Jarm (rpt)

5USA

- 6.00am** Teleshopping **9.00** Access **9.15** Castle **10.15** Castle **11.15** Castle **12.15pm** Film: Columbo: Uneasy Lies the Crown (1990) (PG) **3.15** NCIS **4.15** NCIS **5.15** NCIS **6.15** NCIS **7.15** Film: Mystery Woman: Vision of a Murder (2005) (PG) **9.00** NCIS: Los Angeles **11.00** Law & Order: Special Victims Unit **12.00midnight** Law & Order: Special Victims Unit **1.00** Law & Order: Special Victims Unit **2.00** Law & Order: Special Victims Unit **3.00** Law & Order: Special Victims Unit **4.00-6.00** Teleshopping

SATURDAY 25 FEBRUARY 2017

- ITV2 6.00am** Totally Bonkers Guinness World Records **6.15** Emmerdale **8.50** Coronation Street **11.10** Ninja Warrior UK **12.10pm** Take Me Out **1.25** The Brit Awards 2017 **3.10** FYI Daily **3.55** Film: Step Up 3 (2010,12) **4.55** FYI Daily **5.00** Film: Step Up 3 (2010,12) **6.05** Film: Jack and Jill (2011,PG) **7.05** FYI Daily **7.10** Film: Jack and Jill (2011,PG) **8.00** Scorpion **9.00** Film: American Pie (1999,15) **10.00** FYI Daily **10.05** Film: American Pie (1999,15) **11.00** Family Guy **12.25am** American Dad! **12.55** Film: Couples Retreat (2009,15) **1.55** FYI Daily **2.00** Film: Couples Retreat (2009,15)
- ITV3 6.00am** Murder, She Wrote **8.50** Film: Hidden Treasure (2001) **10.50** Inspector Morse **1.10pm** Film: Carry On Cleo (1964,PG) **2.10** FYI Daily **2.15** Film: Carry On Cleo (1964,PG) **3.00** Agatha Christie's Marple **5.05** Midsomer Murders **11.00** Carry On Forever **12.00midnight** Wycliffe **1.05** Marchlands
- ITV4 6.05am** The Professionals **6.55** The Saint **8.00** The Car Chasers **9.00** Bundesliga Football Highlights **10.00** ITV Racing: The Opening Show **11.00** Storage Wars: Texas **12.00noon** Pawn Stars **1.30** ITV Racing Live. Coverage of today's race meetings. **4.00** Film: The Cimarron Kid (1952,U) **5.05** FYI Daily **5.10** Film: The Cimarron Kid (1952,U) **5.40** Storage Wars **6.35** Football Rivalries **6.45** Live Snooker Shoot-Out **6.55** River Monsters **10.10** FYI Daily **11.00** Film: Red Heat (1988,18) **12.00midnight** FYI Daily **12.05** Film: Red Heat (1988,18) **1.00** River Monsters **2.05** Gunsmoke
- BBC FOUR 7.00pm** Indian Hill Railways **8.00** The Bridge: Fifty Years Across the Forth **9.00** Treasures of Ancient Egypt **10.00** TBA **12.00midnight** Top of the Pops: 1983
- SKY 1 6.00am** Are You Smarter Than a 10 Year Old? **7.00** Monkey Business **8.00** The Big Spell **9.00** The Fantasy Football Club **10.00** Soccer AM **11.30** Football's Funniest Moments **12.00noon** Portrait Artist of the Year 2017 **1.00** Futurama **2.30** Modern Family **5.00** Supergirl **6.00** The Flash **7.00** MacGyver **8.00** Film: Star Wars: Episode I – The Phantom Menace (1999,U) **10.45** NCIS: Los Angeles **11.45** A League of Their Own **12.45am** Duck Quacks Don't Echo **1.45** DC's Legends of Tomorrow **2.45** Police Force: Australia
- SKY ATLANTIC 6.00am** The West Wing **11.00** Micro Monsters with David Attenborough **3.00pm** Without a Trace **8.00** Blue Bloods **9.00** Game of Thrones **11.30** Last Week Tonight with John Oliver **12.05am** Real Time with Bill Maher **1.15** TBA **2.25** The Wire **3.35** Looking
- SKY CINEMA PREMIERE 6.00am** McCanick (2013,15) **7.50** The Top Ten Show 2017 **8.05** Fathers and Daughters (2015,15) **10.10** Bad Neighbours 2 (2016,15) **12.00noon** Demolition (2015,15) **1.55** Teenage Mutant Ninja Turtles: Out Of The Shadows (2016,12) **4.00** Fathers and Daughters (2015,15) **6.10** Demolition (2015,15) **8.00** Teenage Mutant Ninja Turtles: Out Of The Shadows (2016,12) **10.00** The Greasy Strangler (2016,18) **11.40** Bad Neighbours 2 (2016,15) **1.20am** The Goob (2014,18) **3.00** Hacked (2013,18) **4.30** The Great Wall: Special **5.00** Everest: Sky Movies Special
- FILM4 11.00am** The Violent Men (1955,PG) **1.00pm** Cutthroat Island (1995,PG) **3.20** Carry On Cabby (1963,PG) **5.05** Mr Popper's Penguins (2011,PG) **6.50** The Chronicles of Narnia: The Voyage of the Dawn Treader (2010,PG) **9.00** Pitch Perfect (2012,12) **11.15** It Follows (2014,15) **1.10am** The Sixth Sense (1999,15)
- CBS ACTION 6.00am** Teleshopping **8.30** The Key of David **9.00** NCIS **2.00pm** The High Chaparral **4.00** Dr Quinn: Medicine Woman **6.00** Bonanza **8.00** Matlock **9.00** NCIS **1.55am** Film: The Gambler, the Girl and the Gunslinger (2009,PG) **3.35** The High Chaparral
- CBS REALITY 6.00am** Teleshopping **9.00** Judge Judy **3.00pm** Unsolved Mysteries **5.00** Neighbours at War **7.00** Hoarders **9.00** Dark Waters of Crime **11.00** Killer Cops **12.00midnight** Encounters with Evil **1.00** Undercover: Sex Slaves **3.00** Teleshopping **4.00** Cops: Reloaded
- SKY SPORTS 1 7.00am** Premier League Legends **8.00** Football Gold **8.30** Premier League Preview **9.00** The Fantasy Football Club **10.00** Soccer AM **11.30** Premier League Preview **12.00noon** Live EFL **3.00** Gillette Soccer Saturday **5.15** Live EFL **8.00** EFL Goals **8.30** Nissan Game of the Day **10.30** Nissan Match Choice **11.30** Premier League Highlights **1.00am** Live Fight Night International

BEST RADIO OF THE WEEK 19 – 25 February

SUNDAY	<p>RADIO 1 (FM: 97.6-99.8MHz) 6.00am Dev. 1.00pm Matt Edmondson. 1.00pm Alice Levine. 4.00 Cel Spellman. 6.00 Radio 1's Most Played. 7.00 Daniel P Carter. 10.00 Phil Taggart. 1.00am Monki. 4.00-6.33 Adele Roberts. RADIO 2 (FM: 88-91MHz) 5.00am Radio 2 Playlist: Easy. 6.00 The Sunday Hour. 7.00 Jason Mohammad. 9.00 Steve Wright. 11.00 Michael Ball. 1.00pm Elaine Paige. 3.00 Johnnie Walker. 5.00 Paul O'Grady. 7.00 Suzi Perry. 9.00 Clare Teal. 11.00 Don Black.</p>	<p>Midnight Sounds Of The 60s. 2.00 Radio 2's Blues Playlist. 3.00 Radio 2 Playlists: Pop Ballads. 4.00-5.00 Radio 2 Playlists: Upbeat. RADIO 3 (FM: 90.2-92.4MHz) 7.00am Breakfast. 9.00 News. 9.03 Sunday Morning With James Jolly. Noon Private Passions. 1.00 News. 1.02 Radio 3 Lunchtime Concert. 2.00 The Early Music Show. 3.00 Choral Evensong. 4.00 The Choir. 5.00 The Listening Service. 5.30 Words And Music. 6.45 Sunday Feature: King Kong – The Township Jazz Musical. 7.30 Radio 3</p>	<p>In Concert. 9.00 Drama On 3: The Process. 10.30 Early Music Late. 11.30 BBC Philharmonic. 12.30am-6.30 Through The Night. RADIO 4 (FM: 92.4-94.6 MHz) 5.30am News. 5.45 Profile. 6.00 News. 6.05 Something Understood. 6.35 On Your Farm: A Journey Through The British Isles And Beyond. 7.00 News. 7.10 Sunday. 8.00 News. 8.10 Sunday Worship. 8.48 A Point Of View. 9.00 Broadcasting House. 10.00 The Archers. 11.15 Desert Island Discs. Noon News. 12.01</p>	<p>(LW) Shipping Forecast. 12.04 The Museum Of Curiosity. 12.30 The Food Programme. 1.00 The World This Weekend. 1.30 Fry's English Delight. 2.00 Gardeners' Question Time. 2.45 The Listening Project. 3.00 News. 3.02 Drama: Ann Veronica. 4.00 Open Book. 4.30 Poetry Please. 5.00 The Pull Of Putin. 5.40 Profile. 5.54 Shipping Forecast. 6.00 News. 6.15 Pick Of The Week. 7.00 The Archers. 7.15 Guilt Trip. 7.45 The Poet And The Echo. 8.00 Feedback. 8.30 Last Word. 9.00</p>	<p>Money Box. 9.30 Analysis. 10.00 The Westminster Hour. 11.00 The Film Programme. 11.30 Something Understood. Midnight News. 12.15 Thinking Allowed. 12.48 Shipping Forecast. 1.00 As BBC World Service. 5.20-5.30 Shipping Forecast. RADIO 5 (MW: 909/993 kHz) 5.00am 5 Live Science. 6.00 Sunday Breakfast. 9.00 SportsWeek. 10.00 Pienaar's Politics. 11.00 5 Live Investigates. Noon 5 Live Sport. 2.00 FA Cup Football 2016-17. 4.00 FA Cup Football 2016-17. 6.06 6-0-6.</p>	<p>7.30 Jane Garvey And Peter Allen. 10.00 Stephen Nolan. 1.00am-5.00 Up All Night. RADIO SCOTLAND (FM: 92.4-92.7MHz, MW: 810 (Dumfries 585) kHz) 6.00am Bulletin. 6.02 Stark Talk. 6.30 New Every Sunday. 7.00 Bulletin. 7.04 A Slick Of Red Lippie. 7.32 The Kitchen Cafe. 8.00 Good Morning Scotland. 10.05 Cathy Macdonald. Noon Bulletin. 12.05 Sportsound. 5.05 Take The Floor. 7.05 Travelling Folk. 9.05 Classics Unwrapped. 11.05 Billy Sloan. 1.00am-6.00 As Radio 5 Live.</p>
MONDAY	<p>RADIO 1 (FM: 97.6-99.8MHz) 6.33am The Radio 1 Breakfast Show With Nick Grimshaw. 10.00 Clara Amfo. 12.45pm Newsbeat. 1.00 Scott Mills. 4.00 Greg James. 5.45 Newsbeat. 6.00 Greg James. 7.00 Mistajam. 9.00 Radio 1's Specialist Chart With Phil Taggart. 10.02 Huw Stephens. 1.00am Friction. 4.00-6.33 Adele Roberts. RADIO 2 (FM: 88-91MHz) 5.00am Vanessa Feltz. 6.30 Chris Evans. 9.30 Ken Bruce. Noon Paddy O'Connell. 2.00 Steve Wright In The Afternoon.</p>	<p>5.00 Simon Mayo. 7.00 Paul Jones. 8.00 Jo Whaley. 10.00 Johnnie Walker's Long-Players. 11.00 David Rodigan. Midnight Johnnie Walker's Sounds Of The 70s. 2.00 Radio 2's Jazz Playlist. 3.00 Radio 2 Playlist: Great British Songbook. 4.00-5.00 Radio 2 Playlists: Hidden Treasures. RADIO 3 (FM: 90.2-92.4MHz) 6.30am Breakfast. 9.00 Essential Classics. Noon Composer Of The Week: Gade. 1.00 News. 1.02 Radio 3 Lunchtime Concert. 2.00 Afternoon On 3. 4.30 In Tune. 6.30</p>	<p>Composer Of The Week: Gade. 7.30 Radio 3 In Concert. 10.00 Music Matters. 10.45 The Essay: The Other Auld Alliance. 11.00 Jazz Now. 12.30am-6.30 Through The Night. RADIO 4 (FM: 92.4-94.6 MHz) 5.30am News. 5.45 Farming Today. 6.00 Today. 9.00 Start The Week. 9.45 (LW) Daily Service. 9.45 (FM) Book of the Week: Deaths Of The Poets. 10.00 Woman's Hour. 11.00 The English Fish. 11.30 Chain Reaction. Noon News. 12.01 (LW) Shipping Forecast. 12.04 Witness.</p>	<p>12.15 You And Yours. 12.57 Weather. 1.00 The World At One. 1.45 The Untold. 2.00 The Archers. 2.15 Drama: What Will Survive. 3.00 Brain Of Britain. 3.30 The Food Programme. 4.00 Writing A New Caribbean. 4.30 The Infinite Monkey Cage. 5.00 PM. 5.54 (LW) Shipping Forecast. 5.57 Weather. 6.00 News. 6.30 Just A Minute. 7.00 The Archers. 7.15 Front Row. 7.45 44 Scotland Street. 8.00 The Philosopher's Arms. 8.30 Analysis. 9.00 The Rise Of The Robots. 9.30</p>	<p>Start The Week. 9.59 Weather. 10.00 The World Tonight. 10.45 Book at Bedtime: The Underground Railroad. 11.00 Word Of Mouth. 11.30 Today In Parliament. Midnight News. 12.30 Book of the Week: Deaths Of The Poets. 12.48 Shipping Forecast. 1.00 As BBC World Service. 5.20-5.30 Shipping Forecast. RADIO 5 (MW: 909/993 kHz) 5.00am Morning Reports. 5.15 Wake Up To Money. 6.00 5 Live Breakfast. 10.00 5 Live Daily With Adrian Chiles. 1.00pm Afternoon Edition. 4.00 5 Live</p>	<p>Drive. 7.00 5 Live Sport. 7.55 5 Live Sport: FA Cup Football 2016-17. 10.00 Flintoff, Savage And The Ping Pong Guy. 10.30 Phil Williams. 1.00am-5.00 Up All Night. RADIO SCOTLAND (FM: 92.4-92.7MHz, MW: 810 (Dumfries 585) kHz) 6.00am Good Morning Scotland. 9.00 Kaye Adams. Noon John Beattie. 1.32 Personal Best. 2.05 Janice Forsyth. 4.00 Newsdrive. 6.30 Bryan Burnett. 9.00 Bulletin. 9.05 Vic Galloway. 11.00 Bulletin. 11.05 Roddy Hart. 1.00am As Radio 5 Live.</p>
TUESDAY	<p>RADIO 1 (FM: 97.6-99.8MHz) 6.33am The Radio 1 Breakfast Show With Nick Grimshaw. 10.00 Clara Amfo. 12.45pm Newsbeat. 1.00 Scott Mills. 4.00 Greg James. 5.45 Newsbeat. 6.00 Greg James. 7.00 Mistajam. 9.00 BBC Radio 1 And 1Xtra's Stories. 10.02 Huw Stephens. 1.00am Annie Nightingale. 4.00-6.33 Adele Roberts. RADIO 2 (FM: 88-91MHz) 5.00am Vanessa Feltz. 6.30 Chris Evans. 9.30 Ken Bruce. Noon Jeremy Vine. 2.00 Steve Wright In The Afternoon. 5.00 Simon</p>	<p>Mayo. 7.00 Jamie Cullum. 8.00 Jo Whaley. 10.00 Nemone's Electric 90s. 11.00 Nigel Ogden: The Organist Entertains. 11.10 Listen To The Band. Midnight Sounds Of The 80s. 2.00 Radio 2's Folk Playlist. 3.00 Radio 2 Playlist: Morning Acoustic. 4.00-5.00 Radio 2 Playlists: Wednesday Workout. RADIO 3 (FM: 90.2-92.4MHz) 6.30am Breakfast. 9.00 Essential Classics. Noon Composer Of The Week: Gade. 1.00 News. 1.02 Radio 3 Lunchtime Concert. 2.00 Afternoon On 3. 4.30 In Tune. 6.30</p>	<p>6.30 Composer Of The Week: Gade. 7.30 Radio 3 In Concert. 10.00 Free Thinking. 10.45 The Essay: The Other Auld Alliance. 11.00 Late Junction. 12.30am-6.30 Through The Night. RADIO 4 (FM: 92.4-94.6 MHz) 5.30am News. 5.45 Farming Today. 6.00 Today. 8.31 (LW) Yesterday In Parliament. 9.00 The Life Scientific. 9.30 One To One. 9.45 (LW) Daily Service. 9.45 (FM) Book of the Week: Deaths Of The Poets. 10.00 Woman's Hour. 11.00 The Rise Of The Robots. 11.30 Jazzed</p>	<p>Up: How Jazz Changed Britain. Noon News. 12.01 (LW) Shipping Forecast. 12.04 Witness. 12.15 Call You And Yours. 1.00 The World At One. 1.45 The Untold. 2.00 The Archers. 2.15 Drama: A World Elsewhere. 3.00 Short Cuts. 3.30 Costing The Earth. 4.00 Word Of Mouth. 4.30 A Good Read. 5.00 PM. 5.54 (LW) Shipping Forecast. 6.00 News. 6.30 Mark Watson Talks A Bit About Life. 7.00 The Archers. 7.15 Front Row. 7.45 44 Scotland Street. 8.00 File On 4. 8.40 In Touch. 9.00</p>	<p>Inside Health. 9.30 The Life Scientific. 10.00 The World Tonight. 10.45 Book at Bedtime: The Underground Railroad. 11.00 The Infinite Monkey Cage. 11.30 Today In Parliament. Midnight News. 12.30 Book of the Week: Deaths Of The Poets. 12.48 Shipping Forecast. 1.00 As BBC World Service. 5.20-5.30 Shipping Forecast. RADIO 5 (MW: 909/993 kHz) 5.00am Morning Reports. 5.15 Wake Up To Money. 6.00 5 Live Breakfast. 10.00 Adrian Chiles. 1.00pm Afternoon Edition. 4.00 5</p>	<p>Live Drive. 6.30 5 Live Sport. 7.45 Champions League Football 2016-17. 10.00 5 Live Football Social. 10.30 Phil Williams. 1.00am-5.00 Up All Night. RADIO SCOTLAND (FM: 92.4-92.7MHz, MW: 810 (Dumfries 585) kHz) 6.00am Good Morning Scotland. 9.00 Kaye Adams. Noon John Beattie. 1.32 Brainwaves. 2.00 Bulletin. 2.05 Janice Forsyth. 4.00 Newsdrive. 6.30 Bryan Burnett. 9.00 Bulletin. 9.05 Ricky Ross. 11.00 Bulletin. 11.05 The Iain Anderson Show. 1.00am-6.00 As Radio 5 Live.</p>
WEDNESDAY	<p>RADIO 1 (FM: 97.6-99.8MHz) 6.33am Nick Grimshaw. 10.00 Clara Amfo. 12.45pm Newsbeat. 1.00 Scott Mills. 4.00 Greg James. 5.45 Newsbeat. 6.00 Greg James. 7.00 Mistajam. 9.00 The Surgery With Gemma & Dr Radha. 10.02 Huw Stephens. 1.00am Benji B. 4.00-6.33 Adele Roberts. RADIO 2 (FM: 88-91MHz) 5.00am Vanessa Feltz. 6.30 Chris Evans. 9.30 Ken Bruce. Noon Jeremy Vine. 2.00 Steve Wright In The Afternoon. 5.00 Simon Mayo. 7.00 The Folk Show With</p>	<p>Mark Radcliffe. 8.00 Jo Whaley. 10.00 How Britpop Changed The Media. 11.00 The People's Songs. Midnight Pick Of The Pops. 2.00 Radio 2's Country Playlist. 3.00 Radio 2 Playlist: Relax. 4.00-5.00 Radio 2 Playlist: Radio 2 Rocks. RADIO 3 (FM: 90.2-92.4MHz) 6.30am Breakfast. 9.00 Essential Classics. Noon Composer Of The Week: Gade. 1.00 News. 1.02 Radio 3 Lunchtime Concert. 2.00 Afternoon On 3. 3.30 Choral Evensong. 4.30 In Tune. 6.30 Composer Of The Week: Gade.</p>	<p>7.30 Radio 3 In Concert. 10.00 Free Thinking. 10.45 The Essay: The Other Auld Alliance. 11.00 Late Junction. 12.30am-6.30 Through The Night. RADIO 4 (FM: 92.4-94.6 MHz) 5.30am News. 5.45 Farming Today. 6.00 Today. 8.31 (LW) Yesterday In Parliament. 9.00 Midweek. 9.45 (LW) Daily Service. 9.45 (FM) Book of the Week: Deaths Of The Poets. 10.00 Woman's Hour. 10.56 The Listening Project. 11.00 The Philosopher's Arms. 11.30 Simon Evans Goes To Market. Noon News. 12.01 (LW)</p>	<p>Shipping Forecast. 12.04 Witness. 12.15 You And Yours. 1.00 The World At One. 1.45 The Untold. 2.00 The Archers. 2.15 Drama: A World Elsewhere: The Return. 3.00 Money Box Live. 3.30 Inside Health. 4.00 Thinking Allowed. 4.30 The Media Show. 5.00 PM. 5.54 (LW) Shipping Forecast. 6.00 News. 6.30 It's Jocelyn. 7.00 The Archers. 7.15 Front Row. 7.45 (LW) 44 Scotland Street. 7.45 (FM) 44 Scotland Street. 8.00 The Moral Maze. 8.45 Four Thought. 9.00 Costing The Earth.</p>	<p>9.30 Midweek. 10.00 The World Tonight. 10.45 Book at Bedtime: The Underground Railroad. 11.00 Tim Key's Late Night Poetry Programme. 11.15 Helen Keen's It Is Rocket Science. 11.30 Today In Parliament. Midnight News. 12.30 Book of the Week: Deaths Of The Poets. 12.45 Sailing By. 12.48 Shipping Forecast. 1.00 As BBC World Service. 5.20-5.30 Shipping Forecast. RADIO 5 (MW: 909/993 kHz) 5.00am Morning Reports. 5.15 Wake Up To Money. 6.00 5 Live Breakfast. 10.00 Emma</p>	<p>Barnett. 1.00pm Afternoon Edition. 4.00 5 Live Drive. 6.30 5 Live Sport. 7.45 Champions League Football 2016-17. 10.00 5 Live Football Social. 10.30 Phil Williams. 1.00am-5.00 Up All Night. RADIO SCOTLAND (FM: 92.4-92.7MHz, MW: 810 (Dumfries 585) kHz) 6.00am Good Morning Scotland. 9.00 Kaye Adams. Noon John Beattie. 1.32 Stark Talk. 2.05 Janice Forsyth. 4.00 Newsdrive. 6.30 Bryan Burnett. 9.00 Bulletin. 9.05 The Jazz House. 11.05 Iain Anderson Show. 1.00am-6.00 As Radio 5 Live.</p>
THURSDAY	<p>RADIO 1 (FM: 97.6-99.8MHz) 6.33am The Radio 1 Breakfast Show With Nick Grimshaw. 10.00 Clara Amfo. 12.45pm Newsbeat. 1.00 Scott Mills. 4.00 Greg James. 5.45 Newsbeat. 6.00 Greg James. 7.00 Mistajam. 9.00 Radio 1's Artist Takeover With. 10.02 BBC Radio 1's Residency – Eats Everything. Midnight BBC Radio 1's Residency – Metrik. 1.00 Toddla T. 4.00-6.33 Adele Roberts. RADIO 2 (FM: 88-91MHz) 5.00am Vanessa Feltz. 6.30 Chris Evans. 9.30 Ken Bruce.</p>	<p>Noon Jeremy Vine. 2.00 Steve Wright In The Afternoon. 5.00 Simon Mayo. 7.00 Bob Harris Country. 8.00 Jo Whaley. 10.00 The Radio 2 Arts Show With Jonathan Ross. Midnight The Craig Charles House Party. 2.00 Radio 2's Tracks Of My Years Playlist. 3.00 Radio 2 Playlist: Have A Great Weekend. 4.00-5.00 Radio 2 Playlist: Feelgood Friday. RADIO 3 (FM: 90.2-92.4MHz) 6.30am Breakfast. 9.00 Essential Classics. Noon Composer Of The Week: Gade. 1.00 News. 1.02 Radio 3 Lunchtime</p>	<p>Concert. 2.00 Afternoon On 3. 4.30 In Tune. 6.30 Composer Of The Week: Gade. 7.30 Radio 3 In Concert. 10.00 Free Thinking. 10.45 The Essay: The Other Auld Alliance. 11.00 Exposure. Midnight Late Junction. 12.30-6.30 Through The Night. RADIO 4 (FM: 92.4-94.6 MHz) 5.30am News. 5.45 Farming Today. 6.00 Today. 8.31 (LW) Yesterday In Parliament. 9.00 In Our Time. 9.45 (FM) Daily Service. 9.45 (FM) Book of the Week: Deaths Of The Poets. 10.00 Woman's Hour. 11.00</p>	<p>From Our Own Correspondent. 11.30 Mark Steel Does Hip-Hop. Noon News. 12.01 (LW) Shipping Forecast. 12.04 Witness. 12.15 You And Yours. 12.57 Weather. 1.00 The World At One. 1.45 The Untold. 2.00 The Archers. 2.15 Drama: Inappropriate Relationships. 3.00 Ramblings. 3.30 Open Book. 4.00 The Film Programme. 4.30 BBC Inside Science. 5.00 PM. 5.54 (LW) Shipping Forecast. 5.57 Weather. 6.00 News. 6.30 Meet David Sedaris. 7.00 The Archers. 7.15 Front Row.</p>	<p>7.45 44 Scotland Street. 8.00 The Briefing Room. 8.30 The Bottom Line. 9.00 BBC Inside Science. 9.30 In Our Time. 10.00 The World Tonight. 10.45 Book at Bedtime: The Underground Railroad. 11.00 Jack & Millie. 11.30 Today In Parliament. Midnight News. 12.30 Book of the Week: Deaths Of The Poets. 12.48 Shipping Forecast. 1.00 As BBC World Service. 5.20-5.30 Shipping Forecast. RADIO 5 (MW: 909/993 kHz) 5.00am Morning Reports. 5.15 Wake Up To Money. 6.00 5 Live</p>	<p>Breakfast. 10.00 5 Live Daily With Sam Walker. 1.00pm Afternoon Edition. 4.00 5 Live Drive. 7.00 5 Live Sport. 10.00 Question Time Extra Time. 1.00am-5.00 Up All Night. RADIO SCOTLAND (FM: 92.4-92.7MHz, MW: 810 (Dumfries 585) kHz) 6.00am Good Morning Scotland. 9.00 Kaye Adams. Noon John Beattie. 1.32 The Kitchen Cafe. 2.05 Janice Forsyth. 4.00 Newsdrive. 6.30 Bryan Burnett. 9.00 Bulletin. 9.05 The Jazz House. 11.05 Vic Galloway. 1.00am-6.00 As Radio 5 Live.</p>
FRIDAY	<p>RADIO 1 (FM: 97.6-99.8MHz) 6.33am The Radio 1 Breakfast Show With Nick Grimshaw. 10.00 Clara Amfo. 12.45pm Newsbeat. 1.00 Scott Mills. 4.00 The Official Chart With Greg James. 5.45 Newsbeat. 6.00 Radio 1's Dance Anthems With Greg James. 7.00 Danny Howard. 10.00 Pete Tong. 1.00am B.Traits. 4.00-6.00 Radio 1's Essential Mix. RADIO 2 (FM: 88-91MHz) 5.00am Vanessa Feltz. 6.30 Chris Evans. 9.30 Ken Bruce. Noon Jeremy Vine. 2.00 Steve Wright In The</p>	<p>Afternoon. 5.00 Simon Mayo. 7.00 Tony Blackburn's Golden Hour. 8.00 Friday Night Is Music Night. 10.00 Sounds Of The 80s. Midnight Huey Morgan. 3.00 Radio 2's Funky Soul Playlist. 4.00-5.00 Radio 2 Playlist: Today's Top Hits. RADIO 3 (FM: 90.2-92.4MHz) 6.30am Breakfast. 9.00 Essential Classics. Noon Composer Of The Week: Gade. 1.00 News. 1.02 Radio 3 Lunchtime Concert. 2.00 Afternoon On 3. 4.30 In Tune. 6.30 Composer Of The Week: Gade. 7.30 Radio 3 In</p>	<p>Concert. 10.00 The Verb. 10.45 The Essay: The Other Auld Alliance. 11.00 World On 3. 1.00am-7.00 Through The Night. RADIO 4 (FM: 92.4-94.6 MHz) 5.30am News. 5.43 Prayer For The Day. 5.45 Farming Today. 6.00 Today. 8.31 (LW) Yesterday In Parliament. 9.00 Desert Island Discs. 9.45 (LW) Daily Service. 9.45 (FM) Book of the Week: Deaths Of The Poets. 10.00 Woman's Hour. 11.00 Graffiti: Paint And Protest. 11.30 Secrets And Lattes. Noon News. 12.01 (LW)</p>	<p>Shipping Forecast. 12.04 Witness. 12.15 You And Yours. 1.00 The World At One. 1.45 The Untold. 2.00 The Archers. 2.15 Drama: Control. 3.00 Gardeners' Question Time. 3.45 The Hitchhiker. 4.00 Last Word. 4.30 Feedback. 4.55 The Listening Project. 5.00 PM. 5.54 (LW) Shipping Forecast. 5.57 Weather. 6.00 News. 6.30 The Archers. 7.00 The Archers. 7.15 Front Row. 7.45 44 Scotland Street. 8.00 Any Questions? 8.50 A Point Of View. 9.00 Against The</p>	<p>Grain. 10.00 The World Tonight. 10.45 Book at Bedtime: The Underground Railroad. 11.00 Late Night Woman's Hour. 11.30 Today In Parliament. 11.55 The Listening Project. Midnight News. 12.30 Book of the Week: Deaths Of The Poets. 12.48 Shipping Forecast. 1.00 As BBC World Service. 5.20-5.30 Shipping Forecast. RADIO 5 (MW: 909/993 kHz) 5.00am Morning Reports. 5.15 Wake Up To Money. 6.00 5 Live Daily With Sam Walker. 1.00pm The</p>	<p>Friday Sports Panel. 2.00 Kermode And Mayo's Film Review. 4.00 5 Live Drive. 7.00 5 Live Sport: The Friday Football Social. 10.00 Stephen Nolan. 1.00am-5.00 Up All Night. RADIO SCOTLAND (FM: 92.4-92.7MHz, MW: 810 (Dumfries 585) kHz) 6.00am Good Morning Scotland. 9.00 Stephen Jardine. Noon John Beattie. 1.32 Breaking The News. 2.00 Bulletin. 2.05 Out For The Weekend. 4.00 Newsdrive. 6.30 Sportsound. 10.05 The Music Match. 1.00am As Radio 5 Live.</p>
SATURDAY	<p>RADIO 1 (FM: 97.6-99.8MHz) 6.00am Dev. 10.00 The Matt Edmondson Show. 1.00pm Alice Levine. 4.00 Radio 1's Dance Anthems With Danny Howard. 7.00 Asian Network Live. 11.00 The Rap Show With Charlie Sloth. 1.00am DJ Target. 4.00-6.00 Diplo And Friends. RADIO 2 (FM: 88-91MHz) 5.00am Radio 2 Playlists: 21st Century Songs. 6.00 Anneka Rice. 8.00 Sounds Of The 60s. 10.00 Graham Norton. 1.00pm Pick Of The Pops. 3.00 Jo Whaley. 6.00 Liza Tarbuck. 8.00</p>	<p>Trevor Nelson's Rhythm Nation. 10.00 The Craig Charles House Party. Midnight Bob Harris Sunday. 3.00 Radio 2's Showtunes Playlist. 4.00-5.00 Radio 2 Playlist: Love Songs. RADIO 3 (FM: 90.2-92.4MHz) 7.00am Breakfast. 9.00 News. 9.03 Record Review. 12.15pm Music Matters. 1.00 News. 1.02 Saturday Classics. 3.00 Sound Of Cinema. 4.00 Jazz Record Requests. 5.00 Jazz Line-Up. 6.00 Opera On 3: Live From The Met. 10.00 Hear And Now. Midnight Geoffrey Smith's</p>	<p>Jazz. 1.00-7.00 Through The Night. RADIO 4 (FM: 92.4-94.6 MHz) 5.30am News. 5.43 Prayer For The Day. 5.45 IPM. 6.00 News. 6.07 Ramblings. 6.30 Farming Today This Week. 6.57 Weather. 7.00 Today. 8.51 (LW) Yesterday In Parliament. 9.00 Saturday Live. 10.30 And The Academy Award Goes To. 11.00 The Week In Westminster. 11.30 From Our Own Correspondent. Noon News. 12.01 (LW) Shipping Forecast. 12.04 Money Box. 12.30 The News Quiz. 12.57 Weather.</p>	<p>1.00 News. 1.10 Any Questions? 2.00 Any Answers? 2.30 Drama: Herald Of Disaster. 4.00 Weekend Woman's Hour. 5.00 Saturday PM. 5.30 The Bottom Line. 5.54 Shipping Forecast. 5.57 Weather. 6.00 News. 6.15 Loose Ends. 7.00 Profile. 7.15 Saturday Review. 8.00 1917: Eyewitness In Petrograd. 9.02 Drama: Ann Veronica. 10.00 News. 10.15 The Moral Maze. 11.00 Brain Of Britain. 11.30 Poetry Please. Midnight News. 12.30 Martian Stories. 12.48 Shipping Forecast. 1.00</p>	<p>As BBC World Service. 5.20-5.30 Shipping Forecast. RADIO 5 (MW: 909/993 kHz) 5.00am 5 Live Sport: The Friday Football Social. 6.00 Saturday Breakfast. 9.00 The Danny Baker Show. 11.00 Fighting Talk. Noon 5 Live Sport. 3.00 5 Live Sport. 5.00 Sports Report. 6.06 6-0-6. 8.00 Kermode And Mayo's Film Review. Sanjeev Bhaskar and Robbie Collin give their verdicts on the week's movies, including interviews with key figures from the world of cinema and the latest Box</p>	<p>Office top 10. 9.00 Stephen Nolan. Midnight 5 Live In Short. 1.00-5.00 Up All Night. RADIO SCOTLAND (FM: 92.4-92.7MHz, MW: 810 (Dumfries 585) kHz) 6.00am Bulletin. 6.02 Personal Best. 6.30 Out Of Doors. 8.00 Good Morning Scotland. 10.00 Shereen. 11.32 Breaking The News. Noon Bulletin. 12.05 Off The Ball. 1.59 Sportsound. 5.30 Bulletin. 5.35 Off The Ball. 7.00 Bulletin. 7.05 Take The Floor. 9.00 Bulletin. 9.05 Pipeline. 10.00 Bulletin. 10.05 Billy Sloan. 1.00am-6.00 As Radio 5 Live.</p>

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Mindy Hammond

Every week in *S Magazine*

Blea was looking her foxy best and dashing Heathcliff had come wooing – but was it a love match made in heaven? Illustration by Susan Hellard

Ah we're all full of chocolate and our homes are festooned with wilting blooms since Valentine's Day – unless, like me, it didn't quite pan out the way you hoped and there's a small pot of snowdrops on the kitchen windowsill and half a Cadbury creme egg waiting for you in the fridge?

The girls are keeping very quiet about what they did or didn't receive, so you could be excused for thinking that Cupid and his bow took a detour past our home to save his arrows – but there, my dear friend you would be most decidedly wrong. His arrow was indeed sent flying from the bow, of that I am certain. What I'm slightly concerned about is the poor chap's eyesight. He has scored two bullseyes, but whether the intention was to promote a love match between two dogs, or two of something else, I'm not sure. Either way he has most definitely caused a great deal of trouble.

It all started a couple of months ago, when our local foxy lothario began calling at the back door and although I thought this a little strange, I decided to live and let live, expecting everything to settle down as quickly as it began. This surely would've been the outcome had it not been for the encouragement from Blea, a black-and-white collie of a smooth-haired variety – she of the angular face and ears inclined to stand upright like a pair of triangles. Now then, what creature could she possibly resemble? Oh yes, of course, Mr Fox.

When she yapped to be let out in the early evening it honestly didn't occur to me that she might be calling to her lover (now christened "Heathcliff"). The noise coming from her was so loud it completely drowned out his answering calls from the field. But over recent weeks the romance has gained considerable ground. Heathcliff's high-pitched barks can be heard by 6pm some evenings, and once Blea begins her conversation with

him, followed by desperately scrabbling at the door I feel rather cruel denying them their "date". Last week Heathcliff had clearly checked his calendar and realised the night to declare his true love was imminent.

I'd been out to a dinner party and when I drove in through the gates it was past midnight. The air was chilly but not freezing, and the sky filled with stars, illuminated by a bright almost full moon. Ah, the romance of it all...

He must've heard the gates open, but it didn't dampen his ardour one little bit. I know this because as I crept along the driveway (always careful not to upset the rabbits playing on the front lawn), I spotted a pair of orange eyes watching me from just outside the dog room door. Blea was on her hind legs "talking" to him through the window, and he was sitting patiently listening to her on the doorstep!

I stopped the car and turned off the engine, curious to see what would happen next, but he obviously didn't like his private liaison interrupted,

and calmly rose to his feet, glanced over, then trotted slowly towards me.

I had assumed Heathcliff to be the young dog fox whose mother left him in the dingle last spring. After all, he was very bold last summer, whether sitting in the sunshine to watch the hay being harvested or trotting up into the field to greet one of us riding a pony. Of course, he was still a youngster, a beautiful deep russet-brown like his father, but nowhere near dear old Dad's size. He was rather leggy and immature with a tail far too long and bushy for his body.

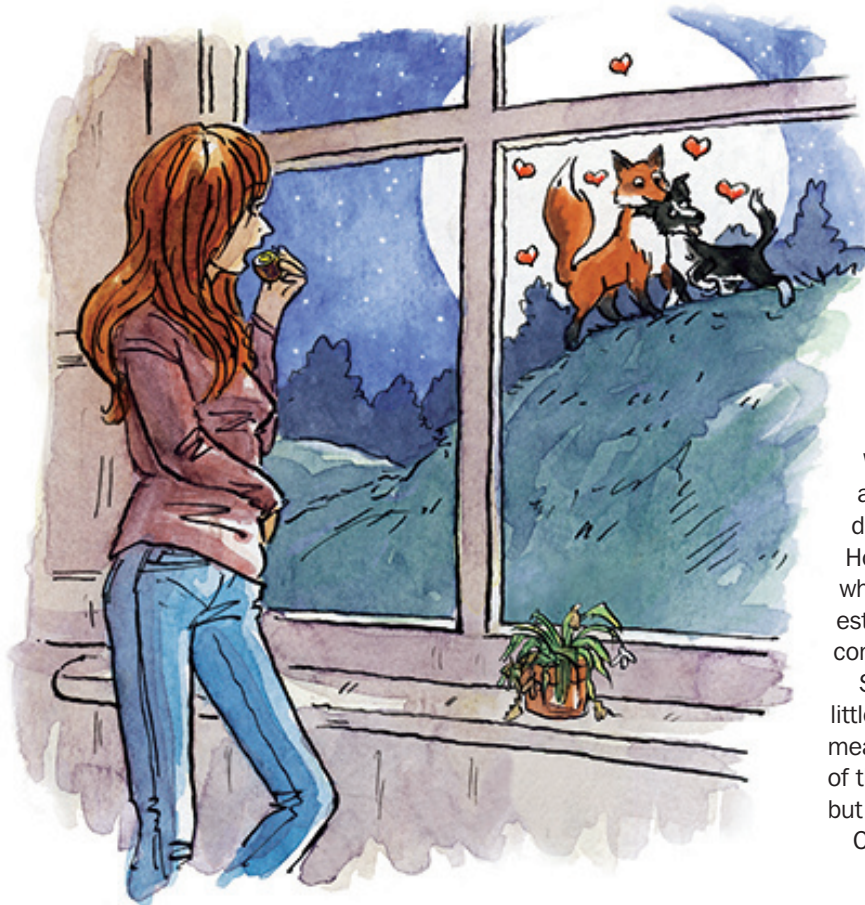
The creature whose trot slowed to a steady walk as he neared the car bore no resemblance to the young cub I remembered. He was huge, with a sturdy, well-rounded body and a brush now completely in proportion with the rest of him, but what really took my breath away was the size of his head, nestling in the most ridiculously dense mane. Honestly, dye him blonde and give him a shave, he could be a lion!

Any normal fox would've run for cover at the sound of a car, but not Heathcliff. As I shut the car door he began barking in the field not 50 feet from me and as I walked into the house I could hear Blea going berserk. Naturally, I opened the door and watched her race to him.

He comes to woo her every single night. She plays with him in the field for 10 minutes and always comes back when called, panting like fury with the happiest look on her face. It's absolutely the strangest, sweetest love match, but where will it end? Well, slightly worryingly there have apparently been successful (if rare) dog-fox matings over the years. However, this has only happened when a relationship has been established prior to the female coming into season. Oh dear!

Should we hear the pitter-patter of little paws, I'll keep you posted. In the meantime, I can't help but be reminded of that saying: "A bird may love a fish.. but where will they live?"

Chez Hammond, probably. **S**



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Lori Reid

What does this week hold for you?

Pisces

FEB 20 – MARCH 20

Emily Blunt

February 23, 1983

Give yourself a chance to re-energise this week. Then you get a shot of adrenaline to waken up your senses and stimulate a new beginning. Early in the week, you are galvanised to think ahead and make new plans. Tuesday's news, gifts and greetings from far away gladden your heart. Put misgivings aside on Wednesday and stay positive. Thursday sees you embarking on a period of extraordinary progress and you sense rightly that the future is opening out. Physically and financially, a new chapter begins and it's all go.



What does the month ahead have in store? Call ☎ 0905 789 3912*

Taurus

APRIL 21 – MAY 21

Keep your eye on the ultimate goal and network for success. Surprising events at work will make this week one of the highlights of the year. It's the new people you meet who will spice up your weekend. Everything is coming your way.

If you would like a tarot reading, call ☎ 0905 789 3902*

Gemini

MAY 22 – JUNE 21

It's good to escape from time to time and this week provides the ideal opportunity. Whether you're single or attached, it's social get-togethers that create romantic opportunities. If you want results, get out and about this week.

For a more in-depth weekly reading, call ☎ 0905 789 3903*

Cancer

JUNE 22 – JULY 23

You are empowered by a new dynamism and drive this week. At the same time, family and property concerns are set to take new turns for the better. Altogether, the signs are that your future is now opening up and there are better times ahead.

What does the month ahead have in store? Call ☎ 0905 789 3904*

Libra

SEPT 24 – OCT 23

Perhaps it's that new insights lead to a breakthrough at work, or that you are at last recognising the full potential of your talents. Whichever, a new optimism sweeps you up and brings you a massive boost of confidence.

For a more in-depth weekly reading, call ☎ 0905 789 3907*

Scorpio

OCT 24 – NOV 22

Normally, you're the one who likes to influence others, but this week someone could use subtle manipulation on you. Will you fall for it? Not if you keep your eyes wide open. At work, you get the chance to give your imagination free rein.

What does the month ahead have in store? Call ☎ 0905 789 3908*

Sagittarius

NOV 23 – DEC 21

With your love of life returning, there's a definite upbeat feel to the week that brings fresh hope. Financially, you may have to temporarily batten down the hatches. Romantically, you're at your most potent and stirring passions.

What does your love life have in store? Call ☎ 0905 789 3909*

Aries

MARCH 21 – APRIL 20

Friendships and group activities keep you on the go as you're in fine form and oozing charisma from every pore. Privileged information? Act quickly – it could bring cash benefits your way. Being diplomatic on Tuesday gets most things sewn up.

What does your love life have in store? Call ☎ 0905 789 3901*

Leo

JULY 24 – AUG 23

Your powers of self-expression are impressive and, as a result, meetings and all dealings with others are bound to go your way with a little effort on your part. Romantically, geographically and financially, it's an exciting new world.

What does your love life have in store? Call ☎ 0905 789 3905*

Capricorn

DEC 22 – JAN 20

Despite the changes and refurbishments you have in mind that might create upheavals at home, harmony and happiness will prevail. Imaginative schemes and dreams are the keys to your future prosperity and wellbeing.

If you would like a tarot reading, call ☎ 0905 789 3910*

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Virgo

AUG 24 – SEPT 23

Double-check your facts, study the body language and read the small print – it's by asking searching questions now that will bring you the answers you've been seeking. Meanwhile, there's some romantic magic being lined up just for you.

If you would like a tarot reading, call ☎ 0905 789 3906*

Aquarius

JAN 21 – FEB 19

Your confidence and earning power are growing this week. Emotionally, new subjects are stimulating your interest. Light dawns and by midweek, you're full of new plans and ready to extend your repertoire at work and at home.

For a more in-depth weekly reading, call ☎ 0905 789 3911*

* For Lori's star line, select your zodiac number (in brackets under each star sign). Calls to star lines cost 80p per minute plus your telephone company's network access charge – maximum of eight minutes duration. The service is for entertainment only. SP: Spoke 0333 202 3390

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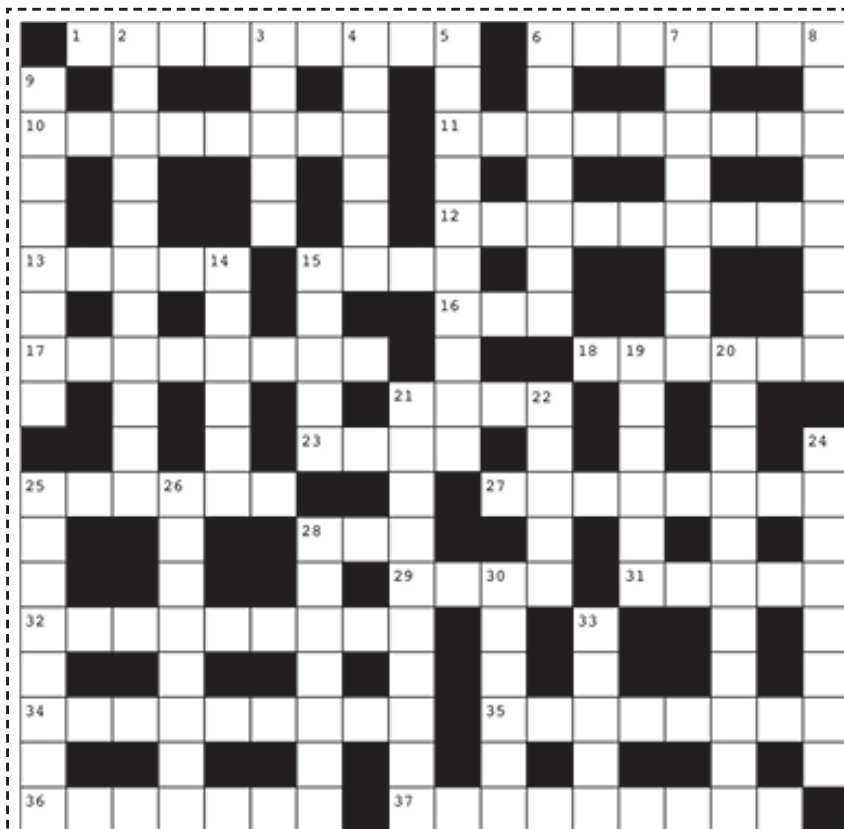
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£1,000 Crossword



ACROSS

- 1 Leslie __, creator of Simon Templar, aka "The Saint" (9)
- 6 The official report of the proceedings of the British Parliament (7)
- 10 Anything that has been transmitted from the past or handed down by tradition (8)
- 11 Substances, fluids etc that are released into the atmosphere (9)
- 12 An international artificial language invented in 1887 (9)
- 13 To eject or drive out with force (5)
- 15 A large group of mammals living and feeding together (4)
- 16 A bristle growing from the spikelets of certain grasses, including cereals (3)
- 17 A loose mass of stones, silt etc, worn away from rocks (8)
- 18 Yasser __, the first President of the Palestinian National Authority (6)
- 21 Mental tendency or inclination; preference or prejudice (4)
- 23 River flowing to the North Sea at Middlesbrough (4)
- 25 __ de Bergerac, 17th-century French dramatist and duellist whose life story has inspired plays, operas and films (6)
- 27 A port in eastern Spain; the country's third-largest city (8)
- 28 In Babylonian mythology, the god of the earth (3)
- 29 and 4 Down. A nickname for the city of Edinburgh (4,6)
- 31 Latin American dance in duple time with long, gliding steps and sudden pauses (5)
- 32 The final novel by Herman Melville (5,4)
- 34 An official detour used by traffic when a main route is closed (9)
- 35 Tropical evergreen tree or shrub with stilt-like, intertwining, aerial roots (8)
- 36 A colourless, volatile, pungent liquid, used in the manufacture of chemicals and as a solvent and thinner (7)
- 37 A policy of deficit-cutting, requiring lower spending, higher taxes or both (9)

DOWN

- 2 Fictional young wizard who was created by JK Rowling (5,6)
- 3 A print, mark or marks made by a person, animal or object (5)
- 4 See **29 Across**
- 5 British snooker player who won six world championship titles during the 1980s (5,5)
- 6 __ bend, a very sharp curve in a road (7)
- 7 South Asian republic that was known as Ceylon until 1972 (3,5)
- 8 A deduction from the full amount of a price or debt (8)
- 9 A non-technical name for decompression sickness (3,5)
- 14 A city in the Netherlands, residence of the Pilgrim Fathers for 11 years before they sailed for America in 1620 (6)
- 15 **To visit a person or place in the form of a ghost (5)**
- 19 and 20 Down. British naval officer and explorer who led two expeditions to the Antarctic in the early 20th century (6,6,5)
- 20 See **19 Down**
- 21 Another name for the poisonous plant deadly nightshade (10)
- 22 The __, the tallest building in the UK (5)
- 24 Units of heat that are used to express the energy value of food (8)
- 25 Southeast Asian country, the capital of which is Phnom Penh (8)
- 26 Rich; wealthy (8)
- 28 A white, red, yellow or brown clay-like substance; the chief ore of aluminium (7)
- 30 A soluble powder that turns red under acid conditions and blue under basic conditions (6)
- 33 __ whale, a type of small whalebone whale or rorqual, up to 10 metres long (5)

Post your solution to Competition 16072 Sunday Express General Knowledge (£1,000) Crossword, PO Box 12577, Sutton Coldfield B73 9BS, to arrive by 23:59 on Friday. You can order the Sunday Express Crossword Dictionary 2nd revised edition for £6.99, with free UK postage and packing, from the Express Bookshop (see page 81). Spellings and definitions are taken from the Collins English Dictionary (12th edition out now, price £45), which is also available to order from the Bookshop. For full terms, go to www.express.co.uk/comptc.

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Winners will be announced in the Sunday Afternoon section of Sunday's newspaper in two weeks

SOLUTION FOR FEBRUARY 12

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