

TVlife

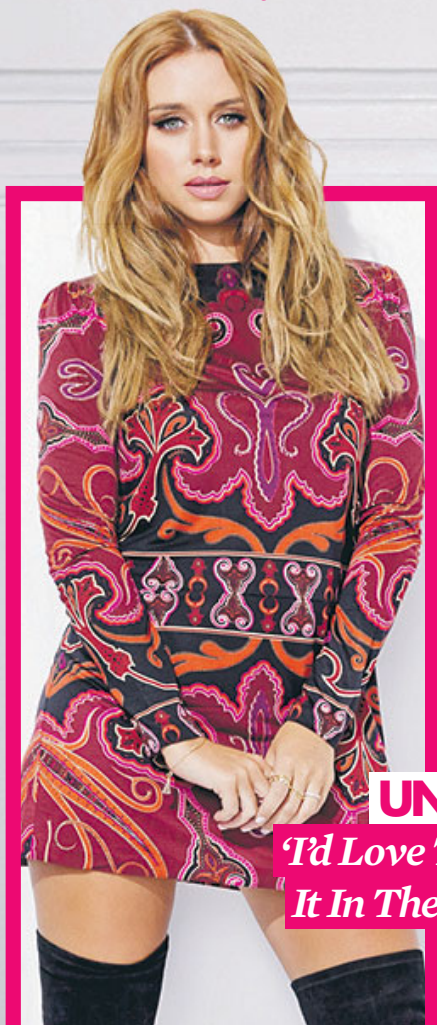
With all your lifestyle extras

ISSUE 219 FEBRUARY 19 2017

KELLY

'Confidence Comes From Within'

PLUS! The Model And Actress On Style Secrets And Why She's Got The Best Of Both Worlds



UNA

'I'd Love To Make It In The States!'



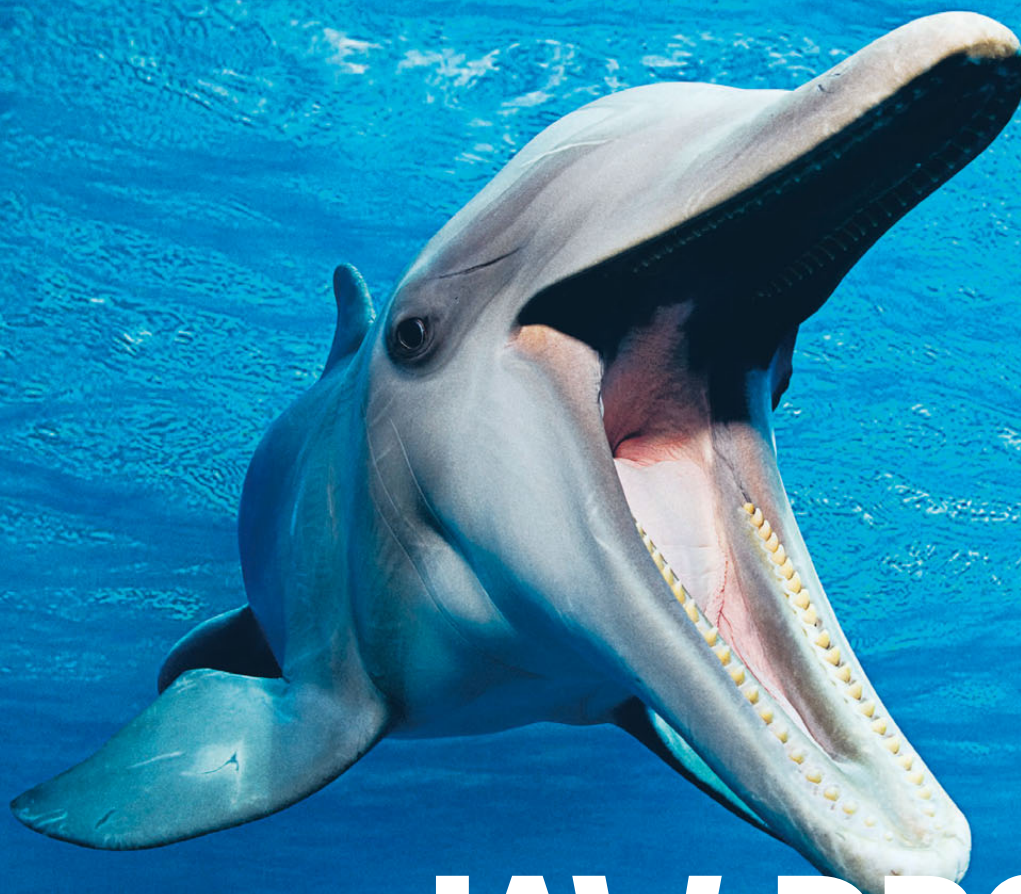
Rosie Fortescue's Jewellery Range

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Halle Berry

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Celeb
chat



Left: Kelly
says keeping
fit and
healthy is key
to being
confident

'My personal style has changed a lot!'

Kelly Brook on why being comfortable is cool

Model, actress and TV presenter Kelly Brook is always on the go, most recently joining the *Lorraine* team to front a fashion segment.

Kelly, 37, is also once again working with Skechers and says the brand suits her more relaxed style.

The actress is also keen to be the first female Doctor Who – cheekily throwing her hat into the ring while discussing the possibility on *Lorraine*.

"Well, I'm an out-of-work actress! I'm happy to come for an audition so feel free to call my agent!"

Things are great in Kelly's personal life as well. She's been with her French beau, Jeremy Parisi, for two years now and describes him as "cultural, intelligent and lovely".

"He's a very private person who has great morals," she says. "I know I'm his priority – not work, not the limelight, just me."

The couple got together after Kelly saw a clip of him performing martial arts and messaged him for some fitness advice. They then messaged on Skype for six months before finally meeting.

Here, Kelly tells *TV Life* more about teaming up with Skechers, her style secrets and why she loves splitting her time between her UK countryside retreat and sunny LA...

How do you feel about continuing to work with Skechers this year?

I was so excited when Skechers wanted me to work with the team for another year because I love the brand and I love the shoes. It feels fantastic, and obviously I enjoy coming to Los

Angeles, and especially visiting Manhattan Beach where the company headquarters are. I get to see all of the Skechers family and be part of such a fantastic brand. Plus, they give me lots of nice shoes!

How will this new campaign differ from the previous Skechers Memory Foam campaign you were fronting last year?

I love this new campaign because it has some similarities to the first campaign. When you put on Skechers Memory Foam shoes, they're so comfortable it gives you this dream-like experience. It's like you're in heaven, so we've recreated that in a different way this time. We're also bringing back some familiar faces from the previous campaign, so that's nice.

What's your favourite thing about Skechers shoes?

My favourite thing about Skechers is they are so fearless in their designs. They really just go for it and offer so many different varieties of shoes. I love the fact that you can have a sporty look or a pretty floral look that's very colorful, or just simple black. There's basically a different pair of Skechers that will coordinate with every outfit in your closet and I love the variety.

How has your personal style evolved through the years?

I've had a lot of changes in my personal style. In the 1990s, I used to love jumpsuits – like the Jennifer Lopez look with big gold earrings. Then I evolved into a 1950s style that's more prim. Now my style is more casual – I guess I've been influenced by the LA lifestyle. I like to wear jeans and denim shorts. That's why Skechers is such a great fit for me, because it represents my current style and how I live my life. I think as you get

older, you don't want to be in high heels all the time.

It's much cooler and fashionable to be comfortable and just feel great.

What is your go-to outfit that you like to wear with the new Skechers Breathe Easy collection?

Skechers Breathe Easy shoes look great with little shirts or T-shirts, cut-off denim shorts or cropped jeans. Anything that's summery, loose and casual but still quite on-trend.

What makes you feel confident?

I think confidence comes from within – like when you feel fit and healthy. Also having nice skin. I don't like it when I'm wearing too much make-up or my hair is overly styled – anything that looks like a lot of effort. I prefer a casual and laid-back look.

And have you been travelling a lot recently?

Not at the moment – I've actually been spending a lot of time in England

recently. I live on a little farm out in the countryside. I've been there a lot this past year, which has been fantastic. But my schedule always changes and I never know where I'm going to be next. I could be on location tomorrow for a shoot, then on a plane the next day off to somewhere else. Today I'm happy to be in beautiful Malibu.

Did you enjoy being back in LA for your Skechers shoot?

Los Angeles is one of my favorite places – especially Manhattan Beach and Malibu. The beach lifestyle is wonderful.

What's next for you, work-wise? I'm working on numerous TV projects in the UK and I still come to America a lot for television and things like that. Obviously, I'm still partnering with Skechers for these new campaigns. When you're working as a model and an actress, things change a lot and every day is different – that's why I love it.

SHOP THE RANGE AT SKECHERS.CO.UK

'In the 90s, I loved the J.Lo look. Now my style is more casual'



Above: Kelly and Jeremy have been dating for two years



Above: Kelly loves working for Skechers



Above: The star has been working with ITV's Lorraine Kelly

WORDS: DOMINIQUE AYLING PHOTOS: DAVID VENNI / CHILLI MEDIA; GETTY IMAGES; ITV

'MUSIC IS MY PASSION'

After success with The Saturdays, **Una Healy** is daring to go it alone

From the age of 12, Una Healy dreamt of having a successful solo singing career. Before she found fame with The Saturdays in 2008, she spent two years singing in pubs and clubs around Ireland and represented her country in the 2006 Eurovision Song Contest as a backing singer for Brian Kennedy.

But things didn't take off for her – until now. With 13 Top 10 hits and four Top 10 albums under her belt as one fifth of The Saturdays, and with all the girls now pursuing solo careers, Una, 35, has the opportunity to shine with her aptly named debut album, *The Waiting Game*.

"I've been working on it for an awfully long time," the mum of two reveals. "It's been three years since I first started writing this album. It takes time. We had our greatest hits tour with the band, I had a baby, I was doing *The Voice* in Ireland, but at the same time I was working on my solo material because I knew eventually that's what I wanted to do."

Despite having had the safety net of singing with a hugely successful girlband over the years, Una is enjoying being on stage on her own.

"It's been like a flashback to when I was starting out on

my own, so it doesn't feel unusual," she says. "I'm actually a little bit more comfortable being on stage with my guitar and not having to do the dance routines, just playing the music completely live."

With Mollie King and Vanessa White both pursuing solo singing careers, Rochelle Humes moving to TV and Frankie Bridge dabbling in documentaries, there are no plans for a Saturdays reunion yet, but Una believes it will happen eventually.

"I guess it will be inevitable if people feel the nostalgia and want us back," she says. "I hope it does happen but I don't see it happening any time soon as we're still so busy. But I'm sure there'll be a day when we open the drawer, see the coloured tights and go, 'I want to get those back on.'"

"It was such a whirlwind. It was so intense but the laughter and fun of just being girls getting to see the world and living the dream of so many young girls out there – it was tough work but the best time and the golden ticket for me at the time."

Did she run her new music past the Saturdays girls for their approval?

"Mollie came down to one of my shows, so she's heard quite a few of the songs, and they heard my demos while we were still together. Mollie's been in the studio, too, but I haven't heard a lot of her material. Sometimes it's hard to share stuff you don't feel you're ready to put out yet."

"The same with Vanessa. She has a new EP out and she's working really hard. She seems to live in the studio. We come from one group but all have very different genres of music we're pursuing. I think it all makes sense what we've

gone on to do. Everyone is getting on really well and we support each other."

That includes motherhood. Frankie and Una – and soon Rochelle – each have two children to keep them busy and they often share notes on their experiences.

"When your child isn't well we support each other and call up. We never fall out of touch and when we're back together it's like we've never been apart. We know each other inside out," Una says.

Her husband, rugby player Ben Foden, 31, plays full-back for Northampton, where the couple live with their children, Aiofe, four, and Tadhg, two.

"My husband is a great dad," she says of Ben, who she married in Ireland in 2012. "And my mum comes over from Ireland, which is a huge help. She loves the kids and I obviously miss her an awful lot because I don't have family over here. I have Ben and his family (who are in Cheshire) but it's nice having your mum around. Ben will look out of the window and go, 'Is that your mum up on the roof?' and she'll be cleaning the gutters out. She's a hands-on kind of person."

"It's definitely changed my life for the better becoming a mum – the love I have for them and the excitement I have for everything they're doing. They've inspired me in so many ways with my music and keep me wanting to do well in life to help support them and put food on the table."

Una's daughter is her biggest fan and knows all the words to her songs.

"Aiofe's learnt every single word of my album," she says. "I couldn't believe it. *Stare At The Moon*

was written for her and when she came to one of my gigs she was singing along. She remembers songs from The Saturdays as well and knows the videos. She's sort of been born into it. I was pregnant on stage with both of them but she's at that age where she's my little best friend."

You won't meet many pop stars more down to earth than Una, who thinks nothing of travelling by public transport. "I have a hat and scarf but I don't even think about it. As long as people are pleasant I don't have a problem with being recognised."

Although Una and Ben frequently post pictures and videos of their family on Instagram and are used to being in the public eye, she prefers to stay out of the limelight.

"Because Ben comes from a high-profile sporting background, people have always asked us about our relationship," she says. "But it's not something I want to harp on about and try to pretend it's the best in the whole world, because like everyone else's it's a marriage and a partnership and you take the rough with the smooth. We're best friends though. We've been through so much together in eight years. We're very supportive of each other and love each other's company."

'A Saturdays reunion will be inevitable if people feel the nostalgia and want us back'



Above: She's been married to rugby star Ben for four years



Above: With her Saturdays bandmates Mollie, Rochelle, Frankie and Vanessa



Right: Una likes nothing more than being on stage with her guitar

"I feel like we're the same person but we're so different at the same time, that's why it works."

"I don't want to go to showbiz parties all the time. I like to go to a few worthwhile events, but apart from that I love nothing more than to go to the pub or a friend's house party. I'm at home as a housewife as much as I can be. There are loads of mums in the area, which is really nice."

With a husband who is into fitness, it would be natural to assume Ben is the one who ensures the family sticks to a healthy diet – but that's not necessarily the case.

"Ben always brings home all the junk," Una laughs. "I bring home the actual food and try to keep the fridge well stocked and he brings home the trash, even though you'd think it would be the other way round. I try to eat really healthily and cook nice meals."

"I haven't worked out in a while, though. I find it very difficult to find the time to go to the gym. But I live in the country so I go for a lot of very brisk long walks with Tadhg in his pram. It fits into the whole routine."

Another Irish celebrity, Louis Walsh, has given Una advice about her solo career. However, she has her own ideas as to what the future might hold and hopes it might include more TV work – but no reality shows.

"When Louis heard I was going down the country route, he was saying I need to get to all the country festivals. He's very supportive and he remembers me from back when I was starting out and says he wishes me all the best because he knows I've worked really hard. So that's nice coming from him."

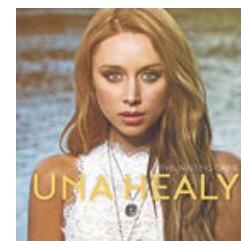
"The cherry on top for me would be getting to work with Sheryl Crow. I love her. She was my first idol and it was always my dream to be a singer/songwriter like her. I met her about five years ago and she gave me a hug and I nearly died."

"I'd love to make it in the States. I heard there's a chance that we might get to perform at the Grand Ole Opry in Nashville. It'd be great to do some shows there and see what happens."

"I did *Splash!* in 2014, which was great, but I can't imagine myself doing anything like that again, even *Strictly*. But I really enjoy presenting. I've done quite a bit now with two series of *The Voice* in Ireland as well as a TV show there called *Una's Dream Ticket*. I'd love to do more of that."

"Music and performing is my passion and my number one for now, though. I can't wait for everyone to hear my songs. I just hope people enjoy them and gain something from them."

UNA'S DEBUT SOLO ALBUM, THE WAITING GAME, IS AVAILABLE TO BUY NOW



INTERVIEW: RACHEL CORCORAN
PHOTOS: GETTY IMAGES

Shopping

This week we love...

Gorgeous new treats to brighten your day



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oasis-stores.com



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Camera, £115,
michaelkors.co.uk



Lamp, £89,
debenhams.com



Rochester Watch,
£99.95, watchshop.com



Playsuit, £46,
oasis-stores.com



Danielle Nicole Beauty
And The Beast bracelet,
£40, qvcuk.com



Marble-effect
Soap Dispenser, £12,
sainsburys.co.uk



LG PH150G
Portable
Projector, £299,
amazon.co.uk



Silent Pool Gin, £37,
marksandspencer.com



Embroidered
Trainers,
£19.99,
quizclothing.co.uk



Venice Chair, £819,
multiyork.co.uk

'WINNING A BAFTA WAS A HIGHLIGHT!'

Celeb
chat

Rosie Fortescue on Made In Chelsea's success and her new jewellery range

Fashionista and reality TV star Rosie Fortescue recently launched a new jewellery range – at London's iconic Saatchi Gallery, no less!

Rosie, 27, who has been in *Made In Chelsea* since it started in 2011, showed off the collection at fashion trade show Scoop.

Here, she chats to *TV Life* about what inspired her designs, why she thinks *MIC* gets better and better and her beauty must-haves...

What helped inspire your latest jewellery range?

My inspiration was angles in architecture, soft palettes of pastels and colours that I see around London. It follows on from my previous collection, theme-wise, but I have introduced some chunkier pieces for a slightly different angle to delicate jewellery.

What's in the collection?

I have everything – necklaces, earrings, rings, hand cuffs... Some pieces, like the Heartbeat hand cuffs and rings, I have added in different colourways as they were so popular in my past collection.

What are your favourite pieces?

The hand cuffs are a total winner for me and such a statement piece.

I also adore layering necklaces and have added two to this collection. They can be layered with others that I have launched already.

Will you be gifting the other MIC girls with the range?

Yes, of course. Binky [Felstead], Louise [Thompson] and Steph [Pratt] have pieces from the past collection. I adore being supported by my friends.

You've been on MIC since the very beginning. How has it changed in that time?

I guess the show has got stronger and better than ever.

What's been your highlight of being on the show?

Made In Chelsea winning a BAFTA has to be the highlight.

How would you describe your style?

My style can change from day to day. I tend to dress according to my mood each morning. I rarely plan outfits in advance, unless

it's for an event. Some days I am super girlie and others quite androgynous.

What are your top style tips for cooler months?

Chunky knits and layering. I love wearing a lace blouse with a cute collar under a knit.

How has your style changed since being on the show?

I have matured so much on the show in the past six years. I really know

what suits my body and complements my figure now.

How do you look after your skin?

I drink lots of water, which sounds so simple, but it really does make an instant difference. I cleanse, tone, moisturise and exfoliate twice a week. I love doing a face mask on a Sunday to revive before a busy week begins.

What are your top beauty must-haves?

Optrex Brightening Eye Drops, Tom Ford Neroli Portofino Eau De Parfum, Jo Malone Lime Basil And Mandarin Bath Oil, Clinique Pep-Start HydroBlur Moisturiser, NARS Lipstick in Red Square, Naked Eye Palettes and MAC Lipsticks in nude shades.

How do you stay in shape?

I really enjoy going to the gym when I have time, to de-stress and focus. I do classes at Core Collective, boxing at KOBX and I'm starting barre classes at Paola's BodyBarre.

Did you make any New Year's resolutions for 2017?

I made resolutions to work on my jewellery harder than ever this year. Taking part in Scoop was a huge opportunity for me to hopefully get lots of new stockists for Rosie Fortescue Jewellery and to really push my brand.



'I have matured so much on the show in the past six years'



Above: Rosie has been a *Made In Chelsea* regular since 2011



Above: She's storming the fashion world with her latest jewellery collection

Did you detox throughout January?

It's my birthday on the 3rd, so I never do!

What are your hopes for this year?

I hope that my jewellery brand goes from strength to strength!

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Get the look



Want to recreate the slick topknot Kendall Jenner sported at the Golden Globes after-party? Hairstylist to the stars Jen Atkin says she got the look by using OUAI Texturizing Hair Spray, £22, to create volume, and OUAI Hair Oil, £22, to add shine. She then split the ponytail in half and twisted it into a bun.



In the bag

We adore this limited-edition Too Faced x Skinnydip Make-up Bag, £14. Snap one up before they sell out.

Smooth operator



This innovative Lidl Silvercrest Straightening Brush, £12.99, straightens and smoothes fine hair in minutes.



Luxe treat

The extra-wide brush on YSL's new volumising The Shock Mascara, £25.50, gives lashes maximum coverage – no clumps guaranteed.



Hair hero

Schwarzkopf BC Brazilnut Oil Pulp Treatment, £15.50, is our fave new mask. It leaves hair silky smooth without weighing it down.



Beauty

Our candle crush

The sassy Galentine range from Flamingo Candles, £12 each, has a gorgeous sherbet scent we can't get enough of.



Star spotting

Want selfie-worthy skin? Kourtney Kardashian swears by Manuka Doctor ApiClear Purifying Facial Peel, £29.99. "My skin always feels cleansed, plumped and tightened after using it," she says.



Make-up maestro

Soap & Glory The Mighty Contourer, £12, will give you chiselled cheeks in a flash. Blend

the light and dark shades to create definition, then add a pop of blush.



Think pink

One application of Milani Powder Blush in Bella Roses, £11.99, will give cheeks a pop of colour that lasts all day long.

Tried & tested MASSAGE OILS



Aromatherapy Associates Renewing Rose Massage & Body Oil, £42
With a floral fragrance, the luxurious texture of this gives skin a conditioning boost.

Neal's Yard Remedies Soothing Massage Oil, £12.50
This geranium-scented oil softens skin and soothes your soul with its relaxing fragrance.



The Body Shop Tahitian Orchid Massage Oil, £15
This vanilla orchid-infused sensuous oil will leave your skin (and home) smelling like a spa.



WORDS: COMPILED BY JODIE SPRAGG
PHOTOS: GETTY IMAGES

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Shorts, £12,
george.com



Trousers, £28, asos.com

Playsuit, £38,
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FRESH START

Food

Take a leaf out of food blogger Alice Liveing's clean-eating cookbook



Raspberry and coconut breakfast loaf

Makes a 450g (1lb) loaf

Coconut oil, for greasing
175g (6oz) almonds or ground almonds
 25g desiccated coconut, plus extra to serve
Zest of 1 lemon
 2 tps baking powder

Sea salt

3 free-range eggs
5 tbsps honey, plus extra to serve
 150g (5¼oz) raspberries, plus extra for the outside of the loaf

● Preheat the oven to 180°C/350°F/gas mark 4. Grease and line a 450g (1lb) loaf tin.

● Blitz the almonds in a food processor to a flour-like consistency (if you are using ground almonds, skip this step).

● In a mixing bowl, mix the ground almonds, desiccated coconut, lemon zest and baking powder together with a pinch of the sea salt.

● In another bowl, whisk the eggs until fully combined then add the honey.

● Add the wet mixture to the dry mixture then gently fold in the raspberries.

● Carefully pour the mixture into the lined tin, gently pressing in the extra raspberries.

● Bake in the hot oven for 50-60 minutes, until cooked through and a knife inserted comes out clean, covering with foil for the final 20 minutes.

● Brush with the extra honey and sprinkle with the extra desiccated coconut. Transfer to a wire rack to cool then slice and serve.



Wild rice, roasted chickpea and harissa chicken salad

Serves 2

2 tbsps coconut oil
1 tsp ground cumin
 1 tsp smoked paprika
½ tsp chilli powder

400g (14oz) tinned chickpeas, drained

Sea salt and freshly ground black pepper

1 tsp harissa paste

2 skinless, boneless chicken breasts, cut into strips

150g (5¼oz) wild rice, rinsed

2 large handfuls of rocket

2 tbsps pomegranate seeds

¼ of a bunch of fresh coriander, leaves chopped

For the dressing:

1 garlic clove, peeled and minced

Juice of ½ lemon

2 tbsps extra-virgin olive oil

● Preheat the oven to 200°C/400°F/gas mark 6. Line a baking tray with greaseproof paper.

● Put 1 tablespoon of the coconut oil into a large bowl and heat in the microwave until melted.

● Stir the spices into the melted coconut oil, add the chickpeas and stir to fully coat. Tip on to the lined baking tray and season with the salt and pepper. Spread

out evenly and roast in the oven for about 30-35 minutes, until crisp.

● Meanwhile, make the dressing by combining the garlic, lemon juice and olive oil then season well.

● Put the remaining tablespoon of coconut oil into the bowl used for the chickpeas and heat in the microwave until melted, then leave to cool slightly.

● Mix the harissa paste into the cooled coconut oil, then add the chicken strips and use your hands to coat the chicken in the mixture.

● Place a large frying pan over a medium-high heat. Transfer the chicken into the pan and fry for 5-7 minutes or until completely cooked through, stirring occasionally.

● Cook the wild rice according to the packet's instructions and place in a bowl. When the chickpeas are cooked, mix with the rice so that the spicy flavours from the chickpeas combine.

● Divide the rocket between 2 plates, top with the rice and chickpea mixture, then top with the cooked chicken.

● Scatter on the pomegranate seeds and coriander, pour over the dressing then serve.



Sweet potato burgers with smashed avocado, rocket and Parmesan

Serves 2

1 large sweet potato, peeled
 – 350-400g (12¼-14oz)

Juice of ¼ lemon

1 tsp tahini

¼ tsp chilli flakes

¼ tsp smoked paprika

½ tsp garlic powder

¼ of a bunch of fresh coriander, leaves finely chopped

1 tbsp spelt flour

Salt and pepper

½ avocado, peeled, halved and destoned

Juice of ¼ lime

A pinch of chilli flakes

2 large handfuls of rocket

2 tbsps pomegranate seeds

25g (1oz) Parmesan cheese

● Preheat the oven to 180°C/350°F/gas mark 4. Line a baking tray with greaseproof paper.

● Chop the sweet potato into small chunks. Put into a medium saucepan, cover with cold water, bring to the boil, then reduce the heat to low and simmer for 20 minutes until cooked through. Drain and leave to steam dry.

● In a large bowl, mix together the lemon juice, tahini, chilli flakes, smoked paprika, garlic powder, chopped coriander and spelt flour with a pinch each of the salt and pepper. Add the sweet potato and mash until fully combined.

● Once the mixture is cool enough to handle, use your hands to create two burgers. Place on the lined tray and cook in the oven for 20 minutes.

● Meanwhile, put the avocado flesh into a bowl. Add the lime juice, a little salt and pepper and pinch of chilli flakes then mash until fully combined.

● Serve each burger with a large handful of rocket. Top with the smashed avocado, sprinkle over the pomegranate seeds and use a vegetable peeler to shave over the Parmesan.

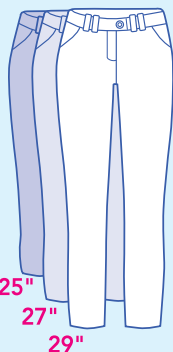
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'DANIEL IS A DIFFICULT PERSON!'

Bloke
chat

Rob Mallard on his new *Corrie* character and why his family are the soap's biggest fans

It's a good job Rob Mallard is in the cast of *Coronation Street* because his family are obsessed with the show. And when he joined last year as Ken Barlow's estranged son Daniel Osbourne, they were thrilled.

"They are massive fans of the soap and it's because of them that growing up, I watched it," Rob says. "Now they are always asking what is coming up for Daniel and they assume I know everything about everybody else's storyline. I either don't answer or I'll tell them something completely false!"

Here, he reveals what's going to happen between Daniel and Sinead and why he likes his character so much...

You joined *Corrie* four months ago – how have you found it?

I've completely settled in and it feels like longer than that. I work five days a week and, during breaks in filming, I'll use it to watch shows on Netflix when I should be learning lines!

What surprised you the most about the job?

How quickly everything moves. If you're out for a week and then come back to work, it feels like everyone has moved on and you have been left behind.

Are you aware of what's going on in everyone else's storylines?

There are certain character storylines I'm aware of but the majority are the Barlows', who I work with the most.

Where might we have seen you before?

In 2015, I did a couple of episodes of *Emmerdale* and a small recurring part in the final series of *Fresh Meat*. I was also in the first series of *No Offence*.

So what is Daniel like?

He is always listening in and observing the people around him. Daniel is someone who has spent most of his formative life on the edge of other people's lives. It means he can work people out quite quickly and suss out the relationships going on around him. I reckon I could be friends with him in real life. He is difficult and I like difficult people. They tend to have spent more time thinking about things and forming an opinion on something.

Is Daniel going to find true love?

He's started a burgeoning romance with Sinead. It's a slow-burn romance but things are now starting to move a little quicker.

Now that you're seen on TV so often, do you think about your appearance more?

Before I started, I hated shopping for clothes. I still don't like it, as it stresses me out, but I've been out more recently and bought more clothes for myself. I even bought myself a hat! I'm quite slim and tall, so it looks best if I have fitted clothing. I like dark base colours like blacks and blues and then whites. I'm a fan of Diesel jeans. They're good quality and their denims are deep, dark colours so they wash out easily.

What would you like to wear but you don't think you can pull off?

Probably dreadlocks! They are a brilliant way to have your hair, but I don't think they'd suit me and I don't think I'd get away with that much cultural appropriation!

What does your male grooming routine involve?

I use just argan oil in my hair and a general face wash, exfoliator and toner. I keep it simple. I had bad skin as a teenager right up until my late teens. Just when I was going into

'During breaks in filming, I'll watch shows on Netflix when I should be learning lines!'

a working environment, I was still having a lot of skin problems. So I'm careful to really look after it now.

What has been your biggest male grooming fail?

My sister is a hairdresser and when she was training, she wasn't very good. I had quite long hair and she cut a huge wedge out of it. I tried styling it out for two days but I ended up having to shave it off. She's brilliant now!

Are you a healthy eater?

Yes, I am. I eat lots of fruit and vegetables and I'm not a big fan of takeaways or fast food. I am a good cook but I don't do it as often as I'd like. I learned to make my own bread last year, which is a valuable skill.

How do you stay in shape?

I have a high metabolism so I don't normally put on weight that easily. But I put a stone on over Christmas so I'm thinking that a gym membership might be a wise thing. It was quite a shock, but I was eating everything. I was back home with my family and stuffed myself with turkey and pigs in blankets.

How have your family reacted to you being on *Corrie*?

At first they were incredibly excited but they're much more acclimatised to it now. When I'm at home with them in Oldham and the show comes on, they raise their eyebrows and they're like, "Oh, here we go!"

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Above: Daniel and Sinead have hooked up in *Corrie*



WORDS: JOHN MARRS PHOTOS: ITV

City of dreams

Live the high life in Dubai

Above: The fabulous city has celeb fans including Michelle (below)

With its glamorous hotels, top restaurants and nightclubs, out-of-this-world shopping and year-round sunshine, Dubai is a firm favourite of the A-list. Decadence is definitely the key word in Dubai, where there is no such thing as “over the top”.

Temperatures rarely fall below 20°C in January, making it the perfect winter sun destination, while August is the hottest month of the year.

TV *Life* packed our bags and headed to the United Arab Emirates for a girlie weekend of fun in the sun...

Where shall I stay?

Our superior studio room at the Ramada Plaza Jumeirah Beach hotel was the perfect base for exploring Dubai. Just a five-minute stroll to the white sandy beach, our huge room had fabulous views over Dubai marina, a seating area with leather sofas and flatscreen TV, well-equipped kitchen area and a bathroom with lovely toiletries.



Above: Brunch at Saffron is a must

Situated on The Walk with its many shops and restaurants, the centrally located Ramada Plaza is in a great spot, especially for short trips to Dubai. There's also a fabulous Brazilian restaurant, Fogueira, with an all-you-can-eat barbecue and live music and samba performances. We loved the rooftop Sama Lounge with its amazing views of the glittering Dubai skyline.

What celebs might I see?

Celebrities flock to Dubai for sunshine and glamorous nights on the town. Former *TOWIE* stars Sam and Billie Faiers and Lucy Mecklenburgh are regulars, while Kim Kardashian, Leonardo DiCaprio, Peter Andre, Alesha Dixon, Amanda Holden and Michelle Keegan and Mark Wright have all visited.

What must I see?

Dubai is home to the tallest building in the world, the 828m Burj Khalifa, and is a must-visit for first-timers in Dubai. As you soar up to the viewing deck on the 124th floor, other famous tall monuments are projected on to the lift walls so you know exactly when you've gone higher than the Eiffel Tower (300m) and The Shard (310m) – small fry in comparison! At the top, you can see views all over Dubai – from the busy built-up streets to the vast desert. You can even spy the shores of Iran. Accessed through the sprawling Dubai Mall, we tied in our visit with a shopping trip, spending far too much in Bloomingdale's, Michael Kors and

the gold souks. Make sure you check out the Dubai Fountain display, which shoots water 152m into the air set to classical music. Stop off for a chilled glass of wine in the über-glam Armani Hotel.

Other great ways to see a different side of Dubai include heading out into the desert to try dune bashing or buggy racing before enjoying a meal under the stars. Or cruising along Dubai Creek and enjoying a fine-dining experience on the Bateaux Dubai.

Where can I eat?

After a busy morning shopping, we decided to be ladies who lunch at the newly refurbished BiCE Ristorante at the Hilton Jumeirah Beach Resort. Decked out with chandeliers, white tablecloths and decorated in a palette of lemons and pale greens, this chic Italian was the perfect pit stop. We shared starters of crab cake and avocado, baby squid and king scallops with an asparagus gratin before mains of oven-baked sea bass and grilled whole Dover sole – washed down with a crisp Prosecco. We finished with a melt-in-the-mouth dessert trio of lemon mousse, almond cake and a crème brûlée cheesecake.



Our favourite evening meal was at the stunning 360° – a cocktail bar and restaurant at the end of the pier at the Jumeirah Beach hotel. You're taken in a golf buggy to a backdrop of the Arabian Gulf and Dubai's only seven-star hotel, the Burj Al Arab. First, we enjoyed delicious berry and champagne cocktails on the terrace watching the sun go down before heading downstairs to the relaxed restaurant serving pan-Asian cuisine. We shared Peking duck pancakes, chicken satay and a dim-sum selection before mains of grilled prawns served with stir-fried vegetables and steamed rice. Feeling full, we decided to round off our meal with espresso Martinis instead of dessert!

Where should I brunch?

Weekends in Dubai are Fridays and Saturdays, with most hotels hosting a brunch on a Friday. The award-winning lavish Saffron brunch at the Atlantis The Palm, for over 21s, runs from 12.30pm till 4pm and is definitely the place to be seen with a real party atmosphere. As the club classic tunes from the resident DJ spun in the background, we wandered

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Above: The plush rooms at the Ramada Plaza Jumeirah Beach



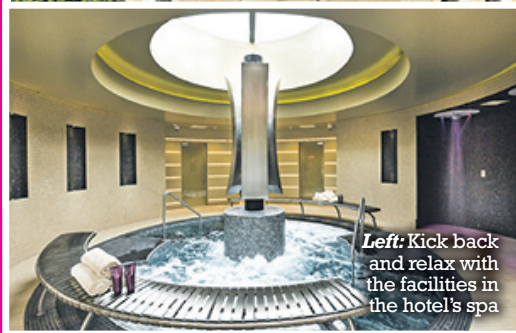
Above: Cocktails at 360° is a unique experience



Above: Dine in style at BiCE Ristorante



Above: The historical mansion dates back to the 14th century



Left: Kick back and relax with the facilities in the hotel's spa

Swap the bustling city for the peaceful countryside with a pampering spa break

around stations featuring more than 220 different dishes from around the world including everything from sushi and fresh seafood to pizzas, Chinese, roast dinners and traditional brunch fare such as eggs Benedict.

There's every drink imaginable, too – the huge watermelon cocktails were a highlight. Afterwards, we headed to the official brunch after-party, Daydream at N'Dulge, where we danced on the terrace overlooking beautiful views of the Palm.

Where can I party?

You can spend all day at beach club, bar and restaurant Zero Gravity, at the Jumeirah Beach Residence, soaking up the sun on one of the pool or beach sunbeds before using the facilities to change ready for the evening.

We had a great night partying on the huge outside dance floor to DJ EZ playing classic garage and old-school dance tracks. When you need refuelling, there are several food stations dotted about and plenty of sofas to sit back and watch the crowd from.

At the Dubai Marine Beach Resort & Spa, we headed to oceanside Japanese lounge bar Sho Cho with its slick white leather interior, amazing views and chilled-out beats before tottering over to glitzy Club Boudoir with its opulent decor including huge chandeliers, lump sofas and oil paintings. Boudoir is known for its celeb-spotting opportunities, with stars including Naomi Campbell and 50 Cent dropping in for a drink.

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Location:

This 14th-century mansion is set in 110 acres of surrounding woodland, 45 minutes from central London and close to Stansted Airport. Sweep along the gravel drive, past the manicured gardens before arriving in the impressive reception area with its high ceilings, glitzy chandeliers and ornate features, all of which add to the luxurious feel of this four-star hotel.

Bedrooms:

Stylishly decorated in calming shades of dove grey, pale blues and creams, we loved our glamorous deluxe bedroom. All 100 rooms have been individually decorated, and we liked the touches of blue tartan in ours as well as the spacious chic bathroom with underfloor heating and plenty of complimentary toiletries, robes and slippers. All rooms have free Wi-Fi, mini fridge, tea and coffee-making facilities and iron and ironing board.

Restaurants and bars:

There are several lounges with plush sofas and grand décor where you can enjoy a drink or afternoon tea, plus a cosy bar area. The opulent Grill Room restaurant serves classic dishes. Every mouthful of the creamy roasted vegetable soup was delicious, while the meaty

ham hock terrine with sourdough was a real treat, too. Next, we enjoyed melt-in-the-mouth, slow-cooked pork belly with crackling and had just about enough room left for a decadent wedge of vanilla cheesecake. Most of the restaurant's fresh ingredients are grown in the hotel's own gardens.

Facilities:

The hotel's luxurious Eden Spa is not to be missed. We made the most of the steam room, sauna and whirlpool before enjoying a back, neck and shoulder massage and a fabulous ESPA Personalised Express Facial (£30), leaving us with a more even-toned glowing complexion. Afterwards, we flopped on to one of the heated beds in the relaxation room and fell asleep – it's safe to say we found the experience very relaxing! There's also a selection of treatments for men, plus a lovely outdoor terrace to sit and chill with a drink. The hotel also has a gym, with the latest high-tech exercise equipment, and two tennis courts if you're feeling active. There are plenty of spaces for events, too – it's the perfect location for a country wedding!

Fact file:

Room rates start at £119, based on two people sharing a double room.



Left: Enjoy a delicious feast at The Grill Room restaurant



Above: The bedrooms are traditional yet stylish

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Ref: 1831930

TVLife19Feb17

YOUR TV WEEK

Soaps



Emmerdale

Party poopers

Romantic soul that he is, at least occasionally, Robert has a surprise wedding lined up for him and Aaron at The Woolpack tomorrow. And it turns out to be surprising in more ways than one, because the police decide to burst in, mid-ceremony. And they haven't come to raise a toast.

David, meanwhile, has his own romantic plans for him and Tracy, which also go awry. Elsewhere this week, Sarah prepares to fly to Prague for treatment. Will Debbie go with her? And Laurel is left devastated by a visit she pays to Ashley at his care home.



Open the floodgates

Cash-strapped Mick's money worries worsen this week when Bob the plumber presents him with a quote for fixing the Queen Vic's leaks. Shirley's chum Konrad then offers to do the job for half the price... Whitney, meanwhile, is shocked to learn she has nowhere to live, thanks to Mick asking Jack to refund the deposit on the flat.

Also, Ian gets a wake-up call at his health check, Dot makes an ill-fated outing, Ben and Jay move into their less-than-luxurious new home and a row with Keegan spirals out of control for Denise.

Labour Day

Leanne and Toyah get stuck in a lift tomorrow at Victoria Court. Let's just hope this isn't the moment pregnant Leanne's waters break, eh? Oops, looks as if we spoke too soon... Nick is suitably proud to be the father – albeit not biologically – of the new arrival, who Leanne decides to call Oliver. So it's a bitter blow to hear she doesn't want Nick's name on the birth certificate.

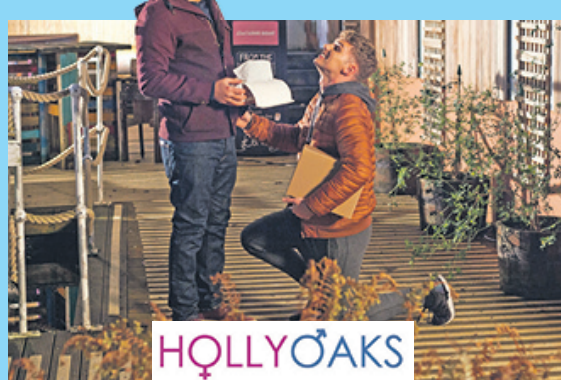
Meanwhile, Michelle – who still doesn't know Steve's the biological dad, of course – insists she's genuinely happy for her friend, despite her own tragic loss.



CORONATION ST.



Neighbours



HOLLYOAKS



Home and Away

Victoria and Steph promise to keep their distance from one another when Victoria moves in to the motel this week. But Steph is left uneasy by a run-in she has with Ellen the next day.

Paige owns up to Brad and Lauren about David not being the baby's real dad. Now it's just a question of telling Jack the full facts. Also this week, Dee and Toadie grow closer.

Ste is convinced he and Harry are history. In a bid to show John Paul he can be romantic, he decides this week to recreate the day he proposed. But are his feelings reciprocated?

Elsewhere, Joel is stunned when he witnesses Sienna being abducted. Warren is dubious about the kidnapping – but then he sees pictures of Sienna being held hostage.

Could cracking a computer password finally put an end to the Morgans' nightmare? Before he loses consciousness in hospital tomorrow, a critically injured Decker mutters something to Mason about a mysterious USB stick.

Meanwhile, Heath is grilled about Gunno's death. And will Bianca and Zac's drunken reminiscences lead to something more?

WORDS: MIKE WARD

BBC1

6.00 Breakfast **7.50** MOTD: FA Cup Highlights (R) **9.00** The Andrew Marr Show **10.00** The Big Questions. Religious and ethical debates from Leith Academy, Edinburgh. **11.00** Bargain Hunt. Two teams test their antiques knowledge. (R) **12.00** BBC News, Weather **12.15** **FILM: Shrek Forever After** (2010) Animated comedy, with the voice of Mike Myers. **1.40** Match of the Day Live: The FA Cup. Fulham v Tottenham Hotspur (Kick-off 2.00pm). **4.05** Escape to the Country. People search for their ideal rural retreats. (R) **4.50** Lifeline **5.00** Songs of Praise. David Grant meets the first woman in Britain to become an Anglican priest. **5.35** BBC News **5.50-6.00** Local News, Weather

6.00 The Big Painting Challenge Mariella Frostrup and Rev Richard Coles take the contestants on a trip to Hastings to sharpen their painting skills by capturing the pier and shoreline on canvas.

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.

PICK 8.00 Call the Midwife Trixie tries her hand at dentistry, while the nurses discover what has happened to Sister Mary Cynthia, a vision that has bad consequences. *See Ones To Watch.*

PICK 9.00 SS-GB Drama set in an alternate history of World War Two where Britain is under German occupation. Two Scotland Yard detectives investigate a murder. *See Ones To Watch.*

10.00 BBC News, Weather

10.20 Local News, Weather

10.30 MOTD: FA Cup Highlights Action from the fifth round of matches, featuring Blackburn Rovers v Manchester United and Fulham v Tottenham.

11.10 American High School Vernon tries to persuade his mother to watch him perform.

11.55 The Celebrity Apprentice USA The celebrities must promote a popular Australian product by writing, producing and directing a silent video.

1.25-6.00 BBC News. Catch up with the latest headlines. Plus, weather.

BBC2

6.30 Big Dreams Small Spaces (R) **7.30** An Island Parish (R) **8.00** Around the World in 80 Gardens (R) **9.00** Countryfile (R) **10.00** Saturday Kitchen Best Bites **11.30** Nigel Slater's Dish of the Day (R) **12.00** Nigellissima. Nigella Lawson presents a guide to Italian cookery. (R) **12.30** A Cook Abroad: Rick Stein's Australia. The chef goes on a culinary tour Down Under. (R) **1.30** Omar Sharif: Talking Pictures. Looking back at the actor's life. (R) **2.00** **FILM: Funny Lady** (1975) Sequel to musical comedy Funny Girl, with Barbra Streisand. **4.15** Birds of Paradise: The Ultimate Quest. Part one of two. Benedict Allen and Frank Gardner visit Papua New Guinea. (R) **5.15-6.00** Ski Sunday. Including action from St Moritz in Switzerland.

FILM 6.00 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, Rachel Weisz and Michelle Williams.

8.00 Dragons' Den 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. With Evan Davis.

9.00 Special Forces—Ultimate Hell Week Reggie Yates brings the contestants to South Korea to train with the country's Underwater Demolition Team, where they must carry boats on their heads.

FILM 10.00 Being AP (2015) Premiere. Documentary about jockey AP McCoy, who has been crowned champion jockey 19 years running. The film catches him at a turning point in his sporting career, as the desire to achieve a record-breaking run of victories and the pressure to retire, while his wife fears the challenging nature of the sport puts him at risk of serious injury.

FILM 11.40 Defiance (2008) Three Jewish brothers escape during the 1939 Nazi invasion of Poland and launch a series of guerrilla attacks. World War Two drama, starring Daniel Craig.

1.45 Sign Zone: Question Time (R) **2.45** Holby City (R) **3.45-6.00** This Is BBC Two

ITV

6.00 CITV **9.25** ITV News, Weather **9.30** Countrywise: Guide to Britain. Ben Fogle explores a huge underground cavern in Yorkshire Dales. (R) **10.00** Peston on Sunday. Political magazine. **10.55** Gino's Italian Escape: Hidden Italy. Gino explores Tuscany. (R) **11.25** Chopping Block. The cooks take on British classics roast partridge and Victoria sponge. (R) **12.30** ITV News, Weather **12.45** **FILM: Carry On Jack** (1963) Comedy, with Bernard Cribbins and Juliet Mills. **2.25** All Star Family Fortunes. With Kelvin Fletcher and Austin Healey. (R) **3.10** Ninja Warrior UK. The final round arrives. Last in the series. (R) **4.15** The Voice UK. The blind audition phase concludes. (R) **5.30-6.30** Tipping Point. Gameshow, hosted by Ben Shephard. (R)

6.30 Local News, Weather **6.40** ITV News, Weather

7.00 Take Me Out Celebrity Special James Argent, Melvin Odom 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.

8.00 Lion Country: Night and Day Two cubs 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. Last in the series.

9.00 The Good Karma Hospital Ruby becomes personally involved in the case of an abandoned baby that is brought to the hospital during the Holi festival and Lydia is reunited with an ex-pat artist.

10.00 ITV News, Weather

10.20 Peston on Sunday Political magazine, presented by Robert Peston, featuring reports on the latest issues and interviews with topical guests.

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.

12.15 Jackpot247. Viewers are offered the chance to participate in live gaming from the comfort of their sofas. **3.00** Chopping Block. Tom is forced to face his fear. (R) **3.50** ITV Nightscreen **5.05-6.00** The Jeremy Kyle Show (R)

Channel 4

6.15 The King of Queens (R) **6.40** The King of Queens (R) **7.10** Everybody Loves Raymond (R) **7.35** Everybody Loves Raymond (R) **8.00** Everybody Loves Raymond (R) **8.30** Frasier (R) **9.00** Frasier (R) **9.30** Sunday Brunch **12.30** George Clarke's Amazing Spaces. A Devon fireman puts his mother-in-law in the doghouse. (R) **1.35** The Simpsons. Maude Flanders is killed. (R) **2.05** The Simpsons (R) **2.35** **FILM: Addams Family Values** (1993) Comedy sequel, starring Anjelica Huston and Raul Julia. **4.30** Channel 4 News **5.00-7.30** **FILM: The Karate Kid** (2010) An American boy living in China falls foul of bullies, until a kindly kung fu master teaches him the skills to defend himself. Martial arts drama, starring Jaden Smith.

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. With Davina McCall.

FILM 9.00 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, James McAvoy and Michael Fassbender.

PICK FILM 11.40 Lawless (2012) Three brothers run a bootlegging operation but a corrupt sheriff demands a cut of the profits. Crime drama, with Tom Hardy. *See Film Of The Day.*

1.40 The Last Leg **2.35** Phil: Secret Agent Down Under (R) **4.25** Kirstie's Fill Your House for Free (R) **4.40** Four in a Bed (R)

Channel 5

6.00 Milkshake! **10.00** Teenage Mutant Ninja Turtles. The Neutrinosaurs invade Mikey's mind. (R) **10.35** Football on 5: The Championship. Highlights from the weekend's games in the Championship. (R) **11.30** Football on 5: Goal Rush (R) **12.00** Inside Windsor Castle. The recent history of the royal residence. (R) **12.55** Secrets of the National Trust with Alan Titchmarsh. The host reveals some surprising facts about Beatrix Potter. (R) **1.55** **FILM: Seabiscuit** (2003) Fact-based drama, starring Tobey Maguire and Jeff Bridges. **4.30** 5 News **4.35-6.25** **FILM: National Lampoon's Vacation** (1983) Comedy, with Chevy Chase. Edited for language, nudity and sexual content. Includes 5 News Update at 5.35pm.

FILM 6.25 National Lampoon's European Vacation (1985) The disaster-prone Griswolds appear on a TV gameshow, and through a happy accident, end up winning a holiday touring Europe. The trip takes them to Britain, France and Germany, causing mayhem wherever they go, while the final destination in Rome leads to a run-in with a gang of thieves. Comedy sequel, starring Chevy Chase and Beverly D'Angelo.

8.10 That's So 1985 An entertaining look back at events in 1985, using news, pop and TV archive clips to provide a reminder of the time, including the Live Aid concerts.

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. The programme examines his struggle to keep his private life out of the tabloids and to continue recording music in the face of his failing health. (R)

11.05 20 Moments that Rocked the 80s Cherie Lunghi presents a countdown of memorable moments, including royal weddings, political scandals, sporting triumphs and the rise to fame of iconic entertainers. (R)

12.35 Lip Sync Battle (R) **1.00** SuperCasino **3.10** Bargain-Loving Brits in the Sun (R) **4.00** World's Most Pampered Pets (R) **4.50** House Doctor (R) **5.15** Nick's Quest (R) **5.40** Angels of Jarm (R) **5.50-6.00** Roary the Racing Car

REGIONAL VARIATIONS:

WALES **10.55** Newsweek Wales **BBC1 SCOTLAND** **11.10** Sportscene **12.10** American High School **12.55** The Celebrity Apprentice USA **2.25** BBC News **BBC2 N IRELAND** **10.00** A Special Relationship **10.30** **FILM:** Being AP (2015) **12.10** Horizon: Clean Eating – The Dirty Truth **1.10** BBC News **BBC2 SCOTLAND** **5.45** Sportscene **7.00** River City **BBC2 WALES** **1.00** Live in Politics **1.00** RTE News: One O'Clock and Farming Weather **1.10** Ear to the Ground **1.40** Winning Streak **2.40** Operation Transformation **3.10** Operation Transformation **3.40** Attenborough's Paradise Birds **4.40** Nuacht **4.50** Great Irish Journeys **6.00** The Angelus **6.01** News **6.30** Dancing with the Stars **8.30** Fair City **9.00** News **9.30** Room to Improve **10.35** The Meaning of Life with Gay Byrne **11.05** The Week in Politics **12.10** European Parliament Report **12.40** The Ray D'Arcy Show **2.05** 9/11: Voices from the Air **3.00** Criminal Minds **3.50** The Wonder List with Bill Weir **4.35** Goodnight Sweetheart **5.05** EuroNews **S4C** **6.00** Cyw **8.50** Penblwyddi Cyw **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 **4.00** Llys Nini **4.10** Llys Nini **6.25** Rallio+ **6.55** Newyddion **7.00** Dechrau Canu Dechrau Canmol **7.30** Pryd o Sêl **8.30** Arfordir Cymru **9.00** Byw Celwydd **10.00** Clwb2 **10.45** Julian Lewis Jones yn Awstralia **10.45** Julian Lewis Jones yn Awstralia

OVER ON DIGITAL

5STAR

6.00 Teleshopping **8.00** Access **8.10** Dance Moms **8.55** 8 Simple Rules **10.25** My Wife and Kids **4.00** Can't Pay? We'll Take It Away **5.00** Can't Pay? We'll Take It Away **6.00** Can't Pay? We'll Take It Away **7.00** 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 **11.00** Don't Tell the Doctor **12.00** Sex Pod **1.00** Baby Faced Brides **2.00** American Horror Story: Murder House **3.10** Top 20 Funniest **3.50** Access. Latest showbiz news. **4.00** Teleshopping

SUSA

6.00 Teleshopping **9.00** Person of Interest **9.45** Castle **10.40** CSI: NY **12.35** **FILM:** Columbo: Lady in Waiting (1971) Crime drama, starring Peter Falk. **2.15** **FILM:** Columbo: Uneasy Lies the Crown (1990) Crime drama, with Peter Falk. **4.20** **FILM:** Columbo: A Stitch in Crime (1973) Detective drama, with Peter Falk. **6.00** NCIS: Los Angeles **8.00** NCIS **9.00** CSI: Crime Scene Investigation **11.00** Law & Order: Special Victims Unit **1.00** Law & Order: Special Victims Unit **2.00** Law & Order: Special Victims Unit **4.00** Teleshopping

ITV2

6.00 Totally Bonkers Guinness World Records **6.10** Emmerdale **8.45** Coronation Street **11.40** The Voice UK **1.00** 2 Awesome **1.05** 2 Awesome: Guidance **1.40** 2 Awesome: Fame High **1.55** 2 Awesome: Third Wheel **2.25** 2 Awesome: LA Story **2.45** You've Been Framed! Gold **3.10** **FILM:** The Haunted Mansion (2003) **4.55** **FILM:** The Smurfs 2 (2013) Fantasy comedy sequel. **7.00** **FILM:** Jack and Jill (2011) Comedy. **9.00** Ibiza Weekender **10.00** Family Guy **11.30** American Dad! **12.25** The Cleveland Show

SKY1

6.00 Hour of Power **7.00** Futurama **9.00** Supergirl **10.00** The Flash **11.00** WWE Raw Hits **12.00** Futurama **1.30** Modern Family **5.00** The Simpsons **5.30** The Big Spell **6.30** The Simpsons **8.00** Freddie Down Under. See *Ones To Watch*. **9.00** Hawaii Five-0 **10.00** NCIS: Los Angeles **11.00** MacGyver **12.00** The Force: Essex **1.00** Air Ambulance ER **2.00** Arrow **2.50** Police Force: Australia **3.15** Police Force: Australia **3.45** Police Force: Australia **4.15** Police Force: Australia **4.45** Police Force: Australia **5.15** Road Wars

SKY ATLANTIC

6.00 The West Wing **7.00** The West Wing Special **8.00** The West Wing **9.00** The West Wing **10.00** The West Wing **11.00** Without a Trace **12.00** Without a Trace **1.00** Without a Trace **2.00** Without a Trace **3.00** Without a Trace **4.00** Blue Bloods **5.00** Blue Bloods **6.00** Blue Bloods **7.00** Blue Bloods **9.00** Fortitude **10.00** **FILM:** A History of Violence (2005) Thriller, starring Viggo Mortensen. **11.55** True Detective **1.10** The Wire **2.25** Looking **3.00** Looking **3.35** Looking **4.10** Storm City **5.05** Storm City

FILM4

11.00 Destry (1954) Western, with Audie Murphy. **1.00** Endless Love (2014) Romantic drama, with Alex Pettyfer. **3.05** Carry On Teacher (1959) Comedy, starring Ted Ray. **4.50** Never Been Kissed (1999) Romantic comedy, with Drew Barrymore. **6.55** Tooth Fairy (2010) Family comedy, with Dwayne Johnson. **9.00** Faster (2010) Action adventure, with Dwayne Johnson. **10.55** The Fourth Kind (2009) Sci-fi horror, with Milla Jovovich. **1.00** Amour (2012) Drama, starring Jean-Louis Trintignant.

SKY LIVING

6.00 Border Security USA **8.00** Sportswomen **8.30** Nothing to Declare **1.00** The Biggest Loser USA **2.00** CSI: Crime Scene Investigation **3.00** Stop, Search, Seize **6.00** The Biggest Loser USA **7.00** America's Next Top Model **8.00** Blindspot **9.00** Elementary. Watson and Holmes look for a doctor selling drugs. **10.00** Bones. Booth and Brennan investigate the murder of a teacher. **11.00** Criminal Minds **12.00** Criminal Minds **1.00** Scandal **2.00** Scandal **3.00** Madam Secretary **4.00** Stop, Search, Seize **5.00** Stop, Search, Seize

E4

6.00 Rude(ish) Tube **6.20** How I Met Your Mother **7.05** Hollyoaks **9.35** Coach Trip: Road to Marbs **12.15** The Jump **1.50** The Big Bang Theory: Catch Up **7.15** **FILM:** Men in Black II (2002) Sci-fi comedy sequel, starring Will Smith and Tommy Lee Jones. **9.00** Marvel's Agents of SHIELD **10.00** **FILM:** The Adjustment Bureau (2011) Sci-fi thriller, starring Matt Damon and Emily Blunt. **12.05** Celebs Go Dating **1.10** Celebs Go Dating **2.15** Celebs Go Dating **3.05** Marvel's Agents of SHIELD **3.50** Hollyoaks

CBS ACTION

6.00 Teleshopping **8.30** Tomorrow's World **9.00** Star Trek: Deep Space Nine **12.00** **FILM:** Dr Quinn, Medicine Woman: The Heart Within (2001) Frontier drama, starring Jane Seymour. **2.00** The High Chaparral **4.00** Dr Quinn: Medicine Woman **6.00** **FILM:** Angel and the Badman (2009) Western remake, starring Lou Diamond Phillips. **8.00** Matlock **9.00** NCIS: Los Angeles **10.00** NCIS: Los Angeles **11.00** NCIS: Los Angeles **12.00** NCIS: Los Angeles **1.00** NCIS: Los Angeles **1.55** Hack **3.50** The High Chaparral

CBS REALITY

6.00 Teleshopping **7.30** Tomorrow's World **8.00** The Key of David **8.30** The Lord's Challenge **9.00** Judge Judy **5.00** Neighbours at War **6.00** 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 **11.30** Pretty Bad Girls **12.00** Pretty Bad Girls **12.30** Pretty Bad Girls **1.00** Encounters with Evil **2.00** Killer Cops **3.00** Teleshopping **4.00** Cops: Reloaded **4.40** Cops: Reloaded **5.00** Cops: Reloaded **5.20** Cops: Reloaded **5.40** Cops: Reloaded

ONES TO WATCH...

SUNDAY
19 FEBRUARY



NEW SERIES

SS-GB

9pm, BBC1

The reimagining of America under Nazi and Japanese control following World War Two has proved a successful concept for a TV series on Amazon Prime, with *The Man In The High Castle* now in its second season. Now the BBC is following suit with *SS-GB*, a brand new five-parter that begins tonight. Sam Riley and Kate Bosworth star in a story that follows British cop, Detective Douglas Archer, back in 1941's London. The capital is under German SS control, much like most of England and Wales, after we lost the Battle of Britain. But Archer isn't best pleased with his new

bosses and is being forced to work for the brutal SS. There are resistance fighters scattered around the country and when a German pilot is murdered by a fighter, it creates high tensions in London. Later, when Archer is investigating what he initially thinks is a murder involving the black market, he soon finds out there's more to it and he's dragged into something much more sinister. Meanwhile, his girlfriend Sylvia risks being punished by the SS when she takes a stand against the regime. Archer also meets an American journalist who is harbouring a huge secret. ★★★★★☆



Freddie Down Under

8pm, Sky1

Hitting the road for the last time, the boys head to Cairns, where Freddie milks one of the world's deadliest creatures and torments Rob with another – the poisonous box jellyfish. Then with a storm looming, they take on a champion white water rafter before heading to The Great Barrier Reef. Finally, they camp out in the world's oldest rainforest. ★★★★★☆



Call the Midwife

8pm, BBC1

What's happening in the world of 1960s midwives this week? Well, when a young man who appears quite vulnerable turns up on their doorstep, they're quite impressed with him. Also, when Trixie takes a step towards dentistry she's quite pleased with herself. Elsewhere, there's a new recruit joining the team and Sister Mary Cynthia is finally tracked down. ★★★★★☆



FILM OF THE DAY

Lawless

11.40pm, Channel 4

If brooding, leading men are your thing, then prepare for sensory overload in this prohibition-era crime drama. Tom Hardy, Jason Clarke and Shia LaBeouf star as the Bondurant brothers, whose bootlegging operation comes up against Guy Pearce's dodgy cop. Mia Wasikowska and Jessica Chastain also star in this stylish, period flick. ★★★★★☆

BBC1

6.00 Breakfast **9.15** Britain's Home Truths. New series. Changes to British housing over the past 75 years. **10.00** Homes Under the Hammer (R) **11.00** Wanted Down Under Revisited **11.45** Oxford Street Revealed. The police deal with the problem of rough sleepers at Marble Arch. (R) **12.15** Bargain Hunt **1.00** BBC News at One, Weather **1.30** Local News, Weather **1.45** Doctors. Lena finally admits her affair to her husband. **2.15** The Coroner. Crime drama, starring Claire Goose. (R) **3.00** Escape to the Country (R) **3.45** The Farmers' Country Showdown. Pig farmers hoping to win prizes at the Dorset County Show. **4.30** Flog It! From St Albans Cathedral. **5.15-6.00** Pointless. Quiz show. (R)

6.00 BBC News at Six, Weather
A round-up of latest national and international headlines.

6.30 Local News, Weather
A round-up of stories hitting the headlines in your region.

7.00 The One Show
A mix of nationwide reports and live studio-based chat.

7.30 Match of the Day Live: The FA Cup Sutton United v Arsenal (Kick-off 7.55pm). Coverage of the fifth-round fixture at the Borough Sports Ground as the non-league side look to cause a huge upset against the 12-time winners. Sutton have already defeated three Football League teams with their scalp of Championship high-flyers Leeds in round four causing the biggest stir. Arsene Wenger will be wary of taking them lightly and may go against his usual cup policy of bleeding young players, with the artificial turf adding an extra layer of unpredictability to the contest.

10.00 BBC News at Ten
A round-up of latest national and international headlines.

10.30 Local News, Weather

10.45 Have I Got a Bit More Old News for You Celebrity guests join in the fun on the satirical quiz, with regular captains Ian Hislop and Paul Merton. (R)

11.30 The Graham Norton Show Guests Tom Hiddleston, Ruth Wilson, Ricky Gervais, Daniel Radcliffe and Joshua McGuire discuss their current projects, while Tinie Tempah performs Text from Your Ex. (R)

12.20-6.00 BBC News. Rolling national and international headlines.

BBC2

6.00 My Life in Books (R) **6.30** Wanted Down Under Revisited (R) **7.15** The Farmers' Country Showdown (R) **8.00** Sign Zone: The Great Interior Design Challenge (R) **9.00** Victoria Derbyshire **11.00** BBC Newsroom Live **12.00** Daily Politics **1.00** Cash in the Attic. Raising funds to buy a new pianola. (R) **1.25** Beat the Brain. Quiz, hosted by John Craven. (R) **1.55** Landward. The impact on fishermen of new measures to protect the marine environment. **2.25** Mountain. Griff Rhys Jones scales Britain's peaks. (R) **3.25** The Blue Planet. The fragile marine ecosystem of coral reefs. (R) **4.25** A Place to Call Home **5.15-6.00** Antiques Road Trip. Charles Hanson and Margie Cooper travel from Melton Mowbray to Nottingham. (R)

6.00 Eggheads
The winners of gameshows tackle a set of challengers. (R)

6.30 Great Continental Railway Journeys Michael Portillo travels through the Balkans to Istanbul.

7.00 The Hairy Bikers' Chicken and Egg 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. (R)

8.00 University Challenge
Jeremy Paxman poses the questions in a quarter-final tie.

8.30 An Island Parish: Anguilla
Bishop Brooks celebrates the 175th anniversary of his diocese.

9.00 SAS: Rogue Warriors
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. Last in the series.

10.00 Cradle to Grave
Bet and Fred expand their horizons on a caravan holiday. (R)

10.30 Newsnight
Analysis of the day's events, presented by Evan Davis.

11.15 Hospital
In the final episode of the series, surgeons are forced to use unconventional methods to get their operations completed against all the odds. (R)

12.15 Sign Zone: Countryfile Winter Special. Ellie Harrison visits the Cairngorms National Park. (R) **1.10** Sign Zone: Who Do You Think You Are? (R) **2.10** Sign Zone: Royal Recipes (R) **2.55-6.00** This Is BBC Two. Previews.

ITV

6.00 Good Morning Britain. News, current affairs and lifestyle features. **8.30** Lorraine. Entertainment and fashion news. **9.25** The Jeremy Kyle Show. Guests air their differences. **10.30** This Morning. Phillip Schofield and Holly Willoughby present celebrity chat and lifestyle features, including a look at the stories making the newspaper headlines and a recipe in the kitchen. Including Local Weather. **12.30** Loose Women. With Emmerdale star Danny Miller. **1.30** ITV Lunchtime News **1.55** ITV Local News **2.00** Judge Rinder. Real-life cases in a studio courtroom. **3.00** James Martin's French Adventure. The chef visits Normandy. **3.59** ITV Local Weather **4.00** Tipping Point. Gameshow, hosted by Ben Shephard. **5.00-6.00** The Chase. Quiz.

6.00 Local News, Weather
A round-up of stories hitting the headlines across your region.

6.30 ITV News, Weather
A round-up of the latest national and international headlines.

7.00 Emmerdale
Robert arranges a surprise wedding in the Woolpack.

7.30 Coronation Street
Toyah rails at Leanne for her jibe about her not being a mum.

8.00 The Martin Lewis Money Show Financial journalist Martin and Saira Khan offer advice.

8.30 Coronation Street
Leanne goes into labour and Sarah gets tough with Bethany.

9.00 The Halcyon
The hotel celebrates its 50th anniversary but Lucian struggles to keep things in order as pressure mounts and Emma must make a choice. Starring Kara Tointon. Last in the series.

10.00 ITV News at Ten
A round-up of the latest national and international headlines.

10.30 Local News, Weather
10.40 Through the Keyhole Keith Lemon hosts the gameshow as panellists David Haye, Samia Longchambon and Dave Berry identify the homes of the rich and famous. (R)

11.40 The Chase
Bradley Walsh presents as four contestants answer general knowledge questions and work as a team to take on ruthless quiz genius the Chaser and try to secure a large cash prize. (R)

12.35 Jackpot **247** **3.00** The Jeremy Kyle Show (R) **3.55** ITV Nightscreen **5.05-6.00** The Jeremy Kyle Show. Family feuds. (R)

Channel 4

6.00 Countdown (R) **6.45** The King of Queens (R) **7.10** The King of Queens (R) **7.35** The King of Queens (R) **8.00** Everybody Loves Raymond (R) **8.35** Everybody Loves Raymond (R) **9.05** Frasier (R) **9.35** Frasier (R) **10.05** Undercover Boss USA (R) **11.05** Ramsay's Kitchen Nightmares USA (R) **12.00** Channel 4 News Summary **12.05** A New Life in the Sun (R) **1.05** Find It, Fix It, Flog It (R) **2.10** Countdown. Rick Astley joins Susie Dent in Dictionary Corner. **3.00** Fifteen to One. General knowledge quiz, hosted by Sandi Toksvig. **4.00** A Place in the Sun: Winter Sun. A couple from Northamptonshire plan to move to Madeira. **5.00-6.00** Come Dine with Me. Four east Londoners hope their menus will win them the prize money. (R)

6.00 The Simpsons
Lisa enters a singing contest on the Krusty the Clown Show. (R)

6.30 Hollyoaks
Joel sets up a fundraiser but is floored when faced with Shane.

7.00 Channel 4 News
A round-up of the latest national and international headlines.

8.00 Supermarkets: Brexit & Your Shrinking Shop – Channel 4 Dispatches Harry Wallop reports.

8.30 Food Unwrapped
Kate Quilton reveals the benefits of an enzyme in pineapples.

9.00 The Trouble with Dad
Cutting Edge documentary charting comedian David Baddiel and his brothers' attempts to care for their father, who has a rare form of dementia that strips him of all his inhibitions.

10.00 Jon Richardson: How to Survive the End of the World
Jon 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.

11.05 8 Out of 10 Cats Does Countdown Jon Richardson and Michelle Wolf take on guest captain Jonathan Ross with Johnny Vegas while three-man comedy act Pappy's help Susie Dent in Dictionary Corner. (R)

12.10 Parenting for Idiots. Famous faces share their experiences. (R) **1.05** Girls to Men (R) **2.00** The Wedding Day (R) **2.55** Phil: Secret Agent Down Under (R) **3.50** Phil: Secret Agent Down Under (R) **4.45** Four in a Bed (R) **5.10** Fifteen to One (R)

Channel 5

6.00 Milkshake! **9.15** The Wright Stuff. Debate show. **11.15** GPs: Behind Closed Doors. Doctor Neil treats a man with a rash covering his body. (R) **12.10** 5 News Lunchtime **12.15** The Nightmare Neighbour Next Door. A farmer is suspected of killing a family's dogs. (R) **1.15** Home and Away **1.45** Neighbours **2.15** NCIS. Ducky is forced to reveal he has been helping to solve crimes in his spare time. (R) **3.15** FILM: *Lifetime of Lies* (2016) Premiere. A woman returns home for her brother's funeral and attempts to unravel the truth about his death. Mystery, with Shenae Grimes-Beech. **5.00** 5 News at 5 **5.30-6.00** Neighbours. David goes to see Aaron, ready to take the next step. (R)

6.00 Home and Away
Decker is rushed to hospital with multiple gunshot wounds. (R)

6.30 5 News Tonight
A round-up of the latest national and international headlines.

7.00 The Cars That Made Britain Great Celebrities share stories of being on the open road for the first time, including Matthew Wright who recalls how his Austin 1300 broke down on the morning of purchase. (R)

8.00 Storm Surge: Winter Road Rescue 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.

PICK 9.00 The Railways That Built Britain with Chris Tarrant
The broadcaster examines the role of the railways during two world wars, keeping vital supply lines open and transporting troops. *See Ones To Watch.*

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, the mind-bending of Derren Brown and the street magic of David Blaine. It features spectacular illusions, such as making the Statue of Liberty disappear, and the lighter side of the business, thanks to the inclusion of comedy great Tommy Cooper. (R)

12.45 Criminals: Caught on Camera (R) **1.15** SuperCasino **3.10** Inside Windsor Castle (R) **4.00** Tattoo Disasters UK (R) **4.25** Tattoo Disasters UK (R) **4.45** House Doctor (R) **5.10** Great Artists (R)

REGIONAL VARIATIONS:

WALES **10.40** Sharp End **11.10** The Harbour **STV** **7.59** STV News Headlines **10.30** Scotland Tonight **11.05** Through the Keyhole **12.05** Teleshopping **UTV** **6.25** Party Election Broadcast **10.40** View from Stormont **11.10** Britain's Best Walks with Julia Bradbury **12.35** Teleshopping **2.05** ITV Nightscreen **BBC1 N IRELAND** **6.55** 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 **12.50** BBC News **BBC1 WALES** **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 **12.45** BBC News **BBC2 N IRELAND** **5.15** Bargain Hunt **5.55** Party Election Broadcast **10.00** Muinteoiri **BBC2 WALES** **1.55** Beat the Brain **3.25** Italy Unpacked **RTÉ1** **6.00** Teleshopping **8.05** My Family **8.35** Today **10.05** Ellen **11.00** Dr Phil **11.55** Shortland Street **12.25** Doctors **1.00** News **1.30** Home and Away **2.00** Neighbours **3.00** Fair City **3.30** The Taste of Success **4.00** News **4.10** Today **5.40** Nuacht **6.00** The Angelus **6.01** News **7.00** Nationwide **7.30** The Pet Surgeons **8.00** Creedon's Epic East **9.00** News **9.35** Toughest Place to Be a Bus Driver **10.35** Claire Byrne Live **11.35** Eco Eye **12.10** The Late Late Show **2.10** Claire Byrne Live **3.05** Nationwide **3.30** Shortland Street **3.55** Dr Phil **4.40** Doctors **5.10** EuroNews **5.40** Teleshopping **5.47** **7.00** Cyw **1.00** Newyddion **5.40** Pobl y Tywydd **1.05** Heno **2.00** Prynhawn Da **2.55** Newyddion **3.00** Ward Plant **3.30** Arfordir Cymru: Bae Ceredigion **4.00** Awr Fawr **6.00** Pobol y Cwm **6.25** Newyddion **5.40** a'r Tywydd **6.30** Sgorio **7.00** Heno **8.00** Pobl y Tywydd **8.25** Cefn Gwlad **9.00** Newyddion **9.30** Ffermio **10.00** Rygbi

OVER ON DIGITAL

5STAR

6.00 Teleshopping **8.00** 8 Simple Rules **8.20** Dance Moms **10.05** 8 Simple Rules **11.00** 100 Per Cent Hotter **12.00** 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 **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 **9.00** **FILM:** Dirty Dancing (1987) Romantic drama. **11.05** **FILM:** Taxi (2004) Comedy adventure remake. **1.10** Teen Wolf

5USA

6.00 Teleshopping **9.00** Access **9.10** Longmire **10.00** Law & Order **12.00** CSI: Miami **1.00** NCIS **2.00** Castle **3.00** Longmire **4.00** Law & Order **6.00** CSI: Miami **7.00** NCIS **8.00** NCIS **9.00** NCIS. A sergeant's alibi for a hit-and-run is that he was killing someone else at the time. **10.00** Law & Order: Special Victims Unit. A man is found badly beaten in a strip club's car park. **11.00** Law & Order: Special Victims Unit **12.00** Law & Order: Special Victims Unit **1.00** CSI: Miami **2.00** CSI: Miami **3.00** Chicago PD **4.00** Teleshopping

ITV2

6.00 You've Been Framed! Gold **7.15** Ellen DeGeneres **8.00** Emmerdale **8.30** Coronation Street **9.30** Ninja Warrior UK **11.30** Take Me Out Celebrity Special **12.30** Emmerdale **1.00** Coronation Street **2.00** Ellen DeGeneres **2.50** Jeremy Kyle **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 **12.50** Two and a Half Men **1.20** The Great Indoors **1.50** Totally Bonkers Guinness World Records

SKY1

6.00 Hawaii Five-0 **8.00** Monkey Life **9.00** Police Force: Australia **10.00** Nothing to Declare **11.00** A Town Called Eureka **12.00** 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) Sci-fi prequel, starring Liam Neeson. **10.45** The Blacklist **11.45** The Force: Manchester **12.45** Most Daring **1.45** Brit Cops: War on Crime **2.45** Stop, Search, Seize **4.45** RSPCA Animal Rescue

SKY ATLANTIC

6.00 Richard E Grant's Hotel Secrets **7.00** Urban Secrets **8.00** The West Wing **10.00** House **11.00** Without a Trace **1.00** 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. A satirical look at news and pop culture. **11.10** Real Time with Bill Maher **12.20** The Kettering Incident **2.40** Girls **3.15** Looking **4.15** Richard E Grant's Hotel Secrets **5.10** Urban Secrets

FILM4

11.00 Cattle Empire (1958) Western. **12.40** Vertigo (1958) Hitchcock thriller, with James Stewart. **3.15** Four Guns to the Border (1954) Western, with Rory Calhoun. **4.55** Hell Below Zero (1954) Action adventure, with Alan Ladd. **6.45** Percy Jackson & the Lightning Thief (2010) Fantasy adventure, with Logan Lerman. **9.00** Fast & Furious 6 (2013) Action thriller sequel, with Vin Diesel. **11.35** Devil's Knot (2013) Fact-based crime drama, starring Reese Witherspoon. **1.50** The Dilemma (2011) Comedy drama.

SKY LIVING

6.00 Border Security: Canada's Front Line **7.00** UK Border Force **8.00** Nothing to Declare **9.00** Monkey Life **10.00** Elementary **11.00** Cold Case **12.00** CSI: Crime Scene Investigation **1.00** Criminal Minds **3.00** Stop, Search, Seize **4.00** UK Border Force **5.00** Nothing to Declare **6.00** Elementary **7.00** CSI: Crime Scene Investigation **8.00** Shades of Blue **9.00** Criminal Minds **10.00** Madam Secretary **11.00** Criminal Minds **12.00** Cold Case **1.00** Shades of Blue **2.00** UK Border Force **4.00** Nothing to Declare

E4

6.10 Made in Chelsea **7.00** Hollyoaks **7.30** Coach Trip: Road to Marbs **8.00** Brooklyn Nine-Nine **9.00** Rules of Engagement **10.00** Baby Daddy **11.00** Charmed **1.00** How I Met Your Mother **2.00** The Big Bang Theory **3.00** Baby Daddy **4.00** How I Met Your Mother **5.00** Brooklyn Nine-Nine **6.00** The Big Bang Theory **7.00** Hollyoaks **7.30** Coach Trip: Road to Marbs **8.00** NCIS: St Trinian's 2: The Legend of Fritton's Gold (2009) Comedy sequel. **10.00** Celebs Go Dating **11.05** First Dates Abroad **12.10** The Big Bang Theory

CBS ACTION

6.00 Teleshopping **9.00** NCIS **11.00** The Twilight Zone **12.00** Gunsmoke **1.00** Bonanza **2.00** NCIS **3.00** NCIS: Los Angeles **4.00** Mission: Impossible 5.00 JAG. A former drill instructor faces jail. **6.00** NCIS. The agents track down a serial killer. **7.00** MacGyver **8.00** Walker, Texas Ranger. Part one of two. A legendary ranger comes back to seek justice. **9.00** NCIS **11.00** Mission: Impossible. The team tackle a rogue film-maker. **12.00** NCIS **2.40** Bonanza **3.40** Walker, Texas Ranger **4.35** The Streets of San Francisco

CBS REALITY

6.00 Teleshopping. Home shopping. **9.00** Judge Judy **9.55** Hoarders: Family Secrets **10.50** Urban Legends **11.45** 48 Hours: Mystery **12.40** 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. New series. **10.00** Wives with Knives. New series. **11.00** Medical Detectives **12.00** Evil Twins **1.00** 48 Hours: Mystery **2.00** Wives with Knives **3.00** Teleshopping. Home shopping. **4.00** Cops: Reloaded

ONES TO WATCH...

MONDAY
20 FEBRUARY



The Railways That Built Britain with Chris Tarrant

9pm, Channel 5

Okay, so from the outset, this doesn't sound like the most enthralling of programmes, particularly if you aren't really interested in railways. But it's Chris' enthusiasm that helps to make it a fascinating insight into how our country ran back in the 1900s. Tonight he reveals that when trains were changing the way we enjoyed travel and leisure and turned seaside towns into tourist spots, it also had a darker side. For years, military planners had been working on ways to use locomotives in warfare and when World War One came along, they were being used to transport

hundreds of thousands of men to the trenches in France. Meanwhile at home, railway works were converted into munitions factories. And for the first time, women were employed for these dangerous jobs. Later for World War Two, the railways once again played a crucial role. They were run from a secret location deep in a disused London Underground station and carried troops, workers, munitions and food. They also organised the evacuation of a million children, helped bring home half the British army and offered shelters from air raids. ★★★★★

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BBC1

6.00 Breakfast **9.15** Britain's Home Truths **10.00** Homes Under the Hammer **11.00** Wanted Down Under Revisited **11.45** Oxford Street Revealed (R) **12.15** Bargain Hunt (R) **1.00** BBC News at One, Weather **1.30** Local News, Weather **1.45** Doctors **2.15** The Coroner. When a body washes up on shore, Jane is convinced it is a botched sea burial. (R) **3.00** Escape to the Country. Ginny Buckley helps a couple find a country house in Devon. **3.45** The Farmers' Country Showdown. An ice cream maker and two oil artisans sell their products Ludlow Food Festival. **4.30** Flog It! From Layer Marney Tower in rural Essex. (R) **5.15-6.00** Pointless. Quiz show, hosted by Alexander Armstrong. (R)

6.00 BBC News at Six, Weather Round-up of the latest national and international headlines.

6.30 Local News, Weather Round-up of stories hitting the headlines across your region.

7.00 The One Show Studio guests join hosts Matt Baker and Michelle Ackerley.

7.30 EastEnders Mick finds problems with the Vic are worse than he thought.

8.00 Holby City Isaac's dark side comes to the surface as his relationship with Dominic reaches breaking point, and as Hector is taken ill, Mo and Mr T start to reassess their work-life balance.

9.00 DIY SOS: The Big Build Nick Knowles and the team, together with the assistance of South Yorkshire volunteers and suppliers, help create a new home for a Rotherham man who suffered a brain injury.

10.00 BBC News at Ten Round-up of the latest national and international headlines.

10.30 Local News, Weather

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.

11.45 Who Do You Think You Are? Warwick Davis starts his research with his 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. (R)

12.50-6.00 BBC News. Rolling news.

BBC2

6.00 My Life in Books (R) **6.30** Wanted Down Under Revisited (R) **7.15** The Farmers' Country Showdown (R) **8.00** Sign Zone: Great British Menu (R) **9.00** Victoria Derbyshire **11.00** BBC Newsroom Live **12.00** Daily Politics **1.00** Countryfile. Tom Heap finds out why so many wild flowers have vanished from the UK. (R) **1.10** The Super League Show. Including highlights of Wigan Warriors v Cronulla-Sutherland Sharks. **1.55** Landward. Euan McIlwraith counts mountain hares. **2.25** Mountain. Griff Rhys Jones travels through the Lake District. (R) **3.25** The Blue Planet. The effects of tides on marine life. (R) **4.25** A Place to Call Home **5.15-6.00** Antiques Road Trip. Margie Cooper and Charles Hanson visit Newark-on-Trent. (R)

6.00 Eggheads The winners of gameshows tackle a set of challengers. (R)

6.30 Great Continental Railway Journeys Michael Portillo enjoys a boat trip on the Bosphorus.

7.00 The Hairy Bikers' Chicken and Egg Si King and Dave Myers examine the origins of southern fried chicken, one of the favourite fast foods in the world and in Texas they cook up their biker buffalo wings. (R)

8.00 Further Back in Time for Dinner The Robshaw family enter the 1940s and experience a decade dominated by war and entirely fuelled by rations, including powdered egg, nettles on toast and imitation brawn.

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 history's most infamous medical emergencies.

10.00 Inside No 9 A huge argument breaks out in a restaurant. Jason Watkins stars.

10.30 Newsnight Analysis of the day's events, presented by Evan Davis.

11.15 Special Forces – Ultimate Hell Week Army training challenge, in which contestants must endure a series of gruelling military-grade conditioning drills from around the world. (R)

12.15 SAS: Rogue Warriors. Ben Macintyre reveals the story of the formation of the unit during World War Two. (R) **1.15** Sign Zone: Our Dancing Town (R) **2.15** Sign Zone: Royal Recipes (R) **3.00-6.00** This Is BBC Two. Previews.

ITV

6.00 Good Morning Britain. With guest Ross Kemp. **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning. Phillip Schofield and Holly Willoughby present celebrity chat and lifestyle features, including a look at the stories making the newspaper headlines and a recipe in the kitchen. Including Local Weather. **12.30** Loose Women. Topical debate from a female perspective. **1.30** ITV Lunchtime News **1.55** ITV Local News **2.00** Judge Rinder. Real-life cases in a studio courtroom. **3.00** James Martin's French Adventure. The chef cooks crab and dulse during a visit to the home of Claude Monet in Giverny. **3.59** ITV Local Weather **4.00** Tipping Point. Gameshow, hosted by Ben Shephard. **5.00-6.00** The Chase. Quiz, hosted by Bradley Walsh.

6.00 Local News, Weather Round-up of stories hitting the headlines across your region

6.30 ITV News, Weather Round-up of the latest national and international headlines.

7.00 Emmerdale Debbie insists on joining Sarah as she goes abroad for treatment.

7.30 Britain's Busiest Motorway Charting the work of those who keep the M25 up and running.

8.00 Tales from the Coast with Robson Green The actor's coastal tour concludes in Essex and Suffolk, as he traverses the salt marshes of Blackwater Estuary, and meets Mods and Rockers in Clacton. Last in the series.

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 help explain just why they make such loyal family pets. Last in the series.

10.00 ITV News at Ten Round-up of the latest national and international headlines.

10.30 Local News, Weather

10.40 Take Me Out Celebrity Special James 'Arg' Argent, Melvin Odoom and Nile Wilson try to impress 30 singletons and win a date – but must get the women to keep their lights on as a sign of approval. (R)

FILM 11.40 Carry On Henry (1971) King Henry VIII plots to rid himself of his new French wife due to her craving for garlic. Comedy, starring Sid James.

1.15 Jackpot247 **3.00** Loose Women (R) **3.50** ITV Nightscreen. Text-based info. **5.05-6.00** The Jeremy Kyle Show (R)

Channel 4

6.00 Countdown (R) **6.45** The King of Queens (R) **7.10** The King of Queens (R) **7.35** The King of Queens (R) **8.00** Everybody Loves Raymond (R) **8.35** Everybody Loves Raymond (R) **9.05** Frasier (R) **9.35** Frasier (R) **10.05** Undercover Boss USA (R) **11.00** Ramsay's Kitchen Nightmares USA (R) **12.00** Channel 4 News Summary **12.05** A New Life in the Sun (R) **1.05** Find It, Fix It, Flog It. Finds include Victorian street lamps. (R) **2.10** Countdown. Richard Arnold is in Dictionary Corner. **3.00** Fifteen to One. General knowledge quiz, hosted by Sandi Toksvig. **4.00** A Place in the Sun: Winter Sun. A woman searches for a new home on the Costa del Sol. (R) **5.00-6.00** Come Dine with Me. Four residents of Shropshire battle it out. (R)

6.00 The Simpsons Homer becomes convinced the end of the world is imminent. (R)

6.30 Hollyoaks Tegan and Courtney are confused by an angry outburst from Leela.

7.00 Channel 4 News Round-up of the latest national and international headlines.

8.00 UK's Best Place to Live Sarah Beeny looks for good affordable housing, best job prospects, reasonable child care, quality of family life and of social life before revealing which location scores top marks.

9.00 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 the department after suffering a suspected heart attack.

10.00 Staying Healthy: A Doctor's Guide Dr Pixie McKenna examines NHS health data to reveal what made people ill in 2016 and reveals why it is not just cold and flu cases that rise when kids return to school.

11.00 This Is Us Rebecca's approaching due date causes her to forget Jack's birthday and Dr K struggles to carry on following the death of his wife. Drama, starring Mandy Moore and Milo Ventimiglia.

12.00 Revenge Porn (R) **12.55** KOTV Boxing Weekly **1.25** Gillette World Sport. Global round-up. **1.50** Ramsay's Hotel Hell (R) **2.40** The Changing Room (R) **3.30** Shipping Wars UK (R) **4.10** Phil: Secret Agent Down Under (R) **5.05-6.00** Phil: Secret Agent Down Under (R)

Channel 5

6.00 Milkshake! **9.15** The Wright Stuff **11.15** GPs: Behind Closed Doors. Patients who have sought out alternative treatments. (R) **12.10** 5 News Lunchtime **12.15** The Nightmare Neighbour Next Door. A neighbourhood conflict in Wales. (R) **1.15** Home and Away **1.45** Neighbours **2.15** NCIS: Los Angeles. Deeks shoots and kills an unarmed man. (R) **3.15** **FILM: The Nightmare Nanny** (2013) A woman becomes suspicious of her daughter's live-in nanny, and her paranoia seems to be justified when the child goes missing. Thriller, starring Ashley Scott and Mekenna Melvin. **5.00** 5 News at 5 **5.30-6.00** Neighbours. Paige and David make a confession to Brad and Lauren. (R)

6.00 Home and Away Brody thinks the family should run following Decker's death. (R)

6.30 5 News Tonight Round-up of the latest national and international headlines.

7.00 Storm Surge: Winter Road Rescue 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. (R)

8.00 Inside Windsor Castle 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.

9.00 Secrets of the National Trust with Alan Titchmarsh Alan visits Attingham Hall in Shropshire to tell the story of the second Baron Berwick, the 19th-Century owner who squandered the family fortune.

10.00 Celebrity Carry on Barging Narrow boat enthusiasts Simon Callow, Nigel Havers, Debbie McGee and Lorraine Chase attempt to negotiate the 29 locks of the Kennet & Avon canal's Cain Hill Flight. (R)

11.05 I'm 20 But Look 60: Extraordinary People Catching up with Zara, the teenager with lipodystrophy, a genetic condition that causes her to look four decades older. (R)

12.05 The Great British Benefits Handout (R) **1.00** SuperCasino **3.10** GPs: Behind Closed Doors (R) **4.00** Tattoo Disasters UK (R) **4.25** Tattoo Disasters UK (R) **4.45** House Doctor (R) **5.10** Great Artists (R) **5.35-6.00** Wildlife SOS. Volunteers treat injured animals. (R)

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REGIONAL VARIATIONS:

STV 10.30 Scotland Tonight **11.05** The Investigator: A British Crime Story **UTV 6.25** Party Election Broadcast **7.30** Rare Breed – A Farming Year **10.40** View from Stormont **11.10** Britain's Busiest Motorway **BBC1 N IRELAND 6.55** 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 **BBC1 SCOTLAND 8.00** River City **BBC2 N IRELAND 5.15** Bargain Hunt **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 **BBC2 WALES 1.55** Beat the Brain **3.25** Italy Unpacked **RTE1 7.55** My Family **8.25** Today with Maura and Dáithí **9.55** Ellen **10.50** Dr Phil **11.45** Shortland Street **12.15** Tracks and Trails **12.45** Telly Bingo **1.00** News **1.30** Home and Away **2.00** Neighbours **2.30** The Design Doctors **3.00** Rachel Allen: All Things Sweet **3.30** The Taste of Success **4.00** News **4.10** Today with Maura and Dáithí **5.40** Nuacht **6.00** The Angelus **6.01** News **7.00** Eco Eye **7.30** EastEnders **8.00** Fair City **8.30** Ear to the Ground **9.00** News **9.35** Prime Time **10.15** Blue Bloods **11.10** The Works Presents **11.40** New Tricks **12.45** Oireachtas Report **1.20** Death Row Stories **2.15** The Good Wife **3.10** Telly Bingo **3.20** Prime Time **3.55** Shortland Street **S4C 7.00** Cyw **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 **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

OVER ON DIGITAL

5STAR

8.00 8 Simple Rules **8.20** Dance Moms **10.05** 8 Simple Rules **11.00** 100 Per Cent Hotter **12.00** 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 **5.55** Access **6.00** Neighbours **6.30** Home and Away **7.00** Dance Moms **8.00** Benefits: 26 Kids and Claiming **9.00** The Magicians. New series. **10.00** Emerald City **11.00** 100 Per Cent Hotter **12.00** Sex Pod **1.00** Teen Wolf **1.55** GPs: Behind Closed Doors

SUSA

6.00 Teleshopping **9.00** Access **9.10** Longmire **10.00** Law & Order **12.00** CSI: Miami **1.00** NCIS **2.00** Castle **3.00** Longmire **4.00** Law & Order **6.00** CSI: Miami **7.00** NCIS **8.00** NCIS **9.00** Law & Order: Special Victims Unit. A female officer is charged with drink-driving. **10.00** Law & Order: Special Victims Unit. A single murder quickly becomes a case involving three bodies. **11.00** Law & Order: Special Victims Unit **12.00** Rookie Blue **1.00** CSI: Miami **2.00** CSI: Miami **3.00** Chicago PD **4.00** Teleshopping. Home shopping.

ITV2

6.00 You've Been Framed! Gold **7.15** The Ellen DeGeneres Show **8.00** Emmerdale **8.30** Coronation Street **9.30** Ninja Warrior UK **11.30** Take Me Out Celebrity Special **12.30** 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! **12.45** Two and a Half Men

SKY1

6.00 Hawaii Five-0 **8.00** Monkey Life **9.00** Police Force: Australia **10.00** Nothing to Declare **11.00** A Town Called Eureka **12.00** 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. Kara fights to clear Lena's name. **9.00** Ross Kemp Libya's Migrant Hell **10.30** Hawaii Five-0 **11.30** Air Ambulance ER **12.30** Most Daring **1.30** Brit Cops: War on Crime **2.30** Stop, Search, Seize **3.30** RSPCA Animal Rescue **5.30** Futurama

SKY ATLANTIC

6.00 Richard E Grant's Hotel Secrets **7.00** Urban Secrets **8.00** The West Wing **10.00** House **11.00** Without a Trace **1.00** 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. New series. Drama, starring Paul Giamatti and Damian Lewis. See *Ones To Watch*. **10.10** Crashing. New series. **10.45** Pete Holmes: Faces and Sounds. **12.00** Billions **1.10** Blue Bloods **2.10** The Wire **3.25** Looking **4.00** Richard E Grant's Hotel Secrets **5.00** Urban Secrets

FILM4

11.00 The Tall T (1957) Western. **12.40** Mrs Pollifax - Spy (1971) Espionage comedy. **2.55** The Great Sioux Uprising (1953) Western adventure. **4.35** Sands of Iwo Jima (1949) World War Two adventure. **6.45** Terminal Velocity (1994) Action thriller, starring Charlie Sheen. **9.00** GI Joe: Retaliation (2013) Action adventure sequel, starring Dwayne Johnson. **11.10** The Girl with the Dragon Tattoo (2009) Mystery thriller, starring Michael Nyqvist. See *Film Of The Day*. **2.10** Pusher (2012) Crime thriller remake.

SKY LIVING

6.00 Border Security: Canada's Front Line **7.00** House Hunters International **8.00** Nothing to Declare **9.00** Monkey Life **10.00** Elementary **11.00** Cold Case **12.00** CSI: Crime Scene Investigation **1.00** Criminal Minds **3.00** Stop, Search, Seize **4.00** UK Border Force **5.00** Nothing to Declare **6.00** Elementary **7.00** CSI: Crime Scene Investigation **8.00** Shades of Blue **9.00** Elementary **10.00** The Catch **12.00** Criminal Minds **1.00** Cold Case **2.00** Criminal Minds **3.00** Forever **4.00** Nothing to Declare **5.00** Monkey Life

E4

6.10 Made in Chelsea: South of France **7.00** Hollyoaks **7.30** Coach Trip: Road to Marbs **8.00** Brooklyn Nine-Nine **9.00** Rules of Engagement **10.00** Baby Daddy **11.00** Charmed **1.00** How I Met Your Mother **2.00** The Big Bang Theory **3.00** Baby Daddy **4.00** How I Met Your Mother **5.00** Brooklyn Nine-Nine **6.00** The Big Bang Theory **7.00** Hollyoaks **7.30** Coach Trip: Road to Marbs **8.00** The Goldbergs **9.00** Tattoo Fixers **10.00** Celebs Go Dating **11.05** The Big Bang Theory **12.05** Gogglebox **1.10** Celebs Go Dating **2.10** Tattoo Fixers

CBS ACTION

6.00 Teleshopping **9.00** NCIS **11.00** The Twilight Zone **12.00** Gunsmoke **1.00** Bonanza **2.00** NCIS **4.00** Mission: Impossible **5.00** JAG. A US ship collides with a Turkish vessel. **6.00** NCIS **7.00** MacGyver. Mac's former Navy Seal buddy steals a vial of anthrax. **8.00** Walker, Texas Ranger. Walker is guided by a spirit on a murder hunt. **9.00** NCIS **11.00** Mission: Impossible. A prime minister's deputy plots to set up a dictatorship. **12.00** NCIS **2.40** Bonanza **3.40** Walker, Texas Ranger **4.30** The Streets of San Francisco

CBS REALITY

6.00 Teleshopping **9.00** Judge Judy **9.55** Hoarders: Family Secrets **10.50** Urban Legends **11.50** 48 Hours: Mystery **12.43** 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. Tales of women who are driven to attack their husbands. **11.00** Medical Detectives **12.00** Evil Twins **1.00** 48 Hours: Mystery **2.00** Wives with Knives **3.00** Teleshopping. Home shopping. **4.00** Cops: Reloaded

ONES TO WATCH...

**TUESDAY
21 FEBRUARY**



NEW SERIES

Billions

9pm, Sky Atlantic

When the first series of *Billions* made it to Sky last year, viewers could download the entire thing in one go in a box set. And it went on to become one of Sky's most-watched series of all time. So it comes as no surprise that it has been given a second run of ten more episodes. If you missed it first time, Damian Lewis stars as hedge fund billionaire Bobby Axelrod who spent the first series at war with doggedly determined US attorney Chuck Rhoades (played by Paul Giamatti). Little has changed on that front as they are still determined to destroy each other, but

behind the scenes, there's a lot of fallout from their previous head-butting. Chuck's wife Wendy, who just so happened to work for Bobby, has left her husband and quit her job leaving both men in the lurch. And rather than blaming themselves and their own selfish actions, they are blaming each other instead. Things kick off tonight with Bobby going on the offensive and filing a lawsuit against the US attorney. Chuck is also getting it in the neck from within his office but, not being the kind of man to take it lying down, what has he got tucked up his sleeve in return? ★★★★★

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FILM OF THE DAY

The Girl with the Dragon Tattoo

11.10pm, Film4

Before the English language remake with Daniel Craig and Rooney Mara, this Swedish effort at Stieg Larsson's story did a much better job at telling the tale. Noomi Rapace plays the hacker who becomes integral to an investigation into a young girl who has gone missing – and it's one hell of a thriller. ★★★★★

BBC1

6.00 Breakfast **9.15** Britain's Home Truths **10.00** Homes Under the Hammer (R) **11.00** Wanted Down Under Revisited. Nicki Chapman catches up with the Cornish Family. **11.45** Oxford Street Revealed (R) **12.15** Bargain Hunt. From Oswestry Showground, Shropshire. (R) **1.00** BBC News at One, Weather **1.30** Local News, Weather **1.45** Doctors. Mrs Tembe collapses from her hernia and is rushed to hospital. **2.15** The Coroner. The town's new mayor is found dead. (R) **3.00** Escape to the Country **3.45** The Farmers' Country Showdown. Farmers demonstrate the skill required to succeed in a ploughing contest. **4.30** Flog It! **5.15-6.00** Pointless. Quiz show, hosted by Alexander Armstrong. (R)

6.00 BBC News at Six, Weather Round-up of the latest national and international headlines.

6.30 Local News, Weather Latest regional headlines, including weather forecast.

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 guests.

8.00 Who Do You Think You Are? Sunetra Sarker sets out to explore the heritage she ignored when she was growing up and learn more about her connections to Bangladesh's 1971 war for independence.

9.00 The Real Marigold Hotel 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.

10.00 BBC News at Ten Round-up of the latest national and international headlines.

10.30 Local News, Weather

10.45 Peter Kay's Car Share Peter Kay stars in this sitcom about the daily commute of supermarket employees. (R)

11.15 Film 2017 Edith Bowman is joined by Danny Leigh and Tim Robey.

11.50 The Big Painting Challenge Mariella Frostrup and Rev Richard Coles take the group on a trip to sharpen their landscape painting skills. (R)

12.55-6.00 BBC News. Round-up of the national and international headlines.

BBC2

6.00 My Life in Books (R) **6.30** Wanted Down Under Revisited (R) **7.15** The Farmers' Country Showdown (R) **8.00** Sign Zone: The World's Most Extraordinary Homes (R) **9.00** Victoria Derbyshire **11.00** BBC Newsroom Live **11.30** Daily Politics **1.00** Lifestile (R) **1.10** Cash in the Attic. Angela Rippon helps a football fan raise funds for his favourite side. (R) **1.35** Beat the Brain. Hosted by John Craven. (R) **2.05** Landward. The issue of land reform. **2.35** Mountain. Griff Rhys Jones visits central Scotland. (R) **3.30** The Blue Planet. Marine life in coastal regions. Last in the series. (R) **4.20** A Place to Call Home. Carolyn and Jack visit Douglas on their honeymoon. **5.15-6.00** Antiques Road Trip. Experts head to auction in Norfolk. (R)

6.00 Eggheads Quiz in which the winners of gameshows work as a team. (R)

6.30 Great Continental Railway Journeys Part one of two. Michael Portillo is in Vienna.

7.00 The Hairy Bikers' Chicken and Egg Dave and Si travel to Israel, where they visit the remains of the world's first poultry farm and prepare chicken shawarma kebabs, shakshuka and chicken schnitzel. (R)

8.00 The House That £100K Built New series. Kieran Long and Piers Taylor visit Co Antrim 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.

9.00 Incredible Medicine: Dr Weston's Casebook New series. Surgeon Gabriel Weston uncovers the workings of the human body, looking closely at case studies of individuals with extremely rare conditions.

10.00 Mock the Week Topical comedy quiz show, hosted by Dara O Briain. (R)

10.30 Newsnight Analysis of the day's events, presented by Evan Davis.

11.15 Dragons' Den Entrepreneurs pitch their money-making ideas to a panel of self-made millionaires, who are prepared to invest their company's money in the scheme if they think it could work. (R)

12.15 Sign Zone: Trust Me, I'm a Doctor. The doctors reveal the secrets to sticking to health resolutions. (R) **1.15** Sign Zone: Royal Recipes. Royal food inspired by the days of India and Empire (R) **2.00-6.00** This Is BBC Two

ITV

6.00 Good Morning Britain. With Ian McShane and Ricky Whittle. **8.30** Lorraine. Entertainment and fashion news. **9.25** The Jeremy Kyle Show. Guests air their differences. **10.30** This Morning. Phillip Schofield and Holly Willoughby present celebrity chat and lifestyle features, including a look at the stories making the headlines. **12.30** Loose Women. Celebrity interviews and topical studio discussion. **1.30** ITV Lunchtime News **1.55** Local News **2.00** Judge Rinder. Real-life cases in a studio courtroom. **3.00** James Martin's French Adventure. The chef visits the capital city of France. **3.59** ITV Local Weather **4.00** Tipping Point. Gameshow, hosted by Ben Shephard. **5.00-6.00** The Chase. Quiz show, hosted by Bradley Walsh.

6.00 Local News, Weather Latest headlines from the region, including weather forecast.

6.30 ITV News, Weather Round-up of the latest national and international headlines.

7.00 Coronation Street Michelle insists that she should visit Oliver, to Steve's horror.

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.

10.00 ITV News at Ten Round-up of the latest national and international headlines.

10.30 Local News, Weather

10.45 UEFA Champions League Highlights Mark Pougatch presents action from the second batch of last-16 first-leg ties, including Manchester City v Monaco, Sevilla v Leicester City, Bayer Leverkusen v Atletico Madrid and FC Porto v Juventus.

11.55 Peter Shilton: Sports Life Stories A profile of the former England goalkeeper, who had an illustrious career. (R)

12.45 Jackpot247. Live gaming. **3.00** 1000 Heartbeats (R) **3.50** Nightscreen **5.05-6.00** The Jeremy Kyle Show (R)

Channel 4

6.00 Countdown (R) **6.45** The King of Queens (R) **7.10** The King of Queens (R) **7.35** The King of Queens (R) **8.00** Everybody Loves Raymond (R) **8.35** Everybody Loves Raymond (R) **9.05** Frasier (R) **9.35** Frasier (R) **10.05** Undercover Boss USA (R) **11.00** Ramsay's Kitchen Nightmares USA (R) **12.00** Channel 4 News Summary **12.05** A New Life in the Sun. A scuba diving business plans to move to the UK. (R) **1.05** Find It, Fix It, Flog It (R) **2.10** Countdown. Richard Arnold joins Susie Dent in Dictionary Corner. **3.00** Fifteen to One. General knowledge quiz, hosted by Sandi Toksvig. **4.00** A Place in the Sun: Winter Sun. Jasmine Harman shows a couple five properties in Barbados. **5.00-6.00** Come Dine with Me (R)

6.00 The Simpsons Ned Flanders takes in lodgers. Jason Bateman guest stars. (R)

6.30 Hollyoaks Sienna is suspicious when she sees Joel handing cash to Shane.

7.00 Channel 4 News Including sport and weather.

8.00 Location, Location, Location Kirstie Allsopp and Phil Spencer revisit two couples previously featured on the show, including Sam and Krystle, who were keen to move from their rented flat in Deptford into their own place.

9.00 The Royal House of Windsor New series. Documentary telling the story of the great dynasty, which began 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.

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.

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 up to £10,000 a night for a suite. (R)

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

Channel 5

6.00 Milkshake! **9.15** The Wright Stuff **11.15** GPs: Behind Closed Doors. Dr Ashleigh Helm talks about having a breakdown due to an eating disorder. (R) **12.10** 5 News Lunchtime **12.15** The Great British Benefits Handout. Six unemployed families and individuals are paid a cash lump sum in return for signing off. (R) **1.15** Home and Away **1.45** Neighbours **2.15** NCIS. A private investigator discovers the body of a missing Navy officer. (R) **3.15** FILM: A Killer Among Us (2012) A teenager is persuaded by a detective to spy on her father and discover whether he murdered her mother. Crime thriller, starring Tess Atkins. **5.00** 5 News at 5 **5.30-6.00** Neighbours. Steph invites Victoria to stay at the motel. (R)

6.00 Home and Away Ranae pursues Justin and Kat to the caravan park. (R)

6.30 5 News Tonight Coverage of the latest national and international stories.

7.00 A New Life in Oz The Boundy 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. Last in the series.

8.00 GPs: Behind Closed Doors A teenager with a long history of depression comes to the surgery to seek advice about her medication, while pensioner Patrick and his wife discuss their concerns about memory loss.

PICK **9.00** Climbing the Property Ladder Cate and Nikki look to boost their pension pot by developing a property, while Andrzej renovates an apartment. *See Ones To Watch.* **Followed by The Health Lottery draw.**

10.00 The Boy with No Face – 6 Months On: Extraordinary People An update on the story of a 17-year-old, who was born with a bone disorder resulting in a tumour on his face, as he goes through a surgical procedure.

FILM **11.05** Seven Pounds (2008) Premiere. A man haunted by a tragedy he caused seeks redemption. Assuming his tax inspector brother's identity to gain access to people's private records, he sets out to atone by helping seemingly unconnected strangers with their problems. Drama, with Will Smith, Rosario Dawson and Woody Harrelson.

1.15 SuperCasino **3.10** Celebrity Carry on Barging (R) **4.00** Tattoo Disasters UK (R)

REGIONAL VARIATIONS:

11.45 Peter Kay's Car Share **BBC2 N IRELAND** **5.15** Bargain Hunt **5.55** Party Election Broadcast **10.00** Spotlight **BBC2 SCOTLAND** **1.40** Mountain **RTÉ1** **7.25** Today with Maura and Dáithí **8.55** Dr Phil **9.50** Ellen **10.45** Shortland Street **11.15** Tracks and Trails **11.50** Leaders' Questions **1.00** RTÉ News: One O'Clock, Weather **1.30** Home and Away **2.00** Neighbours **2.25** EastEnders **3.00** Fair City **3.30** The Taste of Success **4.00** News **4.10** Today with Maura and Dáithí **5.40** Nuacht **6.00** The Angelus **6.01** News **7.00** Nationwide **7.30** Neven's Irish Food Trails **8.00** Fair City **8.30** Operation Transformation **9.00** News **9.35** FILM: The Help (2011) **12.10** Oireachtas Report **12.45** Kevin McGahern's America **1.45** The Unemployables **2.45** Nurses **3.10** Inside Trinity **3.55** What Are You Eating? **4.20** You Should Really See a Doctor **4.45** The Local Eye **5.45** **7.00** Cwyl **1.00** Newyddion **5.40** a'r Tywydd **1.05** Heno **1.30** Dechrau Canu Dechrau Canol **2.00** Prynhawn **2.45** Newyddion **5.40** a'r Tywydd **6.00** Pobol y Cwm **6.25** Newyddion **5.40** a'r Tywydd **6.00** 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 **9.00** Loriau Mansel Davies a'i Fab **10.00** Rygbi Pawb **11.00** Cofio gyda Gareth Edwards

STV **6.25** Party Political Broadcast **10.30** Scotland Tonight **11.05** UEFA Champions League Highlights **UTV** **6.25** Party Election Broadcast **BBC1 N IRELAND** **6.55** Party Election Broadcast

OVER ON DIGITAL

5STAR

8.00 8 Simple Rules **8.20** Dance Moms **10.05** 8 Simple Rules **11.00** 100 Per Cent Hotter **12.00** 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 **7.55** Access **8.00** 100 Per Cent Hotter **9.00** Emerald City **10.00** Sex Pod **11.00** Don't Tell the Doctor **12.00** Botched Up Bodies: Abroad **1.00** Teen Wolf **1.55** GPs: Behind Closed Doors

SUSA

6.00 Teleshopping **9.00** Access **9.10** Longmire **10.00** Law & Order **12.00** CSI: Miami **1.00** NCIS **2.00** Castle **3.00** Longmire **4.00** Law & Order **6.00** CSI: Miami **7.00** NCIS. The team tries to stop a terrorist unleashing the Ebola virus. **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. **10.00** Law & Order: Special Victims Unit **11.00** Law & Order: Special Victims Unit **12.00** Chicago Fire **1.00** CSI: Miami **2.00** CSI: Miami **3.00** Chicago Fire **4.00** Teleshopping

ITV2

7.15 Ellen DeGeneres **8.00** Emmerdale **8.30** Totally You've Been Framed! Gold **9.15** Ninja Warrior UK **10.15** FILM: Step Up 3 (2010) Dance drama sequel. **12.30** Emmerdale **1.00** Funniest Ever You've Been Framed! Gold **2.00** Ellen DeGeneres **2.50** Jeremy Kyle **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) **10.00** The Brit Awards 2017: Backstage **11.00** Family Guy **11.55** American Dad!

SKY1

6.00 Hawaii Five-0 **8.00** Monkey Life **9.00** Police Force: Australia **10.00** Nothing to Declare **11.00** A Town Called Eureka **12.00** 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** MacGyver. The team heads to Malaysia. **9.00** The Blacklist **10.00** NCIS: Los Angeles **11.00** The Force: Manchester **1.00** Most Daring **2.00** Brit Cops: War on Crime **3.00** Stop, Search, Seize **4.00** RSPCA Animal Rescue **5.30** Futurama. Animated fun.

SKY ATLANTIC

6.00 Richard E Grant's Hotel Secrets **7.00** The British **8.00** The West Wing **10.00** House **11.00** Without a Trace **1.00** 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 **12.20** FILM: Captivated: The Trials of Pamela Smart (2014) Documentary exploring the impact of America's first fully televised court case in 1991, in which a woman stood trial for persuading her teenage lover to murder her husband. **2.20** Fortitude

FILM4

11.00 Kansas City Confidential (1952) Crime drama. **1.05** Broken Arrow (1950) Western, with James Stewart. **2.55** Flying Tigers (1942) World War Two drama, starring John Wayne. **4.55** The Violent Men (1955) Western, starring Edward G Robinson. **6.50** Footloose (1984) Drama, starring Kevin Bacon. See Film Of The Day. **9.00** Unknown (2011) Thriller, starring Liam Neeson. **11.15** Belle (2013) Fact-based period drama, starring Gugu Mbatha-Raw. **1.20** The Girl Who Played with Fire (2009) Thriller sequel.

SKY LIVING

7.00 Million Dollar Listing: NYC **8.00** Nothing to Declare **9.00** Monkey Life **10.00** Elementary **11.00** Cold Case **12.00** CSI: Crime Scene Investigation **1.00** Criminal Minds **3.00** Stop, Search, Seize **4.00** UK Border Force **5.00** Nothing to Declare **6.00** Elementary **7.00** CSI: Crime Scene Investigation **8.00** Shades of Blue **9.00** Grey's Anatomy **10.00** Madam Secretary **11.00** Criminal Minds **12.00** Cold Case **1.00** Criminal Minds **2.00** UK Border Force **3.00** Million Dollar Listing: NYC **4.00** Nothing to Declare

E4

6.10 Made in Chelsea: South of France **7.00** Hollyoaks **7.30** Coach Trip: Road to Marbs **8.00** Brooklyn Nine-Nine **9.00** Rules of Engagement **10.00** Baby Daddy **11.00** Charmed **1.00** How I Met Your Mother **2.00** The Big Bang Theory **3.00** Baby Daddy **4.00** How I Met Your Mother **5.00** Brooklyn Nine-Nine **6.00** The Big Bang Theory **7.00** Hollyoaks **7.30** Coach Trip: Road to Marbs **8.00** The Big Bang Theory **9.00** Timeless **10.00** Celebs Go Dating **11.00** Supernatural **12.00** The Big Bang Theory **1.00** Celebs Go Dating

CBS ACTION

6.00 Teleshopping. Home shopping. **9.00** NCIS **11.00** The Twilight Zone **12.00** Gunsmoke **1.00** Bonanza **2.00** NCIS **4.00** Mission: Impossible **5.00** JAG. A sergeant major is charged with attempted murder. **6.00** NCIS. Gibbs is held captive in Mexico. **7.00** MacGyver **8.00** Walker, Texas Ranger. The duo protect a Mexican presidential candidate. **9.00** NCIS **11.00** Mission: Impossible. A US envoy is replaced by an imposter. **12.00** NCIS **2.40** Bonanza **3.40** Walker, Texas Ranger **4.35** The Streets of San Francisco

CBS REALITY

6.00 Teleshopping. Home shopping. **9.00** Judge Judy **9.55** Hoarders: Family Secrets **10.50** Urban Legends **11.50** 48 Hours: Mystery **12.40** 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. Real-life crimes and mysteries. **10.00** Wives with Knives **11.00** Medical Detectives **12.00** Evil Twins **1.00** 48 Hours: Mystery **2.00** Wives with Knives **3.00** Teleshopping **4.00** Cops: Reloaded. Home shopping.

ONES TO WATCH...

WEDNESDAY
22 FEBRUARY



Climbing the Property Ladder

9pm, Channel 5

It might sound like the kind of show Sarah Beeny used to present, but don't be fooled into thinking you'll see the perpetually pregnant redeveloper fronting this new series. It instead follows several people each week who are all making their first foray into the potential money-making property developing world. And it reveals that while investing in a do-er upper sounds great in principle, in reality, it's hard work. Tonight, first-timers Cate and fiancée Nikki are looking to boost their pension pot, and they carry out a high-risk strategy by pouring all of Cate's life savings

into a rundown house that they don't even own. With Cate's money on the line, life throws her a curve ball which results in Cate having to project manage from her sickbed. Will her idea of making a £200,000 profit turn into a nightmare? Meanwhile, Andrzej dreams of building his own property empire and a mortgage-free life. Starting with a small studio apartment, he sets his sights on £30,000 profit in just four weeks. His designer wet room leaves nothing to the imagination, but will it give his tiny apartment a competitive edge in a crowded market? ★★★★★



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FILM OF THE DAY

Footloose

6.50pm, Film4

Footloose may have become famous for its frankly brilliant Kenny Loggins theme tune, but the film itself is almost as much fun. A disconcertingly young Kevin Bacon stars as a teenager who moves from Chicago to a small town where the local reverend has banned rock music and dancing. However, we've got one rebel who simply wants to get his groove on. ★★★★★

BBC1

6.00 Breakfast **9.15** Britain's Home Truths **10.00** Homes Under the Hammer **11.00** Wanted Down Under Revisited **11.45** Oxford Street Revealed (R) **12.15** Bargain Hunt (R) **1.00** BBC News at One, Weather **1.30** Local News, Weather **1.45** Doctors. The staff rally round in the wake of Mrs Tembe's collapse. **2.15** The Coroner. A businessman is shot dead by a sniper. (R) **3.00** Escape to the Country. A couple who want to swap their urban lives for the Cornish countryside. (R) **3.45** The Farmers' Country Showdown. Sheep farmers show off their flock at Melplash Agricultural Show, Dorset. **4.30** Flog It! The team visits Manchester. (R) **5.15-6.00** Pointless. Quiz show. (R)

6.00 BBC News at Six, Weather Catch up with all the headlines from around the world.

6.30 Local News, Weather Catch up with all the headlines from around your region.

7.00 The One Show Magazine show, with celebrity chat and stories of interest.

7.30 EastEnders A trip to the garden centre ends unexpectedly for Dot.

8.00 Shop Well for Less? The One Show presenter Alex Jones and business journalist Steph McGovern help families change the way they shop and save money, beginning with the Rodgers from Glasgow.

9.00 Death in Paradise 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. With Ardal O'Hanlon. Last in the series.

10.00 BBC News at Ten Catch up with all the headlines from around the world.

10.30 Local News, Weather

10.45 Question Time David Dimbleby chairs the debate from Stoke-on-Trent, with a panel of politicians and other guests facing topical questions from the audience.

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.

3.05-6.00 BBC News. Latest headlines.

BBC2

6.00 My Life in Books (R) **6.30** Wanted Down Under Revisited (R) **7.15** The Farmers' Country Showdown (R) **8.00** Sign Zone: An Island Parish: Anguilla (R) **8.30** Sign Zone: Great British Railway Journeys (R) **9.00** Victoria Derbyshire **11.00** BBC Newsroom Live **12.00** Daily Politics **1.00** Cash in the Attic (R) **1.25** Beat the Brain (R) **1.55** Landward. The anglers who fear an end to their hobby. **2.25** Mountain. Griff Rhys Jones visits the Pennines. (R) **3.25** Africa. David Attenborough explores the continent's wildlife and landscape. (R) **4.25** A Place to Call Home. Sarah goes through a difficult birth. **5.15-6.00** Antiques Road Trip. Charles Hanson and Margie Cooper embark on the penultimate leg in Nottingham. (R)

6.00 Eggheads Quiz show in which the winners of gameshows work as a team.

6.30 Great Continental Railway Journeys Michael Portillo heads to Ljubljana in Slovenia.

7.00 The Hairy Bikers' Chicken and Egg 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. (R)

8.00 The Great Pottery Throw Down 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 with pump.

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.

10.00 The Premier League Show Gabby Logan presents news and action from the Premier League.

10.30 Newsnight, Weather Analysis of the day's events, presented by Emily Maitlis.

11.15 The Drug Trial: Emergency at the Hospital In 2006, eight healthy men took part in a drug trial that went wrong. This programme tells the story of one of history's most infamous medical emergencies. (R)

12.15 Sign Zone: David Bowie: The Last Five Years. A portrait of David Bowie, told by the people who knew him best – his friends and artistic collaborators. (R) **1.45** Sign Zone: Royal Recipes (R) **2.30-6.00** This Is BBC Two

ITV

6.00 Good Morning Britain **8.30** Lorraine **9.25** The Jeremy Kyle Show. Guests air their differences. **10.30** This Morning. Phillip Schofield and Holly Willoughby present celebrity chat and lifestyle features, including a look at the stories making the newspaper headlines and a recipe in the kitchen. Including Local Weather. **12.30** Loose Women. With Linda Lusardi and her daughter Lucy Kane. **1.30** ITV Lunchtime News **1.55** Local News, Weather **2.00** Judge Rinder. Real-life cases in a studio courtroom. **3.00** James Martin's French Adventure. The chef arrives at Palace of Versailles. **3.59** Local Weather **4.00** Tipping Point. Gameshow, hosted by Ben Shephard. **5.00-6.00** The Chase. Quiz show, hosted by Bradley Walsh.

6.00 Local News, Weather Catch up with all the headlines from around your region.

6.30 ITV News, Weather Catch up with all the headlines from around the world.

7.00 Emmerdale Gabby suspects her mother has a secret admirer.

7.30 Men Behaving Badly? Tonight A detailed investigation into sexual harassment.

8.00 Emmerdale Faith realises Debbie is planning to go to Prague with Sarah and tries to steal her boarding passes. An encounter with a police officer at the airport gives Debbie's second thoughts.

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.

10.00 ITV News at Ten, Weather Catch up with all the headlines from around the world.

10.30 Local News, Weather **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.

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 cash. (R)

12.35 Jackpot247 **3.00** Men Behaving Badly? Tonight (R) **3.25** ITV Nightscreen **5.05-6.00** The Jeremy Kyle Show (R)

Channel 4

6.00 Countdown (R) **6.45** The King of Queens (R) **7.10** The King of Queens (R) **7.35** The King of Queens (R) **8.00** Everybody Loves Raymond (R) **8.35** Everybody Loves Raymond (R) **9.05** Frasier (R) **9.35** Frasier (R) **10.05** Undercover Boss USA (R) **11.00** Ramsay's Kitchen Nightmares USA (R) **12.00** Channel 4 News Summary **12.05** A New Life in the Sun (R) **1.05** Find It, Fix It, Flog It. Simon O'Brien repurposes some old suitcases. **2.10** Countdown. Words-and-numbers game. **3.00** Fifteen to One. General knowledge quiz, hosted by Sandi Toksvig. **4.00** A Place in the Sun: Winter Sun. A couple search Tenerife for their dream island home. **5.00-6.00** Come Dine with Me. A week of dinner parties in Southampton. (R)

6.00 The Simpsons Bart meets a hip-hop priest and decides to become a Catholic. (R)

6.30 Hollyoaks Joel is stunned when he witnesses Sienna's abduction.

7.00 Channel 4 News Includes sport and weather.

8.00 The Supertvet A puppy requires a skin graft after being hit by a car, a Great Dane is diagnosed with a tumour in its leg, and a Chihuahua shatters the bones in its paw falling down the stairs.

9.00 Has Political Correctness Gone Mad? Documentary in which writer, broadcaster and former politician Trevor Phillips argues that liberalism and fear of offending minorities is stifling legitimate debate.

10.00 The Swingers 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.

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. (R)

12.05 The Trouble with Dad (R) **1.05** Jon Richardson: How to Survive the End of the World (R) **2.00** Staying Healthy (R) **2.55** Supermarkets: Brexit & Your Shrinking Shop (R) **3.25** Kirstie's Homemade Home (R) **3.40** Four in a Bed (R) **4.10** Phil Spencer: Secret Agent (R)

Channel 5

6.00 Milkshake! **9.15** The Wright Stuff **11.15** GPs: Behind Closed Doors (R) **12.10** 5 News Lunchtime **12.15** Benefits: The Millionaire Shoplifter. People who have resorted to less than legal means to make ends meet. Last in the series. (R) **1.15** Home and Away **1.45** Neighbours **2.15** NCIS. The investigation into a petty officer's death takes a strange turn. (R) **3.15** FILM: Deadly Paradise (2016) Premiere. A millionaire treats her friends to an all-expenses-paid holiday in Hawaii. But when her money is stolen, she sets out for revenge. Thriller, starring Boti Bliss. **5.00** 5 News at 5 **5.30-6.00** Neighbours. Leo tries to help David in his quest to find their father. (R)

6.00 Home and Away Bianca admits to Heath she nearly kissed another man. (R)

6.30 5 News Tonight, Weather All the latest national and international stories.

7.00 Nightmare Tenants, Slum Landlords 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. (R)

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.

9.00 The Great British Benefits Handout 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.

10.00 Celebrity Sex Pod New series. Special version of the show, featuring stars of Georgie Shore, TOWIE, Big Brother and Ex on the Beach sharing their thoughts on sex and matters related to it.

11.05 The Nightmare Neighbour Next Door A couple trying to renovate a barn are forced to live in a caravan during a dispute with their neighbour and a farmer is suspected of killing a family's dogs. (R)

12.00 SuperCasino. Viewers get the chance to take part in live interactive gaming. **3.10** Cruising with Jane McDonald (R) **4.00** Tattoo Disasters UK (R) **4.25** Tattoo Disasters UK (R) **4.45** House Doctor (R) **5.10** Great Scientists (R) **5.35-6.00** Wildlife SOS (R)

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REGIONAL VARIATIONS:

Hunt **5.55** Party Political Broadcast **10.00** The Arts Show **11.15** The Premier League Show **11.45** Mock the Week **BBG2 SCOTLAND** **6.30** The Hairy Bikers' Chicken and Egg **7.30** Timeline **BBG2 WALES** **1.00** Live Snooker: The Welsh Open **7.00** Live Snooker: The Welsh Open **11.15** Snooker: The Welsh Open **1.05** Wild Week Revisited **1.15** Panorama **RTÉ1** **7.25** Today **8.55** Dr Phil **9.50** The Ellen DeGeneres Show **10.45** Shortland Street **11.15** Tracks and Trails **11.50** Leaders' Questions **12.45** Telly Bingo **1.00** News **1.30** Home and Away **2.00** Neighbours **2.30** The Taste of Success **4.00** News **4.10** Today **5.40** Nuacht **6.00** The Angelus **6.01** News **7.00** Operation Transformation **7.30** EastEnders **8.00** Fair City **8.30** Operation Transformation **9.00** News **9.35** Prime Time **10.30** Trusts Road to The White House **11.20** Code Black **12.15** Direachtas Report **12.50** The Mill **54C** **7.00** Cyw **1.00** Newyddion **1.05** Heno **1.30** Cefn Gwlad **2.00** Prynhawn Da **2.55** Newyddion **3.00** Cymoedd Roy Noble **3.30** Hywel Ddoo a Heddiw **4.00** Awr Fawr **5.00** Stwnsh **6.00** Pobol y Cwm **6.25** Newyddion **6.30** Ward Plant **7.00** Heno **7.30** Rownd a Rownd **8.00** Pobol y Cwm **8.25** Wyl ac Aeron: Taith yr Alban **8.55** Darllediad Gwleidyddol **9.00** Newyddion **9.30** Pawb a'i Farn **10.30** Pryd o Sêr **11.00** Loriau Mansel Davies a'i Fab

STV **10.30** Scotland Tonight **11.05** UEFA Europa League Highlights **UTV** **6.25** Party Election Broadcast **11.40** UTV Election Debate **12.10** Tipping Point **1.00** Teleshopping **2.30** ITV

Nightscreen **BBG1 N IRELAND** **6.55** Party Election Broadcast **10.40** The View **11.40** Question Time **12.40** This Week By-Election Special **3.00** BBC News **BBG2 N IRELAND** **5.15** Bargain

OVER ON DIGITAL

5STAR

8.20 Dance Moms **10.05** 8 Simple Rules **11.00** 100 Per Cent Hotter **12.00** 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 Throwback Special **8.00** Dance Moms **8.55** Access **9.00** Don't Tell the Doctor **10.00** The Magicians **11.00** **FILM:** Marley & Me (2008) Comedy drama. **1.25** Teen Wolf **2.20** GPs: Behind Closed Doors

5USA

6.00 Teleshopping **9.00** Access **9.10** Longmire **10.00** Law & Order **12.00** CSI: Miami **1.00** NCIS **2.00** Castle **3.00** Longmire **4.00** Law & Order **6.00** CSI: Miami **7.00** NCIS. Ducky and Jimmy are abducted. **8.00** NCIS. Gibbs's barber suspects his son may be a serial killer. **9.00** Chicago Fire **10.00** Law & Order: Special Victims Unit. Doctors discover an injured teenage girl has been attacked before. **11.00** Law & Order: Special Victims Unit **12.00** NCIS **1.00** CSI: Miami **2.00** CSI: Miami **3.00** Chicago PD **4.00** Teleshopping

ITV2

6.25 Funniest Ever You've Been Framed! Gold **7.15** Ellen DeGeneres **8.00** Coronation Street **8.30** You've Been Framed! Gold **9.30** Ninja Warrior UK **10.30** **FILM:** Honey (2003) Urban dance drama. **12.30** Coronation Street **1.00** You've Been Framed! Gold 100% **2.00** Ellen DeGeneres **2.50** Jeremy Kyle **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! **12.30** Two and a Half

SKY1

6.00 Hawaii Five-0 **8.00** Monkey Life **9.00** Police Force: Australia **10.00** Nothing to Declare **11.00** A Town Called Eureka **12.00** 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. A traumatic attack on City Hall triggers painful memories for Rene. **10.00** Ross Kemp Libya's Migrant Hell **11.30** The Force: Manchester **1.30** Most Daring **2.30** Stop, Search, Seize **4.30** RSPCA Animal Rescue

SKY ATLANTIC

6.00 Richard E Grant's Hotel Secrets **7.00** The British **8.00** The West Wing **10.00** House **11.00** Without a Trace **1.00** Blue Bloods **2.00** The Petrol Age **3.00** The West Wing **5.00** House **6.00** Without a Trace **8.00** Blue Bloods. Jamie risks ruining his undercover work to save a child's life. **9.00** Fortitude. **10.00** High Maintenance. New series. **11.15** Last Week Tonight with John Oliver **11.50** Girls **12.25** Crashing **1.05** Fortitude **2.05** The Wire **3.15** Without a Trace **4.10** Richard E Grant's Hotel Secrets **5.05** The British

FILM4

11.00 Decision at Sundown (1957) Western. **12.35** Prince Valiant (1954) Adventure. **2.40** Great Expectations (1946) Drama. **5.00** The Colditz Story (1954) World War Two drama. **7.00** The Addams Family (1991) Black comedy, starring Anjelica Huston. **9.00** Closed Circuit (2013) Premiere. Thriller, starring Eric Bana. See *Film Of The Day*. **10.50** Safe House (2012) Thriller, with Denzel Washington and Ryan Reynolds. **1.05** The Girl Who Kicked the Hornets' Nest (2010) Conclusion of the thriller trilogy.

SKY LIVING

6.00 Border Security: Canada's Front Line **7.00** House Hunters International **8.00** Nothing to Declare **9.00** Monkey Life **10.00** Elementary **11.00** Cold Case **12.00** CSI: Crime Scene Investigation **1.00** Criminal Minds **3.00** Stop, Search, Seize **4.00** UK Border Force **5.00** Nothing to Declare **6.00** Elementary **7.00** CSI: Crime Scene Investigation. A triple murder case haunts Catherine. **8.00** America's Next Top Model **9.00** Blindspot **10.00** Scandal **11.00** Criminal Minds **12.00** Cold Case **1.00** Shades of Blue **2.00** UK Border Force

E4

7.30 Coach Trip: Road to Marbs **8.00** Brooklyn Nine-Nine **9.00** Rules of Engagement **10.00** Baby Daddy **11.00** Charmed **1.00** How I Met Your Mother **2.00** The Big Bang Theory **3.00** Baby Daddy **4.00** How I Met Your Mother **5.00** Brooklyn Nine-Nine **6.00** The Big Bang Theory **7.00** Hollyoaks **7.30** Coach Trip: Road to Marbs **8.00** The Big Bang Theory **8.30** The Big Bang Theory. See *Ones To Watch*. **9.00** Gap Year **10.00** Celebs Go Dating **11.05** Naked Attraction **12.10** The Big Bang Theory **1.10** Celebs Go Dating

CBS ACTION

6.00 Teleshopping. Home shopping. **9.00** NCIS **11.00** The Twilight Zone **12.00** Gunsmoke **1.00** Bonanza **2.00** NCIS **4.00** Mission: Impossible **5.00** JAG. Harm investigates an apparent suicide. **6.00** NCIS. The team gets close to tracking down a Mexican drug kingpin. **7.00** Diagnosis Murder. **8.00** Walker, Texas Ranger **9.00** NCIS **11.00** Mission: Impossible. The IMF try to free a captured US intelligence agent. **12.00** NCIS **2.40** Bonanza **3.40** Walker, Texas Ranger **4.30** The Streets of San Francisco

CBS REALITY

6.00 Teleshopping **9.00** Judge Judy **9.55** Hoarders **10.50** Urban Legends **11.45** 48 Hours: Mystery **12.35** 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. Real-life crimes and mysteries. **10.00** Wives with Knives. Tales of women who are driven to attack their husbands. **11.00** Medical Detectives **12.00** Evil Twins **1.00** 48 Hours: Mystery **2.00** Wives with Knives **3.00** Teleshopping **4.00** Cops: Reloaded

ONES TO WATCH...

THURSDAY
23 FEBRUARY



The Big Bang Theory

8.30pm, E4

The best American sitcom currently on the telly (to be honest, there aren't many to choose from) returns tonight for the rest of the series. That's not the only thing to reappear because Sheldon and Amy are also back from a trip to see his mum Mary in Texas, which didn't go well. Why? Well, Amy wants Mary to know that Sheldon and her are living together. However, he's not as keen on spilling the beans because his mum's religious beliefs mean that she'll likely be opposed to it. However, it turns out that she's thrilled because she never thought her nerdy son would find

himself a woman, leaving Sheldon offended by his mum's comments. And later, when it looks like Amy is taking Mary's side, he can't understand why. So he has a belated rebellion by getting his ear pierced. Elsewhere, Bernadette and Howard are struggling to get their baby daughter to sleep, leaving Bernadette convinced that she's the worst mother in the world. She also believes it's because the baby must hate her. Meanwhile, picking and then cutting down their own Christmas tree turns out to be a bad move for Leonard and Penny as they end up arguing. ★★★★★

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FILM OF THE DAY

Closed Circuit

9pm, Film4

This 2013 political thriller didn't get too much attention upon release, but it's well worth a look. Eric Bana plays a defence barrister who gets in far too deep when he's appointed to represent the man accused of masterminding a terrorist attack in London. Rebecca Hall, Ciaran Hinds, Jim Broadbent and Riz Ahmed make up the rest of a top quality cast to keep you going. ★★★★★

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BBC1

6.00 Breakfast **9.15** Britain's Home Truths. Last in the series. **10.00** Homes Under the Hammer (R) **11.00** Wanted Down Under Revisited **11.45** Oxford Street Revealed. A policeman takes on dangerous cars, drunks and rooftop intruders. Last in the series. (R) **12.15** Bargain Hunt **1.00** BBC News at One, Weather **1.30** Local News, Weather **1.45** Doctors. Heston attempts to avoid an old enemy. **2.15** The Coroner. A man dies shortly after finding some gold coins. (R) **3.00** Escape to the Country. Searching for a home in the Cambridgeshire countryside. (R) **3.45** The Farmers' Country Showdown. Two farmers from Cornwall compete. **4.30** Flog It! From Morecambe, Lancashire. **5.15-6.00** Pointless. Quiz show.

6.00 BBC News at Six, Weather Round-up of the latest national and international headlines.

6.30 Local News, Weather Latest regional headlines, including weather forecast.

7.00 The One Show Angela Scanlon hosts the final edition of the week.
7.30 A Question of Sport Sue Barker asks the questions in the light-hearted quiz. (R)

8.00 EastEnders After Mick receives bad news, Konrad has an offer for him.

8.30 Room 101 Gabby Logan, Richard Ayoade and Alun Cochrane take part.

9.00 Not Going Out Lee and Lucy decide to attend a marriage counselling session.

9.30 Tracey Ullman's Show Dame Maggie has some of the best acting tips imaginable.

10.00 BBC News at Ten Round-up of the headlines.

10.25 Local News, Weather

10.35 The Graham Norton Show Among the guests are Hugh Jackman and Patrick Stewart, co-stars of the X-Men sequel Logan. Plus, audience members sit in the red chair.

11.25 The Real Marigold Hotel Eight celebrities embark on an experimental adventure to Jaipur in India to test if they can set up a more rewarding retirement than in the UK. (R)

12.30-6.00 BBC News. Latest national and international headlines, including weather forecast and sport results.

BBC2

6.00 My Life in Books (R) **6.30** Wanted Down Under Revisited (R) **7.15** The Farmers' Country Showdown (R) **8.00** Sign Zone: Big Dreams Small Spaces (R) **9.00** Victoria Derbyshire **11.00** BBC Newsroom Live **12.00** Daily Politics **1.00** Coast. The team explores dramatic shorelines. (R) **1.25** Beat the Brain. Quiz, hosted by John Craven. (R) **1.55** Landward. An amazing new discovery by fossil hunters. **2.25** Mountain. Griff Rhys Jones scales the peaks of Snowdonia. Last in the series. (R) **3.25** Africa. The creatures of East Africa. (R) **4.20** A Place to Call Home. Anna presents Elizabeth with the manuscript of House of Lies. **5.15-6.00** Antiques Road Trip. The last leg of Charles Hanson and Margie Cooper's challenge starts in Stickney. (R)

6.00 Eggheads Quiz in which the winners of gameshows work as a team. (R)

6.30 Great Continental Railway Journeys Part one of two. Michael Portillo visits Bologna.

7.00 Big Dreams Small Spaces In Blackpool, Monty Don helps Alex turn her boring backyard into a magical enchanted forest and in Bristol helps Ross transform his overgrown allotment. Last in the series.

8.00 Mastermind John Humphrys hosts as five more semi-finalists compete.

8.30 Only Connect The Surrealists take on the Korfballers in the quarter-final.

9.00 The Secrets of Your Food New series. Michael Mosley and James Wong reveal the physics, chemistry and biology hidden inside various foods. In the opening episode they explore how this fuels and builds bodies.

10.00 QI Part two of two. Highlights of the "N" series of the panel game.

10.30 Newsnight Analysis of the day's events, presented by Kirsty Wark.

11.05 Further Back in Time for Dinner 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. (R)

12.05 Terry Pratchett: Back in Black (R) **12.55 FILM: Big Jim McLain** (1952) Drama, starring John Wayne. **2.20** Sign Zone: Birds of Paradise: The Ultimate Quest (R) **3.20** Sign Zone: The Brit Who Tried to Kill Trump (R) **4.05** Sign Zone: Royal Recipes (R) **4.50-9.30** This Is BBC Two

ITV

6.00 Good Morning Britain **8.30** Lorraine. Entertainment and fashion news. **9.25** The Jeremy Kyle Show. Guests air their differences. **10.30** This Morning. Eamonn Holmes and Ruth Langsford introduce celebrity chat and lifestyle features, including a look at the stories making the newspaper headlines and a recipe in the kitchen. Includes Local Weather. **12.30** Loose Women. Topical debate from a female perspective. **1.30** ITV Lunchtime News **1.55** Local News **2.00** Judge Rinder. Real-life cases in a studio courtroom. **3.00** James Martin's French Adventure. The chef heads to the Bois de Boulogne in Paris. Last in the series. **3.59** ITV Local Weather **4.00** Tipping Point. Gameshow, hosted by Ben Shephard. **5.00-6.00** The Chase

6.00 Local News, Weather Latest headlines from the region, including weather forecast.

6.30 ITV News, Weather Round-up of the latest national and international headlines.

7.00 Emmerdale Laurel is devastated to discover Ashley is starting to forget her.

7.30 Coronation Street Michelle tells Steve that she'd like to try for another baby.

8.00 Schofield's South African Adventure New series. Phillip Schofield visits South Africa.

8.30 Coronation Street Maria reluctantly agrees to let Liam stay with Eva and Aidan.

9.00 Piers Morgan's Life Stories Former UKIP leader Nigel Farage reflects on his life, his numerous brushes with death, his two marriages and achieving his ultimate political goal via the EU referendum. Last in the series.

10.00 ITV News at Ten Round-up of the latest national and international headlines.

10.30 Local News, Weather **10.40 Fishing Impossible** The guys head to Laos in search of the devil catfish. (R)

11.10 The Wine Show Matthew Goode and Matthew Rhys visit Bologna, Amelia Singer explores the German roots of one of Australia's greatest wine regions, and Joe Fattorini attends an auction. (R)

12.10 Jackpot247. Viewers are offered the chance to participate in live gaming. **3.00** Freeze Out. Gameshow of skill and quizzing ability, hosted by Mark Durden-Smith. (R) **3.50-6.00** ITV Nightscreen. Information service.

Channel 4

6.00 Countdown (R) **6.45** The King of Queens (R) **7.10** The King of Queens (R) **7.35** The King of Queens (R) **8.00** Everybody Loves Raymond (R) **8.35** Everybody Loves Raymond (R) **9.05** Frasier (R) **9.35** Frasier (R) **10.05** Undercover Boss USA (R) **11.00** Ramsay's Kitchen Nightmares USA (R) **12.00** Channel 4 News Summary **12.05** A New Life in the Sun. The end of the season approaches. (R) **1.05** Find It, Fix It, Flog It. Items include stained glass and a Victorian hay rack. (R) **2.10** Countdown. Words-and-numbers game. **3.00** Fifteen to One. Hosted by Sandi Toksvig. **4.00** A Place in the Sun: Winter Sun. A couple seek a holiday home in Florida. **5.00-6.00** Come Dine with Me. Contestants compete in Suffolk. (R)

6.00 The Simpsons Lisa and Marge take in the local culture on a trip to New York. (R)

6.30 Hollyoaks Warren calls Prince wanting to know where Shane is.

7.00 Channel 4 News Including sport and weather.

8.00 Jamie and Jimmy's Friday Night Feast Orlando Bloom joins hosts Jamie Oliver and Jimmy Doherty to rustle up a Moroccan tagine. Plus, Asian seafood parcels and a great British banger that can be trusted. (R)

9.00 Gogglebox New series. Craig Cash narrates as the nation's favourite critics share their opinions on what they have been watching during the week as the popular series returns for its ninth run.

10.00 The Last Leg Adam Hills, Josh Widdicombe and Alex Brooker are joined by guests for a comic review of the past seven days. Plus, the trio offer their own unique insight into issues in modern Britain.

11.05 8 Out of 10 Cats Gabby Logan, Ellie Simmonds, Alex Brooker and David O'Doherty join team captains Rob Beckett and Aisling Bea.

11.55 Rude Tube Alex Zane presents a top 50 countdown of clips featuring various modes of transport. (R)

12.55 FILM: Man on a Ledge (2012) Thriller. See *Film Of The Day*. **2.40** Time Crashers (R) **3.35** Four in a Bed (R) **4.30** Phil Spencer: Secret Agent (R)

Channel 5

6.00 Milkshake! **9.15** The Wright Stuff **11.15** GPs: Behind Closed Doors. Dr Baveja tries to discover the root cause of a patient's crippling back pain. (R) **12.10** 5 News Lunchtime **12.15** Storm Surge: Winter Road Rescue. A red alert is issued for a huge tidal surge in Lowestoft. (R) **1.15** Home and Away **1.45** Neighbours **2.15** NCIS. A woman claims to have witnessed a murder. (R) **3.15 FILM: Patricia Cornwell's At Risk** (2010) A state police detective is recruited by a district attorney to crack a murder case that has gone unsolved for 20 years. Mystery, starring Angie MacDowell and Daniel Sunjata. **5.00** 5 News at 5. Latest headlines. **5.30-6.00** Neighbours. Leo is shaken by news of his father. (R)

6.00 Home and Away Heath is taken in for questioning about Gunno's death. (R)

6.30 5 News Tonight Coverage of the latest national and international stories.

7.00 Happy Campers: Caravanning A couple travel to a caravan site in Whitby to get married and, while the venue is just a basic field, there is a whole wedding to be organised around their beloved caravan. (R)

8.00 Celebrity Carry on Barging Nigel Havers, Debbie McGee, Lorraine Chase and Simon Callow follow the Llangollen Canal to Wales. The trip allows them to go antique shopping and learn about architect Thomas Telford.

9.00 Cruising with Jane McDonald The singer sails the Danube on one of the most luxurious ships, as she makes her first foray into the realms of the river cruise. *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. The programme examines his struggle to keep his private life out of the tabloids and to continue recording music in the face of his failing health. (R)

12.00 SuperCasino. Viewers get the chance to take part in live interactive gaming. **3.10** Secrets of the Great Train Robbery. Crime documentary. (R) **4.00** Benefits: 26 Kids and Claiming (R) **4.45** House Doctor (R) **5.10** Great Scientists (R) **5.35-6.00** Wildlife SOS (R)

REGIONAL VARIATIONS:

WALES **8.00** Coast & Country **STV** **10.30** STV News, Weather **UTV** **6.25** Party Election Broadcast **8.00** UTV Life **12.10** Teleshopping **1.40** ITV Nightscreen **WESTCOUNTRY** **1.55** ITV News West Country, Weather **6.00** ITV News West Country, Weather **10.30** ITV News West Country, Weather **BBC1 N IRELAND** **6.55** Party Election Broadcast **BBC1 WALES** **7.30** X-Ray **BBC2 N IRELAND** **5.15** Bargain Hunt **5.55** Party Election Broadcast **BBC2 SCOTLAND** **7.00** Live PRO12 Rugby Union **BBC2 WALES** **1.00** Live Snooker: The Welsh Open **7.00** Live Snooker: The Welsh Open **7.30** Scrum V Live **9.30** Snooker: The Welsh Open **10.00** Only Connect **11.05** QI **11.35** Snooker: The Welsh Open **12.25** Coast **RTÉ1** **6.00** Teleshopping **7.55** My Family **8.25** Today **9.55** The Ellen DeGeneres Show **10.50** Dr Phil **11.45** Shortland Street **12.15** Tracks and Trails **12.45** Telly Bingo **1.00** News **1.30** Home and Away **2.00** Neighbours **2.25** EastEnders **3.00** Fair City **3.30** The Taste of Success **4.00** News **4.10** Today **5.40** Nuacht **6.00** The Angelus **6.01** News **7.00** Nationwide **7.30** Fleadh Cheoil **8.00** EastEnders **8.30** Can't Stop Dancing **9.00** News **9.35** The Late Late Show **12.00** FILM: Multiplicity (1996) **2.00** The People v OJ Simpson: American Crime Story **3.00** Telly Bingo **3.10** Nationwide **3.35** Shortland Street **4.00** Dr Phil **4.45** EuroNews **5.40** **7.00** Cyw **7.00** Cyw **7.00** Newyddion S4C a'r Tywydd **1.05** Heno **1.30** Ffermio **2.00** Prynhawn Da **2.55** Newyddion S4C a'r Tywydd **3.00** Julian Lewis Jones yn Awstralia **4.00** Awr Fawr **5.00** Stwnsh **6.00** Pobol y Cwm **6.25** Newyddion S4C a'r Tywydd **6.30** Gwaith/Cartref **7.00** Heno **8.00** Pobol y Cwm **8.25** Pryn Men Aloud **9.00** Newyddion 9 a'r Tywydd **9.30** Jonathan **10.30** Byw Celwydd **11.30** Caryl a'r Lleill

OVER ON DIGITAL

5STAR

6.00 Teleshopping **8.00** 8 Simple Rules **8.20** Dance Moms **10.05** 8 Simple Rules **11.00** 100 Per Cent Hotter **12.00** 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) Comedy sequel, starring Adam Sandler. **12.05** **FILM:** Taxi (2004) Comedy adventure remake.

SUSA

6.00 Teleshopping **9.00** Access **9.10** Longmire **10.00** Law & Order **12.00** CSI: Miami **1.00** NCIS **2.00** Castle **3.00** Longmire **4.00** Law & Order **6.00** CSI: Miami **7.00** NCIS **8.00** NCIS **9.00** Rookie Blue. A witness in a forthcoming Mob trial is abducted. **10.00** Law & Order: Special Victims Unit. A man is suspected of multiple killings. **11.00** Law & Order: Special Victims Unit **12.00** Person of Interest **1.00** CSI: Miami **2.00** CSI: Crime Scene Investigation **3.00** CSI: Crime Scene Investigation **4.00** Teleshopping. Home retail.

ITV2

6.00 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 (2007) Comedy, starring Rupert Everett. **12.30** Emmerdale **2.00** Ellen DeGeneres **2.50** The Jeremy Kyle Show **5.00** Judge Rinder **6.00** You've Been Framed! Gold **7.00** You've Been Framed! Gold 100% **8.00** Two and a Half Men **9.00** **FILM:** Hot Fuzz (2007) Action comedy, starring Simon Pegg. **11.20** Family Guy **12.20** American Dad!

SKY1

6.00 Hawaii Five-0 **8.00** Monkey Life **9.00** Police Force: Australia **10.00** Nothing to Declare **11.00** A Town Called Eureka **12.00** 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. New series. See *Ones To Watch*. **10.00** The Blacklist **11.00** Freddie Down Under **12.00** A League of Their Own **1.00** Most Daring **2.00** Stop, Search, Seize **4.00** RSPCA Animal Rescue **5.30** Futurama

SKY ATLANTIC

6.00 Richard E Grant's Hotel Secrets **7.00** The British **8.00** The West Wing **10.00** House **11.00** Without a Trace **1.00** Blue Bloods **2.00** Networks of Power with Sir Christopher Meyer **3.00** The West Wing **5.00** House. Guest starring Amy Irving. **6.00** Without a Trace **8.00** Blue Bloods. Danny and Jackie are assigned to protect a witness in a major trial involving the Russian Mob. **9.00** Game of Thrones **11.25** Oz **1.50** The Wire **3.05** Looking **4.15** Richard E Grant's Hotel Secrets **5.05** The British

FILM4

11.00 Thunder Island (1963) Thriller. **12.20** Doctor in Distress (1963) Hospital comedy, starring Dirk Bogarde. **2.30** Winchester '73 (1950) Western, starring James Stewart. **4.20** The Undeclared (1969) Western, starring John Wayne and Rock Hudson. **6.40** Chocolat (2000) Drama, with Juliette Binoche and Johnny Depp. **9.00** The Guest (2014) Thriller, starring Dan Stevens. **11.05** Red Eye (2005) Suspense thriller, starring Rachel McAdams. **12.45** Lesson of Evil (2012) Japanese horror thriller.

SKY LIVING

6.00 Border Security: Canada's Front Line **7.00** The Biggest Loser USA **8.00** Nothing to Declare **9.00** Monkey Life **10.00** Elementary **11.00** Cold Case **12.00** CSI: Crime Scene Investigation **1.00** Criminal Minds **3.00** Stop, Search, Seize **4.00** The Biggest Loser USA **5.00** Nothing to Declare **6.00** Elementary **7.00** CSI: Crime Scene Investigation **8.00** The Biggest Loser USA **9.00** Bones **10.00** Criminal Minds **11.00** Blindspot **12.00** Cold Case **1.00** Shades of Blue **2.00** UK Border Force **3.00** House Hunters International

E4

7.00 Hollyoaks **7.30** Coach Trip: Road to Marbs **8.00** Brooklyn Nine-Nine **9.00** Rules of Engagement **10.00** Baby Daddy **11.00** Charmed **1.00** How I Met Your Mother **2.00** The Big Bang Theory **3.00** Baby Daddy **4.00** How I Met Your Mother **5.00** The Big Bang Theory **7.00** Hollyoaks **7.30** Coach Trip: Road to Marbs **8.00** Rude(ish) Tube Shorts **8.15** **FILM:** Men in Black II (2002) Sci-fi comedy sequel, starring Will Smith. **10.00** Celebs Go Dating **11.05** Tattoo Fixers **12.10** The Big Bang Theory **1.05** Celebs Go Dating

CBS ACTION

6.00 Teleshopping. Home shopping. **9.00** NCIS **11.00** Diagnosis Murder **12.00** Gunsmoke **1.00** Bonanza **2.00** NCIS **4.00** Mission: Impossible **5.00** JAG. A Russian submarine mysteriously explodes. **6.00** NCIS **7.00** Diagnosis Murder. Dr Sloan treats a bogus patient. **8.00** Walker, Texas Ranger. An escaped convict seeks revenge. **9.00** NCIS **11.00** Mission: Impossible. A US intelligence officer defects to the enemy. **12.00** NCIS **2.40** Bonanza **3.40** Walker, Texas Ranger **4.30** The Streets of San Francisco

CBS REALITY

6.00 Teleshopping **9.00** Judge Judy **9.55** Hoarders **10.50** Urban Legends **11.50** 48 Hours: Mystery **12.40** 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. Real-life crimes and mysteries. **10.00** Wives with Knives. Tales of women who are driven to attack their husbands. **11.00** Medical Detectives **12.00** Evil Twins **1.00** 48 Hours: Mystery **2.00** Wives with Knives **3.00** Teleshopping **4.00** Cops: Reloaded

ONES TO WATCH...

FRIDAY
24 FEBRUARY



NEW SERIES

Stan Lee's Lucky Man

9pm, Sky1

Sky really hit the bullseye with this James Nesbitt drama when it debuted last year. Now it gets a second series and James once again plays London-based police officer Harry Clayton. The story begins six months after he managed to rescue his wife and daughter from Golding. Now that he knows for every piece of good luck there comes something disastrous, just to be on the safe side, he hasn't made a bet in 186 days. However, with Golding somewhere out there, he fears for his family's safety. And the only way he's ever going to feel safe again is if he tracks

down his rival and brings him down. Elsewhere, London is being held to ransom by a serial killer who is bumping off folk in the east end of the city by using poison. Harry and Suri are on the trail of the murderer and he knows that if he uses his special bracelet, he'd probably be able to catch them quite quickly. Then when Harry comes across the mysterious Isabella—who is wearing the exact same bracelet as him—she seems a little too keen for Clayton's liking that he starts using the bangle's powers. It isn't long before peculiar things start happening. . . ★★★★★



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FILM OF THE DAY

Man on a Ledge

12.55am, Channel 4

There's quite a bit going on in this thriller, with Sam Worthington as a man who escapes from jail only to climb onto the ledge of his hotel room window and demand a very particular negotiator. It's all part of a plan involving his brother (Jamie Bell) that aims to prove his innocence and stop the dodgy businessman (Ed Harris) who has framed him. ★★★★★

BBC1

6.00 Breakfast **10.00** Saturday Kitchen Live. Cookery show. **11.30** The Little Paris Kitchen: Cooking with Rachel Khoo. The pastry chef prepares the cuisine of Paris. (R) **12.00** Football Focus. Dan Walker and guests look ahead to forthcoming fixtures. **1.00** BBC News, Weather **1.15** TBA **2.00** Live Six Nations Rugby Union. Scotland v Wales (Kick-off 2.25pm). John Inverdale presents coverage of the third match of this year's tournament for both sides, which takes place at Murrayfield. With commentary by Eddie Butler, Martyn Williams and Chris Paterson. **4.30** Final Score. A round-up of this afternoon's football results. **5.10** BBC News **5.20** Local News, Weather **5.30-6.45** TBA

PICK 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. Graham Norton and Mel Giedroyc reveal who has come out on top. Last in the series. *See Ones To Watch.*

8.25 Casualty

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.

PICK 9.15 Taboo

James Delaney confronts Sir Stuart Strange with the truth and plans his escape. However, the Crown has one final — and decidedly deadly — move to make. *See Ones To Watch.*

10.10 BBC News, Weather

10.30 Match of the Day

Gary Lineker presents highlights of the latest Premier League matches, including Chelsea v Swansea City at Stamford Bridge, Hull City v Burnley at the KCOM Stadium and Everton v Sunderland at Goodison Park.

11.55 This Country

A wry look at the lives of young people living in modern Britain.

12.15 TBA **1.50-6.00** BBC News. Round-up of the latest national and international headlines, including weather forecast and sport results.

BBC2

6.35 FILM: Yellow Canary (1943) Thriller, starring Anna Neagle. **8.10 FILM: In Which We Serve** (1942) World War Two drama. **10.00** Britain's Secret Seas (R) **11.00** Homes Under the Hammer. Properties about to be auctioned. (R) **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. **3.10** TBA **4.00** Mastermind. General knowledge quiz. (R) **4.30** University Challenge. Student quiz. (R) **5.00** Only Connect. Victoria Coren Mitchell presents the quiz show. (R) **5.30-6.30** The House That £100K Built. People choosing to build a property rather than buy one. (R)

6.30 Flog It!

People are invited to try to make money out of their antiques by taking a risk at auction. (R)

7.30 Grand Tours of the Scottish Islands

Paul Murton visits the islands that lay off the coastline.

8.00 TBA

8.30 Dad's Army

Classic comedy with the Home Guard, starring Arthur Lowe. (R)

9.00 TBA

10.40 QI XL

Extended edition of the panel game, in which the questions are so difficult points are awarded for interesting answers.

11.25 TBA

1.10 TBA **3.10-6.30** This Is BBC Two

ITV

6.00 CITV **7.30** Scrambled! Scrambled! **7.35** Scrambled! Mr Bean: The Animated Series (R) **7.50** Scrambled! Horrid Henry (R) **8.10** Scrambled! Teen Titans Go! (R) **8.30** Scrambled! Bear Grylls Survival School **9.05** Scrambled! Adventure Time (R) **9.25** ITV News **9.30** Alphabetical. Quiz, hosted by Jeff Stelling. (R) **10.30** Guess This House (R) **11.30** Off Their Rockers (R) **11.55** ITV News, Weather **12.00 FILM: Free Willy 2: The Adventure Home** (1995) Family adventure, with Jason James Richter and Michael Madsen. **1.50** Tipping Point (R) **2.50** The Chase. Quiz show. (R) **3.50** Local News **4.00** ITV News, Weather **4.15-7.00** Live Six Nations Rugby Union. Ireland v France (Kick-off 4.50pm). Coverage from the Aviva Stadium in Dublin.

7.00 TBA

8.00 The Voice UK

Emma Willis hosts as the talent contest moves into the more cutthroat competition of the Battle phase, in which 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.

9.30 TBA

10.30 ITV News, Weather

FILM 10.45 The Boat That Rocked (2009) A host of eclectic DJs entertain 1960s Britain through a pirate radio station, broadcasting from the North Sea. However, a 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.

1.10 Jackpot247 **3.00** Who's Doing the Dishes? (R) **3.50-6.00** ITV Nightscreen

Channel 4

6.20 Mobil 1: The Grid **6.45** The King of Queens (R) **7.10** Everybody Loves Raymond (R) **7.35** Everybody Loves Raymond (R) **8.05** Everybody Loves Raymond (R) **8.30** Frasier (R) **9.05** Frasier (R) **9.35** The Big Bang Theory (R) **10.00** The Big Bang Theory (R) **10.30** The Big Bang Theory (R) **10.55** The Simpsons (R) **11.25** The Simpsons. Lisa falls in with a bad crowd. (R) **12.00** Jamie and Jimmy's Friday Night Feast. With John Bishop. (R) **1.00** Come Dine with Me. Dinner parties in Exeter. (R) **1.30** Come Dine with Me (R) **2.00** Come Dine with Me (R) **2.30** Come Dine with Me (R) **3.00** Come Dine with Me (R) **3.30** A Place in the Sun: Summer Sun (R) **4.30** Location, Location, Location (R) **5.30-6.30** Grand Designs. A couple build a unique family house. (R)

6.30 Channel 4 News

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 and on to the rarely used Crinan canal on the Mull of Kintyre. (R)

9.00 TBA

11.25 TBA

1.20 Ramsay's Kitchen Nightmares USA (R) **1.25** TBA **2.15** Hollyoaks. Omnibus. **4.15** Phil Spencer: Secret Agent (R)

Channel 5

6.00 Milkshake! Peppa Pig (R) **10.00** Teenage Mutant Ninja Turtles. The turtles are captured by the Triceratons and sentenced to death. (R) **10.20** TBA **10.30** TBA **11.00** Police Interceptors. Jon Moon and his dog Kanto are hot on the heels of some burglary suspects. (R) **12.00** TBA **1.00** TBA **2.00** TBA **3.00** The Nightmare Neighbour Next Door. A dispute with a neighbour descends into violence. (R) **4.00** The Nightmare Neighbour Next Door. A woman finds herself spending a night in the cells after a dispute with a neighbour who just happens to be a policeman. (R) **5.00-6.00** Nightmare Tenants, Slum Landlords. A landlady gets a shock when she finally gains access to her property. (R)

6.00 Can't Pay? We'll Take It Away 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. (R)

7.00 NCIS: Los Angeles

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. (R)

8.00 NCIS

DiNozzo is reunited with his old flame, Jeanne Benoit, when insurgents in Sudan kidnap her doctor husband. (R)

8.55 5 News Weekend

9.00 Football on 5: The Championship Highlights from the weekend's Championship games, including Leeds United v Sheffield Wednesday in a huge derby at Elland Road. *Followed by The Health Lottery draw.*

10.00 Football on 5: Goal Rush All the goals from the weekend's games in League One and Two.

10.30 Heists

This episode looks back to 1911, when the Mona Lisa was stolen from the Louvre museum in Paris. The heist sent shockwaves around the world and baffled many great detectives.

11.30 TBA

12.00 SuperCasino. Viewers get the chance to take part in live interactive gaming. **3.10** TBA **4.00** TBA **4.50** House Doctor (R) **5.20** Nick's Quest. Nick Baker documents a conservation project in Venezuela. (R) **5.45** Angels of Jarm (R) **5.50-6.00** Roary the Racing Car (R)

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12

REGIONAL VARIATIONS:

WEST 4.40 ITV News West Country **BBC1 N IRELAND 5.00** Final Score from Northern Ireland. A round-up of the day's action along with the classified results. **BBC1 SCOTLAND 4.30** SportsScene **BBC2 SCOTLAND 1.00** TBA **2.15** Conference 2017 **3.45** Great Continental Railway Journeys **4.15** Mastermind **4.45** University Challenge **5.15** Only Connect **5.45** The House That £100K Built **6.45** Flog It! **BBC2 WALES 4.00** TBA **6.30** Big Dreams Small Spaces **7.30** Mastermind **RTE1 6.00** Teleshopping **7.25** Nationwide **7.55** Terror in the Skies **8.50** Only Fools and Horses **9.30** My Kitchen Rules. Followed by RTE News, Weather. **10.50** Father Brown. Followed by RTE News, Weather. **11.50** Best of Today with Maura and Dáithí **12.55** RTE News, Weather **1.05** Dancing with the Stars. Followed by RTE News, Weather. **3.10** Can't Stop Dancing **3.40** Natural World **4.40** Nuacht. Followed by RTE News with Signing. **4.50** Room to Improve **6.00** The Angelus **6.01** RTE News: Six One, Weather **6.35** FILM: School of Rock (2003) Comedy, starring Jack Black. **8.40** Winning Streak **9.40** RTE News, Weather **10.10** The Ray D'Arcy Show **11.35** The Mario Rosenstock Show **12.45** TBA **2.45** New Tricks **3.45** Offspring **4.30** As Time Goes By **5.00** EuroNews **S4C 6.00** Cyw **8.00** Stwnsh 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** TBA

WESTCOUNTRY

OVER ON DIGITAL

5STAR

6.00 Teleshopping **8.00** Dance Moms **9.00** Dogs Make You Laugh Out Loud **3.10.00** My Wife and Kids **10.25** My Wife and Kids **11.30** My Wife and Kids **12.30** My Wife and Kids **1.00** My Wife and Kids **1.30** My Wife and Kids **2.00** Dance Moms. Abby gives Kalani and Nia head-to-head solos to determine who to offer the starring role in the upcoming senior division competition. **3.00** TBA **5.20** TBA **7.30** TBA **9.00** TBA **11.00** TBA **1.05** Killer Psychopaths **2.05** Teen Wolf **3.05** Teen Wolf **4.00** Teleshopping. Home shopping.

5USA

6.00 Teleshopping **9.00** Access. Showbiz gossip. **9.15** Castle **10.15** Castle **11.15** Castle **12.15** Castle. **FILM:** Columbo: Uneasy Lies the Crown (1990) Crime drama, with Peter Falk. **3.15** NCIS **4.15** NCIS **5.15** NCIS **6.15** NCIS **7.15** NCIS **FILM:** Mystery Woman: Vision of a Murder (2005) Whodunit, with Kellie Martin. **9.00** NCIS: Los Angeles **10.00** NCIS: Los Angeles **11.00** Law & Order: Special Victims Unit **12.00** Law & Order: Special Victims Unit **1.00** Law & Order: Special Victims Unit **2.00** Law & Order: Special Victims Unit

ITV2

6.00 Totally Bonkers Guinness World Records **6.15** Emmerdale **8.50** Coronation Street **11.10** Ninja Warrior UK **12.10** Take Me Out **1.25** The Brit Awards 2017 **3.10** FYI Daily **3.55** **FILM:** Step Up 3 (2010) Dance drama sequel, starring Rick Malambri. **6.05** **FILM:** Jack and Jill (2011) Comedy, starring Adam Sandler. **8.00** Scorpion **9.00** **FILM:** American Pie (1999) Coming-of-age comedy, with Jason Biggs. **11.00** Family Guy **12.25** American Dad! **12.55** **FILM:** Couples Retreat (2009) Comedy, starring Vince Vaughn.

SKY1

6.00 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 **12.00** 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) Sci-fi prequel, starring Liam Neeson. **10.45** NCIS: Los Angeles **11.45** A League of Their Own **12.45** Duck Quacks Don't Echo **1.45** DC's Legends of Tomorrow

SKY ATLANTIC

6.00 The West Wing **11.00** Micro Monsters with David Attenborough **12.00** Micro Monsters with David Attenborough **1.00** Micro Monsters with David Attenborough **2.00** Micro Monsters with David Attenborough **3.00** Without a Trace **8.00** Blue Bloods **9.00** Game of Thrones **10.10** Game of Thrones. Theon is reunited with his father on the Iron Islands. **11.30** Last Week Tonight with John Oliver **12.05** Real Time with Bill Maher **1.15** TBA **1.50** TBA **2.25** The Wire **3.35** Looking **4.10** The Guest Wing

FILM4

11.00 The Violent Men (1955) Western. **1.00** Cutthroat Island (1995) Swashbuckling adventure. **3.20** Carry On Cabby (1963) Comedy, with Sid James. **5.05** Mr Popper's Penguins (2011) Family comedy, with Jim Carrey. **6.50** The Chronicles of Narnia: The Voyage of the Dawn Treader (2010) Fantasy adventure, with Georgie Henley. **9.00** Pitch Perfect (2012) Comedy, starring Anna Kendrick. **11.15** It Follows (2014) Horror, starring Maika Monroe. **1.10** The Sixth Sense (1999) Supernatural thriller.

SKY LIVING

6.00 Border Security USA **7.00** Border Security USA **8.00** Monkey Life **9.30** Monkey Life **10.00** Monkey Life **10.30** Monkey Life **11.00** America's Next Top Model **12.00** The Biggest Loser USA **1.00** CSI: Crime Scene Investigation **7.00** Forever. Supernatural drama. **8.00** Bones **9.00** Grey's Anatomy **10.00** Scandal **11.00** Madam Secretary **12.00** Criminal Minds **1.00** Scandal **1.50** Scandal **2.40** Madam Secretary **3.30** Grey's Anatomy **4.20** Grey's Anatomy **5.10** Stop, Search, Seize

E4

6.00 Rude(ish) Tube **6.30** Rules of Engagement **7.30** Young & Hungry **8.30** Baby Daddy **9.30** The Goldbergs **10.30** How I Met Your Mother **11.30** Melissa & Joey **12.30** Young & Hungry **1.30** Baby Daddy **2.30** The Goldbergs **4.00** TBA **6.00** The Big Bang Theory **6.70** The Big Bang Theory **7.30** The Big Bang Theory **8.00** The Big Bang Theory **8.30** The Big Bang Theory **9.00** TBA **11.05** Gogglebox **12.05** Celebs Go Dating **1.00** Celebs Go Dating **2.00** Tattoo Fixers **3.00** TBA **4.00** Marvel's Agents of SHIELD **4.45** Revenge

CBS ACTION

6.00 Teleshopping **8.30** The Key of David **9.00** NCIS **10.00** NCIS **11.00** NCIS **12.00** NCIS **1.00** NCIS **2.00** The High Chaparral **3.00** The High Chaparral **4.00** Dr Quinn: Medicine Woman **5.00** Dr Quinn: Medicine Woman **6.00** Bonanza **7.00** Bonanza **8.00** Matlock **9.00** NCIS **10.00** NCIS. Ziva becomes involved with a murder suspect. **11.00** NCIS **12.00** NCIS **1.00** NCIS **1.55** **FILM:** The Gambler, the Girl and the Gunslinger (2009) Comedy Western, starring Dean Cain. **3.35** The High Chaparral **4.25** The High Chaparral

CBS REALITY

6.00 Teleshopping **9.00** Judge Judy **3.00** Unsolved Mysteries **4.00** Unsolved Mysteries **5.00** Neighbours at War **5.30** Neighbours at War **6.00** Neighbours at War **6.30** Neighbours at War **7.00** Hoarders **8.00** Hoarders **9.00** Dark Waters of Crime **10.00** Dark Waters of Crime. Real-life criminal investigations involving water. **11.00** Killer Cops **12.00** Encounters with Evil **1.00** Undercover: Sex Slaves **2.00** Undercover: Sex Slaves **3.00** Teleshopping **4.00** Cops: Reloaded **4.20** Cops: Reloaded

ONES TO WATCH...

**SATURDAY
25 FEBRUARY**



Let It Shine

6.45pm, BBC1

Let's conduct a thought experiment. Think of Gary Barlow. No, that's Gary Lineker. Not him either, that's famous Italian General Garibaldi. Come on, Gary Barlow! That nicely turned out young chap who used to be in Take That, went solo, then had a bit of a bad time of things before coming back and generally took over the light entertainment industry single-handed? Yes, that's the one. Right. Now, what era of Barlow pops into your head when you think of him? Peroxide Billy Idol-style from Take That's early Days? Floppy fringe from the end of the band's

original run? How about uber-glam from his *X Factor* judging sequence? We're going with the "covered in jelly on the floor" look from *Do What You Like* video, but, whichever image of Gary pops into your head, prepare for it to be dislodged by tonight's grand finale of *Let It Shine*. Yes, we've had seven weeks of searching for a group of lads to play a band in Gary's musical which features the songs of Take That – and tonight is decision time. It could well be the singing sensation's finest moment to date, so tune in, cast your vote and watch Gazza closely! ★★★★★

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Taboo

9.15pm, BBC1

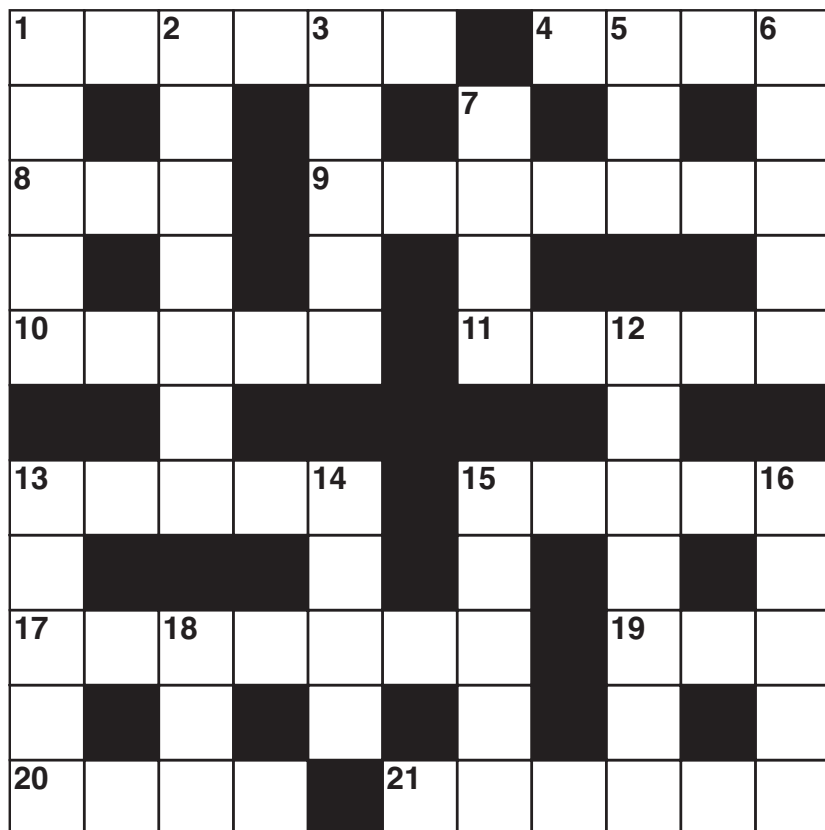
It's received mixed reviews and allegedly taken a £2million chunk out of his personal fortune, but we've loved Tom Hardy's *Taboo*. OK, it's involved lots of brooding, growling and generally looking bonkers, but that's what Tom does best! The series concludes tonight and we're guessing there will be some hefty payback for several characters. ★★★★★



Crossword

Across

- 1 Stylist and TV presenter whose career took off with *How To Look Good Naked* (3,3)
4 _ Bacharach, legendary songwriter and producer (4)
8 Actress who played Gabrielle in *Desperate Housewives*, _ Longoria Baston (3)
9 Phil _, actor who featured on Blur's *Parklife* (7)
10 _ & *Retribution*, crime drama series that first aired on TV in 1997 (5)
11 Actor whose recent films include *Boyhood*, *Regression* and *The Magnificent Seven*, _ Hawke (5)
13 Adventurer and TV presenter, Ben _ (5)
15 Freida _, actress who played Caroline in *Rise Of The Planet Of The Apes* (5)
17 Harrison Ford played this hero in *Raiders Of The Lost Ark*, _ Jones (7)
19 _ *Red Eyes Is Back*, 1992 hit single by The Beautiful South (3)
20 _ Worsley, historian who presented *British History's Biggest Fibs* (4)
21 *Fifty Shades* _, film sequel starring Dakota Johnson and Jamie Dornan (6)

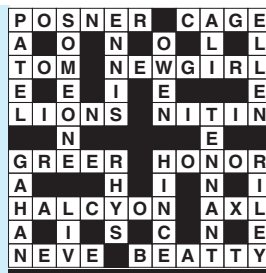


Down

- 1 *The _ Pottery Throw Down*, TV contest presented by Sara Cox (5)
2 Former Boyzone singer who released the album *Time Of My Life* last year, Ronan _ (7)
3 _ O'Hanlon, actor who is famous for his role in comedy series *Father Ted* and plays a new detective in *Death In Paradise* (5)
5 Midge _, Scottish singer-songwriter who fronted Ultravox (3)
6 Mike _, former heavyweight boxer (5)
7 _ Hathaway, actress whose films include *Interstellar* (4)
12 Actress and author who was married to actor John Thaw, Sheila _ (7)
13 Anna _, actress who stars in crime drama *Marcella* (5)
14 Actor who has reprised his role as Renton in *T2 Trainspotting*, _ McGregor (4)
15 *The Devil Wears* _, 2006 comedy starring 7 Down (5)
16 *Harry Potter And The _ Of The Phoenix*, 2007 chapter in the film series (5)
18 Ant's professional other half (3)

To hear
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full across
and down
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plus your telephone
company's network
access charge. SP:
Spoke - 0333 202 3390.



Last week's solution

Sudoku

The numbers 1 to 9 appear once only in every row, every column and every 3x3 box.

8	6	1	7	4	9	2	3	5
5	3	7	1	2	8	9	6	4
9	2	4	5	3	6	7	1	8
2	8	5	3	7	1	6	4	9
4	7	9	8	6	2	1	5	3
6	1	3	4	9	5	8	7	2
7	4	8	9	1	3	5	2	6
3	5	2	6	8	7	4	9	1
1	9	6	2	5	4	3	8	7

Last week's solution

For four random clues, call **0907 322 5313**

Calls cost 75p plus your telephone company's network access charge. SP: Spoke - 0333 202 3390.

For the full solution, call **0906 951 0703**

Calls cost 80p plus your telephone company's network access charge. SP: Spoke - 0333 202 3390.

Word search

Sandra
Bullock films
Aningaaq
A Time To Kill
Crash
Gravity
Hangmen
Hope Floats
Infamous
Loverboy
Minions
Our Father
Practical Magic
Premonition
Speed
The Blind Side
The Heat
The Net
The Proposal
Two Weeks' Notice

C U G L L I K O T E M I T A H E
P R A C T I C A L M A G I C E Q
T W O W E E K S N O T I C E Q G
L E N X L S X S T M N S P D X B
D E E P S A H A R A I G Y A T J
P L S A H L N L F O E T E U H O
T C U P Y I S O J R I H K P E U
C P O M N H F V Y V Q W E N N R
N E M G N A H E A D W W V H E F
B L A S O P O R P E H T E R T A
W A F W E V G B M I N I O N S T
Q A N X B H K O Q B H S J E Y H
V L I F D B Q Y Y E Y S F N N E
T H E B L I N D S I D E A M Q R
H O P E F L O A T S C X V R H P
E I T N O I T I N O M E R P C P

Famous faces



1 2



3 4



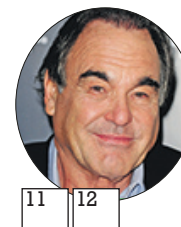
5 6



7 8



9 10



11 12

Identify the six celebrities,
take their initials and put them
into their correct places in the
numbered boxes. These letters
will spell the name of a celebrity.

The celeb is...

6 1 7 2 9 12 5 3 8 4 11 10

Last week's answers: Ella Eyre, Nigella Lawson, Ozzy Osbourne, Ryan Reynolds, Thandie Newton, Vincent Simone: TREVOR NELSON

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One entry per letter. This competition closes at midnight on 08.04.17 and three working days later for postal entries.



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One entry per letter. This competition closes at midnight on 15.04.17 and three working days later for postal entries.

★ Horoscopes

with Lori Reid



Mar 21 – Apr 20
Aries

Friendships and group activities keep you busy and you're in fine form, oozing with charisma. Privileged information? Act quickly – it'll benefit you financially. Be diplomatic on Tuesday and sew up loose ends. **Call my Starline to hear when to expect news out of the blue.**

For your weekly and monthly stars, call 0905 789 3621*

Apr 21 – May 21
Taurus

Focus on the ultimate goal and network for success. Surprising revelations at work will make this week one of the highlights of the year. New faces gravitating into your orbit make for an interesting weekend. **Call my Starline to hear about why you have a sudden realisation.**

For your weekly and monthly stars, call 0905 789 3622*

May 22 – June 21
Gemini

It's good to escape from time to time and this week is ideal for you. Whether you're single or not, it is social get-togethers that create romantic opportunities. If you want results, get out and about! **Call my Starline to hear when to beware those unguarded statements!**

For your weekly and monthly stars, call 0905 789 3623*

June 22 – July 23
Cancer

You have a new-found drive when it comes to your career this week. At the same time, matters concerning family and property take a new turn for the better. All the signs are pointing towards a bright future. **Call my Starline to hear about new prospects coming your way.**

For your weekly and monthly stars, call 0905 789 3624*

July 24 – Aug 23
Leo

Your ability to express yourself freely is impressive and, as a result, meetings and dealings with others are bound to go your way. Romantically, financially and geographically, it's an exciting new world. **Call my Starline to hear why you should expect the unexpected.**

For your weekly and monthly stars, call 0905 789 3625*

Aug 24 – Sep 23
Virgo

Check your facts, study body language and read the small print. It's by asking those delving questions that you'll get the answers you've been seeking. Love? The stars are lining up some romantic magic for you! **Call my Starline to hear when a dig unearths something special.**

For your weekly and monthly stars, call 0905 789 3626*

Sep 24 – Oct 23
Libra

A new optimism sweeps you up and you're feeling super confident this week. New insights lead to a breakthrough at work and you are finally recognising the potential of your talents and skills. **Call my Starline to hear when to keep erratic people at arm's length.**

For your weekly and monthly stars, call 0905 789 3627*

Oct 24 – Nov 22
Scorpio

You're usually the one who likes to influence others. This week, however, keep your guard up as a snake in the grass could try to manipulate you. At work, it's time to give your imagination free rein. **Call my Starline to hear when to beware electrical faults.**

For your weekly and monthly stars, call 0905 789 3628*

Nov 23 – Dec 21
Sagittarius

You're feeling like your old self again and there's a definite upbeat vibe that brings fresh hope. Financially, you may have to watch your pennies. However, romantically, you're at your most potent. **Call my Starline to hear when an idea is worth its weight in gold.**

For your weekly and monthly stars, call 0905 789 3629*

Dec 22 – Jan 20
Capricorn

Despite the changes you have in mind that might create uproar at home, harmony and happiness will come your way eventually. Imaginative dreams are the key to your future prosperity and wellbeing. **Call my Starline to hear about those sweeping domestic changes.**

For your weekly and monthly stars, call 0905 789 3630*

Jan 21 – Feb 19
Aquarius

Your confidence is growing and so too are your ideas to earn. Mentally, new subjects are stimulating your interest. You're full of plans and ready to extend your repertoire. A new chapter is beginning. **Call my Starline to hear when to expect surprising news.**

For your weekly and monthly stars, call 0905 789 3631*

Feb 20 – Mar 20
Pisces

Give yourself a chance to re-energise this week. You're starting to think ahead and make plans which see you embark on a period of amazing progress. The future is looking bright. It's a new start in many ways. **Call my Starline to hear all about that great bargain find.**

For your weekly and monthly stars, call 0905 789 3632*

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- ✓ Unlimited UK weekend calls
- ✓ £50 BT Reward Card

Add **BT Sport** for **£3.75** monthly. 12 month contract.

NOW HALF PRICE

Unlimited BT Infinity

£29.49 MONTHLY
INCLUDES LINE RENTAL. £59.99 UPFRONT

- ✓ 12 month contract
- ✓ The UK's most powerful Wi-Fi vs. major broadband providers
- ✓ Unlimited UK weekend calls
- ✓ £100 BT Reward Card

Unlimited BT Infinity + BT TV Entertainment Plus

£36.99 MONTHLY
INCLUDES LINE RENTAL. £59.99 UPFRONT

- ✓ 12 month contract
- ✓ All the benefits of BT Infinity plus:
- ✓ Up to 110 channels
- ✓ Including 29 premium channels not on Freeview
- ✓ £100 BT Reward Card

Add **BT Sport**

FOR FREE until 31 July 2017



Online exclusive **£50/£100 BT Reward Card**

JOIN TODAY

0800 432 0738 or **bt.com/sale**



Prices and terms, BT TV and BT Sport content subject to change during the contract term. Up to speed dependent on time of day, line and location. BT Infinity: 83% coverage across the UK. Check bt.com/infinity for availability.

*UK calls of up to an hour to 01, 02, 03, 0845 and 0870 numbers, excluding the Channel Islands, indirect access numbers and dial-up internet access. Re-dial within 60 minutes to avoid charges. Other exclusions apply. **Broadband and Infinity offers:** Offers end 23/02/17. For new BT Broadband/BT TV customers that sign up for 12 months. Offers include Unlimited UK* Weekend Calls, BT Virus Protect, 100GB Cloud and a BT Home Hub (unless BT has already provided you with one). A compatible line required otherwise £30 connection charge may apply. If you leave in the first year, we'll charge you up to £65 towards the cost of your new Hub. You'll need to pay by Direct Debit. **Unlimited BT Broadband Extra + Unlimited Weekend Calls:** Price from month 13 currently: £40.99 a month. **26%/£102 saving:** vs. previous £32.99 monthly/£395.88 annual subscription cost. **Unlimited BT Infinity 1 + Unlimited Weekend Calls:** Price from month 13 currently: £47.49 a month. **26%/£126 saving:** vs. previous £39.99 monthly/£479.88 annual subscription cost. **Unlimited BT Infinity 1 + BT TV Entertainment Plus:** Combined price from month 13 currently: £57.49 a month. **26%/£156 saving:** vs. combined £49.99 monthly/£599.88 annual subscription cost. **BT TV Entertainment Plus:** offer ends 23/02/17. For new BT TV customers that sign up for 12 months. Requires BT Infinity. Price from month 13 currently: £10 a month. £9.99 delivery charge applies to existing BT Broadband customers. BT TV Entertainment Plus includes up to 29 premium channels, the BT TV App and a YouView+ box, if you stop your service in the first year we will charge you up to £199. HDMI connection required. Optional £49 charge for an engineer install or £44 for Broadband extenders, if required. Availability of digital channels and quality of content depends on local transmitter and suitable rooftop aerial (www.freeview.co.uk/availability). Payment by direct debit. Subject to availability. Terms apply. **BT Sport Pack on Sky TV:** Offer ends 23/02/17. For UK residential BT Broadband customers. New 12-month BT Broadband contract required. Ongoing BT Broadband contract renewal needed to get discounted BT Sport. Price from month 13 if you renew your BT Broadband contract currently £7.50 a month or £14.25 if you don't renew. BT Sport on Sky TV also requires Sky box, active viewing card and 12-month BT Sport contract. Excludes Multiscreen. E-billing required. Terms apply. **£50 BT Reward Card (BT Broadband)/£100 BT Reward Card (BT Infinity)/£100 BT Reward Card (BT Infinity + BT TV Entertainment Plus)** ends 23/02/17 and is available online only to new BT Broadband customers ordering a Broadband package (£50 BT Reward Card), Infinity package (£100 BT Reward Card) or an Infinity + BT TV Entertainment Plus package (£100 BT Reward Card) on bt.com (excludes existing BT Broadband customers upgrading to BT Infinity). You must claim your BT Reward Card once your broadband is installed and within 3 months of placing your order on bt.com by entering your details on www.bt.com/daimmyreward and must activate the card within 3 months of receipt. Following a successful claim, your card will be sent to the broadband installation address. Offer, BT Reward Card & BT terms apply (www.productsandservices.bt.com/products/bt-reward-card). BT Reward Card is issued by R. Raphael & Sons plc, pursuant to license by MasterCard International Incorporated. MasterCard® and the MasterCard brand mark are registered trademarks of MasterCard International Inc. Raphaels Bank is a UK Bank authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority (registration number 161302) and is permitted to issue e-money. Head office and registered office at 19-21 Shaftesbury Ave, London W1D 7ED, company registration number 01288938. Subject to availability.