

# **FOOD & DRINK**

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# Food with One eye on Earth

ood punctuates our days - three meals, a snack here, a packet of crisps there... The need to eat is central to being human. but the need to cook? For many of us, that's felt absolutely relentless over the last year.

Anna Jones, inset, puts pandemic cooking more charmingly. She calls it the "rhythm we have been building our days around", suggesting it's been less punctuation, more necessary anchor.

"I know people have become jaded with it at a times. Even I, as a cook and a writer, have become slightly jaded with cooking for a family three times a day," she says. "But it's something that's definitely giving people life, and something they can control and be excited about."

The practicalities of lockdowns especially the great flour rush of March 2020 – have arguably shifted perspectives a little too.

"We'd become so used to convenience and being able to just put our hands on anything we want at any time, and I think not being able to get hold of everything was a bit of a wake-up call for people,' considers Jones, who says

**BY ELLA WALKER** 

circumstances have forced us to improvise a lot more in the kitchen. They've even made her "pare back" to the everyday essentials. "I used to have every flour, every lentil, every pulse, every spice in the house, and I've stripped back my cupboards."

Jones reckons as a result, many of us will now cook more instinctively - "with slightly more intuition than just following a recipe". Recipes are Jones' game though (via her books and newspaper column), and hers have long been designed as launchpads for home cooks, not definitive end points.

Her new cookbook One: Pot, Pan, Planet reflects that. It features easily tweakable noodles and pasta dishes galore (like her lime and double ginger soba noodles), as well as simple traybakes (leek and potato with romesco sauce), salads (roast carrot and grain) and grown-up desserts (chocolate, olive oil and rosemary cake), while the "10 simple ideas" section (eg for ways

with peas, broccoli, peppers) rattles off swift dinner ideas.

It's also packed with recipes inspired by other cultures and food traditions, from white miso ramen, to congee and lemongrass and tofu larb. The core of One, though, is "to knit two things together". First, "the cooking I'm doing now" - by which Jones means the kind of

cooking you do with a small child around, as opposed to cooking pre-parenthood. "I'm a cook

and a chef, I can chop things and cook things a bit guicker - so I'd make more complicated recipes and people would be like. 'But that would take me an hour and a half!" Now, quick and simple notches higher on the priority list. The second factor she was

keen to weave in was sustainability and climate change. "Eating vegetables is the most impactful thing you can do for the planet. The second most impactful thing is making sure the food you buy and cook, you don't waste," says Jones.

One: Pot, Pan, Planet by Anna Jones, photography by Issy Croker, is published by Fourth Estate, priced £26.

#### **ORECCHIETTE WITH SWEETCORN AND GREEN CHILLI**

(SERVES 4)

#### **INGREDIENTS**

- A bunch of rainbow or Swiss chard (about 250g), stalks and leaves
- 2 green chillies, finely chopped
- The kernels from 2-3 corn on the cob or 350g frozen kernels
- 400g orecchiette or other small dried pasta
- Extra virgin olive oil
- Smoked salt or flaky sea salt
- 250g ricotta or vegan ricotta-style cheese (I like the Tofutti brand)
- The zest and juice of an unwaxed lemon
- A large bunch of basil, leaves picked

#### **METHOD**

- 1. Bring a large pan of well-salted water to the boil. Finely chop the stalks and shred the leaves of the chard and finely chop your chillies. If you are using frozen corn, put it into a heatproof bowl and cover with boiling water. Add the pasta to the boiling water and cook according to the packet instructions or until al dente.
- 2. While the pasta is cooking, heat a tablespoon of oil in a large frying pan over a medium heat, then add the corn (drained if using frozen) and a good pinch

of smoked salt or sea salt and black pepper. Cook for four to five minutes (a few minutes longer if you are using frozen) until the kernels are tender and beginning to brown.

- 3. Next, add the chard stalks and cook for a few minutes more, before adding the leaves and the chillies. Cook for a further four to five minutes, until the leaves have
- 4. Drain the pasta once it is cooked,

reserving a large mugful of the cooking water. Add the pasta to the frying pan with half the ricotta and half the reserved pasta water and mix well. Turn off the heat, then add the lemon zest and juice. Toss, then, if need be, add more cooking water, so you end up with a silky sauce that coats each piece of pasta. Toss through most of the basil. Spoon the pasta into bowls, spoon the rest of the ricotta on top and finish with the last of the basil leaves.





#### **CASHEW NUT PAKORAS WITH GREEN DIPPING** SAUCE

(MAKES 12)

#### **INGREDIENTS**

FOR THE PAKORAS:

- 100g cashew nuts
- 1 red onion, thinly sliced
- 1tsp chilli powder
- 1 handful of fresh curry leaves
- 1 green chilli, thinly sliced
- 1 thumb-sized piece of ginger, finely grated
- 3 cloves of garlic, finely grated
- 1tsp (heaped) fennel seeds
- 1tsp (heaped) cumin seeds
- Groundnut or vegetable oil for shallow frying
- ½tsp bicarbonate of soda
- 80g chickpea flour
- 2tbsp ghee, softened
- Salt and black pepper

FOR THE GREEN SAUCE:

- 1tsp black mustard seeds
- 1tsp cumin seeds
- A bunch of coriander, stalks and leaves
- 1/2 a bunch of mint, leaves picked, stalks discarded
- 1 thumb-sized piece of ginger, peeled and roughly chopped
- 1 clove of garlic, peeled
- 1 green chilli
- 1tsp honey or agave syrup
- Juice of 1 unwaxed lime
- 1tbsp coconut oil

#### TO SFRVF:

Lime-dressed salad leaves (optional)

- 1. Measure the cashew nuts into a small, heatproof bowl and cover with double the volume of hot water. Set aside.
- 2. Next, make the green dipping sauce. Toast the mustard and cumin seeds in a dry deep frying pan until the cumin smells fragrant and the mustard seeds start to pop. Remove from the heat and tip into a blender with the rest of the green dipping sauce ingredients. Blend until smooth (adding up to two tablespoons of cold water to loosen if you need – it should be like thick yoghurt), then taste and add more salt, lime or honey to balance. Cover and set aside.
- 3. Mix the onion, chilli powder, curry leaves, chilli, ginger, garlic, fennel and cumin seeds in a large mixing bowl and give it a really good scrunch. Season generously with salt and black pepper and leave to one side. Drain the cashews well and add to the bowl.
- 4. Add 3cm-depth of oil to the frying pan and heat gently over a low-medium heat. Add the bicarbonate of soda, chickpea flour and ghee to the mixing bowl along with 60ml of cold water and mix until it comes together in a chunky
- **5.** Test to see if the oil is ready by dropping a little of the mixture into the hot oil. If it sizzles and rises to the top it is ready. Add tablespoons of the mixture to the hot oil, a few at a time so as not to overcrowd the pan. Fry for a couple of minutes each side, using a slotted spoon to turn them over. Drain the cooked pakoras on kitchen paper and continue until all the mixture has been used.
- 6. Season with a pinch of salt while warm and serve with the dipping sauce and some lime-dressed salad leaves if you like.

### **HONEY, ALMOND AND CARDAMOM DRIZZLE**

(MAKES ONE LOAF)

#### **INGREDIENTS**

FOR THE CAKE:

- 200g light spelt or plain flour
- 150g ground almonds
- 2tsp baking powder
- 250g unsalted butter, softened, plus
- extra for greasing
- 200g demerara sugar
- 150ml honey or maple syrup
- Zest of an unwaxed orange
- Zest of an unwaxed lemon
- 4 medium organic eggs

#### FOR THE DRIZZLE:

- 4 cardamom pods
- 4tbsp honey or maple syrup
- 1tsp orange blossom water
- 2tsp toasted sesame seeds
- 1tsp fennel seeds
- 1tsp coriander seeds

#### TO SERVE

- A good drizzle of honey or maple
- Plain yoghurt of your choice

#### **METHOD**

- 1. Heat the oven to 170°C/150°C fan/gas 3.
- 2. Grease a 900g loaf tin and line with baking paper. Put the flour, almonds, baking powder and a good pinch of sea salt into a large mixing bowl and whisk until there are no lumps of baking powder. In a stand mixer fitted with a paddle attachment, or with an electric hand whisk, beat the butter, sugar and honey until creamy and combined.
- 3. Add both orange and lemon zests, then the eggs one by one, mixing well between
- 4. Add the dry ingredients a large spoonful at a time, again mixing between additions. Tip the mixture into the prepared tin and smooth out the top with the back of a spoon. Bake for 55 minutes to one hour, until the cake is dark golden on top. It will sink a little in the middle.
- 5. Take the cake out of the oven and leave in the tin. Bash the cardamom pods with a pestle in a mortar to release the seeds, then put the seeds into a small saucepan with all the remaining drizzle ingredients. Bring to a simmer and reduce to a thin syrup – it will thicken a little more as it
- 6. Prick the cake a few times with a skewer and pour over the syrup, then leave the cake in the tin until cooled completely. Serve in thick slices, with yoghurt mixed with honey.





# James finds Medicine for his demons

hen James **Arthur won The** X Factor in 2012, he set out on a path of fame, public controversy and ultimately redemption.

Nearly a decade on, three of the 33-year-old's albums have charted at either number one or two.

The Middlesbrough native also maintains an energetic fan base, born out of his time on Simon Cowell's talent show and grown by an ear for a hook and, more recently, a handful of high-profile collaborations with the likes of Blink-182 drummer Travis Barker and Sigala.

But his success has also been tempered by mental health struggles and drugs.

His career almost entirely derailed in 2014 when he parted ways with Cowell's Syco label following accusations that he used a homophobic lyric in a song.

But finally Arthur is in a place where he feels he has the maturity and creative control to make something a little different.

"I do sometimes feel I have to work twice as hard as everyone else just because of where I came from," he explains over the phone from the home in Surrey he shares

#### **BY ALEX GREEN**

with his girlfriend - complete with indoor swimming pool, recording studio and pool room.

"It has been a long time coming for me to get to a place where I have full creative control.'

Lockdown inspired creativity in some artists.

For others, it has been one long episode of writer's block.

Arthur falls firmly into the former camp.

He recorded an album in three months during the first national lockdown in England and took up hiking and running.

The single Medicine, which dropped on Friday, is the first taste of that project.

His languid voice, almost tailor-made for the radio, combines with brash production and upfront lyrics – "When I'm suicidal/you don't let me spiral".

"I learnt a lot about myself and the things that I want to do and the things I don't want to do," he says of the past year.

"My girlfriend was really supportive in that time.

"I found I loved hiking. That was a big thing.

'The song is about love over adversity, about the things that help you through the dark times."

In the past Arthur's mouth may have got him in trouble, but now his honesty feels more refreshing than antagonistic.

He entered 2020 struggling with his demons, stemming from his time in foster care and his parents split, and on stage in Madrid suffered an anxiety attack.

Shortly after, he was rushed to hospital with flu-like symptoms where doctors found he had a gallbladder infection.

"I had hit a roadblock," he recalls.

"I had this arena tour in March that I had to do, but before that it was a question of, 'Do I go off to rehab in Texas to address these childhood traumas that I hadn't processed?'."

He decided to check himself into the Nightingale, a private mental health hospital in central London, where he began cognitive behavioural therapy, embarked on a course of medication and got fit.

Soon March was upon him and he went out on tour again where, by his own reckoning, he "smashed it".

Of course, the tour was curtailed by coronavirus and Arthur was grounded once again.

The first few months were tough. "I thought I was going to be one of the statistics, having a little bit of asthma and things like that.

# Latest music our pick of this week's

#### **LORETTA LYNN** STILL WOMAN ENOUGH

For her 50th solo studio album. Loretta Lynn is looking back as well as forward, re-examining her legacy and working with a new generation of country singers. The coal miner's daughter has recorded new versions of some of her bestknown tracks, as well as her takes on American traditional music. But she kicks off with the catchy title track, singing "Well I've been through some bad times" in true country style. "Still got what it takes," Lynn insists, and more than six decades after starting out, it is impossible not to agree.

#### **BLACK HONEY WRITTEN AND DIRECTED**

Brighton four-piece Black Honey's new album Written And Directed is a high-energy follow-up to their self-titled debut. Lead singer Izzy B Phillips's dynamic vocals give their new release plenty of vigour and its tracks draw on a wide variety of influences. The spirited album seems perfectly suited to live gigs and the indie group will surely be hoping to showcase their punchy new material in front of crowds this summer.

Fire, I Do It To Myself and I Like The Way You Die are particular highlights.

#### **ALBUM OF THE WEEK**

#### **THUNDER**

**ALL THE RIGHT NOISES** 

There is something endearing about a band who plough their own furrow without regard for what is "in". Thunder are one such band. They formed in London on the cusp of the 90s with voluminous hair and riffs straight out of the Led Zeppelin playbook. Their appearance, their sound, was unsuited to the times, which would soon be dominated by the angular, sardonic riffs of Britpop. All The Right Noises, their 13th album, is part grunge extravaganza, part riotous rock 'n' roll nostalgia trick. Danny Bowes and his band may be fathers now, but there is some serious hip-swinging going on here, that is before the subject turns to Trump and Brexit. Listen and be surprised.





"I realised the best therapy for me was in making music, so that is what I did.

You don't need to point out the stigma that comes with starting your career on The X Factor, Arthur is willing to bring it up himself.

"Ballads are a thing I have stayed away from on this album," he says half laughing.

This album is different, he tells me. "Even halfway through the process of writing it I realised that this is really a moment in time.'

Medicine by James Arthur is out now.



#### **NEW RELEASES**

#### DRAKE **SCARY HOURS 2**

In January, Certified Lover Boy, Drake's sixth album proper, was delayed until late 2021 just a few weeks before its expected release date. To fill this Drakeshaped hole in your life, the Canadian rapper has released a three-song EP that sees him in polished autopilot mode. As an amuse-bouche to keep fans happy, Scary Hours 2 works. Ostensibly a sequel to his 2018 EP of the same name, it feels like a purposely low-stakes affair. These songs offer a promising if insubstantial glimpse at what Certified Lover Boy could sound like.

#### **MIDDLE KIDS**

**TODAY WE'RE THE GREATEST** 

In their native Australia, Middle Kids are already a band of some repute, with a top 10 album under their belt. Outside. however, they are yet to make their breakthrough, despite slots supporting Bloc Party, The War On Drugs and Cold War Kids and some primetime US TV appearances. Today We're The Greatest, their second album, could be that moment. There are flashes of melodic brilliance on the brass-featuring single Questions but more often than not, Middle Kids are still sticking too close to their influences.

# **TELEVISION**

# **NEW TO STREAM**

#### THE FALCON AND THE WINTER SOLDIER

**6 EPISODES. DISNEY+** ACTION/FANTASY/ADVENTURE

started phase four of the

The dust has barely settled on the intriguing final episode of WandaVision, which kick-

Marvel Cinematic Universe, and a new mystery unfolds in a six-part fantasy adventure featuring characters who joined forces in the final moments of Avengers: Endgame. Sokovian colonel Zemo (Daniel Bruhl), who wreaked havoc in Captain America: Civil War, returns with a vengeance, endangering the human race. Sam Wilson aka Falcon (Anthony Mackie) and Bucky Barnes aka Winter Soldier (Sebastian Stan) are entrusted with thwarting Zemo's Machiavellian scheme,

#### **COUNTRY COMFORT**

10 EPISODES. NETFLIX

COMEDY/DRAMA/ROMANCE/ MUSICAL

American Idol alumnus Katharine McPhee plays an aspiring singer in a 10-part Netflix comedy created by

Caryn Lucas. Bailey (McPhee) dreams of stardom in country music but Lady Luck delivers her instead to the home of handsome cowboy Beau (Eddie Cibrian) and his five children. The brothers and sisters lost their mother two years ago and have exhausted nine nannies so far. Without any experience or relevant qualifications, Bailey is press-ganged into becoming carer number 10.

The youngsters respond positively to Bailey's boundless optimism and Southern charm.

# Clash at the drive-thru

#### THE LAST SHIFT (15)

**BUY, DOWNLOAD OR STREAM** 

DRAMA

After 38 years of dedicated service, Stanley (Richard Jenkins) prepares to retire from the overnight shift at Oscar's Chicken & Fish drive-thru in Albion, Michigan.

He has saved up money to move back home and take care of his mother, who has dementia.

Before Stanley bids farewell to the job, branch manager Shazz (Da'Vine Joy Randolph), childhood friend Dale (Ed O'Neill) and a trickle of customers, the veteran must train his replacement: a young father called Jevon (Shane Paul McGhie) on probation for defacing city monuments and resisting arrest. The newcomer treats the work at Oscar's with disdain and doesn't share Stanley's devotion to warm customer service. Experience and youth collide, creating friction in the kitchen, which reminds Stanley of one of his mother's sayings: "Some people turn up their sleeves and some people don't turn up at all."

The Last Shift is a heartfelt drama, which sets up the two central characters as culturally divided opponents destined to learn valuable life lessons in each other's

#### THE SENATOR (12)

**AMAZON PRIME VIDEO** 

DRAMA/THRILLER/ROMANCE

On July 18 1969, Senator Teddy Kennedy (Jason Clarke) travels to Chappaquiddick Island with

his entourage. He takes part in a sailboat race, before unwinding at a party. Teddy leaves in a drunken state behind the wheel of a car with Mary Jo Kopechne (Kate Mara), who worked on brother Bobby's presidential campaign. Their speeding vehicle crashes off a bridge and Mary Jo drowns. Teddy takes the one-word advice of his father "alibi" – setting in motion a chain of events that could forever tarnish the legacy of a political dynasty. The Senator is a timely

drama about the grubbiness of US politics.



Documentary filmmaker Andrew Cohn. making his narrative feature debut, doesn't stray too far from a well-trodden path of self-realisation, flecking gently paced scenes with earthy humour, which invite us to laugh at Stanley and his idiosyncrasies almost as much as we should laugh with him. Jenkins imbues his graveyard shift stalwart with genuine warmth, gelling pleasingly with McGhie's rebel, who mocks Stanley's uncanny talent for predicting the dipping sauce a customer will want with their order.

#### **WONDER WOMAN** 1984 (12)

**BUY, DOWNLOAD OR STREAM** ACTION/ADVENTURE/FANTASY/ ROMANCE

Diana Prince (Gal Gadot) now works as an archaeology expert at the Smithsonian

Institution. She has found her calling as mankind's secret protector, although she is still haunted by the loss of American pilot Steve Trevor (Chris Pine) at the end of the First World War. Elsewhere in Washington DC, Maxwell Lord (Pedro Pascal), CEO of Black Gold Co-operative - "The oil company run by the people for the people" - discovers a way to grant wishes. His Machiavellian scheme pits Diana against her bookish friend, gemologist Barbara Ann Minerva (Kristen Wiig).





#### **PIXELJUNK RAIDERS**

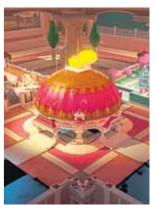
#### GOOGLE STADIA. ACTION. £19.99

We want to like this Stadia exclusive purely on the basis of its futuristic retro mishmash of visuals, bursting with colour, odd music and the general space that is created. But unfortunately the essential component - gameplay crash lands. It seems like the perfect set-up: You're tasked with saving survivors from a planet that's been invaded by aliens, with battle and scavenging in between. But for all that, actually fighting foes was a slog, leaving our avatar unable to move as fast as we would like and stripping us of weapons after each loss, making it really difficult to progress. We like a challenge but this just felt a bit over the top, making us want to give up. The choice of upgrades and different moves is great but is not enough to turn this raider around.



#### **GHOSTS 'N GOBLINS** RESURRECTION **NINTENDO SWITCH. RUN AND** GUN, £24.99

It's hard not to like this retelling of an arcade classic, despite it being insanely tricky. Making your way through zombies and other fatal beasts is near impossible at times, yet for those who dare to persevere, it is entertaining. Oh, and the stiff controls make it even harder. Some will get frustrated. We just had to laugh at how tricky it was – it was laugh or cry – and for that reason, it's not something we could play for too long. Aside from this, we loved the art and silliness of the game, which means your character Arthur loses his clothes with each fatal hit. But once you survive a level, boy is it satisfying.



#### **MAQUETTE** PLAYSTATION/PC. PUZZLE. **FREE WITH PLAYSTATION** PLUS

Serene and dream-like, Maquette is a puzzle game set in a world built around the memories of a boy-meet-girl romance. The gameplay centres around a diorama of the expressionist world the game is set in, where players must move ornate items and furniture in the diorama in order to complete puzzles and open up new areas of the world. All the while, the memories of a relationship are played out through audio snippets and floating text that appear as you move through the game, serving as waypoints through the different puzzles as they expand outwards and grow the world around you.

# 'Sitcom' sure to win friends

#### **GAME OF THE WEEK**

#### **3 OUT OF 10**

XBOX/SWITCH/PC, INTERACTIVE **CARTOON SERIES, FROM £8.39** 

You have to applaud the developers of 3 Out Of 10 for trying something a bit different. Billed as a "playable sitcom", this cartoon title bridges the gap

between TV series and gaming more seamlessly than previous examples we've tried. You could call it passive gaming, so it may not appeal to those who want deep involvement, as this is very much an easy-going ride, with mini games scattered between the story, and the ability to roam freely around. And for what it's

worth, the story is good - if a little silly but did make us laugh - told across five episodes at present, with plans to launch a second season soon. The artwork is pleasing on the eye, the characters are fun, engaging, and with the ability to skip tasks, it is a well-executed pressure-off approach to gaming.

# Show had star Kaley 'aired sick'

here were days where Kaley Cuoco would cry herself to sleep while making The Flight Attendant.

The California native, best known for playing Penny in hit sitcom The Big Bang Theory, is an executive producer on the thriller series, and also plays the lead role, Cassie.

She optioned the book on which the show is based - by New York Times bestselling author Chris Bohjalian – a few years back, because she loved how dark it is.

But, she says, "I also wanted to bring my quirky comedic side to it, and possibly create a tone that was unique".

And it was a scary process, hence the tears, because she knew viewers would judge her choice of project, especially coming off a successful show like The Big Bang Theory.

"I was taking a risk, because I don't believe in my heart that someone would have hired me to play this role," elaborates the 35-year-old, who started acting as a child, and had her breakthrough role aged 16 with ABC sitcom 8 Simple Rules.

"I could have auditioned, and I might have even given the audition of my life; I don't think someone would have given me this role. So I wanted to prove that I can



actually do more and that I love it. And it was a risk that I'm glad I took.

"But, yeah, I was pretty sick to my stomach the night before the show aired just because it was my baby. I started this thing so long ago, and you want everyone to like your baby."

Cuoco, who is married to equestrian Karl Cook, has this effervescence that means she often does not finish her sentences; suddenly, she is already on to her next witty, candid thought.

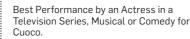
It is this energy and sense of humour that she brings to The Flight Attendant – an eight-part series about how an entire life can change in one night.

Cassie, a flight attendant, is on a work trip when she finds herself waking up after a big night out in the wrong

hotel, in the wrong bed – and she realises the man lying next to her is dead. She has no idea what has happened but is determined to find out.

The darkly comic show proved to be a hit in the US, where it debuted last November.

It was quickly renewed for a second season, and also received nominations at this year's Golden Globe Awards, including



Kaley Cuoco as

Cassie Bowden

Left: Alex Sokolov (Michiel Huisman

and Cassie kiss

This resulted in the star posting some brilliant pictures on Instagram, showing her attending the awards ceremony, which took place at the end of February, virtually from home.

"My Golden Globes was getting drunk and eating cake and pizza with my family in Oscar de la Renta," she quips. "It was awesome. I couldn't have asked for more.'

What was it exactly that drew Cuoco to the role of Cassie?

"What I love the most about her is she is very reactive. The world is spinning around Cassie. And, as an actor, I am incredibly reactive. I'm not a prepared sort of a person, so it was great for me because I was just myself.

"I was reacting to what amazing Zosia (Mamet, who plays Cassie's best friend Annie) was doing, and this murder, and, 'Oh my god, the police are after me and the FBI'. These were all reactive moments, until at the end where she's like, 'I need to take control'. It's an actor's dream.

"Also, I feel like I had multiple personalities," she continues. "I mean, I got to play every emotion.

At one point, we had been doing all these emotional scenes for three weeks. I'm like, 'Are people gonna be sick of me looking like that?' It was just constant torment on my face.'

It makes sense when you realise some of the themes The Flight Attendant explores – trauma, dependency on alcohol, and facing demons from childhood.

"I wanted to make sure that the alcohol was not the funny part," notes Cuoco.

"Yes, she was a fun person to party with, but you see pretty early on that there is something else – it's all bubbling and it's all beneath and it's about to explode."

She elaborates: "She's a functioning alcoholic. This is not someone who's slurring in the streets all day long.

"This is someone who literally gets by because she is drinking sips of alcohol all day long. She has a career, she has great friends. But deep down, she is struggling inside."

It is certainly a different type of comedy from The Big Bang Theory, which focused on a group of scientists and their love interests and came to a close in 2019 after 12 seasons

Cuoco is reflective as she addresses how, particularly when shows have aired for such a long time, there is an idea that its cast might get pigeonholed.

"I used to laugh because I was like, 'If I'm typecast as the girl next door in a sitcom for the rest of my life, I feel like that's the best thing that could ever happen to me'. I never fought that feeling."

She follows this by sharing what has been happening since The Flight Attendant aired across the pond.

"I've been called the newcomer recently, which is hysterical. And I'm like, 'Does anyone remember I was on that sitcom for 12 years, like six seconds ago?' Nope.

"All of a sudden, they're like, 'Look at this newcomer on the scene'. And I'm like, 'I've been here for 30 years!'"



**AVAILABLE NOW ON SKY ONE AND** 







# **TELEVISION**



#### **MINUTES WITH...**

**NEIL DUDGEON** 

Midsomer Murders has become a British television institution

Encapsulating the small-scale rivalries of middle England, the long-running drama often sees harmless disputes escalate into deadly encounters. Now, following a prolonged pause in production due to Covid, the British drama is set to return to ITV on Sunday nights with four brand new episodes.

Starring United and Life Of Riley actor Neil Dudgeon as veteran police officer DCI John Barnaby, alongside The Crown and Marcella's Nick Hendrix as DS Jamie Winter, together the pair tackle all manner of crimes across the fictional county of Midsomer.

With 2021 marking 10 years in the role for Dudgeon, 60, the actor tells us more about upcoming episodes.

#### What did you think of returning to set?

We started filming again at the beginning of October. On the first day, when I first arrived back and we started shooting The Wolf Hunter Of Little Worthy, it was all on a glamping site. It was all very Midsomer except that everybody was distant and wearing the masks. I thought, 'This is really weird and really strange and a little bit unnerving'.



#### **Did social distancing** pose any problems?

Midsomer is a very physically affectionate set, if I can put it that way. There's lots of handshaking, hugging and kissing in the mornings, that sort of thing. and that's had to stop.

#### What can we expect from these episodes?

We shot two episodes before Christmas, which will be broadcast shortly, The Wolf Hunter of Little

Worthy and The Stitches Society. And then we reconvened in January and shot another. There's The Stitcher Society - it's an episode about a village where lots of people have heart problems and they're all a certain age or a similar age to me. Also, in that is Nimmy March - some older viewers may remember a series years ago Common As Muck from the mid '90s.

#### Will we see any other familiar faces?

In that episode, there was a young man who appeared on set who I had just seen in an entire series. Jacob Fortune-Lloyd is his name, who is in The Queen's Gambit, which is fantastic. And then there he was on our set being fantastic... In The Sting Of Death is Griff Rhys Jones, who was fascinating and hilarious. And then also I must mention Derek Griffiths, who was a hero of my childhood from Playschool and Play Away.

#### Were you in a spontaneous yoga class?

We had a day when we were filming scenes in the church. And we had an actual yoga teacher and her yoga class. I saw that the yoga teacher had started to put the class through their paces or warm-up and I thought, 'Ooh, I'll have some of that!'. And so I went and joined in at the back and we were doing all the warrior two [poses] and all those sort of things, right there in the graveyard with all the other ladies.

#### It's 10 years of playing DCI John Barnaby?

They said come and do a few episodes and I thought, 'I'll give it a try. I hope I don't destroy the show inside one episode as that would be very embarrassing, after John Nettles has done it so marvellously for 13 years and I bury it inside one episode'.

Midsomer Murders will air on ITV from tomorrow



# The house

hat lengths would you go to in order to convince a stranger that your house is your own?

Proof that a simple idea can often be the most effective, brand new BBC One show This Is MY House poses that very question.

Pitting one homeowner against three actors, all four contestants must set out to convince a celebrity panel that the house they are standing in is in fact theirs.

Hosted by presenter and former Strictly Come Dancing champion Stacey Dooley, This Is MY House can only be described as Would I Lie To You but with a propertythemed twist.

"It's really daft and fun, it's total escapism," says 34-year-old

"My favourite part is when you meet the partner, and they stay mute, but you have three strangers declaring their undying love for this person.

"It's so awkward, the real homeowner has to watch these strangers tell their husband or wife how gorgeous they are.'

It is a change of pace for Dooley, who is far more likely to be found tackling hard-hitting documentary

#### **BY DANIELLE DE WOLFE**

projects than hosting a primetime entertainment show.

"We've all had such a hellish time and everyone has had such an unbearable year, and this show is just such a laugh.

'We're all wired with these prejudices and unconscious biases, and find ourselves automatically judging people, so I love the fact the show breaks down those boundaries and it goes against the grain.

"Right at the start when I signed up, I said I didn't want to know who the homeowner was or who the actors were, so I could play along as we filmed.

"At the end of filming when the actors broke character, it was so interesting hearing about their real

"So I love how the show goes against everything you know.'

Featuring a celebrity panel composed of comedians Bill Bailey, Emily Atack, Jamali Maddix and Judi Love, This Is MY House is a show packed full of laughs and awkward moments in equal measure.

As the panellists are drip fed clues and questioned by Dooley throughout the episode, the four celebrities sit back and confer as to who the real homeowner is.

"Emily is a total sweetheart, I have never worked with her before so that was lovely," says Dooley.

"Judi is a scream, she is so funny; Bill is the kindest man in television, he bought me a cake on the last day of filming, and Jamali reminds me of the lads I grew up with which was really lovely.

"Jamali had the best eye for honesty though, nothing got past him, he is so sharp."

Testing the comedians' judgment to the limit, the series is at its funniest when the celebrities are convinced of the imposter, only to get it terribly wrong.

"It was interesting because I think we all thought we'd be really good judges of character and figure it out straightaway, but it was so much harder than we thought," says Atack, 31.

"The more we filmed, the more we thought we could figure it out and learn from the last.

"It was quite funny when there were pets involved because we just assumed they would run straight to the owner, but they often didn't. The dog was just generally confused as to why a load of strangers were in its owner's bedroom.

"Jamali should actually be a





From left, Judi Love, Bill Bailey, Emily Atack, Jamali Maddix and Laurence Llewelyn-Bowen



detective, he got really stuck in with finding out the real homeowners, his commitment was really impressive.'

"Essentially I'm a lie detector," chimes in fellow panellist Maddix, 29.

And with a cash prize up for grabs, there is more than just pride at stake.

If the homeowner convinces the panel the house is theirs, they walk away with a £1,000 prize. If the celebrities guess an actor, the homeowner walks away with nothing.

However, despite the celebrities' initial expectations when it came to the ease of the guessing game, the realities of sifting fact from fiction proved to be a more difficult challenge.

"It's a lot harder than you think to identify the real owners and we were caught out a few times," remarks the show's second Strictly Come Dancing champion, Bailey, 56.

"I think everyone displayed good intuition, especially Jamali who seemed to have a good instinct for investigating.

"It was surprising how much of all of our own life experiences were brought to bear for this

"Video calls have shown us all

how curious we are about the lives of others and how the backgrounds of video calls have generated as much interest as the calls themselves.

"It also gives us a glimpse into other people's lives.

It is a view seconded by fellow comedian Love, 40.

"I am a little bit nosy to be honest," she declares.

"I think when you look at society, and how our perceptions are formed by the way people dress, where they live, and looking at their different relationships, it's really interesting and that drew me into the show.

"I thought I'd easily be able to spot the liars, it's a real life game of Guess Who? and who doesn't like that?

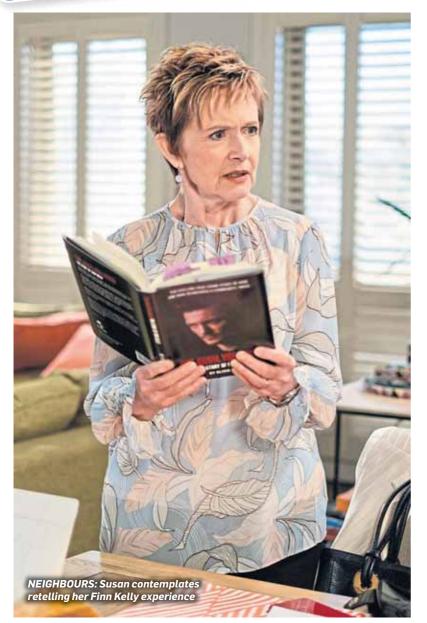
"Jamali was great, he had a real way of taking the information and processing it without saying much and then he'd come to a conclusion.

"Most of the time he was

#### THIS IS MY HOUSE

STARTS WEDNESDAY AT 9PM ON BBC ONE AND WILL ALSO BE AVAILABLE ON





# Arrest gets Mick worried

OUR ROUND-UP OF ALL THE BIG SOAP ACTION FOR THE WEEK AHEAD

#### **EASTENDERS**

The Carters are back behind the bar at the Vic, but Mick may not feel like celebrating his return just yet as the police inform him that Katy has been arrested and they will be appealing for other survivors.

Mick fears it's only a matter of time before everyone works out what happened - and the first person to start piecing it together is Stuart. He's determined to get revenge on his friend's behalf, but how will Mick react when he finds his mate threatening Frankie?

Stacey has bad news from her solicitor, but her family are rallying round as Mo

finds her a new lawyer and Jean begs Ruby to drop the charges. The club owner does put a call in to the police, but she also visits the doctor with Martin, where she hears some upsetting news about her fertility.

The Minute Mart is hit by racist graffiti, which brings back bad memories for Kheerat and Suki, while Vinny gets the chance to prove himself on a job for one of Stas' associates, which takes an unexpected turn.

Meanwhile, Gray tries to drive a wedge between Kush and Whitney.

#### **CORONATION STREET**

Tyrone is still smitten with Alina, so when Fiz announces she's arranged a wedding for them in Greece, he panics and admits he's fallen for another

Angry and humiliated, Fiz confronts Alina, who is so horrified at this turn of events that she breaks off all contact with the mechanic. Despite claiming he wants to make amends, Tyrone then avoids spending time with Fiz - is this the end of their once-steadfast relationship?

Leanne continues to carry out Harvey's drug drops, wearing a nurse's uniform as a front. Eventually, as he piles on the pressure, she can see no way out of the situation so decides to inform the police of his activities – and is promptly arrested herself. However, they know all about Harvey's operation and want her to help them bring him down.

Nick, meanwhile, begins to suspect she has a new man before Simon finally tells him about her behaviour following Oliver's death.

#### **EMMERDALE**

Will hopes Harriet is ready to leave her bunker but, before she can decide, Kim arrives at Woodbine demanding to know what's going on. Will tries to throw her





off the scent by claiming Harriet tried to win him back, then left when he rejected her, but when the vicar accidentally knocks something over in the cellar, he has to create a bigger distraction by getting passionate with Kim.

Can he convince Harriet that he slept with another woman for her sake? And how will he handle it when Kim suggests a repeat performance?

Paul frightens Vinny into keeping quiet about the attack, but when Liv starts asking awkward questions, Paul threatens his son to get her off their backs – or else. Fearful for her safety, Vinny ends their relationship, but will that be enough to stop her digging?

Mack ropes Aaron into one of his dodgy deals, Jimmy is stressed about bad online reviews for the haulage company, and Andrea announces she wants Dale View as part of her divorce settlement.

#### **HOLLYOAKS**

Sienna is getting close to the truth about the shooting, so Summer tries to throw her off the scent by framing Warren and making it look like he was really aiming for Brody.

Warren, who doesn't have much experience when it comes to being the innocent party, is desperate to clear his name but it seems like Summer's plan is working, especially when she befriends Sienna. However, it's not long before Summer's mask slips and her new mate decides to make a public announcement about what she's really like.

Jack is determined to keep Charlie out of trouble, so George offers to help him set up CCTV, which is how the copper learns that Nancy slept with Darren - and that John Paul is the only person who

So, George uses this knowledge to sabotage his boyfriend's friendship.

Brad thinks Toby might be just the man for his latest job, although Martine thinks very differently, and Ste struggles to afford to send Leah to Trish's dance school.

#### **HOME AND AWAY**

Martha continues to struggle with her mental health issues. Roo and Alf consider their options after finding her talking to herself, but whether she will agree to seek help remains to be seen.

Willow returns to Summer Bay and the atmosphere between her and Bella is frosty to say the least – Willow's testimony against Colby at his recent trial is something the teenager can't easily forgive and forget. Dean and Willow,

however, find a way to overcome their issues.

Mac and Ari rain on Ziggy and Tane's parade, while Amber turns up out of the blue and Leah and Justin hope they can secure a loan with which to buy their own

Marilyn finds John's campaign flyer before drunkenly barging into his house, which he's now sharing with Susie - he's besotted with her, little realising she might not be as kindly as she seems.

#### **NEIGHBOURS**

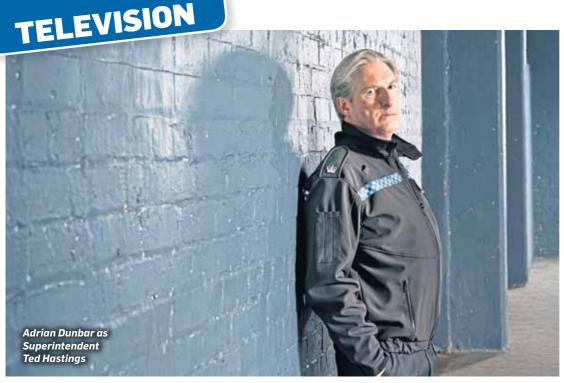
Susan considers collaborating with Olivia, which doesn't go down well with Karl, who thinks that rehashing history will only end in tears. Susan ignores his warnings and goes ahead anyway.

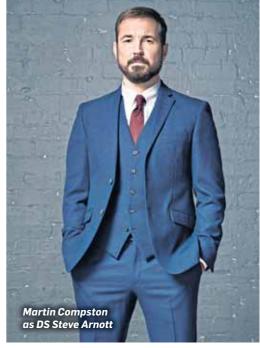
Hendrix and Brent struggle to put aside their differences when they find themselves at the centre of Jane's Year 13 initiative. Brent hits on an idea to help the homeless, which puts a smile on Harlow's face.

Kyle's lack of direction casts a gloom over his birthday, but Roxy wants to get back in business with him. They discuss how to move forward but, having received an ultimatum, Kyle realises he can't risk losing the Tram again, leaving her out in the cold.

Yashvi is on a mission to get her parents back together, while Chloe feels uncomfortable with Nicolette's position as Fay's caregiver. Later, Fay asks Nicolette to arrange a secret meeting at Toadie's office, putting him in an awkward







# Big shocks are all in the Line Of Duty

ew shows whip their fans into a frenzy like Line Of **Duty does. The** anticipation surrounding series six of the BBC police drama is immense - heightened, perhaps, because of a delayed air date (filming had to be halted due to the Covid pandemic).

You see, Ted Hastings' famous catchphrases – "Mother of God!" – Jed Mercurio's clever, twist-heavy writing, and the impressively high-calibre of guest stars are just a few elements that make Line Of Duty stand out in the world of

And you won't be disappointed by the seven new episodes, which are set 18 months on from series five, and see the return of stars Vicky McClure (DI Kate Fleming), Adrian Dunbar (Supt Ted Hastings) and Martin Compston (DS Steve Arnott), alongside new faces Shalom Brune-Franklin and Kelly Macdonald

Here, we chat with those stellar cast members to find out more.

#### **TENSE TEASERS**

Scot Macdonald is this series' guest lead; she plays Detective Chief Inspector Joanne Davidson, a senior investigating officer on an unsolved murder case.

Her suspicious conduct attracts the attention of Anti-Corruption and, as AC-12 uncover deeper and darker information,

#### **BY GEORGIA HUMPHREYS**

DCI Davidson could turn out to be their most dangerous adversary yet...

Meanwhile, we know there's a fourth and final "H" yet to be identified within the Central Police (that's the codename for a network of corrupt police which has been discovered in the previous series,

The cast members are all very careful not to give away any spoilers, but Nottingham native McClure, 37, says: "I think what we can safely say is that we're all facing consequences from series five.

"Kate's always had a slightly tricky



personal life, very dedicated to the job and remains so."

Scottish star Compston, who hails from Greenock, gives a little more away about the drama to come.

'The relationship between all the characters is probably a bit strained after everything they've been through - and Steve is struggling personally with his back," reveals the 36-year-old, who we saw lead another BBC drama, The Nest, last vear.

"He's getting more and more problems with painkillers. There's some darker stuff for him because he's kind of got this image in his head that he's sort of like 'Super Cop' and he doesn't want to give that image away, so he's kind of coming to a breaking point. There are some brilliant scenes as an actor in there so I was really excited reading it, and hopefully did the material justice.

#### FEELING THE PRESSURE

Discussing what we can expect from her role in the show, Trainspotting and Boardwalk Empire star Macdonald suggests her character is "tortured" and "lonely'

"I was extremely nervous to become involved in the project," she says.

"The guest lead status does feel pretty momentous. It was a bit like being the new James Bond! So, it's very flattering, and also exciting and nerve-racking."

Twenty-six-year-old Brune-Franklin, who's appeared in Our Girl, plays "diligent" DC Chloe Bishop, and was also incredibly scared arriving at the readthrough with

"I remember having a mental breakdown in the toilets before, going to my friend on the phone: 'I don't think I can do this, they're all in there!"

The rising star - who was born in the UK, but moved to Australia as a teen confides the difficult dialogue was the most challenging part of the role, recalling how the police interview scenes were sometimes half-hour-long takes. But there's a huge amount of support on set, she enthuses.

"Martin was always going, 'You're going to be fine. If you mess up, we'll just go back and go again'. But I was like, 'I can't be the person to mess up, I'm brand new."

#### **EXTRA CHALLENGES**

Brune-Franklin also admits that filming during Covid meant the shoot was a more "lonely experience" than it would have been normally because the cast weren't able to socialise together as much.

Asked how she has found life in lockdown, This Is England star McClure says it "has been what it's been for everybody - scary and difficult. You've just got to be careful of how much news you watch".

Compston, meanwhile, reflects on what was "heartbreaking" about returning to film Line Of Duty in Belfast, after the first lockdown last spring.

"There's a wee lovely restaurant below the place we used to stay and you can see a lovely couple who ran the place was packing up, shutting down," he says.

"And it's the same back home in

# PUZZLES

### **FOUR PAGES OF FUN** START HERE

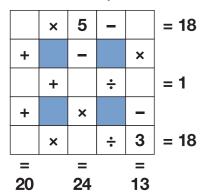
#### MIND THE GAP

Can you place a well-known three-letter word in the spaces of each row to complete the seven-letter word? Do it correctly, and the shaded letters should spell out something associated with business.

В			S	Ε	D
G	Е	N			L
F			Е	Α	R
S			U	L	Α
Н	0			Α	D
S	С			Е	L
Т	R			Е	Т
N	Α	R			E

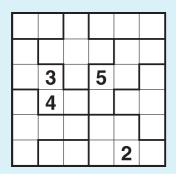
#### **SET SQUARE**

Place each of the digits 1 to 9 in the grid to make the sums work. We've started you with two numbers.



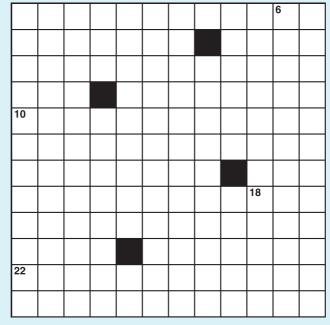
#### **SUGURU**

Each cell in an outlined block must contain a digit: a two-cell block contains the digits 1 and 2, a three-cell block contains the digits 1, 2 and 3; and so on. The same digit must not appear in neighbouring cells, not even diagonally.



#### **SKELETON**

With this puzzle the black squares have to be filled in as well as the words. For a start, four black squares and four numbers have been inserted.



#### **ACROSS**

- 1 Yellowish-green 1 Supposed nut
- 7 Saintly ring of light
- 8 Itinerant
- 9 Temporary (worker)
- 10 French castle
- 11 Return on an investment
- **14** Evaluate
- **17** Rotation imparted on the 13 Go off at ball in tennis
- 19 Person who settles in
- 21 Group of aides 18 Black and white
- 22 Rise on the hind legs
- 23 Transmit via the television screen

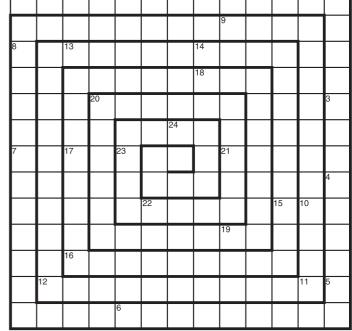
#### **DOWN**

- remedy for all known diseases
- 2 Brazilian music
- 3 Deal with (an issue)
- 4 Diaphragm spasm
- 5 Electrical resistance units
- 6 Acid neutraliser
- 12 Thought (to be)
- a \_\_\_, diverge suddenly
- 15 Smirk coyly
- another country 16 Music system
  - animal
  - 20 Costume

#### **SPIRAL**

In this spiral crossword the last letter of the previous clue forms the first letter of the next clue.

- Of the third season of the year (8)
- 2 Assert your right for, say that you own (3,5,2)
- \_ Wilson, Wedding Crashers star (4)
- 4 Unpleasantly loud (5)
- 5 Closing words of a letter (5,5)
- 6 Cheap holiday accommodation for young people (5,6)
- Organ affected by too much alcohol (5)
- Stretchy fastener (6,4)
- Sleeping areas of boarding schools (11)
- 10 Put money aside regularly (4)
- Procedure carried out by a jeweller (3-8)
- 12 Move very fast, or be very successful (2,4,1,4)
- 13 Look without buying (6)
- 14 Act of moving from one country to another (10)
- 15 Countryside path (6,5)
- **16** Sap of the rubber tree (5)
- Percussion instrument made of bars (9)
- 18 Sews decoratively (10)
- 19 Kids' wheeled toys (11)
- 20 Device that filters, such as a sieve or colander (8)
- 21 Give in your notice (6)



- 22 Close to (4)
- 23 Baby's chewing biscuit (4)
- 24 Tender caring quality (8)

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# **PUZZLES**

#### SUDOKU

Each row and each column must contain the numbers 1 to 9, and so must each 3x3 box. This is a logic puzzle, and you should not have to guess.

			E	AS	Y			
7							1	
			7					
5				2	1	6	4	
		4		1	3			9
9			5		2			4
2			8	4		3		
	8	7	2	9				3
					4			
	2							1

			ME	יוע	JM			
	5							
						3		7
7		1	8	6				4
		4	6		2		3	1
		7				4		
		5	9		7		2	6
8		3	7	1				2
						1		5
	1							

			H	AR	D			
					ı			
3						9		
	8		6	1				
				2				4
8		1						
5	9					8	4	
	6						2	
4		9			2			
1			7	4			5	
6	2	7		8	5			1

#### **CROSSWORDS**

				CF	RYP	TIC				
	1	2	3		4			5	6	7
8							9			
10							11			
12					13					
										14
15		16				17				
					18					
	19						20		21	
22										
23					24					
25				26						

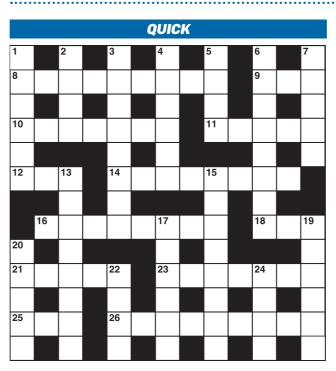
#### **ACROSS**

- 1 Spend a long time crossing (7)
- 5 Monster makes a certain amount of progress (4)
- **10** One provides for pet before two Queens (7)
- 11 Scare like a naval service (5)
- 12 Weight lifted at 100 mph (3-2)
- 13 Irritable, having to engrave into borders of tapestry (6)

- 15 Cross about America and Chinese boat (6)
- 17 A crab's wandering round beetle (6)
- 19 Teacher given poor stream (6)
- 20 Fill with colour, pound off, after I start mixing (5)
- 23 Runs organised tour round city (5)
- 24 Cecil is removing winter spikes (7)
- 25 Jetty ripe for demolition (4)
- 26 Judge to make mention of two points (7)

#### **DOWN**

- 2 One working on Chekhov, for
- 3 Cleverly crops art into visual story (5,7)
- 4 Go round and get Ray organised (6)
- 6 Dog tooth? (7)
- 7 Girl among them, mainly (4)
- 8 Yes, cats moved for bliss (7)
- 9 Plant cereal, say, by French kitchen for fine food (5,7)
- **14** Sort of verbose counterpart (7)
- 16 Yours truly needs a certain action
- 18 Breakfast's starter to lift cook (6)
- 21 Pretty girl heard instrument (5)
- 22 Walk with cats and dogs, backwards (4)





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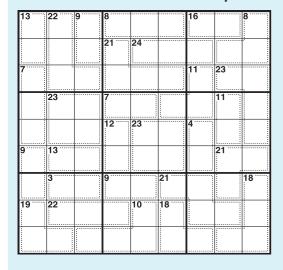
#### **ACROSS**

- 8 Short-legged dog (9)
- 9 Cattle fodder (3)
- 10 Large mug-like vessel (7)
- **11** Sleep late (3,2)
- 12 Slash (3)
- 14 Hard work (8)
- 16 Natal celebration (8)
- 18 Call a halt to (3)
- 21 Church's focal point (5)
- 23 Tie-break (4-3)
- 25 Cry of disapproval (3)
- 26 Whole (milk) (4-5)

- 1 Head journalist on a newspaper (6)
- 2 Of poetry, be metrically correct (4)
- 3 Person running from reality (8)
- 4 Steered, led (6)
- 5 False god (4)
- 6 Boot-shaper (4,4)
- 7 'Laughing' animal (5)
- 13 Child's tin of colours (8)
- 15 Relish for Chinese food (3,5)
- 17 Mottle with spots (6)
- 19 Smear, slander (6)
- 20 Jewish religious leader (5)
- 22 Teeming (with) (4)
- 24 Warning sign (4)

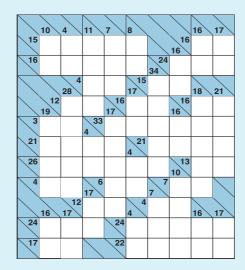
#### **KILLER SUDOKU**

Just like conventional Sudoku the aim is to fill each row, each column and each 3x3 box with all the numbers from 1 to 9. Your clues are the numbers in the dotted-line shapes, which represent the sum of the numbers within that shape. The same number cannot be used twice within a dotted-line shape.



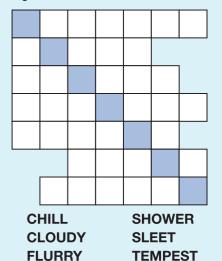
#### **KAKURO**

Fill in the grid so that each block adds up to the total in the box above or to the left of it. You can only use the digits 1-9 and you must not use the same digit twice in a block. The same digit may occur more than once in a row or column.



#### **STAIRCASE**

When these weather words are correctly fitted in the rows of the grid, another will appear down the diagonal staircase.



#### WORDSEARCH

The barbecue-related words can all be found in the grid. Words may run either forwards or backwards, in a horizontal, vertical or diagonal direction, but always in a straight, unbroken line.

Р	Υ	W	Α	В	Е	D	Т	D	Т	Н	М	Т
Р	D	Ν	Ε	Р	Α	K	I	Ν	I	0	Е	С
L	Т	Ε	R	L	R	Н	0	С	I	N	Т	н
Ε	R	С	Α	0	0	0	K	М	Т	Υ	S	1
S	U	S	0	J	С	0	Ν	L	S	M	Α	С
S	S	С	М	Α	R	I	Ν	Α	D	Ε	В	ĸ
R		Α	Ε	Υ	L	Н	S	-1	L	Е	R	E
Е	Ν	G	U	В	Α	S	S	Р	0	Т	R	N
G	S	R	1	S	R	В	Ε	L	Н	Ι	U	Α
R	G	1	N	Ε	Α	Α	0	D	В	Т	I	Α
U	Ν	L	Ε	В	L	G	В	S	Т	Е	Α	K
В	0	L	Ε	G	S	R	Ε	W	Ε	K	S	N
М	Т	K	S	Ν	U	В	0	S	R	Т	I	Α

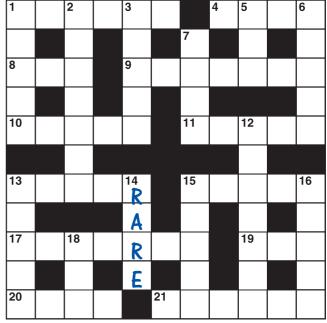
**APRON CHICKEN** MARINADE **SMOKE** BARBECUE COALS **RELISH STEAK CORN RIBS TONGS BASTE BEERS GRILL** SALAD **BUNS HICKORY SAUSAGES BURGERS KEBABS SKEWERS** 

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#### **MISSING LINKS**

**RAINING** 

The three words in each of these clues have a fourth word in common, and that's your answer. For instance, the clue to 14 Down, 'Bit • Earth • Gas (4)' gives you the answer RARE (Rarebit, Rare earth, Rare gas).



#### **ACROSS**

- 1 Bank Blue Milk (6)
- **4** Fry Skin Space (4)
- 8 Craft Fresh Pressure (3)
- **9** Election Major Public (7)
- **10** Life Stand Water (5)
- 11 French Master Rack (5)
- **13** Lilv Moth Paper (5)
- 15 Cabbage Eye Work (5)
- 17 Hawk Hedge House (7)
- 19 Park Racing Side (3) 20 Break • Handed • Tempered (4)
- **21** Anti Dry Frame (6)

#### DOWN

- 1 Band Rubbing Top (5)
- 2 Circle Point Side (7)
- 3 Aid Eagle Tender (5)
- **5** Drum Ring Thick (3)
- 6 Light Scheme Test (5)
- 7 Garden Granny Slip (4)
- **12** Definite Magazine Newspaper (7)
- 13 After Buds Good (5)
- **14** Bit Earth Gas (4)
- 15 Cut Nuclear Station (5)
- 16 Hobby Race Sense (5)
- **18** Gap Middle Stone (3)

Use the clues and unscramble the letters to reveal the celebs!

Guess which star is hiding behind their pet!

is fed up of his mum's ponytail getting all of the attention!



This pop star's pooch Nugget just wants to Roar!



It looks like **Graham** has ruined this star's *Photograph*!

**E RNAEEHS** 





Uh oh, Hala has taken over her mum's ouTube channel!





This star just can't Shake Off

YTAROL TIFSW





Greenock. People's livelihoods have been decimated by this, and they're gonna be living with repercussions.

"So, it really made you appreciate the fact that we can get back to work, and you don't take it for granted."

#### **BEHIND THE SCENES**

Many of us have turned to entertaining posts and videos on social media to cheer us up during the pandemic, and for Line Of Duty fans, one in particular may come to mind.

Last October, McClure posted a clip on Twitter of her, Compston, and Dunbar performing a TikTok dance, and it quickly went viral.

"This is Vicky and her evil sense of humour; she ambushes you," quips Northern Irish star Dunbar, 62, whose breakout role came in 1993 when he starred in Bafta-nominated film Hear My Song.
"She goes, 'Right, we've all got to

dance' and you go, 'What are you talking about?' And she goes, 'Just dance to it!' The next thing you know a million people have watched it.

"A lot of the things that Vicky asks you

to do is for charity and stuff like that, so you naturally go, 'Yeah, this is obviously for some kind of worthy cause, I don't mind making an idiot of myself...'"

"That was for a worthy cause! We were

going through a rough time as a country and I just wanted to make people smile and I knew if I got you two on a TikTok it would do just that," McClure chimes in, laughing.

Plus, she notes, "When you are on set and it is quite wordy and there's a lot going on and it's quite stressful", messing about and being a bit silly with co-stars is "what's got to happen".

"I don't know if I could do a job without being able to do that.

And who knows what other funny videos from the Line Of Duty set could be shared online next...

"We spent days perfecting an AC-12 Christmas song... which we never got round to releasing," teases Compston. "I thought it was pretty good in the end.'

#### LINE OF DUTY

RETURNS TO BBC ONE TOMORROW



# **TELEVISION**

#### THE BEST OF **TODAY'S TELLY**

CRITIC'S CHOICE



#### The Voice UK Final (STV, 8.30pm-10.20pm)

Superstar coaches will.i.am, Sir Tom Jones, Anne-Marie and Olly Murs have faced some extremely tough decisions over the past few weeks. But now the power is well and truly in the viewers' hands as they decide who will be awarded the title won last year by

18-year-old Blessing Chitapa. Although the coaches are all good friends, make no mistake each of them wants to triumph. Take Anne-Marie. who only joined the panel this year as a replacement for Meghan Trainor, for example. The Friends singer, who was a karate world champion before achieving chart success, is eyeing The Voice UK glory.



Live Six Nations Rugby Union (BBC1, 1.45pm-4.30pm)

Scotland v Italy (Kick-off 2.15pm). All the action from the match in the fifth round of fixtures, held at BT Murrayfield. Scotland have won the last nine meetings between the sides and will expect to extend that run today given their superior form in this year's championship.



My Father and Me (BBC2, 9.45pm-11.20pm)

Nick Broomfield takes a distinctly personal look at his relationship with his humanistpacifist father Maurice, a factory worker turned photographer of vivid images of postwar England. These images inspired Nick's own film-making career, but also snoke to a difference in outlook between the pair



Land of Mine (BBC4, 9pm-10.35pm)

Premiere. In post-Second World War Denmark, a group of young German POWs are forced to clear a heach of thousands of landmines under the watch of a Danish sergeant who slowly learns to appreciate their plight. Drama, starring Roland Moller, Louis Hofmann and Joel Basman, In German, Danish and English.



24 Hours in A&E (More4, 9pm-11.05pm)

Cora, 62, arrives by air ambulance following a high-speed road accident, which left her trapped in the car for more than an hour. Retired carpenter Richard, 68, has fallen and hit his head on the pavement, but medics also want to look into his unusually low blood pressure.

#### BBC1

6.00 Breakfast

10.00 Saturday Kitchen Live

11.30 Ready Steady Cook for Red Nose Day (r)

12.00 Football Focus

1.00 BBC News; Weather 1.15 Bargain Hunt (r)

1.45 Live Six Nations Rugby Union Scotland v Italy (Kick-off 2.15pm).

4.30 Sportscene Results Classified results and a round-up of the afternoon's football news.

5.10 BBC News

5.20 Reporting Scotland; Weather

5.30 Celebrity Mastermind

6.00 Catchpoint Game show, hosted by Paddy McGuinness.

6.30 The Wall Game show, hosted by Danny Dyer.

#### 7.15 Live Six Nations Rugby Union

France v Wales (Kick-off 8pm). All the action from the match in the fifth round of fixtures, held at Stade de France. Les Bleus clinched a 27-23 victory when the sides met at Principality Stadium last year, but Wales prevailed 24-19 on their last visit here in 2019, and should head into this match in a confident mood after easily beating rivals England 40-24 in the third round of fixtures. With analysis from Sam Warburton, Martin Johnson and Thomas Castaignede, and commentary by Eddie Butler, Jonathan Davies and Benjamin Kayser.

10.15 BBC News; Weather

10.35 Match of the Day Brighton & Hove Albion v Newcastle United. Gary Lineker presents highlights of the Premier League match at Amex Stadium.

11.05 Match of the Day: The FA Cup Dan Walker presents action from today's sixth-round ties – Bournemouth v Southampton at Vitality Stadium and Everton v Manchester City at Goodison Park.

11.35 Sportscene Saturday Jonathan Sutherland presents action.

12.35 The Wall (r) 1.20 Weather for the Week

Ahead 1.25 BBC News



Top of the Pops: The Story of 1985,



6.00 CITV

BBC2

 $\textbf{6.55 Marrying Mum} \, \textbf{and Dad} \, (\textbf{r})$ 

9.00 Richard Hammond's Invisible

10.00 Me and My Dog: The Ultimate

12.00 The Chronicles of Nadiya (r)

1.00 The Hairy Bakers (r)

5.00 DNA Family Secrets (r)

7.00 The 80s with Dominic

Alan Carr (r)

6.00 Interior Design Masters with

Sandbrook (r) The historian

the miners' strike and the

8.00 Top of the Pops: The Story of

continues his personal review of the

introduction of the home computer.

1985 (r) Recalling the year of Live

and Dead or Alive competed for

Aid, when the ambitious A-ha, King

attention with passionate politicos

Sally Phillips and Alan Davies try to

come up with interesting answers

as Sandi Toksvig asks a random

selection of questions.

9.45 FILM: My Father and Me Nick

Broomfield takes a distinctly

images of postwar England.

11.20 FILM: Love & Mercy (2014) Biopic

of the Beach Boys' singer-

personal look at his relationship

with his father Maurice, a factory

worker turned photographer of vivid

songwriter Brian Wilson, following

his creative peak and declining

Starring John Cusack and Paul

mental health in later years.

1.15 FILM: The Commune (2016) 3.05 This Is

Billy Bragg and the Style Council.

9.00 QIXL Bill Bailey, Daliso Chaponda,

1980s, touching on the invasion of

the Falklands, the Aids epidemic,

3.05 Flog It! (r)

11.00 Around the World in 80 Gardens

1.15 FILM: Meet Me in St Louis (1944)

4.00 Mississippi: Earth's Great Rivers (r)

6.40 Wild & Weird (r)

7.55 Blue Peter (r)

8.30 Deadly 60 (r)

Worlds (r)

Contest (r)

7.25 The Dengineers (r)

7.30 Scrambled!: Scrambled!

7.35 Mighty Mike (r)

7.50 Craig of the Creek (r)

8.10 Teen Titans Go! (r)

8.30 Kung Fu Panda: The Paws of Destiny (r)
9.05 The Rubbish World of Dave Spud

9.25 ITV News

9.30 James Martin's Saturday Morning

11.40 Simply Raymond Blanc 12.45 James Martin's French

Adventure (r)

1.15 ITV News; Weather

1.25 Midsomer Murders (r)

3.25 ITV News; Weather

3.45 STV News; Weather

4.00 Six Nations Live

#### 7.00 Ant & Dec's Saturday Night

**Takeaway** Romesh Ranganathan is in the quest announcer booth, while Cat Deeley is in the studio for a risky Undercover as Ant and Dec wreak havoc on their former SMTV Live co-star

8.30 The Voice UK Final The climax of the spinning-chair singing contest, in which the last four acts compete for the chance to win a recording contract. Last in the series.

10.20 ITV News; Weather

10.35 The Jonathan Ross Show: Special Guests With David Attenborough, Sheridan Smith, Michael Caine and Ed Sheeran.

11.05 FILM: Terminator 2: Judgment Day (1991) A reprogrammed killing machine is sent back in time to the 20th century to protect John Connor, a teenage boy whose destiny is to save the human race. After breaking John's mother out of a mental institution, the pair set out to avert a future nuclear warpursued by an advanced prototype terminator with shape-changing powers. Sci-fi action adventure sequel, starring Arnold Schwarzenegger.

1.25 ITV Nightscreen 3.00 FYI Extra 3.15 ITV Nightscreen

#### Ant & Dec's Saturday Night



The Wall,

5.00 Radio 1's Motivate Me Mix. 6.00 The Happy Hour from Radio 1.7.00 Adele Roberts. 10.00 Radio 1 Anthems with Adele Roberts. 10.32 Radio 1 Anthems with Jordan North. 11.00 Jordan North. 1.00 Matt and Mollie. 4.00 Radio 1's Dance 1.00 Matt and Mollie. 4.00 Radio 1's Dance Anthems with Charlie Hedges. 5.00 Radio 1's Dance Anthems with Charlie Hedges. 6.00 Radio 1's Dance Anthems with Charlie Hedges. 7.00 1Xtra's Takeover with DJ Target. 9.00 1Xtra's Rap Show. 11.00 Diplo and Friends. 12.00 Diplo and Friends. 1.00 Radio 1's Classic Essential Mix. 3.00 Danny Howard's Club Mix. **4.00** Radio 1's Danc Anthems with Charlie Hedges.

6.00 Sounds of the 60s with Tony Blackburn. 8.00 Dermot O'Leary, 10.00 Claudia Winkleman, Music and chat. 1.00 Pick of the Pops. 2.00 Pick of the Pops. 3.00 Rylan on Saturday, 6.00 Liza Tarbuck, Music and chat. 8.00 The Rock Show with Johnnie Walker. 9.00 My Life in a Mixtape. 10.00 The Craig Charles House Party. **11.30** The Craig Charles House Party Mixtape. **12.00** Ana Matronic's Dance Devotion. **2.00** In Concert – Dolly Parton. **3.00** Sheridan's Showstoppers. **4.00** Angela Scanlon.

BBC RADIO 3
6.00 Downtime Symphony. 7.00 Breakfast. 9.00
Record Review. 11.45 Music Matters. 12.30 This
Classical Life. 1.00 Inside Music. 3.00 Sound of
Cinema. 4.00 Music Planet. 5.00 J to Z. 6.30
Opera on 3 from the Met. 10.00 New Music Show. 12.00 Freeness. 1.00 Through the Night.

#### **BBC RADIO 4**

BBC RADIO 4
5.30 News Briefing. 5.43 Prayer for the Day. 5.45
Profile. 6.00 News and Papers. 6.07 Ramblings.
6.30 Farming Today This Week. 6.57 Weather. 7.00
Today. 9.00 Saturday Live. 10.30 Mitchell on
Meetings. 11.00 The Week in Westminster. 11.30
From Our Own Correspondent. 12.00 News. 12.03
Money Box. 12.30 The Now Show. 12.57 Weather.
1.00 News. 1.10 Any Questions? 2.00 Any

Answers? 2.45 Lent Talks. 3.00 Drama: Tango Stories. 4.00 Weekend Womans Hour. 5.00 Saturday PM. 5.30 The Bottom Line. 5.54 Shipping Forecast. 5.57 Weather. 6.00 Six O'Clock News. 6.15 Loose Ends. 7.00 Profile. 7.15 The Infinite Monkey Cage. 7.45 Why Why Why? 8.00 Archive on 4: The Forgotten Referendum. 9.00 Drama: Lights Up. Braids. 9.45 The Why Factor. 10.00 News. 10.15 The Moral Maze. 11.00 Round Britain Quiz. 11.30 Ode to Bed. 12.00 News and Weather. 12.15 The New Anatomy of Melanchloy. 12.30 Short Works. 12.48 Shipping Forecast. 1.00 As BBC World Service. 5.20 Shipping Forecast. Answers? 2.45 Lent Talks. 3.00 Drama: Tango

#### BBC RADIO 5 LIVE

Sout Adul S Live Boxing, 6.00 Saturday Breakfast. 9.00 Scott Mills and Chris Stark. 11.00 Fighting Talk. 12.00 5 Live Sport. 12.15 5 Live Sport. FA Cup Football 2020-21. 2.15 5 Live Sport. 4.45 Six Nations. 6.45 5 Live Sport. 8.00 Six Nations. 10.00 5 Live Boxing. 11.30 Stephen Nolan. 1.00 Jim

#### **CHANNEL 4**

- 6.20 The Big Bang Theory (r)
- 7.05 The Simpsons (r)
- 10.25 Ramsay's Kitchen Nightmares USA(r)
- 11.20 FILM: Kubo and the Two Strings (2016) Animated adventure, with the voice of Charlize Theron
- 1.20 Four in a Bed (r)
- 1.55 Four in a Bed (r)
- 2.25 Four in a Bed (r)
- 2.55 Four in a Bed (r)
- 3.30 Four in a Bed (r)
- 4.00 Work on the Wild Side
- $\textbf{4.35 Grand Designs} \, (\textbf{r}) \, \textbf{Kevin McCloud}$ revisits a home built on an airfield in Strathaven in Scotland.
- 5.35 Hire My Home Pilot episode for a new interior design show.
- 6.30 Channel 4 News
- 7.00 The Queen's Lost Family (r) The story of the royal family over three turbulent decades from the 1920s to the end of the Second World War. It begins just after the First World War
- 8.00 The Windsors: Inside the Royal **Dynasty** New series. Documentary exploring the history of the royal family in the 20th and 21st centuries. The first episode focuses on the succession crisis following the death of George V.
- 9.00 FILM: The Hobbit: The Battle of the Five Armies (2014) Dwarf king Thorin reclaims control of his homeland, but his descent into madness places him on the brink of war with his human and elven allies. As Thorin's Hobbit friend Bilbo tries to save the tormented ruler from himself, a vast horde of orcs gathers to destroy them all. Conclusion of the fantasy adventure trilogy, starring Martin Freeman, Richard Armitage, Ian McKellen, Luke Evans and Orlando Bloom
- 11.45 FILM: J, Frankenstein (2014) Fantasy adventure, with Aaron Eckhart and Bill Nighy.

1.20 Ramsay's Kitchen Nightmares USA (r) 2.10 Couples Come Dine with Me (r) 3.05 Hollyoaks (r) 5.10 Fifteen to One (r)

Hire My Home,



#### **CHANNEL 5**

- 6.00 Milkshake!
- 9.55 SpongeBob SquarePants (r)
- 10.10 The Loud House (r)
- 10.20 Entertainment News on 5
- 10.25 Friends (r)
- 12.20 FILM: Oliver! (1968) Musical, starring Ron Moody.
- 1.20 Entertainment News on 5
- 1.25 FILM: Oliver! (1968) Concluded. 3.25 FILM: Seven Brides for Seven
- Brothers (1954) Musical Western, starring Howard Keel.
- 4.25 Entertainment News on 5
- 4.30 FILM: Seven Brides for Seven Brothers (1954) Concluded.
- 5.30 5 News Weekend
- 5.35 Cruising with Jane McDonald: **Down Under** The presenter explores what Australia has to offer.
- 7.00 Susan Calman's Grand Day Out in Yorkshire (r) The comedian ventures east of the Pennines on a 126-mile trek that takes her from the coast near Whitby, on to York before heading through the Dales and onwards to Bronte country.
- 8.00 Beverly Hills: Inside the World's Greatest Hotels (r) Life at the hotel that sits above Sunset Boulevard in Los Angeles, and has been greeting guests for 107 years, from reclusive billionaires to Hollywood royalty.
- 9.00 Grace Kelly: The Hollywood Years A look at the movie career of the Oscar-winning actress, drawing on archive film and interviews to chart her rise from bit-part player to superstar of the Golden Age of Hollywood
- 10.15 Princess Alice: The Royals' Greatest Secret (r) The story of the Queen's mother-in-law, Princess Alice of Battenberg.
- 11.25 FILM: Sweet Home Alabama (2002) A New York fashion designer returns to her home town to finalise her divorce, but still has feelings for her estranged husband. Comedy, starring Reese Witherspoon.

1.25 The 21.co.uk Live Casino Show 3.25 The  $\label{eq:continuous} \text{Dog Rescuers with Alan Davies (r) 4.10 My}$ Mum's Hotter Than Me! (r) 5.00 Wildlife SOS (r) 5.25 Entertainment News on 5 5.35 House Doctor (r)

Susan Calman's Grand Day Out in Yorkshire.



#### **CLASSIC FM**

CLASSIC FM
7.00 Alan Titchmarsh. 10.00 Bill
Turnbull. 1.00 Alexander
Armstrong. 4.00 Moira Stuart's
Hall of Fame Concert 7.00
Saturday Night at the Movies. 9.00
David Mellor's Melodies. 10.00
Smooth Classics. 1.00 Katie
Breathwick. 4.00 Sam Pittis.

#### BBC RADIO SCOTLAND

**6.00** Our Lives with Michelle McManus. **6.30** Out of Doors. **8.00** Good Morning Scotland. **10.00** Shereen. **11.30** Breaking the News. Shereen, 11.30 Breaking the News. 12.00 Of the Ball. 2.00 Sportsound. 6.00 Our Lives with Michelle McManus. 6.30 Stark Talk. 7.00 Take the Floor. 9.00 Pipeline. 10.00 Billy Sloan. 1.00 As BBC Local Radio and BBC Radio 5



Batman v Superman: Dawn of Justice, Sky One, 9pm.

### **SATURDAY MARCH 20**

### Satellite & Digital our top pick of the Channels

**7.00** Alaska: Earth's Frozen Kingdom. **8.00** Voyages of Discovery. **9.00 FILM:** Land of Mine (2015). Premiere. A group of young German POWs are forced to clear a beach of thousands of landmines under the watch of a Danish sergeant. Drama, starring Roland Moller. **10.35** Double Agent: The Eddie Chapman Story. 11.35 Top of the Pops: 1990. **12.35** Smashing Hits! The 80s Pop Map of Britain and Ireland. 1.35 Voyages of Discovery 2.35 Alaska: Earth's Frozen Kingdom. 3.35 Close

#### ITV2

7.00 The Ellen DeGeneres Show. **9.30** Dress to Impress. **11.30** Catchphrase. 12.10 Take Me Out. 1.30 You've Been Framed! Gold. **2.05 FILM:** Happy Feet (2006). **3.05** FYI Daily. **3.10** FILM: Happy Feet (2006). 4.10 FILM: The Lost World: Jurassic Park (1997). Dinosaur adventure sequel, with Jeff Goldblum. **5.40** FYI Daily. **5.45** FILM: The Lost World: Jurassic Park (1997) 6.45 FILM: Miss Congeniality 2: Armed and Fabulous (2005). Comedy sequel, starring Sandra Bullock. 7.50 FYI Daily. 7.55 FILM: Miss Congeniality 2: Armed and Fabulous (2005). **9.00** Love Island: Australia. **10.05** Family Guy. **11.30** American Dad! **12.25** The Stand Up Sketch Show. 12.55 Plebs. 2.00 Hell's Kitchen. 2.55 Totally Bonkers Guinness World Records. 3.20 ITV2 Nightscreen. 3.30 Teleshopping.

#### ITV3

6.00 Man About the House. 6.30 Coronation Street. 9.20 Agatha Christie's Poirot. **12.25** Inspector Morse. **5.00** Midsomer Murders. **11.00** Scott & Bailey. 1.05 Wycliffe. 2.10 ITV3 Nightscreen. 2.30 Teleshopping.

#### ITV4

**6.00** The Protectors. **6.25** The Memoirs of Sherlock Holmes. 7.20 Hornblower. **9.30** ITV Racing: The Opening Show. **10.30** The Big Match Revisited. **11.35** Euro 2020 Preview Show. **12.00** Euro 2016 – Wales v Belgium: ITV Football Classics. **1.10** The Derby Through the Years. 1.30 ITV Racing Live: Uttoxeter. Coverage from Uttoxeter and Kempton Park. 4.00 FILM: The Sea Wolv (1980). **5.00** FYI Daily. **5.05 FILM:** The Sea Wolves (1980). **6.35 FILM:** The Magnificent Seven (1960). **7.35** FYI Daily. **7.40** FILM: The Magnificent Seven (1960). 9.15 FILM: High Plains Drifter (1973). A mysterious stranger rids a town of outlaws, but has a dark plan in store for its inhabitants, Western, directed by and starring Clint Eastwood. With Verna Bloom and Marianna Hill. 10.15 FYT Daily. 10.20 FILM: High Plains Drifter (1973). **11.25** 

FILM: Wanted (2008). A man

superpowered assassins that kills people destined to commit acts of evil. Action adventure, starring James McAvoy, Angelina Jolie and Morgan Freeman. **12.30** FYI Daily. 12.35 FILM: Wanted (2008). **1.35** The Sweeney. 2.35 The Best of the 80s. **2.50** ITV4 Nightscreen. **3.00** Teleshopping

#### SKY ONE

6.00 Monkey Business. 8.30 Modern Family. **10.30** Soccer AM. **12.00** NCIS: Los Angeles. **3.00** Gillette Soccer Saturday. **5.00** The Simpsons. 8.00 A League of Their Own. 9.00 FILM: Batman v Superman: Dawn of Justice (2016). The two superheroes' mutual distrust leads them into a battle to the death manipulated by an evil billionaire. Action adventure, starring Ben Affleck and Henry Cavill **12.00** Resident Alien. **1.00** NCIS: Los Angeles. **2.00** The Force: Essex. **3.00** Brit Cops: Law & Disorder. 4.00

### Highway Patrol. SKY MAIN EVENT

**6.00** Sky Sports News. **9.30** Live European Tour Golf. **1.00** Live International T20 Cricket. India v England. **5.30** Live EFL. Swansea City v Cardiff City (Kick-off 5.30pm) **7.30** Live Premier League. Brighton & Hove Albion v Newcastle United (Kick-off 8pm). Coverage of the top-flight match from AMEX Stadium. **10.00** Live Fight Night. Lawrence Okolie v Krzysztof Glowacki. Coverage of the bout for the vacant WBO World Cruiserweight title. **11.00** Whyte Hot. **11.30** Dillian Whyte: Off Limits. 12.00 Sky Sports News

#### SKY CRICKET

6.00 World Cup Cricket Classics. 7.00 International T20 Cricket Bitesize Highlights. 8.00 International T20 Cricket. 10.00 International T20 Cricket Bitesize Highlights 1.00 Live International T20 Cricket. India v England. 5.30 Katherine Brunt & Natalie Sciver Interview. 5.50 Talking Cricket: Sachin Tendulkar, **6.15** Best of T20 Blast Finals Day. 6.30 My Icon: Moeen Ali. 6.45 My Icon: Charlotte Edwards. 7.00 Cricket in Mumbai. 8.00 International T20 Cricket Highlights. **9.00** World Cup Cricket Classics. 10.00 International T20 Cricket Bitesize Highlights. **10.15** Best of T20 Blast Finals Day. **10.30** Talking Cricket: Chennai 2008. **11.00** International T20 Cricket Highlights. 12.00 International T20 Cricket. **4.30** Best of the IPL 2017. 5.00 World Cup Cricket

#### BT SPORT 1

6.00 Live Hyundai A-League. **8.00** Live Hyundai A-League. 10.15 Scottish Football Extra. 10.45 BT Sport Reload. 11.00 The Emirates FA Cup Preview. **11.30** Live Emirates FA Cup. 2.45 BT Sport Score.

Darrell Currie and Jules Breach are joined by guests to bring you the scores and key talking points from across the country as they happen. Join in @ btsportscore. **5.00** Live Emirates FA Cup. Everton v Manchester City (Kick-off 5.30pm). **8.00** One Day International Cricket.
9.00 UFC Fight Camp. 9.30 UFC Live. **10.00** Live UFC. Action from the UFC. 12.00 Live UFC. 3.30 World Surf League 2019. 4.30 UEFA Champions League Magazine. **5.00** Live Hyundai A-League.

#### BT SPORT 2

**6.00** Live: One Day International Cricket. **6.30** Gallagher Premiership Rugby Union. **8.00** Live AFL. **11.00** World Surf League 2019. **12.00** Live Ligue 1. Metz v Rennes (Kick-off 12pm). **2.00** Bundesliga Special. **2.30** Live Bundesliğa. Bayern Munich v VfB Stuttgart (Kick-off 2.30pm). **4.30** UEFA Champions League Magazine **5.00** BT Sport Reload. **5.15** Live Bundesliga. Schalke 04 v Borussia Monchengladbach (Kick-off 5.30pm). **7.30** Barclays FA Women's Super League. **9.00** WWE Friday Night SmackDown. **10.30** The Run-In: WWE Fastlane. 11.00 One Day International Cricket. **12.00** Live NCAA Championship. **2.00** AFL.

#### **EUROSPORT 1**

4.00 Live AFL

6.00 Olympic Games: Far From Home. **6.30** Freestyle Skiing. **6.50** Alpine Skiing. **7.50** Live Alpine Skiing. **9.00** Live Alpine Skiing. 10.30 Live Alpine Skiing. 12.00 Cycling: Tirreno-Adriatico. 12.45 Cycling: Milan-San Remo. **1.25** Live Cycling: Milan-San Remo. Coverage of the one-day race. 4.00 Alpine Skiing. **6.15** Biathlon. **8.00** Cycling: Milan-San Remo. **9.00** Alpine Skiing. **11.00** Cycling: Milan-San Remo. 12.00 Snooker: UK Championship Final. **2.00** Cycling: Gent-Wevelgem. **3.00** Cycling: Milan-San Remo. **4.00** Alpine Skiing

#### MORE4

**8.55** Food Unwrapped. **9.30** A Place in the Sun. 10.30 A Place in the Sun: Winter Sun. **12.35** Location, Location, Location. 1.40 Come Dine with Me. **4.20** Four in a Bed. **7.00** Great Canal Journeys. 8.00 The Great British Dig: History in Your Back Garden. 9.00 24 Hours in A&E. 11.05 Father Ted. 12.15 8 Out of 10 Cats Does Countdown. **1.15** 24 Hours in A&E. **3.20** Father Ted. 3.50 Close. 4.00 Teleshopping

#### **BBC ALBA**

**6.00** Alba Today. **4.00** Ceitidh Morag. **4.18** 'S E Iasg a Th'Annam. **4.20** Tree Fu Tom. **4.45** Padraig Post: Seirbheis Deis agus Sonraichte. **5.00** Na Moomins/Moomin Valley. 5.23 Geamaichean Gorach **5.25** Port Pàipeir. **5.40** An Rud As Fheàrr Leam. 5.45 An Là. 6.00 Scottish

Premiership Football, 7.45 Port – Druthag Bheag Eile. 8.00 Cearcall. 8.30 Gaisgich Oga an Darna Cogaidh. 9.00 Seirm. **10.00** Eileanan na Banrighe/Islands of the Queen. **10.50** Dhan Uisge 11.00 Scottish Premiership Football. 12.45 ALT. 1.00 Alba Todav.

#### **BBC SCOTLAND**

12.00 This Is BBC Scotland. **7.00** The Seven. **7.15** The Edit. **7.30** Sportscene Saturday. **8.30** City Lights. **9.00** The Karen Dunbar Show. **9.30** Ex-S: Return of the Rhinestone Ploughboy. **10.00** The Story of Scotdisc. 11.00 The Falkirk Cowboys. **12.00** Close.

#### GOLD

**6.00** Teleshopping. **7.10** My Hero. **8.50** Citizen Khan. 10.40 Only Fools and Horses **8.45** The Vicar of Dibley. **10.00** All Round to Mrs Brown's. **11.15** The Fast Show. 4.00 Teleshopping.

#### PICK

**6.00** Nothing to Declare. **11.00** Border Patrol. **1.00** Nothing to Declare. **2.00** The Chase Celebrity Special. 4.00 Road Wars. 5.00 Motorbike Cops. **6.00** Highway Cops. 7.00 Caught Red Handed. **9.00** Brit Cops: Rapid Response. **10.00** Banged Up Abroad. **11.00** The Force: Essex. 1.00 Highway Patrol. 2.00 Banged Up Abroad. 3.00 Banged Up Abroad: Crime & Punishment. 4.00 Police Force: Australia.

#### FILM4

11.00 Carry On Cabby (1963). **12.50** Dragonheart (1996). Fantasy adventure, starring Dennis Quaid. 2.55 Paddington (2014). Family comedy, starring Hugh Bonneville. **4.45** Masters of the Universe (1987). Fantasy adventure, starring Dolph Lundgren. **6.55** The Day the Earth Stood Still (2008). Sci-fi remake, starring Keanu Reeves. **9.00** Jack Ryan: Shadow Recruit (2014). An analyst for the CIA is forced into an undercover assignment when he discovers a plot to destroy the US economy. Spy thriller, starring Chris Pine and Keira Knightley. **11.05** Here Comes Hell (2019). Premiere. It is the 1930s and group of old acquaintances are invited to a spooky, dilapidated country pile for a dinner party. Comedy horror, starring Tom Bailey, **12.40** The Love Witch (2016). **3.10** Close.

#### DAVE

**6.00** Teleshopping. **7.30** Red Bull Soapbox Race. **9.00** Rick Stein's India. 10.00 American Pickers, **1.00** Top Gear Best of British. 2.00 Cop Car Workshop. **4.00** Top Gear Best of British. **6.00** Red Dwarf. 8.00 Not Going Out 10.00 Mel Giedroyc: Unforgivable. 11.00 Would I Lie to You? 12.20 Mock the Week. **1.00** Have I Got a Bit More News for You. 2.00 Dave Gorman Goodish Hits. 3.00 Would I Lie to You? 4.00 Teleshopping.

# **TELEVISION**

#### THE BEST OF **TODAY'S TELLY**

CRITIC'S CHOICE



#### Line of Duty (BBC1, 9pm-10pm)

The crime thriller returns for its sixth instalment, with Martin Compston, Vicky McClure and Adrian Dunbar reprising their roles as DS Steve Arnott, DI Kate Fleming and Superintendent Ted Hastings. New information comes to light about a possible suspect in a

year-long unsolved murder, and DCI Joanne Davidson (Kelly Macdonald) appears keen to bring Gail Vella's killer to iustice. However, her conduct arouses suspicion, and it's not long before AC-12 are on the case. But as their investigation uncovers darker information, will Davidson turn out to be their most dangerous adversary yet?



All Star Musicals (STV, 6.30pm-8pm)

John Barrowman hosts a show as celebrities Ranj Singh, Robert Peston, Rob Rinder, Barney Walsh, Jessica Hynes and Luisa Bradshaw-White perform songs from hit musicals. They will be trying to impress musical theatre stars Flaine Paige, Samantha Barks and Trevor Dion Nicholas, as well as the viewing audience.



Midsomer Murders (STV, 8pm-10pm)

Local aristocrats and beekeepers the Deddingtons have built up a thriving empire, producing a honey with extraordinary healing power that has put the village of Granville Norton on the map. But how far will they go to ensure they are never dethroned? Griff Rhys Jones and Imogen Stubbs guest star.



The NHS: To Provide All People (BBC4, 8pm-9pm)

A film poem to mark the birth of the NHS, charting a day in the life of a present day regional hospital. Written by Owen Sheers and performed by a stellar cast of acting talent, including Michael Sheen, Eve Myles, Martin Freeman, Sian Phillips and Jonathan Pryce.



Justice League (ITV2, 6.35pm-9pm)

Bruce Wayne enlists the help of newfound ally Diana Prince to face an even greater enemy. Together, Batman and Wonder Woman work quickly to find and recruit a team of metahumans to stand against supervillain Steppenwolf. Scifi adventure, starring Ben Affleck, Gal Gadot and Henry Cavill

#### BBC1

6.00 Breakfast

8.00 Match of the Day (r)

8.30 Match of the Day: The FA Cup (r)

9.00 The Andrew Marr Show

10.00 The Sunday Show

10.30 The Big Questions

11.30 Reflections at the Quay

12.00 Comic Relief 2021: The Best Bits

1.00 BBC News; Weather

1.15 Match of the Day Live: The FA Cup Chelsea v Sheffield United (Kick-off 1.30pm).

3.35 Garden Rescue Designing a garden for a family of seven. (r)

4.05 BBC News

4.20 Reporting Scotland; Weather

4.30 Match of the Day Live: The FA Cup Leicester City v Manchester

United (Kick-off 5pm).

#### 7.00 Countryfile Ellie Harrison celebrates the arrival of Spring on her home turf in the Cotswolds, and reports on a scheme to enable wheelchair users to enjoy tougher terrain in the great outdoors.

8.00 Top Gear The team takes some of greatest-ever cars featured in James Bond movies for a spin, and Freddie Flintoff pits an Extreme E race car against a man in a jet-pack.

9.00 Line of Duty New series. The conduct of DCI Joanne Davidson arouses the suspicions of AC-12. Return of the crime thriller, with Adrian Dunbar, Martin Compston, Vicky McClure and Kelly Macdonald.

10.00 BBC News

10.20 Reporting Scotland; Weather 10.30 Match of the Day 2 Mark Chapman

presents highlights of today's Premier League fixtures – West Ham United v Arsenal at London Stadium and Aston Villa v Tottenham Hotspur at Villa Park.

11.05 Match of the Day: The FA Cup 11.30 Sportscene Celtic v Rangers

Steven Thompson presents action from the Old Firm derby at Celtic Park, as the hosts looked for a morale-boosting victory.

12.45 Bill Bailey: Limboland (r) 1.45 Weather for the Week Ahead 1.50 BBC News

#### Top Gear,



Chris Packham's Animal Einsteins,





10.00 Radio 1 Anthems with Adele Roberts. 10.32 Radio 1 Anthems with Jordan North 11.00 Jordan North. 11.00 Jordan North. 11.00 Matt and Mollie. 4.00 Radio 1s Life Hacks with Vick and Katie. 6.00 The Official Chart: First Look on Radio 1.7 A00 Radio 1s Chillest Show with Sian Eleri. 9.00 Rock Show with Daniel P Carter. 11.00 BBC Introducing on Radio 1 with Gemma Bradley. 12.30 BBC Introducing Dance. 1.00 Radio 1's Residency. 2.00 Radio 1's Residency.

BBC RADIO 2
9.00 Steve Wright's Sunday Love Songs. 11.00 The Sue Perkins Show. 1.00 Elaine Paige on Sunday.
3.00 Sounds of the 70s with Johnnie Walker. 5.00 Paul 0'Grady. 7.00 Radio 2 Celebrates Country.
9.00 Barry Humphries Barry's Forgothen Musical Masterpieces. 10.00 Dr Rangan Chatterjee. 12.00 OJ Borg. 2.30 One Hit Wonders with OJ Borg.

#### **BBC RADIO 3**

9.00 Sunday Morning. 12.00 Private Passions. 1.00

Radio 3 Lunchtime Concert. 2.00 The Early Music Nation 3 Lunentime Concert. 2.00 The Early Music Show. 3.00 Choral Evensong. 4.00 Jazz Record Requests. 5.00 The Listening Service. 5.30 Words and Music. 6.45 Between the Ears. 7.15 New Generation Thinkers. 7.30 Drama on 3: The Meaning of Zong. 9.15 Record Review Extra. 11.00 Transcribe, Transform with Vikingur Olafsson. 12.00 Classical Fix. 12.30 Through the Night.

#### **BBC RADIO 4**

**5.45** Lent Talks. **6.00** News Headlines. **6.05** 5.45 Lent Talks. 6.00 News Headlines. 6.05 Something Understood. 6.35 Natural Histories. 6.57 Weather. 7.00 News. 7.10 Sunday. 7.54 Radio 4 Appeal. 7.57 Weather. 8.00 News. 8.10 Sunday Worship. 8.48 A Point of View. 8.58 Tweet of the Day. 9.00 Broadcasting House. 10.00 The Archers. 10.54 Tweet Tales 5: Chiffchaff and Willow Warbler. 11.00 Desert Island Discs. 11.45 The Battles That Was DUE Freedom: 13.00 News. 12.03 Let be Won Our Freedoms. 12.00 News. 12.03 Just a Minute. 12.30 The Food Programme. 12.57 Weather 1.00 The World This Weekend. 1.30 The Listening Project. 2.00 Gardeners' Question Time.

2.45 The New Anatomy of Melancholy. 3.00 Drama: Sweeney Todd and The String of Pearls. 4.00 Quen Book. 4.30 Ways to Weather the Storm. 5.00 File on 4. 5.40 Profile. 5.54 Shipping Forecast. 5.57 Weather. 6.00 Six O'Clock News. 6.15 Pick of the Week. 7.00 SitUlicide. 7.15 Jacob Hawley: Class Act. 7.45 One Night in Paradise. 8.00 Feedback. 8.30 Last Word. 9.00 Money Box. 9.25 Radio 4 Appeal. 9.30 Analysis. 9.59 Weather. 10.00 The Westminster Hour. 11.00 The Film Programme. 11.30 Something Understood. 12.00 News and Weather. 12.15 Sideways. 12.45 Bells on Sunday. 12.48 Shipping Forecast. 1.00 As BBC World Service. 5.20 Shipping Forecast. 2.45 The New Anatomy of Melancholy. 3.00

BBC RADIO 5 LIVE
6.00 5 Live Science. 7.00 Sunday Breakfast. 10.00
Laura Whitmore's Sunday Session. 11.30 5 Live
Sport. 12.00 5 Live Sport. 2.00 5 Live Sport. 3.00 5
Live Sport: Premier League Football 2020-21. 7.00 5
Live Sport: FA Cup Football 2020-21. 7.00 5 Live
Sport. 7.00 5 Live Sport. Premier League Football Sport. 7.30 5 Live Sport: Premier League Football

#### BBC2

6.15 Britain in Bloom (r)

6.45 Gardeners' World (r)

7.45 Glorious Gardens from Above (r)

8.30 Countryfile (r)

1.50 Coast (r)

9.30 Weatherman Walking: The Welsh Coast (r)

 $1.15\,\,Songs\,of\,Praise: The\,Rev\,Kate$ 

**Bottley's Favourite Moments** 

comedy, starring Howard Keel and

2.15 FILM: Kiss Me Kate (1953) Musical

4.00 Flog It! Making a profit at auction.

6.00 The Americas with Simon Reeve

Einsteins The naturalist looks at

natural world, with sea otters

8.00 Brazil with Michael Palin (r) The

failed rubber plantation and

9.00 The Misadventures of Romesh

deception, theft and cheating in the

kidnapping pups and holding them

Monty Python star travels from the

northern border to Brasilia, along

the way searching for Henry Ford's

discovering why Amazon women

Ranganathan (r) The comedian

temperatures rise to 50 degrees

celsius, and is quided by a local of

Berber descent who was born and

grew up in the region. Last in the

10.00 FILM: The Boy Who Harnessed

13-year-old boy invents an

the Wind (2019) Premiere. A

unconventional way to save his

Maxwell Simba and Chiwetel

11.45 Heroes (r) Peter tries to connect

12.30 Heroes (r) 1.10 Sign Zone: Question Time

(r) 2.10 Holby City (r) 2.50 This Is BBC Two

family and village in Malawi from

famine. Fact-based drama, starring

explores the Sahara desert, where

Kathryn Grayson.

5.00 This Farming Life (r)

7.00 Chris Packham's Animal

to ransom for food.

are so strong.

series

Eijofor.

with Emma.

Bradbury (r)
10.00 Love Your Weekend with Alan 10.00 Saturday Kitchen Best Bites 11.30 Rick Stein's India (r) Titchmarsh 12.30 Best Bakes Ever (r)

 $\textbf{11.55 Simply Raymond Blanc} \, (r) \\$ 

12.55 Love Your Garden (r)

9.25 ITV News

1.25 ITV News; Weather

1.40 Britain's Got Talent: Acts That Stormed the World

8.10 Scrambled!: Teen Titans Go! (r)

9.05 The Rubbish World of Dave Spud

9.30 Britain's Best Walks with Julia

8.30 Don't Unleash the Beast (r)

2.45 FILM: Minions (2015)

4.25 Tipping Point: Best Ever Finals (r)

5.00 The Chase Celebrity Special (r)

6.00 ITV News; Weather

6.20 STV News; Weather

6.30 All Star Musicals

#### 8.00 Midsomer Murders Local

aristocrats and beekeepers the Deddingtons have built up a thriving empire, producing a honey with extraordinary healing power that has put the village of Granville Norton on the map. Griff Rhys Jones and Imogen Stubbs guest star in the mystery drama, with Neil Dudgeon and Nick Hendrix.

#### 10.00 ITV News; Weather

10.15 DNA Journey (r) Britain's Got Talent judge Amanda Holden and comedian Alan Carr embark on journeys across the country as they delve into their family histories, unlocking secrets of the past and meeting close family they never knew existed. Amanda's journey starts in the grounds of a stately home in Cornwall, while Alan's hunt for his ancestors takes him to a pub in Erith with something of a colourful past.

11.25 Six Nations Highlights Ugo Monye presents action from the fifth round of fixtures, featuring France v Wales at Stade de France, Ireland v England at Aviva Stadium and Scotland v Italy at BT

Murrayfield.

12.15 2020: The Story of Us (r) 1.25 ITV Nightscreen 3.00 FYI Extra 3.15 Motorsport UK 4.05 ITV Nightscreen 5.35 Tipping Point: Best Ever Finals (r)

The Chase Celebrity Special,

# 10.00 Radio 1 Anthems with Adele Roberts. 10.32

#### **CHANNEL 4**

- 6.05 The Big Bang Theory (r)
- 7.35 The Simpsons (r)
- 9.30 Sunday Brunch
- 12.30 A Taste of Italy (r)
- 1.05 The Simpsons (r)
- 1.35 The Simpsons (r) 2.05 The Great Celebrity Bake Off for Stand Up to Cancer (r)
- 3.20 FILM: Wonder (2017) A boy with facial disfigurements struggles to fit in at a mainstream school. Drama, starring Jacob Tremblay, Julia Roberts and Owen Wilson
- 5.35 Channel 4 News
- $6.05\ The\, Yorkshire\, Dales\, and\, the$ Lakes (r) Joe Weir is running out of
  - time to fulfil an order of Westmorland Green slate.
- 7.00 Escape to the Chateau (r) Dick Strawbridge is determined to make sloe gin, while Angel presses on with her plan to create a library in the pepper pot tower.
- 8.00 Scotland's Scenic Railways Documentary exploring the railways crossing the Scottish Highlands, and meeting both the workers who keep them running and the steam enthusiasts who safeguard these iconic routes.
- 9.00 Queen Elizabeth: Love, Honour & Crown Recently declassified documents reveal an unseen side to the Queen and Prince Philip, exploring the key personal events that have shaped their lives.
- 10.00 The Circle Popularity contest in which individuals from all walks of life compete to win a cash prize They will all live in one modern block, but separately in individual apartments, interacting with one another exclusively through a bespoke voice-activated social media platform called 'The Circle'.
- 11.05 Gogglebox (r) The armchair critics share their opinions on what they have been watching during the

12.10 Ramsay's Kitchen Nightmares USA (r) 1.00 FILM: Dogman (2018) 2.40 The Handmaid's Tale (r) 3.35 The Supervet (r) 4.30 Jamie: Keep Cooking and Carry On (r) 4.55 Fifteen to One (r) 5.50 Countdown (r)

#### The Circle.



## 2020-21. **9.30** 6-0-6. **10.30** Stephen Nolan. **1.00** Dotun

CLASSIC FM 7.00 Aled Jones, 10.00 Bill Turnbull, 1.00 Catherine Bott, 4.00 John Humphrys, 7.00 Smooth Classics at Seven, 9.00 Julian Lloyd Webber's Rising Stars, 10.00 Smooth Classics, 1.00 Bill Overton.

#### BBC RADIO SCOTLAND

BBC RADIO SCOTLAND
6.30 Our Scotland. 7.00 Stark Talk.
7.30 New Every Sunday. 8.00
Sunday Morning. 10.00 The Sunday
Show. 12.00 Sportsound. 3.00 Off
the Ball. 5.00 Your Requests with
Gary Innes. 7.00 Jazz Nights. 9.00
Classics Unwrapped. 11.00 Iain
Anderson. 1.00 As BBC Local Radio
and BBC Radio 5 Live.

#### **CHANNEL 5**

- 6.00 Milkshake!
- 10.00 SpongeBob SquarePants (r)
- 10.15 The Loud House (r)
- 10.30 Entertainment News on 5
- 10.35 WWE: Raw Highlights
- 11.35 Friends (r)
- 12.05 Friends (r)
- 12.30 Friends (r)
- 1.00 Friends (r)
- 1.30 Friends (r)
- 2.00 Gardening with Carol Klein (r) 3.00 Gardening with Carol Klein (r)
- 4.00 Adrian Dunbar's Coastal Ireland
- 5.00 Adrian Dunbar's Coastal Ireland
- 5.55 5 News Weekend
- 6.00 Celebrity Motorhoming Five famous faces go on a road trip.
- 8.00 Happy Campers: The Caravan Park At Tencreek holiday new Yellow Coats Charley and Andi make their debuts as park mascots Deano and Sparky, while park

irate customer.

9.00 Rich House, Poor House Property developer Trevor and his wife Marie swap homes with fellow Lincolnshire residents Michael and Natasha from Birmingham, who survive on £100 a week

manager Rob has to deal with an

- 10.00 Bargain-Loving Brits in the Sun (r) A crown green bowling team in Saydo is determined to end a losing streak, while Joe and Jan receive some devastating news.
- 10.55 OAPs Behaving Badly in Benidorm (r) Part one of two. Documentary following British pensioners who call Benidorm their home, including entrepreneur Lee, who is hoping to make his fortune by opening a sports bar.
- 11.55 22 Kids & Counting (r) With 10 teenagers now living in the Radford house, their laziness is driving mum Sue to take up DIY projects, leaving the house in chaos. Last in the

12.55 Entertainment News on 51.00 The 21.co. uk Live Casino Show 3.00 Entertainment News on 5 3.10 The Dog Rescuers with Alan Davies (r) 4.00 OMG! Boy Beauty Addicts (r) 4.45 Wildlife SOS (r) 5.10 Nick's Quest (r)

#### Gardening with Carol Klein,



NCIS: Los Angeles, Sky One, 10pm.

# **SUNDAY MARCH 21**

### Satellite & Digital our top pick of the Channels

7.00 The Greatest Poem of World War One: David Jones's In Parenthesis. 8.00 The NHS: To Provide All People. 9.00 Railway Nation: A Journey in Verse. 10.00 FILM: Sylvia (2003). Biopic of troubled poet Sylvia Plath, exploring her battle with depression and marriage to Ted Hughes. Starring Gwyneth Paltrow and Daniel Craig. **11.45** Performance Live: Kate Tempest. 12.50 The NHS: To Provide All People. **1.50** The Greatest Poem of World War One: David Jones's In Parenthesis. **2.50** Railway Nation: A Journey in Verse. **3.50** Close.

#### ITV2

7.00 The Ellen DeGeneres Show. 8.40 Love Bites. 11.40 Catchphrase Celebrity Special. **12.40** Celebrity Supermarket Sweep. **1.45** In for a Penny. **2.15** You've Been Framed! 2.45 FILM: Happy Feet Two (2011). 3.45 FYI Daily. 3.50 FILM: Happy Feet Two (2011). **4.50 FILM:** Jurassic Park III (2001) 5.50 FYI Daily. 5.55 FILM: Jurassic Park III (2001). 6.35 FILM: Justice League (2017). Sci-fi adventure, (2017). Sci-ii adventure, starring Ben Affleck, **7.40** FYI Daily. **7.45 FILM:** Justice League (2017). **9.00** Love Island: Australia. **10.20** Family Guy. **11.45** American Dad! **12.40** The Cleveland Show. **1.40** Hell's Kitchen. 2.35 Iain Stirling's CelebAbility. 3.15 Totally Bonkers Guinness World Records. **3.30** Teleshopping.

#### ITV3

6.00 Man About the House. 6.30 Coronation Street. 9.25 Emmerdale. **12.15** Agatha Christie's Poirot. **3.20** Inspector Morse. 8.00 Long Lost Family. 9.00 Joanna Lumley's Japan. 10.00 FILM: The More You Ignore Me (2018). Premiere. Coming-of-age story about a dysfunctional family's life in rural England. Comedy , starring Sheridan Smith and Mark Addy. **12.00** Scott & Bailey. **2.50** Bless This House. **3.20** Emmerdale. **5.35** ITV3 Nightscreen.

6.00 Auto Mundial. 6.25 Motorsport UK. **7.15** The Avengers. 8.15 The Big Fish Off. 9.20 Giant Lobster Hunters. **11.15** Extreme Salvage Squad. **12.15** The Memoirs of Sherlock Holmes 2.25 FILM: The Sea Wolves (1980). **3.25** FYI Daily. **3.30** FILM: The Sea Wolves (1980). 4.55 Hornblower. 7.00 Grand Slam Years: Ireland 2018. **8.00** Six Nations Highlights. 9.00 FILM: Step Brothers (2008). Two 40-year-old men who have never left the family home are forced to share a room when their single parents marry each other. Comedy, starring Will Ferrell and John C Reilly. **10.00** FYI Daily. **10.05** FILM: Step Brothers (2008). **11.05 FILM:** Conan the Barbarian (1982).

A formidable warrior seeks revenge on the brutal cult that killed his parents when he was a child. Fantasy adventure, with Arnold Schwarzenegger, Max von Sydow and James Earl Jones. **12.05** FYI Daily. **12.10** FILM: Conan the Barbarian (1982). **1.45** The Saint. **2.40** ITV4 Nightscreen. 3.00 Teleshopping

#### **SKY ONE**

6.00 Hour of Power, 7.00 Madagascar: A Little Wild **7.25** Where's Wally. **7.50** All Hail King Julien. **8.15** Trolls: Trollstopia. 8.40 Dawn of the Croods. **9.05** Modern Family. **12.00** The Simpsons. **1.00** Hawaii Five-0. **4.00** The Simpsons. 9.00 Rob & Romesh vs Superstar DJs 10.00 NCIS: Los Angeles **11.00** SEAL Team. **12.00** The Blacklist. **1.00** S.W.A.T. 2.00 The Force: Essex. 3.00 Brit Cops: Law & Disorder. 4.00 Send in the Dogs

#### SKY MAIN EVENT

**6.00** Sky Sports News. **7.00** Super League Gold. **7.10** Live NRL. 9.10 Super League Gold. **9.15** My Icon: Henni Goya. **9.30** Live European Tour Golf. **11.00** Live SPFL **2.30** Live Renault Super Sunday. West Ham United v Arsenal (Kick-off 3pm). 5.30 Live PGA Tour Golf. The Honda Classic. **7.00** Live Renault Super Sunday. Aston Villa v Tottenham Hotspur (Kick-off 7.30pm). Coverage of the Premier League match from Villa Park. **10.00** Whyte v Chisora: Bad Blood. **11.00** Dillian Whyte: Heavy Duty. 11.30 Fight Night International. 12.00 Sky Sports News

#### SKY CRICKET

6.00 Talking Cricket: Chennai 2008. **6.30** International T20 Cricket Bitesize Highlights. **7.30** International T20 Cricket. 2.00 International T20 Cricket Bitesize Highlights. **4.00** International T20 Cricket Highlights. **5.00** International T20 Cricket. **7.00**International T20 Cricket Bitesize Highlights. 9.00 International T20 Cricket Highlights. **10.00** Cricket in Mumbai. 11.00 International T20 Cricket Bitesize Highlights. **12.15** Best of T20 Blast Finals Day. **12.30** Talking Cricket: Sachin Tendulkar, **1.00** How the 2014 ICC World T20 Was Won. **3.00** World Cup Cricket Classics. **4.00** Best of The 2016 IPL. **4.30** Best of the IPL 2016. **5.00** World Cup Cricket Classics

#### BT SPORT 1

7.00 Premier League World. 7.30 Live Hyundai A-League 9.45 ESPN FC. 10.15 BT Sport Reload, 10.30 The Emirates FA Cup. 12.00 Live Ligue 1. Strasbourg v Lens (Kick-off 12pm). **2.00** Live Gallagher Premiership Rugby Union. Northampton Saints v Bristol Bears (Kick-off 3pm). **5.15** Live Gallagher Premiership Tonight. **6.00** BT Sport Films: Stop The Tour.

7.45 Live Ligue 1. Lyon v Paris Saint-Ğermain (Kick-off 8pm), Coverage of the French top-flight clash from Groupama Stadium. 10.00 Live NHL. Los Angeles Kings v Vegas Golden Knights (Face-off 10pm). Coverage of the West Division clash from Staples Centre. 12.30 UEFA Champions League Magazine **1.00** One Day International Cricket. **2.00** UEFA Champions League
Highlights. **3.00** UEFA
Europa League Highlights
Show. **4.00** 30 for 30: This Magic Moment.

#### **BT SPORT 2**

7.00 Live AFL. 10.00 World Surf League 2019. **11.00** Bundesliga. **12.30** Premier League World. **1.00** Cricket: Shark Curry. **1.30** BT Sport Big Bash Reload. **1.45** Live Test Cricket. West Indies v Sri Lanka. **10.00** BT Sport Reload. 10.30 UFC. 1.30 UFC Unleashed. **2.30** Badminton Unlimited. **3.00** MotoGP Classics: Losail 2013. **4.00** MotoGP Classics: Assen 2013. **5.00** MotoGP Classics: Silverstone 2013.

#### **EUROSPORT 1**

6.00 Freestyle Skiing. 6.15 Snowboarding. 8.15 Live Snowboarding. 9.25 Nordic Combined Skiing. **9.50** Live Nordic Combined Skiing. **10.50** Biathlon. **12.00** Cycling: Milan-San Remo. 1.30 Live Cycling: Trofeo Alfredo Binda. Coverage of the annual women's road race. **3.05** Alpine Skiing – Ryding. **3.15** Alpine Skiing. **6.15** Biathlon. **7.30** Cycling: Milan-San Remo. **8.00** Cycling: Trofeo Alfredo Binda **9.00** Alpine Skiing. **11.00** Cycling: Trofeo Alfredo Binda. 12.00 WCH Final: O'Sullivan v Wilson. **2.00** Cycling: Kuurne-Brussels-Kuurne. **3.00** Cycling: Milan-San Remo. **4.00** Alpine Skiing

#### MORE4

8.55 George Clarke's Amazing Spaces. **9.55** Ugly House to Lovely House with George Clarke. **11.00** George Clarke's Old House, New Home. **12.05** Come Dine with Me. 2.40 Four in a Bed. 5.20 Come Dine with Me. 7.25 A Taste of Italy. **8.00** Grand Designs. **9.00** 999: On the Front Line. **10.00** Surviving a Serial Killer. **11.05** 24 Hours in A&E. **12.05** 999: On the Front Line. **1.10** Surviving a Serial Killer, **2.10** 24 Hours in A&E. **3.15** Food Unwrapped. **3.40** Close. **4.00** Teleshopping

#### **BBC ALBA**

**6.00** Alba Today. **4.00** Abadas. **4.15** Shane an Chef. **4.25** Rita is Crogall. **4.35** Nannag a' Noo/Huggleboo. **4.45** Bing. **5.00** Kung Fu Panda. 5.25 Ronia, Nighean a' Mheirlich/Ronja, the Robber's Daughter. **5.48** Geamaichean Gorach. **5.50** Caractaran. **6.00** A-null 's a-nall. **6.15** An Là. **6.30** Seachd Là. **7.30** Alleluia! **8.00** Eòrpa. **8.30** Miann na Maighdinn-mara/ Mermaid Tales. **9.00** Farpaisean Chon-Chaorach. 10.00 Seirm. 11.00 The

Flatey Enigma. 11.50 Binneas – Na Trads. **12.00** Alba Today.

#### BBC SCOTLAND

**12.00** The Service. **12.30** This Is BBC Scotland. 7.00 The Seven. 7.15 Sportscene. 8.30 Grand Tours of Scotland's Lochs. 9.00 Gold Town. **10.00** Still Game. **10.30** Shelf Isolation. **11.00** Seven Days. **12.00** Close.

#### GOLD

**6.00** Teleshopping. **7.30** Citizen Khan. **10.35** Only Fools and Horses. 4.45 The Vicar of Dibley. **6.00** Only Fools and Horses. **7.40** Hold the Sunset. **8.20** Dad's Army. 9.00 All Round to Mrs Brown's. 10.15 Mrs Brown's Boys. 10.55 The Fast Show. **3.10** Citizen Khan. **4.00** Teleshopping.

#### **PICK**

**6.00** Border Patrol. **8.00** Paramedics: Australia. 10.00 Highway Cops. 11.00 Motorway Patrol. 12.00 Highway Patrol. 2.00 Monkey Life. **5.00** Neighbourhood Blues. **7.00** Motorbike Cops. 8.00 Nothing to Declare. 9.00 Killer in My Village. 10.00 Britain's Most Evil Killers, 11.00 Killer Lovers, 12.00 Road Wars. 2.00 The Force: Essex. 4.00 Highway

#### FILM4

11.00 The Longest Ride (2015). 1.40 The Secret Life of Walter Mitty (2013). Comedy drama, starring Ben Stiller. **4.05** Stargate (1994). Sci-fi adventure, starring Kurt Russell. 6.35 Snow White & the Huntsman (2012). Fantasy adventure, with Kristen Stewart and Chris Hemsworth. 9.00 True Lies (1994). A computer salesman's wife is unaware her boring husband leads a double life as a secret agent. James Cameron's action comedy, starring Arnold Schwarzenegger and Jamie Lee Curtis. **11.45** Once Upon a Time in the Midlands (2002). A crook sees his ex-wife humiliate her boyfriend on TV, and decides to try to win back her heart. Comedy, with Robert Carlyle and Rhys Ifans. **1.50** Suntan (2016). **4.00** Close.

#### DAVE

Storage Hunters UK. **8.00** Rick Stein's India. **9.00** Top Gear Best of British. **10.00** Cop Car Workshop. 11.00 Red Bull Soapbox Race. 12.00 American Pickers 2.00 Cop Car Workshop. 3.00 Top Gear Best of British. 4.00 Top Gear. 5.00 Top Gear Botswana Special. **6.00** Red Bull Soapbox Race. **7.00** Top Gear. **8.00** Mortimer & Whitehouse: Gone Fishing. **8.40** Room 101. **10.00** Hypothetical. 11.00 QI. 12.20 Dave Gorman: Terms and Conditions Apply. 1.20 Taskmaster, **2.30** Alan Davies: As Yet Untitled. **3.20** QI. **4.00** Teleshopping.

**6.00** Teleshopping. **7.10** 



# **MONDAY MARCH 22**

#### **BBC 1**

6.00 Breakfast 9.15 Morning Live

10.00 Homes Under the Hammer (r)

11.00 Crimewatch Live 11.45 Paramedics on Scene (r)

12.15 Bargain Hunt (r)

1.00 BBC News at One; Weather

1.30 Reporting Scotland; Weather

1.45 Doctors

2.15 Impossible Quiz, hosted by Rick

3.00 Escape to the Country

3.45 Ready Steady Cook

4.30 The Repair Shop

5.15 Pointless (r)

6.00 BBC News at Six; Weather 6.30 Reporting Scotland; Weather

7.00 Covid: Who Got it Right? Jane Corbin investigates Covid-19 policies

pursued by governments around the world

8.05 EastEnders

8.30 Fawlty Towers (r) Basil tries to save

money on building costs.

9.00 Football's Darkest Secret New series. Historic child abuse that has taken place in youth football all across England

10.00 BBC News at Ten

10.30 Reporting Scotland; Weather

10.45 Disclosure: Breaking the Mould 11.15 RuPaul's Drag Race UK The grand finale of the drag queen competition. Last in the series.

12.20 Top Gear (r) 1.20 Weather for the Week Ahead 1.25 BBC News

BBC 2

6.00 Bargain Hunt (r) 6.45 Ready Steady Cook (r) 7.30 Sign Zone: Antiques Roadshow (r) 8.30 The Week in Parliament 9.00 BBC News at 9 10.00 BBC News 12.15 Politics Live 1.00 Bitesize Daily for Secondary (r) 2.00 Earth: The Power of the Planet (r) The powerful

natural forces that shaped the planet.
3.00 Put Your Money Where Your Mouth Is (r)

3.45 Nature's Great Events (r) The annual melting of Arctic sea ice.

4.45 The Wonder of Animals (r)

5.15 Flog It! (r)

6.00 Richard Osman's House of Games

6.30 Pizza Boys

7.00 Mary Berry Everyday (r)

7.30 Mastermind Specialists subjects include Stephen Sondheim musicals and Alan Partridge

8.00 Only Connect The losing semifinalists battle it out for third place.

8.30 University Challenge 9.00 Amazing Hotels: Life Beyond the **Lobby** (r) Giles Coren and Monica Galetti visit a hi-tech hotel in Macau

10.00 Have I Got a Bit More News for You (r) Charlie Brooker hosts.

10.45 Newsnight

11.25 Weather

11.30 A Week in the Wild (r) Three celebrities tackle an iconic long distance hike.

12.30 Sign Zone: Countryfile (r) 1.30 For Love or Money (r) 2.15 My Unique B&B (r) 2.45 This Is BBC Two

6.00 Good Morning Britain

9.00 Lorraine 10.00 This Morning

12.30 Loose Women
1.30 ITV Lunchtime News; Weather

1.55 STV News; Weather

2.00 Judge Rinder (r) Cameras follow criminal barrister Robert Rinder as he takes on real-life cases in a studio courtroom.

3.00 Tenable Five friends take part.

3.59 STV Weather Central

**4.00 Tipping Point** (r) Game show.

**5.00 The Chase** (r) Quiz show, hosted by Bradley Walsh. Last in the series.

6.00 STV News at Six; Weather

6.30 ITV Evening News; Weather

7.00 Emmerdale Paul is panicked and Liv

7.30 Coronation Street Tyrone and Alina try to convince Seb there is nothing aoina on.

8.00 Love Your Garden Agarden for a Dorset family coping with a terminal illness

8.30 Coronation Street Tyrone admits he has fallen for Alina

9.00 Unforgotten Balcombe believes she may have found the cause of death.

10.00 ITV Newsat Ten

10.30 STV News; Weather

10.40 Scotland Tonight; Weather Current affairs show

11.10 Piers Morgan's Life Stories (r)

12.05 Bear & Jonny Wilkinson's Wild Adventure (r) 12.55 ITV Nightscreen 3.00 FYI Extra 3.15 Lingo (r) 4.05 ITV Nightscreen 5.05 Tipping

#### **CHANNEL 4** 6.30 Mike & Molly (r)

7.10 Cheers (r)

8.05 The King of Queens (r)

**9.05** Frasier (r)

10.35 Undercover Boss USA (r)

11.30 Channel 4 News

11.35 Ramsay's Kitchen Nightmares

USA (r) 12.30 Steph's Packed Lunch

2.10 Countdown

3.00 A Place in the Sun (r)

4.00 A New Life in the Sun (r)

5.00 Fourina Bed

5.30 Drawers Off

6.00 The Simpsons (r)

**6.30 Hollyoaks** Felix gets involved in Brad's dodgy dealings. (r)

7.00 Channel 4 News

8.00 The High Street Cash Crisis: **Dispatches** Antony Barnett reports on the collanse of several of Britain's best-known brands.

8.30 Jamie: Keep Cooking Family Favourites A simple recipe that takes the humble aubergine and gives it a delicious Italian twist.

9.00 24 Hours in Police Custody New series. A 23-year-old man is questioned over a string of violent offences.

10.00 The Circle The latest twists and turns in the social media reality show.

11.05 Naked Attraction (r)

**12.10** Let's Talk About Sex (r) **1.05** Ramsay's Kitchen Nightmares USA (r) **1.55** Couples Come Dine with Me (r) **2.50** The Handmaid's Tale (r) **3.55** The Supervet (r) **4.50** Fifteen to One (r) 5.45 Food Unwrapped (r) 5.50 Countdown (r)

#### **CHANNEL 5**

6.00 Milkshake!

9.15 Jeremy Vine

11.15 George Clarke's Build a New Life

in the Country (r)
12.15 5 News at Lunchtime

12.20 Our B&B Dream (r)

1.15 Home and Away (r)

1.45 Neighbours 2.15 FILM: Perfect Family, Perfect Murder (2019) Thriller, starring Hayley McLaughlin.

4.00 Casualty 24/7: Every Second Counts (r)

5.00 5 News at 5

5.30 Neighbours (r)

6.00 Home and Away (r)

6.30 5 News Tonight

7.00 Gallagher Premiership Rugby Highlights Action from the 14th round of fixtures, including Exeter Chiefs v Leicester Tigers at Sandy Park and Northampton Saints v Bristol Bears at Franklin's Gardens.

Followed by 5 News Update
8.00 Traffic Cops Officers prepare for a spike in drink-drive incidents. Followed by 5 News Update

9.00 Hoarder Homes: No Room to Move New series. The many and varied reasons why people hoard.

10.00 Casualty 24/7: Every Second **Counts** (r) A man with aortic dissection is brought in.

11.05 999: Critical Condition (r)

12.05 Plastic Surgery Knifemares (r) 12.55 Entertainment News on 5 1.00 The 21.co.uk Live Casino Show 3.00 Entertainment News on 5 3.10 Friends (r) 3.35 Friends (r) 4.00 The Dog Rescuers with Alan Davies (r) **4.45** Wildlife SOS (r) **5.10** Nick's Quest (r) **5.35** House Doctor (r)

#### RuPaul's Drag Race UK,





Tenable,

Jamie: Keep Cooking Family Favourites.

Casualty 24/7: Every Second Counts.

7.00 Yorkshire Walks. 7.30 The 7.00 Yorkshire Walks. 7.30 Ine Joy of Painting. 8.00 Fake or Fortune? 9.00 Undercover OAP: The Mole Agent – Storyville. 10.20 Morocco to Timbuktu: An Arabian Adventure. 12.25 The Joy of Painting. 12.50 Yorkshire Walks. 1.20 Fake or Fortune? 2.20 Moreco to Timbuktu: An 2.20 Morocco to Timbuktu: An Arabian Adventure. 3.20 Close

#### ITV2

7.00 The Ellen DeGeneres Show. 8.00 Emmerdale. 8.30 Coronation Street. 9.30 Supermarket Sweep. 10.30 Love Bites. 11.30 Dress to Impress. 12.30 Emmerdale. 1.00 Coronation Street. 2.00 The Ellen Coronation Street. 2.00 The Lile DeGeneres Show. 2.55 Love Bites. 4.00 The Masked Singer US. 6.00 Celebrity Catchphrase. 7.00 You've Been Framed! Gold. 8.30 You've Been Framed! Gold Funniest Ever. 9.00 Love Island: Australia. 10.05 The Stand Up

etch Show. **10.35** Family Guy. 11.35 American Dad! 12.35 The Cleveland Show. 1.30 Don't Hate the Playaz. 2.05 Iain Stirling's CelebAbility. 2.50 Totally Bonkers Guinness World Records. 3.05 FYI Extra. 3.20 ITV2

#### Nightscreen. 3.30 Teleshopping

**6.00** Classic Coronation Street. **7.00** Classic Emmerdale. **8.00** Heartbeat. **9.00** Bless This House. **9.40** On the Buses. **10.45** Agatha Christie's Poirot. **12.40** Heartbeat. **1.45** Classic Emmerdale. **2.50** Classic Coronation Street. **3.50** Inspector Morse. **6.00** Agatha Christie's Poirot. **8.00** Agatha Christie's Marple. **10.00** Law & Order: UK. **11.00** Scott & Bailey. 12.05 Inspector Morse. 2.15 ITV3 Nightscreen. 2.30 Teleshopping.

#### SKY ONE

6.00 Futurama. 7.00 Wild Vets.

8.00 Stargate SG-1. 9.00 Brit Cops: Rapid Response. 10.00
Highway Patrol. 11.00 NCIS: Los
Angeles. 1.00 Hawaii Five-0.
3.00 MacGyver. 4.00 Modern
Family, 5.00 The Simpsons. 5.30 Futurama, 6.30 The Simpsons 8.00 FILM: Godzilla (1998) 10.30 The Flight Attendant 11.30 Dating No Filter. 12.00 The Blacklist. 1.00 The Force: Essex. 2.00 Road Wars. 3.00 Brit Cops: Law & Disorder. **4.00** Highway Patrol. **5.00** MacGyver.

SKY MAIN EVENT **6.00** Sky Sports News. **10.00** The Football Show. **12.00** Sky Sports News. 4.30 Super League Countdown. **5.00** Live Netball Superleague. **6.45** Live Netball Superleague. **8.45** My Icon: Nasser Hussain. **9.00** Fight Night 11.00 Povetkin v Whyte 2 Countdown 22.03. **11.30** Dillian Whyte: Off Limits. **12.00** Sky Sports News. **1.00** Live NBA:

Indiana @ Milwaukee 22.03. 3.30 Sky Sports News

SKY CRICKET 6.00 World Cup Cricket Classics. **7.00** One-Day International Cricket. **2.00** ICC Cricket World Cup. **3.00** International T20 Cricket. **5.00** International T20 Cricket Bitesize Highlights. **7.00** International T20 Cricket International 1 20 Cricket Highlights. **8.00** Talking Cricket: Graeme Smith. **8.30** Talking Cricket: Wasim & Waqar. **9.00** Out of Exile: Feature Length Version. **9.45** My Icon: Moeen Ali. 10.00 International T20 Cricket Bitesize Highlights. 11.15 Best of T20 Blast Finals Day. **11.30**Talking Cricket: Sachin Tendulkar. **12.00** Cricket in Mumbai. **1.00** How the 2016 ICC World T20 Was Won. **3.00** World Cup Cricket Classics. **4.00** My Icon: Nasser Hussain. **4.15** My Icon: Ebony Rainford-Brent. **4.30** My Icon: Moeen Ali

Analysis. **9.00** The Real Internet Giants. **9.30** Start the Week. **9.59** 

Weather. 10.00 The World Tonight

10.45 Book at Bedtime: White Fang. 11.00 Loose Ends. 11.30

rang. 11.00 Loose Ends. 11.30 Today in Parliament. 12.00 News and Weather. 12.30 Book of the Week: One Two Three Four – The Beatles in Time. 12.48 Shipping Forecast. 1.00 As BBC World

Service, 5.20 Shipping Forecast

Arthanayake. **4.00** 5 Live Drive.

**7.00** 5 Live Sport: The Monday Night Club. **9.00** 5 Live Sport: The

Tuffers and Vaughan Cricket Show.

10.00 5 Live Sport. 10.30 Colin

Murray. 1.00 Dotun Adebayo.

**BBC RADIO 5 LIVE** 

9.00 Your Call. 10.00 Naga Munchetty. 1.00 Nihal

#### BT SPORT 1

**6.00** UEFA Champions League Magazine. **6.30** Premier League World. **7.00** Premier League Review. **8.00** Live Hyundai A-League. **10.00** ESPN FC. **10.30** UEFA Champions League Magazine. **11.00** Gallagher Premiership Rugby Highlights. 12.30 BT Sport Big Bash Reload. 12.45 Test Cricket Highlights. 1.45 Live Test Cricket. 10.00 The Emirates FA Cup Highlights.

10.30 BT Sport Goals Reload.

11.00 WWE SmackDown LIJU WWE SMACKLOWN Highlights. **12.00** Live: WWE Monday Night Raw. **3.15** Ligue 1 Highlights. **4.15** BT Sport Goals Reload. **4.30** The Emirates FA Cup Highlights. **5.00** PSA Squash Highlights.

#### BBC ALBA

**6.00** Alba Today. **5.00** Leugh le Linda. **5.25** 'S E Iasg a Th'Annam **5.30** Baile Mhuitinn. **5.40** A'Bhuth. **5.55** Stòiridh. **6.00** Na

Moomins/Moomin Valley. 6.25 Port Pàipeir. **6.35** Saidheans Sporsail. **7.00** Vets: Gach Creutair Beo. **7.30** Speaking Our Language. **7.55** Earrann Eachdraidh. **8.00** An Là. **8.30** Dealbhan Fraoich. **9.00** Trusadh. **10.00** Na Trads: An Tobar. **10.30** FilmG. **12.00** Alba Today.

#### BBC SCOTLAND

10.00 Bitesize Scotland: Primary 10.20 Authors Live: Michael Rosen. 11.00 Bitesize Scotland Daily: Secondary Programme 5. 11.35 Authors Live: Anthony Horowitz. 12.10 This Is BBC Scotland. 2.00 Sign Zone: Paramedics on Scene. 3.00 Sign Zone: Simon King's Shetland Adventure. 4.00 This Is BBC Scotland. 7.00 Stormborn. 8.00 This Farming Life. 9.00 The Nine. 10.00 River City. 10.30 Scary Adult Things. 11.00 Susan Rosen. 11.00 Bitesize Scotland Adult Things. **11.00** Susan Calman's Happy Space. **11.30** Loop. **12.00** Close.

FILM4 11.00 Dakota Incident (1956). 12.50 The Fighting Kentuckian (1949). 2.50 3:10 to Yuma (1957). 4.40 The Man in the Iron Mask (1977) 6.45 WarGames (1983) 9.00 Murder on the Orient Express (2017). 11.15 Anchorman 2: The Legend Continues (2013). **1.35** Scouts Guide to the Zombie Apocalypse (2015). **3.30** Close.

#### DAVE

9.00 Storage Hunters UK. 10.00 American Pickers, 12.00 Storage Hunters UK. 1.00 Top Gear. 2.00 Top Gear Botswana Special. 3.00 Rick Stein's Far Eastern Odyssey. 4.00 Top Gear: Ambitious but Rubbish, 6.00 Taskmaster, 7.00 Would I Lie to You? **7.40** Room 101. **9.00** QI XL. **10.00** Taskmaster. **11.00** Mel Giedroyc: Unforgivable **12.00** Mock the Week. **12.40** Would I Lie to You? **2.00** QI XL. **3.00** Aussie Pickers. **4.00** Teleshopping. 4.00 Teleshopping

#### RADIO

BBC RADIO 1 7.00 Matt and Mollie. 10.32 Clara Amfo. 12.45 Newsbeat. 1.00 Scott Mills. 3.32 Nick Grimshaw. 5.45 Newsbeat. 6.00 Radio 1's Future Sounds with Annie Mac. **7.00**Radio 1's Power Down Playlist with Annie Mac. **8.00** Rickie, Melvin and Charlie. **10.00** Radio 1's Future Artists with Jack Saunders. **12.00** Radio 1's Drum & Bass Show. **2.00**Radio 1 Dance Presents. **3.00**Radio 1's Workout Anthems.

#### **BBC RADIO 2**

**6.30** The Zoe Ball Breakfast Show **9.30** Ken Bruce. **12.00** Jeremy Vine. 2.00 Steve Wright in the Afternoon. 5.00 Sara Cox. 6.30

Sara Cox's Half Wower. **7.00** Jo Whiley's Shiny Happy Playlist. **7.30** Jo Whiley. **9.00** The Blue's Show with Cerys Matthews. **10.00**Trevor Nelson's Rhythm Nation. 12.00 OJ Borg. 3.00 In Concert – Willie Nelson. 4.00 Vanessa Feltz.

#### **BBC RADIO 3**

6.30 Breakfast, 9.00 Essential Classics. **12.00** Composer of the Week: Ravel. **1.00** Radio 3 Week: Ravel. 1.00 Radio 3 Lunchtime Concert. 2.00 Afternoon Concert. 4.30 Early Music Now. 5.00 In Tune. 7.00 In Tune Mixtape. 7.30 Radio 3 in Concert. 10.00 Music Matters. 10.45 The Essay: Blood and Bronze. 11.00 Night Tracks. 12.30 Through the Night.

#### **BBC RADIO 4 9.00** Start the Week. **9.45** (FM)

Book of the Week: One Two Three Four – The Beatles in Time. **9.45** (LW) Daily Service. **10.00** Woman's Hour. **11.00** Making Demille. **11.30** How to Vaccinate the World. **12.00** News. **12.06** White Fang. **12.20** You and Yours. **12.57** Weather **1.00** The World at One. **1.45** Outsiders. **2.00** Home School History. **2.15** Drama: Afterplay. **3.00** Round Britain Quiz. **3.30** The Food Programme. **4.00** Shock Waves. **4.30** The Digital Human. 5.00 PM. 5.57 Weather, 6.00 Six O'Clock News. **6.30** Just a Minute. **7.00** The Archers. **7.15** Front Row. **7.45** The Whisperer in Darkness. **8.00** Out of the Ordinary. **8.30** 

CLASSIC FM 6.00 More Music Breakfast. 9.00 Alexander Armstrong. 12.00 Aled Jones. 4.00 John Brunning, 7.00 Smooth Classics at Seven. **8.00** The Classic FM Concert with John Suchet. **10.00** Smooth Classics. **1.00** Bill

#### **BBC RADIO SCOTLAND**

**6.00** Good Morning Scotland. **9.00** Mornings. **12.00** Lunchtime Live. 1.30 The Afternoon Show with Janice Forsyth. 4.00 Drivetime. 6.00 (FM) Get Tt On with Bryan Burnett. 6.00 (MW) Sportsound 7.00 (MW) Sportsound Rugby 8.00 (FM) Vic Galloway. 10.00 Iain Anderson. 12.00 As Radio 5



Fake or Fortune?, BBC4, 8pm.



# **TUESDAY MARCH 23**

**BBC 1** 

6.00 Breakfast 9.15 Morning Live

10.00 Homes Under the Hammer (r)

11.00 Crimewatch Live

11.45 Paramedics on Scene (r) 12.15 Bargain Hunt (r)

1.00 BBC News at One; Weather

1.30 Reporting Scotland; Weather

1.45 Doctors

2.15 Impossible Quiz, hosted by Rick

3.00 Escape to the Country

3.45 Ready Steady Cook

4.30 The Repair Shop

5.15 Pointless (r) 6.00 BBC News at Six; Weather

6.30 Reporting Scotland; Weather

7.00 Lockdown Live: What Next? Naga

Munchetty and Nick Robinson present this BBC News special looking back at a year like no other and asking how the world can recover from the pandemic.

8.00 EastEnders The news of Katy's arrest becomes common knowledge

8.20 Holby City Cameron continues to hold Ånge hostage.

9.00 MasterChef Five more hopefuls compete for an apron as the last week of heats begin.

10.00 BBC News at Ten

10.30 Reporting Scotland; Weather 10.45 Football's Darkest Secret

12.10 Bates Motel 12.50 Bates Motel 1.30

Weather for the Week Ahead 1.35 BBC News

BBC 2

6.30 Impossible (r) 7.15 Ready Steady Cook (r) 8.00 Sign Zone: Your Garden Made Perfect (r) 9.00 BBC News at 9 10.00 BBC News 12.15 Politics Live 1.00 Bitesize Daily for Secondary (r) 2.00 Earth: The Power of the Planet (r) Dr lain

Stewart examines Earth's atmosphere 3.00 Put Your Money Where Your Mouth Is (r)

3.45 Nature's Great Events (r) The return of half a billion salmon to the rivers where they were born

4.45 The Wonder of Animals (r)

5.15 Flog It! (r)

6.00 Richard Osman's House of Games

6.30 Pizza Boys

7.00 Hairy Bikers: Route 66 (r) The duo embark on a 2,000-mile journey along the famous American road

8.00 Interior Design Masters with Alan Carr The two finalists are challenged to transform luxury holiday villas in Cornwall. Last in the series

9.00 The Detectives 10.00 Live at the Apollo (r) Tom Allen introduces sets from Rosie Jones and Kae Kurd.

10.45 Newsnight With Emily Maitlis.

11.25 Weather

world

11.30 Chris Packham's Animal Einsteins (r) A look at deception, theft and cheating in the natural

12.30 Sign Zone: Amazing Hotels: Life Beyond the Lobby (r) 1.30 MasterChef (r) 2.30 My Unique B&B (r) 3.00 This Is BBC Two

6.00 Good Morning Britain

9.00 Lorraine

10.00 This Morning

12.30 Loose Women
1.30 ITV Lunchtime News; Weather

1.55 STV News; Weather

2.00 Judge Rinder (r) Cameras follow criminal barrister Robert Rinder as he takes on real-life cases in a studio courtroom.

3.00 Tenable A group of five family and friends take part.
3.59 STV Weather Central

4.00 Tipping Point (r) Quiz.

5.00 The Chase (r) Quiz show

6.00 STV News at Six; Weather

6.30 ITV Evening News; Weather

7.00 Emmerdale Vinny tries to stick to Paul's story.

8.00 Who Wants to Be a Millionaire? (r)

Big-prize quiz.

9.00 Kate Garraway: Finding Derek
Cameras follow Kate Garraway and her family as they cope with her husband's hospitalisation with Covid-

10.00 ITV News at Ten

10.30 STV News; Weather

10.40 Scotland Tonight; Weather 11.05 Heathrow: Britain's Busiest

Airport (r) The iconic Boeing 747 flies out of the airport for the final time.

11.35 All Elite Wrestling: Dynamite (r) Hard-hitting action.

12.25 ITV Nightscreen 3.00 FYI Extra 3.15 Winning Combination (r) 4.05 ITV Nightscreen 5.05 Tipping Point (r)

**CHANNEL 4** 

**7.10 Cheers** (r) 8.05 The King of Queens (r)

9.05 Frasier (r)

10.35 Undercover Boss USA (r)

11.30 Channel 4 News 11.35 Ramsay's Kitchen Nightmares USA(r)

12.30 Steph's Packed Lunch 2.10 Countdown

3.00 A Place in the Sun (r)

4.00 A New Life in the Sun (r) 5.00 Fourina Bed

5.30 Drawers Off

**6.00 The Simpsons** Bart catches Principal Skinner in a compromising situation. (r)

6.30 Hollyoaks (r)

7.00 Channel 4 News

8.00 The Great Celebrity Bake Off for Stand Up to Cancer Dizzee Rascal Nick Grimshaw, Philippa Perry and Reece Shearsmith get baking for charity, making vegetable slices, a 'right royal' technical and a biscuit

**9.15 Strangers Making Babies** New series. Singletons looking for platonic partners to have children with.

10.15 The Circle The latest twists and turns in the social media reality show.

11.20 Taskmaster (r) Charlotte Ritchie, Jamali Maddix, Lee Mack, Mike Wozniak and Sarah Kendall compete.

12.25 Ramsay's Kitchen Nightmares USA (r)
1.10 Couples Come Dine with Me (r) 2.05 George Clarke's Amazing Spaces (r) 3.00 Jamie: Keep Cooking and Carry On (r) 3.25 The Supervet (r) 4.20 The High Street Cash Crisis: Dispatches (r) 4.50 Fifteen to One (r)

**CHANNEL 5** 

6.00 Milkshake! 9.15 Jeremy Vine

11.15 George Clarke's Build a New Life

in the Country (r)
12.15 5 News at Lunchtime

12.20 Our B&B Dream (r)

1.15 Home and Away (r)

1.45 Neighbours 2.15 FILM: Killer Secrets in the Snow (2020) Thriller, starring Aubrey . Reynólds

4.00 Casualty 24/7: Every Second Counts (r)

5.00 5 News at 5

5.30 Neighbours (r)

6.00 Home and Away (r)

6.30 5 News Tonight

7.00 GPs: Behind Closed Doors Dr Aftah Arif is faced with a very angry patient who feels he is not being listened to.

Followed by 5 News Update

8.00 Dogs Behaving (Very) Badly
Graeme Hall meets an agoraphobic Sprocker. Last in the series. Followed

by 5 News Update

9.00 Ben Fogle: New Lives in the Wild
Ben returns to Scotland to revisit the Goddard family. Last in the series.

10.00 The World's Most Luxurious Prison (r) 11.05 Extreme Nightmare Tenants (r)

The work of a lawyer who specialises in evicting troublesome tenants and squatters.

12.05 Hoarder Homes: No Room to Move (r) 12.55 Entertainment News on 51.00 The 21.co. uk Live Casino Show 3.00 Entertainment News on 5 3.10 Friends (r) 3.35 Friends (r) 4.00 The Dog Rescuers with Alan Davies (r) **4.45** Wildlife SOS (r) **5.10** Nick's Quest (r)



Interior Design Masters with Alan

Carr.

Who Wants to Be a Millionaire?,



SKY CRICKET

Drawers Off,



Ben Fogle: New Lives in the Wild,



7.00 Yorkshire Walks. 7.30 The Joy of Painting. **8.00** Yes Minister. **8.30** The Fall and Rise of Reginald Perrin. **9.00** Donald Reginate Perrin. 9.00 Donate Campbell: Speed King. 10.00 Gravity and Me: The Force That Shapes Our Lives. 11.30 Undercover OAP: The Mole Agent – Storyville. 12.55 The Joy of Painting. 1.20 Yorkshire Walks. 1.50 Donald Campbell: Speed King. **2.50** Morocco to Timbuktu: An Arabian Adventure. **3.50** 

#### TTV2

7.00 The Ellen DeGeneres Show. 8.00 Emmerdale. 8.30 Coronation Street. 9.30 Coronation Street. 9.30 Supermarket Sweep. 10.30 Love Bites. 11.30 Dress to Impress. 12.30 Emmerdale. 1.00 Coronation Street. 2.00 The Ellen DeGeneres Show. 2.55 Love Bites. 3.55 The Masked Singer US. 4.55 Take Me Out. 6.00

Celebrity Catchphrase. 7.00 You've Been Framed! Gold Funniest Ever. **7.30** You've Been Framed! Gold. **9.00** Love Island: Australia. 10.15 Family Guy. 11.40 American Dad! 12.35 Don't Hate the Playaz. **1.25** Hey Tracey! **2.05** Iain Stirling's CelebAbility. **2.50** FYI Extra. **3.05** ITV2 Nightscreen. **3.30** Teleshopping.

**6.00** Classic Coronation Street. **7.00** Classic Emmerdale. **8.00** Heartbeat. **9.05** Bless This House. **9.35** On the Buses. **10.40** Agatha Christie's Poirot. **12.40** Heartbeat, 1.45 Classic Emmerdale. **2.50** Classic Coronation Street. **3.55** Inspector Morse. **6.00** Agatha Christie's Poirot. **8.00** Midsomer Murders. **10.00** Law & Order: UK. 11.00 Scott & Bailey. 12.00 Inspector Morse. 2.15 ITV3 Nightscreen. 2.30 Teleshopping.

#### **SKY ONE**

8.00 Stargate SG-1. 9.00 Brit Cops: Rapid Response. 10.00 Air Ambulance ER. 11.00 NCIS: Los Angeles. 1.00 Hawaii Five-0. 3.00 MacGyver. 4.00 Modern Family. 5.00 The Simpsons. 5.30 Futurama. 6.30 The Simpsons. 8.00 A League of Their Own. 9.00 The Blacklist. 10.00 Karl Pilkington: The Moaning of Life. 11.00 The Force: Essex. 12.00 SEAL Team. **1.00** Road Wars. **3.00** Brit Cops: Law & Disorder. **4.00** Stargate SG-1. **5.00** 

#### SKY MAIN EVENT

6.00 Sky Sports News. 7.30 Live One-Day International Cricket **4.30** Sky Sports News. **7.00**Gillette Soccer Special. **10.00**Soccer Special Post-Match. **11.00** Dillian Whyte: Heavy Duty. **11.30** Live NBA: LA Lakers @ New Orleans 23.03. **2.00** Sky Sports

6.00 Best of T20 Blast Finals Day. **6.15** International T20 Cricket Bitesize Highlights. **7.30** Live One-Day International Cricket. **4.30** Best of T20 Blast Finals Day. **4.45** International T20 Cricket Bitesize Highlights 6.00 Cricket in Mumbai. 7.00 One-Day International Cricket. 8.00 Talking Cricket: Sachin Tendulkar. 8.30 Talking Cricket: Chennai 2008. **9.00** One-Day International Cricket. **10.00** Cricket in Mumbai. **11.00** One-Day International Cricket.

12.00 Talking Cricket: Sachin
Tendulkar. 12.30 Talking Cricket: Chennai 2008. 1.00 The World Cup Through Their Eyes. **3.00** World Cup Cricket Classics. **4.00** Indian Premier League. **4.30**Best of The 2015 IPL. **5.00** World Cup Cricket Classics.

#### BT SPORT 1

6.00 Barclays FA Women's Super

Premiership Tonight. **8.15** BT Sport Goals Reload. **8.30** Premier League World. **9.00** Premier League Review. **10.00** The Emirates FA Cup Highlights 10.30 The Outdoor Sports Show **11.00** PSA Squash Highlights. **12.00** ESPN FC. **12.30** BT Sport

League. **7.30** Gallaghe

Big Bash Reload. 12.45 Test Cricket Highlights. **1.45** Live Test Cricket. **10.00** Premier League Reload. **10.15** One Day International Cricket. **11.15** Premier League Review. 12.15 The Emirates FA Cup Highlights 12.45 Gallagher Premiership Tonight. **1.30** UEFA Champions League Highlights. **2.30** UEFA Europa League Highlights Show **3.30** 30 for 30: Fantastic Lies. **5.30** BT Sport Goals Reload.

#### BBC ALBA

**6.00** Alba Today. **5.00** Ceitidh Morag. **5.15** Pincidh Dincidh Dù. 5.30 Shane an Chef. 5.40

Ronia, Nighean a' Mheirlich/Ronja, the Robber's Daughter. **6.28** Geamaichean Gorach. **6.30** A-null 's a-nall. **6.45** Donnie Murdo. **7.00** Turas a' Bhradain. **7.30** Speaking Our Language. **7.55** Earrann Eachdraidh. **8.00** An Là. **8.30** Miann na Maighdinn-mara/Mermaid Tales. 9.00 Farpaisean Chon-Chaorach. 10.00 Trusadh. 11.00 Fraochy Bay. **11.05** Machair. **11.30** Alleluia! **12.00** Alba Today

Abadas. **5.55** Stòiridh. **6.00** 

#### BBC SCOTLAND

10.00 Bitesize Scotland Daily: Primary. **10.20** Authors Live Frank Cottrell-Boyce. **11.00** Frank Cottretl-Boyce. 11.00 Bitesize Scotland Daily: Secondary Programme 6. 11.30 This Is BBC Scotland. 7.00 This Farming Life. 8.00 Paramedics on Scene. 9.00 The Nine. 10.00 The War Next Door: Scotland and the Troubles. **11.00** Gold Town. 12.00 Close

#### FILM4

11.00 At Gunpoint (1955). 12.40 11.00 At Gunpoint (1955), 12.40 The Black Arrow (1948), 2.15 The Last Command (1955). 4.25 Robin and Marian (1976). 6.35 Sahara (2005). 9.00 Maze Runner: The Death Cure (2018). 11.40 Dodgebalt: A True Underdog Story (2004), 1.30 The Look of Love (2013), 3.40 Close.

**DAVE**8.00 American Pickers. 8.00
Storage Hunters UK. 10.00
American Pickers. 12.00 Storage
Hunters UK. 1.00 Top Gear:
Ambitious but Rubbish. 3.00 Rick
Stein's Far Eastern Odyssey. 4.00
Top Gear: Ambitious but Rubbish.
6.00 Taskmaster. 7.00 Would I
Lie to You? 7.40 Room 101. 9.00
QI XL. 10.00 Mel Giedroyc:
Unforgivable. 11.00 Hypothetical.
12.00 Mock the Week, 12.40 12.00 Mock the Week. 12.40 Room 101. 2.00 Mel Giedroyc: Unforgivable. 3.00 Hurricane Man. 4.00 Teleshopping.

#### RADIO

BBC RADIO 1 7.00 Matt and Mollie. 10.32 Clara Amfo. 12.45 Newsbeat. 1.00 Scott Mills. 3.32 Nick Grimshaw. 5.45 Newsbeat. 6.00 Radio 1's Future Sounds with Annie Mac. **8.00**Rickie, Melvin and Charlie. **10.00** Radio 1's Future Artists with Jack Saunders. **12.00** Annie Nightingale Presents. **2.00** Justin Bieber on Radio 1. **3.00** Radio 1's Classical

#### **BBC RADIO 2**

6.30 The Zoe Ball Breakfast Show. 9.30 Ken Bruce. 12.00 Jeremy Vine. 2.00 Steve Wright in the Afternoon. 5.00 Sara Cox. 6.30 Sara Cox's Half Wower, 7.00 Jo

Whiley's Shiny Happy Playlist. **7.30** Jo Whiley. **9.00** The Jazz Show with Jamie Cullum. **10.00** Trevor Nelson's Rhythm Nation. **12.00** OJ Borg. **3.00** Pick of the Pops. BBC RADIO 3

6.30 Breakfast. 9.00 Essential Classics. **12.00** Composer of the Week: Ravel. **1.00** Radio 3 Lunchtime Concert. **2.00**Afternoon Concert. **5.00** In Tune. 7.00 In Tune Mixtape. 7.30 Radio 3 in Concert. 10.00 Free Thinking. 10.45 The Essay: Blood and Bronze. 11.00 Night Tracks. 12.30 Through the Night.

#### **BBC RADIO 4**

**5.30** News Briefing. **5.43** Prayer for the Day. **5.45** Farming Today. **5.58** Tweet of the Day. **6.00** Today.

**8.31** (LW) Yesterday in Parliament. **9.00** Lessons on a Crisis. **9.45** 9.00 Lessons on a crisis. 9.45 (FM) Book of the Week: One Two Three Four – The Beatles in Time. 9.45 (LW) Daily Service. 10.00 Woman's Hour. 11.00 The Real Internet Giants. 11.30 Laura Barton's Notes on Music. 12.00 News. **12.06** White Fang. **12.20** Call You and Yours. **12.57** Weather 1.00 The World at One. 1.45 Outsiders. 2.00 The Archers. 2.15 Drama: Devoted. 3.00 Short Cuts. **3.30** Costing the Earth. **4.00** Law in Action. **4.30** A Good Read. **5.00** PM. **5.57** Weather. **6.00** Six O'Clock News. **6.30** Reluctant Persuaders. **7.00** The Archers. 7.15 Front Row. 7.45 The Whisperer in Darkness. 8.00 The

Nazi Next Door. **8.40** In Touch. **9.00** Inside Health. **9.30** Lessons on a Crisis. **10.00** The World Tonight. **10.45** Book at Bedtime: White Fang. **11.00** Fortunately. 11.30 Today in Parliament. 12.00 News and Weather. 12.30 Book of the Week: One Two Three Four -The Beatles in Time. 12.48 Shipping Forecast. 1.00 As BBC World Service, 5.20 Shipping

#### **BBC RADIO 5 LIVE**

5.00 Wake Up to Money. 6.00 5 Live Breakfast. 9.00 Your Call. **10.00** Naga Munchetty. **1.00** Nihal Arthanayake. **4.00** 5 Live Drive. **7.00** 5 Live Sport. **9.00** 5 Live Formula 1. **10.00** 5 Live Sport: You're Better Than That. 10.30 Colin Murray. 1.00 Dotun Adebayo

#### **CLASSIC FM** 9.00 Alexander Armstrong, 12.00

Aled Jones. **4.00** John Brunning. **7.00** Smooth Classics at Seven. **8.00** The Classic FM Concert with John Suchet. **10.00** Smooth Classics. **1.00** Bill Overton. BBC RADIO SCOTLAND

**6.00** Good Morning Scotland. **9.00** Mornings. **12.00** Lunchtime Live. 1.30 The Afternoon Show with Janice Forsyth. 4.00 Drivetime. 6.00 (FM) Get It On with Bryan Burnett. 6.00 (MW) Sportsound. **7.00** (MW) Get It On with Bryan Burnett. **8.00** Another Country with Ricky Ross. **10.00** Roddy Hart. **12.00** As Radio 5 Live



Yorkshire Walks, BBC4, 7pm.



# **WEDNESDAY MARCH 24**

#### **BBC 1**

6.00 Breakfast 9.15 Morning Live

10.00 Homes Under the Hammer (r)

11.00 Crimewatch Live

11.45 Paramedics on Scene (r) 12.15 Bargain Hunt (r)

1.00 BBC News at One; Weather

1.30 Reporting Scotland; Weather

1.45 Doctors

2.15 Impossible Quiz, hosted by Rick

3.00 Escape to the Country (r)

3.45 Ready Steady Cook

4.30 The Repair Shop

5.15 Pointless (r) 6.00 BBC News at Six; Weather

6.30 Reporting Scotland; Weather

7.00 The One Show

8.00 Grand Tours of Scotland's Lochs Paul Murton explores the lochs of Morvern and Lochaher Last in the series.

8.30 River City (r) Rebecca resorts to desperate measures to get Angus's attention

9.00 This Is My House New series Property-based guessing game, hosted by Stacey Dooley.

10.00 BBC News at Ten

10.30 Reporting Scotland; Weather 10.45 Football's Darkest Secret

11.45 The Surrogates Caitlin and boss Kate navigate the complex between surrogate and intended parent.

12.35 The Edit (r) 12.50 Debate Night (r) 1.50 Weather for the Week Ahead 1.55 BBC News 6.30 Impossible (r) 7.15 Ready Steady Cook (r) 8.00 Sign Zone: Interior Design Masters with Alan Carr (r) 9.00 BBC News

at 910.00 BBC News 11.15 Politics Live 1.00 Bitesize Daily for Secondary (r) 2.00 Earth: The Power of the Planet (r) How ice changed the course of human evolution.

BBC 2

3.00 Put Your Money Where Your Mouth Is (r)

3.45 Nature's Great Events (r) A lion family's struggle to survive in the Serengeti grasslands.

4.45 The Wonder of Animals (r)

5.15 Flog It! (r)

6.00 Richard Osman's House of Games

6.30 Pizza Boys

7.00 Hairy Bikers: Route 66 (r) Dave and Si visit a bar in Missouri to find out

about the origins of the road. **8.00 Great British Menu** New series. Four chefs prepare canapes, starters and fish courses.

9.00 The Terror The officers

contemplate a risky strategy. **9.45 The Terror** Captain Crozier gives the order to abandon both ships

10.30 Grand Tours of Scotland (r)

10.45 Newsnight With Emily Maitlis

11.25 Weather

The Secret Science of Sewage (r) 11.30 The science finding renewable resources and undiscovered life in sewage

12.30 Sign Zone: Panorama (r) 1.00 Raider: of the Lost Past with Janina Ramirez (r) 2.00 MasterChef (r) 3.00 My Unique B&B (r) 3.30 This Is BBC Two

6.00 Good Morning Britain

9.00 Lorraine

10.00 This Morning 12.30 Loose Women

1.30 ITV Lunchtime News; Weather

1.55 STV News; Weather

2.00 Judge Rinder (r) Cameras follow

criminal barrister Robert Rinder. **3.00 Tenable** A team of five colleagues from Wales take part.

3.59 STV Weather Central

4.00 Tipping Point (r) Game show, hosted by Ben Shephard.

5.00 The Chase (r) Quiz show, hosted by Bradley Walsh.

6.00 STV News at Six; Weather 6.30 ITV Evening News; Weather

7.00 Emmerdale

7.30 Coronation Street Toyah spots Leanne leaving the flat with Harvey

8.00 Heathrow: Britain's Busiest Airport The discovery of a new variant of Covid-19 causes chaos in Heathrow.

8.30 Coronation Street Natasha admits to Nick that she still has feelings for

**9.00 DNA Journey** Father and son duo Martin and Roman Kemp delve into their family history. Last in the series.

10.15 ITV News

10.45 STV News; Weather 10.50 Scotland Tonight; Weather 11.20 Peston

12.15 Made in Britain (r) 1.05 ITV Nightscreen 3.00 FYI Extra 3.15 Alan Carr's Epic Gameshow (r) 4.05 ITV Nightscreen 5.05 Tipping Point (r)

#### **CHANNEL 4** 6.30 Mike & Molly (r)

7.10 Cheers (r)

8.05 The King of Queens (r)

**9.05** Frasier (r)

10.35 Undercover Boss USA (r)

11.30 Channel 4 News

11.35 Ramsay's Kitchen Nightmares

USA (r) 12.30 Steph's Packed Lunch

2.10 Countdown

3.00 A Place in the Sun (r)

4.00 A New Life in the Sun (r)

5.00 Four in a Bed

5.30 Drawers Off

6.00 The Simpsons Bart acquires a credit card. (r) 6.30 Hollyoaks (r)

7.00 Channel 4 News

show.

8.00 Kirstie and Phil's Love It or List It: Brilliant Builds Kirstie Allsopp and Phil Spencer Look back at two shows that highlighted the need to get the balance between home and garden just right. Last in the series.

9.00 First Dates Hotel New series Thalia's date with 25-year-old Essex lad Jack date gets off to great start, while a differing of political opinions

threatens to derail Tony and Lesley's meeting. 10.00 The Circle The latest twists and turns in the social media reality

11.05 24 Hours in Police Custody (r)

12.05 Ramsay's Kitchen Nightmares USA (r) 1.00 Strangers Making Babies (r) 1.55 FILM: She's Funny That Way (2014) 3.30 George Clarke's Amazing Spaces (r) **4.25** Jamie: Keep Cooking and Carry On (r) **4.50** Fifteen to One (r) 5.40 Kirstie's Handmade Treasures (r)

#### **CHANNEL 5**

6.00 Milkshake!

9.15 Jeremy Vine

11.15 George Clarke's Build a New Life

in the Country (r)
12.15 5 News at Lunchtime

12.20 Our B&B Dream (r)

1.15 Home and Away

1.45 Neighbours 2.15 FILM: Did I Kill My Mother? (2018) Mystery thriller, starring Megan Park and Dane Rhodes.

4.00 Casualty 24/7: Every Second Counts (r)

5.00 5 News at 5

5.30 Neighbours (r)

6.00 Home and Away (r)

6.30 5 News Tonight

#### 7.00 The Tower of London: The Royal Prison Exploring the Tower of London's reputation as the most

terrifying prison in the country. Followed by 5 News Update 8.00 Police Interceptors Officers pursue a car with no insurance, no tax and a suspected banned driver behind the

wheel. Followed by 5 News Update 9.00 Predator: Catching The Black Cab **Rapist** Documentary offering new analysis of the investigation into the prolific serial rapist, John Worboys.

10.30 Countdown to Murder (r) Investigating the brutal murder of Jessica Patel

11.30 Rhys Jones: Death of An Innocent

12.30 Criminals: Caught on Camera (r) 12.55 Entertainment News on 5 1.00 The 21.co.uk Live Casino Show **3.00** Entertainment News on 5 **3.10** Friends (r) **3.35** Friends (r) **4.00** The Dog Rescuers with Alan Davies (r) 4.45 Wildlife SOS (r) 5.10 Nick's Quest (r) 5.35 House Doctor (r)

The Repair Shop,



Richard Osman's House of



Heathrow: Britain's Busiest



Kirstie and Phil's Love It or List



Police Interceptors,



7.00 Yorkshire Walks. 7.30 The Joy of Painting. **8.00** Lucy Worsley's Royal Palace Secrets. **9.00** Elizabeth R. **10.20** Elizabeth 9.00 Elizabeth R. 10.20 Elizabeth I's Secret Agents, 11.20 Face to Face. 11.50 France 1939: One Last Summer. 12.50 Paris I's Burning. 2.00 The Joy of Painting. 2.30 Yorkshire Walks. 3.00 Lucy Worsley's Royal Palace Secrets. 3.55 Close.

#### ITV2

**7.00** The Ellen DeGeneres Show. **8.00** Emmerdale. **9.00** You've Been Framed! Gold. 9.30 Supermarket Sweep. **10.30** Love Bites. **11.30** Dress to Impress. **12.30** Emmerdale. **1.30** You've Been Framed! Gold. **2.00** The Ellen DeGeneres Show. **2.55** Love Bites. **3.55** The Masked Singer US. **4.50** Take Me Out. **6.00** Celebrity Catchphrase. **7.00** You've Been Framed! Gold. **9.00** Love Island: Australia. **10.05** 

Family Guy. 11.30 American Dad! 12.30 Hey Tracey! 1.15 Iain Stirling's CelebAbility. 2.00 Release the Hounds: Famous & Freaked. 2.50 Totally Bonkers Guinness World Records. **3.15** ITV2 Nightscreen. **3.30** Teleshopping.

#### ITV3

6.00 Classic Coronation Street. 7.00 Classic Emmerdale. 8.00 Heartbeat. 9.05 Bless This House. 9.40 On the Buses. 10.40 Agatha Christie's Poirot. 12.40 Heartbeat. 1.45 Classic Emmerdale. **2.50** Classic Coronation Street. **3.50** Inspector Morse. **6.00** Agatha Christie's Marnle 8.00 Endeavour. 10.00 Law & Order: UK. 11.00 Scott & Bailey. 12.05 Inspector Morse. 2.15 ITV3 Nightscreen. 2.30 Teleshopping.

#### SKY ONE

**6.00** Futurama. **7.00** Wild Vets. **8.00** Stargate SG-1. **9.00** Brit

Cops: Rapid Response. 10.00 Air Ambulance ER. 11.00 NCIS: Los Angeles. **1.00** Hawaii Five-0. **3.00** MacGyver. **4.00** Modern Family. **5.00** The Simpsons. **5.30** Futurama. **6.30** The Simpsons. **8.00** Rob & Romesh vs Country Music. **9.00** SEAL Team. **10.00** FILM: 2 Guns (2013). **12.05** Resident Alien. **1.05** Dating No Filter. **1.35** NCIS: Los Angeles. **2.30** Road Wars. **3.00** Brit Cops: War on Crime. **4.00** Stargate SG-1. **5.00** MacGyver.

#### SKY MAIN EVENT

**6.00** Sky Sports News. **10.00** Live European Tour Golf. **3.00** Live World Golf Championships **6.00** Live World Golf Championships. **7.00** Live World Cup Qualifier. **10.30** Live World Golf Championships. **12.00**Whyte v Chisora: Bad Blood. **1.00** Sky Sports News. **2.00** Live NBA: Brooklyn @ Utah 24.03. **4.30** Sky Sports News

## SKY CRICKET

7.00 TCC Cricket World Cup 8.00 One-Day International Cricket. 9.00 International T20 Cricket Bitesize Highlights. **10.15** Best of T20 Blast Finals Day. 10.30 Talking Cricket: Sachin Tendulkar. **11.00** One-Day International Cricket. **12.00** World Cup Cricket Classics. **1.00** ICC Cricket World Cup. **2.00**One-Day International Cricket 3.00 International Cricket.
3.00 International T20 Cricket
Bitesize Highlights. 4.15 Best of
T20 Blast Finals Day. 4.30
Talking Cricket: Sachin Tendulkar.
5.00 Cricket in Mumbai. 6.00 One-Day International Cricket One-Day International Cricket.

7.00 Talking Cricket: Sachin
Tendulkar. 7.30 Talking Cricket:
Chennai 2008. 8.00 One-Day
International Cricket. 9.00 World
Cup Cricket Classics. 10.00 ICC Cricket World Cup. **11.00**One-Day International Cricket. 12.00 World Cup Cricket

1.00 ICC Cricket World Cup. 2.00 Best of The TPL 2015. 2.30 Best of The 2018 IPL. 3.00 World Cup Cricket Classics, 4.00 Best of The IPL 2015. **4.30** Best of The 2018 IPL.

BT SPORT 1 **6.00** Premier League Review. **7.00** WWE Monday Night Raw. **9.30** Test Cricket Highlights. 10.30 One Day International Cricket. 11.30 PSA Squash Highlights. **12.30** BT Sport Big Bash Reload. **12.45** Test Cricket Highlights. **1.45** Live Test Cricket. 10.00 Dan Hardy's Open Mat. 10.30 The Aussie Rules Show. 11.00 WWE Raw Highlights. 12.00 Live: WWE NXT. 2.15 One Day International Cricket. 3.15 UFC Countdown. **4.15** Boxing: Laing v Mittee 1987. **4.45** Boxing: Bruno v Bugner 1987. **5.15** Boxing: McGuigan v McDonnell 1989. **5.45** Boxing: Monzon v Nanoles 1974

#### BBC ALBA

6.00 Alba Today. 5.00 Rita is Crogall. 5.05 Bing. 5.25 Tree Fu Tom. 5.50 Su Shiusaidh. 5.55 Stòiridh. 6.05 Kung Fu Panda. Stòiridh. **6.05** Kung Fu Panda. **6.30** Gearnaichean Gorach. **6.35** Saidheans Sporsail. **7.00** Vets: Gach Creutair Beo. **7.30** Speaking Our Language. **7.55** Earrann Eachdraidh. **8.00** An Là. **8.30** Gaisgich Oga an Darna Cogaidh. **9.00** Air a' Chanal. **10.00** Mach à Seo! **10.30** Sruth. **11.30** Na Trads: An Tobar. **12.00** Alba

#### **BBC SCOTLAND**

10.00 Bitesize Scotland Daily: Primary Programme 24. 10.20 Primary Programme 24. 10.20 Authors Live: Lucy Hawking. 10.55 Bitesize Scotland Daily: Secondary Programme 7. 11.30 Authors Live: LGBTO Poetry. 12.10 This Is BBC Scotland. 7.00 Rugby Union PRO14 Highlights. 8.00 Tsland Medics. 8.30 Poeming in the Wild 9.00 The Roaming in the Wild. **9.00** The

Nine. **10.00** River City. **10.30** Debate Night. **11.30** Shelf Isolation. **12.00** Close.

FILM4 **12.50** Pony Express (1953). **2.55** Three Violent People (1956). **5.00** Beneath the Planet of the Apes (1969). **6.55** Keeping Up with the Joneses (2016). **9.00** The Great Wall (2016). **11.05** Warrior (2011). **1.50** To Kill a King (2003).

#### DAVE

8.00 American Pickers, 9.00 8.00 American Pickers, 9.00 Storage Hunters UK, 10.00 American Pickers, 12.00 Storage Hunters UK, 1.00 Top Gear: Ambitious but Rubbish, 3.00 Rick Stein's Far Eastern Odyssey, 4.00 Top Gear; Ambitious but Rubbish. lop Gear: Ambitious but Rubbish. 6,00 Taskmaster. 7.00 Would I Lie to You? 7.40 Room 101. 9.00 QI XL. 10.00 Hypothetical. 11.00 Mock the Week. 11.40 Room 101. 1.00 Would I Lie to You? 1.40 Hypothetical. 2.30 Hurricane Man. 3.35 Drug Wars.

#### RADIO

BBC RADIO 1 7.00 Matt and Mollie. 10.32 Clara Amfo. 12.45 Newsbeat. 1.00 Scott Mills. 3.32 Nick Grimshaw. 5.45 Newsbeat. 6.00 Radio 1's Future Sounds with Annie Mac. **8.00**Rickie, Melvin and Charlie. **10.00** Radio 1's Future Artists with Jack Radio 1 S Future Artists with Jack Saunders. **12.00** Benji B. **2.00** The Radio 1 Interview. **2.15** The YUNGBLUD Podcast. **2.30** Radio 1 Playlists. **3.00** Radio 1's Rap Anthems. **4.00** Radio 1 Dance.

#### **BBC RADIO 2**

**6.30** The Zoe Ball Breakfast Show **9.30** Ken Bruce. **12.00** Jeremy Vine. 2.00 Steve Wright in the Afternoon. 5.00 Sara Cox. 6.30

Sara Cox's Half Wower. **7.00** Jo Whiley's Shiny Happy Playlist. **7.30** Jo Whiley. **9.00** The Folk Show with Jason Manford. **10.00** Trevor Nelson's Rhythm Nation. **12.00** OJ Borg. 3.00 Sounds of the 90s with Fearne Cotton. 4.00 Vanessa Feltz BBC RADIO 3 6.30 Breakfast. 9.00 Essential

Classics. **12.00** Composer of the Week: Ravel. **1.00** Radio 3 Veek, Navet 1.30 Radio 3 Lunchtime Concert. 2.00 Afternoon Concert. 3.30 Choral Evensong. 4.30 New Generation Artists. 5.00 In Tune, 7.00 In Tune Mixtape, 7.30 Radio 3 in Concert. 10.00 Free Thinking. 10.45 The Essay: Blood and Bronze. 11.00 Night Tracks. 12.30

Through the Night.

Jump: HIV. **11.30** Alexei Sayle's The Absence of Normal. **12.00** News. **12.06** White Fang. **12.20** You and Yours. 12.57 Weather. 1.00 The World at One. 1.45 Outsiders. 2.00 The Archers. 2.15 Drama: Endless Second. 3.00 Money Box Live. 3.30 Inside Health. 4.00 Sideways. 4.30 The Media Show. 5.00 PM. 5.57 Weather. 6.00 Six O'Clock News. Weather 6.00 St O clock news. 6.30 Future Empire-fect. 7.00 The Archers. 7.15 Front Row. 7.45 The Whisperer in Darkness. 8.00 The Moral Maze. 8.45 Lent Talks. 9.00 Costing the Earth. 9.30 The Media Show. 10.00 The World Tonight.

#### **BBC RADIO 4 10.00** Woman's Hour. **11.00** The

10.45 Book at Bedtime: White

### Fang. **11.00** Tom Mayhew Is Benefit Scum. **11.15** The Skewe 11.30 Today in Parliament. 12.00 News and Weather. 12.30 Book of the Week: One Two Three Four –

The Beatles in Time. **12.48**Shipping Forecast. **1.00** As BBC
World Service. **5.20** Shipping BBC RADIO 5 LIVE 5.00 Wake Up to Money. 6.00 5 Live Breakfast. 9.00 Your Call. 10.00 Naga Munchetty. 1.00 Nihal Arthanayake. 4.00 5 Live Drive. 7.00 5 Live Sport. 7.45 5 Live Sport. 10.30 Colin Murray. 1.00 Detus Adebuya.

#### Dotun Adebayo CLASSIC FM

6.00 More Music Breakfast 9.00 Alexander Armstrong. 12.00 Aled Jones. **4.00** John Brunning. **7.00** Smooth Classics at Seven. **8.00** The Classic FM Concert with John Suchet. **10.00** Smooth Classics. **1.00** Bill

#### **BBC RADIO SCOTLAND**

6.00 Good Morning Scotland. 9.00 Mornings. 12.00 Lunchtime Live. 1.30 The Afternoon Show with Grant Stott. 4.00 Drivetime. 6.00 (FM) Get It On with Bryan Burnett. 6.00 (MW) Sportsound. 7.00 (MW) Get It On with Bryan Burnett.

8.00 The Quay Sessions with
Roddy Hart. 10.00 Classic Scottish Albums, 10.30 Debate Night 11.30 Debate Night Extra. 12.30 As Radio 5 Live.



Lucy Worsley's Royal Palace Secrets, BBC4, 8pm.



## **THURSDAY MARCH 25**

**BBC 1** 

6.00 Breakfast 9.15 Morning Live

10.00 Homes Under the Hammer (r)

11.00 Crimewatch Live 11.45 Paramedics on Scene

12.15 Bargain Hunt (r)

1.00 BBC News at One; Weather

1.30 Reporting Scotland; Weather

1.45 Doctors

2.15 Impossible Quiz, hosted by Rick

3.00 Escape to the Country (r)

3.45 Ready Steady Cook

4.30 The Repair Shop

5.15 Pointless (r)

6.00 BBC News at Six; Weather

6.30 Reporting Scotland; Weather

7.00 The One Show Presented by Alex Jones and Ronan Keating. 7.35 EastEnders Ruby gets bad news

from the doctor.

8.00 Sort Your Life Out Stacey Solomon challenges members of the Yaku family to declutter their home in seven days. Plus, tidying and upcycling tips from Dilly Carter, Iwan Carrington and Robert Bent.

9.00 MasterChef Five amateurs compete

in the last heat.

10.00 BBC News at Ten

10.30 Reporting Scotland; Weather

10.45 Question Time Topical debate

11.45 Football Abuse: The Ugly Side of the Beautiful Game

12.40 Weather for the Week Ahead 12.45 BBC

BBC 2

6.30 Impossible (r) 7.15 Ready Steady Cook (r) 8.00 Sign Zone: Chris Packham's Animal Einsteins (r) 9.00 BBC News at 9 10.00 BBC News 12.15 Politics Live 1.00 Bitesize Daily for Secondary (r) 2.00 Earth: The Power of the Planet (r) The effects of the oceans on land, climate and

3.00 Put Your Money Where Your Mouth Is (r)

.45 Nature's Great Events (r)

4.45 The Wonder of Animals (r)

5.15 Floa It! (r)

6.00 Richard Osman's House of Games

**6.30** Pizza Boys Jez and leuz arrive in Naples, the spiritual home of pizza.

7.00 Hairy Bikers: Route 66 (r) Dave Myers and Si King find out about Oklahoma beef

8.00 Great British Menu Dishes include a homage to West Midlands manufacturing

9.00 Black Power: A British Story of **Resistance** Young black people who fought against racism in the 1960s and 70s

10.30 Soon Gone: A Windrush Chronicle

(r) 10.45 Newsnight With Kirsty Wark.

11.25 Weather

11.30 The Detectives (r) Police are called after a man was taken from his home by an armed gang.

12.30 Sign Zone: DNA Family Secrets (r) 1.30 MasterChef (r) 2.00 My Unique B&B (r) 2.30 This

6.00 Good Morning Britain

9.00 Lorraine 10.00 This Morning

12.30 Loose Women
1.30 ITV Lunchtime News; Weather

1.55 STV News; Weather

2.00 Judge Rinder (r) A man claims £300 owed on loans he made to his former airlfriend.

3.00 Tenable

3.59 STV Weather Central

4.00 Tipping Point (r) Game show, hosted by Ben Shephard.

5.00 The Chase (r)

6.00 STV News at Six; Weather

6.15 ITV Evening News; Weather

6.45 Emmerdale

**7.15 World Cup Live** England v San Marino (Kick-off 7.45pm). Mark Pougatch presents coverage of both teams' opening Group I 2022 FIFA World Cup qualifier, held at Wembley Stadium.

10.00 ITV News at Ten; Weather

10.30 STV News; Weather 10.45 World Cup Qualifier Highlights

Action from the opening 2022 FIFA World Cup qualifiers, including England v San Marino, Scotland v Austria, Italy v Northern Ireland and Belgium v Wales.

11.55 63 Up (r) Catching up with Bruce, who reflects on his life and work as a teacher

12.45 ITV Nightscreen 3.00 FYI Extra 3.15 ITV Nightscreen 5.05 Tipping Point (r)

**CHANNEL 4** 6.30 Mike & Molly (r)

7.10 Cheers (r)

8.05 The King of Queens (r)

**9.05** Frasier (r)

10.35 Undercover Boss USA (r) 11.30 Channel 4 News

11.35 Ramsay's Kitchen Nightmares USA (r) 12.30 Steph's Packed Lunch

2.10 Countdown

3.00 A Place in the Sun (r)

4.00 A New Life in the Sun (r)

5.00 Fourina Bed

5.30 Drawers Off

6.00 The Simpsons Lisa helps build a recycling centre. (r)

6.30 Hollyoaks (r)

7.00 Channel 4 News

8.00 The Dog House Nine-year-old Rohan meets Patterdale terrier puppy Friday, but there are concerns that the hound may be just a bit too enthusiastic for the youngster.

9.00 Taskmaster There's discord between contestants Charlotte Ritchie, Jamali Maddix, Lee Mack, Mike Wozniak and Sarah Kendall as rows erupt over facial hair and Jamali's driving skills. **10.00 The Circle** The latest twists and

turns in the social media reality

 $\textbf{11.00 Gogglebox} (\textbf{r}) \, \textbf{The armchair critics}$ share their opinions.

12.10 Ramsay's Kitchen Nightmares USA (r) 1.00 Ramy 1.35 FILM: Locke (2013) Thriller, starring Tom Hardy. 3.05 I Am Nicola (r) 4.00 Couples Come Dine with Me (r) 4.50 Fifteen to One (r) 5.40 Kirstie's Fill Your House for Free (r) 5.50 Countdown (r)

**CHANNEL 5** 

6.00 Milkshake!

9.15 Jeremy Vine

11.15 Build a New Life in the Country (r)

12.15 5 News at Lunchtime 12.20 Our B&B Dream (r)

1.15 Home and Away

1.45 Neighbours 2.15 FILM: A Game of Cat and Mouse: An Aurora Teagarden Mystery (2019) Mystery, starring Candace Cameron Bure.

4.00 Casualty 24/7: Every Second Counts (r)

5.00 5 News at 5

5.30 Neighbours (r)

6.00 Home and Away (r)

6.30 5 News Tonight

Undate

7.00 Secrets of Your Supermarket Food A look at snacks, treats and comfort food. Followed by 5 News

8.00 This Week on the Farm Rob and Dave welcome a new goat to the

farm. Followed by 5 News Update 9.00 10 Years Younger in 10 Days The team helps pub and party-loving Nick, and security guard Michelle.

10.00 Shoplifters: At War with the Law (r) A security team gets a tip that an organised criminal gang is heading its way.

11.05 Police Code Zero: Officer Under **Attack** (r) PC Mike Davey and his dog face a man armed with knives.

12.05 Criminals: Caught on Camera (r) 12.55 Entertainment News on 5 1.00 The 21.co.uk Live Casino Show 3.00 Entertainment News on 5 3.10 Friends (r) 3.35 Friends (r) 4.00 The Dog Rescuers with Alan Davies (r) **4.45** Wildlife SOS (r) **5.10** Nick's Quest (r) **5.35** House Doctor (r)

This Week on the Farm,

7.00 Wild. 7.10 Yorkshire Walks

7.40 The Joy of Painting. 8.10 All Creatures Great and Small. 9.00 FILM: The Lone Ranger (2013).

11.20 Glen Campbell: The

Rhinestone Cowboy. **12.20** Around the World in 80 Treasures. **1.20** The Joy of

Painting. **1.50** Yorkshire Walks. **2.20** Gravity and Me: The Force That Shapes Our Lives. **3.50** 

7.00 The Ellen DeGeneres Show.

Coronation Street. **9.30**Supermarket Sweep. **10.30** Love Bites. **11.30** Dress to Impress.

12.30 Emmerdale. 1.00 Coronation Street. 2.00 The Ellen DeGeneres Show. 2.55 Love

Bites. 3.55 The Masked Singer US. **4.50** Take Me Out. **6.00** Celebrity Catchphrase. **7.00** You've Been Framed! Gold. **8.00** 

8.00 Emmerdale. 8.30



Hairy Bikers: Route 66,

SKY ONE

8.00 Stargate SG-1. 9.00 Brit

Cops: Rapid Response. 10.00 Air Ambulance ER. 11.00 NCIS: Los Angeles. 1.00 Hawaii Five-0. 3.00 MacGyver. 4.00 Modern Family. 5.00 The Simpsons. 5.30 Futurama. 6.30 The Simpsons.

8.00 Freddie Fries Again. 9.00 Resident Alien. 10.00 Dating No Filter. 10.30 The Flight Attendant 11.30 The Force: Essex. 12.30 Road Wars. 1.30 The Late Late Show with James Corden: Best of the Week. 2.30 Road Wars. 3.00

Brit Cops: War on Crime. **4.00** Stargate SG-1. **5.00** MacGyver

**6.00** Sky Sports News. **9.30** Live European Tour Golf. **2.00** Live European Under-21 Championship Football. **4.30** 

Whyte Hot. **5.00** The F1 Show. **6.00** Sky Sports News. **7.00** Live World Cup Qualifier. **10.30** Live World Golf Championships. **12.00** 

SKY MAIN EVENT



Whyte Hot. 12.30 Whyte v

Chisora 2: The Gloves Are Off

Chisora 2: The Gloves Are Uff. 1.00 Sky Sports News. 2.00 Live NBA: Philadelphia @ LA Lakers 25.03. 4.30 Sky Sports News. SKY CRICKET **6.00** How The 2003 ICC World Cup Was Won. **9.00** World Cup Cricket Classics. 10.00 One-Day International Cricket. 5.00 ICC Cricket World Cup. 6.00 The Cricket Show. 7.00 One-Day Cricket Show. 7.00 Une-Day International Cricket 8.00 The Cricket Show. 9.00 Cricket in Mumbai. 10.00 One-Day International Cricket. 11.00 The Cricket Show. 12.00 Nasser Meets Sachin. 1.00 How The 2003 TOO World On War Wee 2003 ICC World Cup Was Won. **4.00** Best of The 2017 IPL. **4.30** Best of The 2016 IPL. **5.00** World

BT SPORT 1

Cup Cricket Classics

**6.00** Bundesliga Highlights Show **7.00** Test Cricket Highlights. **8.00** Live AFL. **11.00** Gallagher

Premiership Rugby Highlights. **12.30** BT Sport Big Bash Reload. **12.45** Test Cricket Highlights. **1.45** Live Test Cricket. **10.00** The Emirates FA Cup Highlights. 10.30 Premier League Reload. 10.45 Hyundai A-League

Drawers Off,

5.30pm.

Highlights. **11.45** MotoGP Highlights. **12.45** MotoGP Highlights: GP of Teruel. 1.45 MotoGP Highlights: GP Of Europa 2.45 MotoGP Highlights: GP Of Valencia. **3.45** MotoGP Highlights: GP Of Portugal. **4.45** Man Utd v

West Ham 1969/70. BBC ALBA

6.00 Alba Today. 5.00 Ceitidh Morag. 5.18 'S E Iasg a Th'Annam. 5.20 Shane an Chef. 5.35 Abadas. 5.45 Rita is Crogall. 5.50 Stòiridh. 6.00 Donnie Murdo. **6.15** Ronia, Nighean a' Mheirlich/Ronja, the Robber's Daughter. **6.45** Port Pàipeir. **7.00** Turas a' Bhradain. **7.30** Speaking Our Language. **7.55** Earrann

Eachdraidh. **8.00** An Là. **8.30** Eòrpa. **9.00** Iron Women/ Boireannaich Iarainn. **10.00** Iùl a' Chiùil. **10.30** Eileanan na Banrighe/Islands of the Queen **11.20** Dhan Uisge. **11.30** Mach à Seo! **12.00** Alba Today.

**BBC SCOTLAND** 

10.00 Bitesize Scotland Daily Primary Programme 25. **10.20**Authors Live: Joseph Coelho. **11.00** Bitesize Scotland Daily: Secondary Programme 8. **11.35** This Is BBC Scotland. **7.00** Inside Central Station. **8.00** Inside Central Station. 8.00
Arctic Academy. 8.30 Susan
Calman's Happy Space. 9.00 The
Nine. 10.00 Raiders of the Lost
Archive. 10.30 Sportscene: World
Cup Qualifiers Highlights. 11.15
Loop. 11.45 Rewind 1990s. 12.00

FILM4

**11.00** Rawhide (1951). **12.45** Only the Valiant (1951). **2.55** Flame of the Barbary Coast

(1945). **4.45** Carry On Cabby (1963). **6.35** Snow White & the Huntsman (2012). **9.00** Jack Rvan: Shadow Recruit (2014) **11.05** True Lies (1994). **1.55** Survivor (2015). **3.50** Close.

DAVE

**6.00** Teleshopping. **7.10** Hurricane Man. **8.00** American Pickers. **9.00** Celebrity Storage Hunters. **10.00** American Pickers. **12.00** Celebrity Storage Hunters. 12.00 Celebrity Storage Hunters.
1.00 Top Gear: Ambitious but
Rubbish. 3.00 Rick Stein's Far
Eastern Odyssey. 4.00 Top Gear:
Ambitious but Rubbish. 6.00
Taskmaster. 7.00 Would I Lie to
You? 7.40 Room 101. 9.00 QI XL.
10.00 The Misadventures of
Romesh Ranganathan. 11.00
Mont the Pichardrons. 11.60 Meet the Richardsons. **11.40**Mock the Week. **1.00** Room 101. **1.40** QI XL. **2.45** The Misadventures of Romesh Ranganathan. **3.35** Drug Wars. 4.00 Teleshopping.

#### RADIO

ITV2

BBC RADIO 1 5.00 Radio 1 Early Breakfast with Arielle Free. 7.00 Matt and Mollie 10.32 Clara Amfo. 12.45 Newsbeat. 1.00 Scott Mills. 3.32 Nick Grimshaw. **5.45** Newsbeat. **6.00** Radio 1's Future Sounds with Annie Mac. 8.00 Rickie. Melvin and Charlie. **9.30** Club Charlie. **10.00** Radio 1's Indie Show with Jack Saunders, 12.00 Radio 1's Soundsystem. **2.00** Radio 1's Drum & Bass Mix. **3.00** The Happy Hour from Radio 1. **4.00** Radio 1 Dance.

BBC RADIO 2 **6.30** The Zoe Ball Breakfast Show **9.30** Ken Bruce. **12.00** Jeremy Vine. 2.00 Steve Wright in the

Afternoon. **5.00** Sara Cox. **6.30** Sara Cox's Half Wower. **7.00** Jo Whiley's Shiny Happy Playlist. **7.30**Jo Whiley. **9.00** The Country Show with Bob Harris. **10.00** Trevor Nelson's Rhythm Nation. **12.00** OJ Borg. **3.00** Sounds of the 90s with Fearne Cotton **BBC RADIO 3** 

You've Been Framed! Presents

Top 100 Shockers, 9.00 Love lop IUU Shockers, **9.00** Love Island: Australia. **10.00** Plebs. **11.05** Family Guy. **12.00** American Dad! **1.00** The Stand Up Sketch Show. **1.30** Don't Hate the Playaz. **2.15** Iain Stirling's

CelebAbility. 2.55 Totally Bonk Guinness World Records. 3.20

**6.00** Classic Coronation Street. **7.00** Classic Emmerdale. **8.00** Heartbeat. **9.00** Bless This House. **9.35** On the Buses. **10.40** Agatha Christie's Marple. **12.40** 

ITV2 Nightscreen. 3.30

Heartbeat, 1.45 Classic

Emmerdale. **2.50** Classic Coronation Street. **3.50** 

2.30 Teleshopping.

Inspector Morse. **6.00** Agatha Christie's Marple. **8.00** Lewis. **10.05** Law & Order: UK. **11.05** 

Scott & Bailey. **12.05** Inspector Morse. **2.20** ITV3 Nightscreen.

Feleshopping.

6.30 Breakfast, 9.00 Essential Classics. **12.00** Composer of the Week: Ravel. **1.00** Radio 3 Lunchtime Concert. 2.00
Afternoon Concert. 5.00 In Tune. 7.00 In Tune Mixtape. 7.30 Radio 3 in Concert. 10.00 Free Thinking. 10.45 The Essay: Blood and Bronze. 11.00 The Night Tracks Mix. 11.30 Unclassified. 12.30 Through the Night.

#### **BBC RADIO 4** 9.45 (LW) Daily Service. 10.00

Woman's Hour. **11.00** From Our Own Correspondent. **11.30** Future Art. **12.00** News. **12.06** White Fang. **12.20** You and Yours. **12.57** Weather. **1.00** The World at One. **1.45** Outsiders. **2.00** The Archers 2.15 Drama: The Performer 3.00 Ramblings, 3.27 Radio 4 Appeal. 3.30 Open Book. 4.00 The Film Programme. 4.30 BBC Inside Science. 5.00 PM. 5.57 Weather. **6.00** Six O'Clock News. **6.30** Meet David Sedaris. **7.00** The Archers. **7.15** Front Row. **7.45** The Whisperer in Darkness. 8.00 Law in Action. 8.30 The Bottom Line. 9.00 BBC Inside Science. 9.30 In Time. 10.00 The World

Tonight. 10.45 Book at Bedtime: White Fang. 11.00 The Price of Song. 11.30 Today in Partiament. 12.00 News and Weather. 12.30 Book of the Week: One Two Three Four – The Beatles in Time. 12.48 Shipping Forecast. 1.00 As BBC World Service 5.20 Shipping World Service. 5.20 Shipping

**BBC RADIO 5 LIVE** 

6.00 5 Live Breakfast. 9.00 Your Call. 10.00 Adrian Chiles. 1.00 Nihal Arthanayake. **4.00** 5 Live Drive. **7.00** 5 Live Sport. **7.45** 5 Live Sport. **10.00** Colin Murray. 1.00 Jim Davis.

CLASSIC FM 9.00 Alexander Armstrong. 12.00 Aled Jones. 4.00 John Brunning. 7.00 Smooth Classics at Seven

**8.00** The Classic FM Concert with John Suchet. **10.00** Smooth Classics. 1.00 Bill Overton. BBC RADIO SCOTLAND 1.30 (FM) The Afternoon Show with Grant Stott. 1.30 (MW) The

Afternoon Show with Grant Stott. **4.00** (FM) Drivetime. **4.00** (MW)

Drivetime. **6.00** (FM) Get It On with Bryan Burnett. **6.00** (MW) Sportsound. **7.00** (MW) Get It On with Bryan Burnett. **8.00** (FM) with Bryan Burnett. 8.00 (FM)
Travelling Folk. 8.00 (MW)
Travelling Folk. 10.00 (FM)
Natasha Raskin Sharp. 10.00
(FM) Natasha Raskin Sharp. 12.00
(FM) Fair Play: The Women in
Sport Show. 12.00 (MW) Fair Play:
The Women in Sport Show. 12.30
(FM) As Radio 5 Live.



The Lone Ranger, BBC4, 9pm.



# **FRIDAY MARCH 26**

#### **BBC 1**

6.00 Breakfast 9.15 Morning Live

10.00 Homes Under the Hammer (r)

11.00 Crimewatch Live

11.45 Paramedics on Scene 12.15 Bargain Hunt

1.00 BBC News at One; Weather

1.30 Reporting Scotland; Weather

1.45 Impossible

2.30 Home Is Where the Art Is

3.00 Escape to the Country (r)

3.45 Ready Steady Cook

4.30 The Repair Shop

5.15 Pointless Quiz, hosted by Alexander rmstrong. (r)

6.00 BBC News at Six; Weather

6.30 Reporting Scotland; Weather

7.00 The One Show

7.35 River City (r) Dylan is shocked when

Cameron makes a dramatic return. **8.05 Citizen Khan** (r) Mr Khan makes an exhibition of himself at Edgbaston cricket ground.

8.35 EastEnders 9.00 MasterChef Four heat-winners compete in the last quarter-final.

9.30 Mrs Brown's Boys (r) A handsome man tries to woo the mother-of-six.

10.00 BBC News at Ten

10.30 Reporting Scotland; Weather 10.45 The Graham Norton Show

11.35 A Question of Sport Guests include Rebecca Adlington and Jonathan Trott

12.05 A View from the Terrace (r) 1.05 Weather for the Week Ahead 1.10 BBC News

BBC 2 6.30 Impossible (r) 7.15 Ready Steady Cook (r) 8.00 Sign Zone: DIY SOS: The Big

Build (r) 9.00 BBC News at 9 10.00 BBC News 1.00 Bitesize Daily for Secondary 2.00 Earth: The Power of the Planet (r) Earth's place in space.

3.00 Put Your Money Where Your Mouth Is (r)

3.45 Nature's Great Events (r) The

migration of elephant herds across the Kalahari Desert

4.45 The Wonder of Animals (r)

5.15 Flog It! (r)

6.00 Richard Osman's House of Games With Gary Delaney, Rose Matafeo, Valerie Singleton and Rav Wilding. (r)

6.30 Pizza Boys

7.00 MOTDx Football discussion.

7.30 Pilgrimage: The Road to Istanbul (r) The celebrities move on from Serbia to Bulgaria

8.30 Great British Menu The two highest-scoring chefs from the central region go head to head. **9.00 Gardeners' World** Monty Don

begins to sow dahlia seeds for summer flowers.

10.00 Later-with Jools Holland With guests Olly Alexander, Griff, Nitin Sawhney and Ayanna Witter-Johnson. Last in the series

10.45 Newsnight Headline analysis

11.15 Weather 11.20 FILM: Detroit (2017)

1.30 Battlestar Galactica (r) 2.15 Battlestar Galactica (r) 3.05 Sign Zone: Covid: Who Got it Right? (r) 4.05 For Love or Money (r) 4.50 This Is BBC Two

6.00 Good Morning Britain

9.00 Lorraine

10.00 This Morning

12.30 Loose Women 1.30 ITV Lunchtime News; Weather

1.55 STV News; Weather

Judge Rinder (r) Criminal barrister Robert Rinder takes on the cases of a brother and sister arquing over rent and two former friends in a dispute over a loan.

3.00 Tenable

3.59 STV Weather Central

**4.00 Tipping Point** (r) Game show.

5.00 The Chase (r) Quiz show. 6.00 STV News at Six; Weather

6.30 ITV Evening News; Weather

7.00 Emmerdale Jimmy is caught out. 7.30 Coronation Street Simon follows Leanne as she heads out on her

latest illegal assignment. 8.30 Vera (r) The murder of a cleaner whose death occurred several hours after the killer blow puts DCI Vera Stanhope on an intriguing trail, as she pieces together his final hours.

10.20 ITV News; Weather

10.50 STV News; Weather

11.05 Heathrow: Britain's Busiest Airport (r) The discovery of a new variant of Covid-19 causes chaos in Heathrow.

11.35 The Jonathan Ross Show: Special

Guests (r)

12.00 Get Shirty (r) 12.50 ITV Nightscreen 3.00 FYI Extra 3.15 Lethal Weapon (r) 4.00 ITV

#### **CHANNEL 4** 6.30 Mike & Molly (r)

7.10 Cheers (r)

8.05 The King of Queens (r)

**9.05** Frasier (r)

10.35 Undercover Boss USA (r)

11.30 Channel 4 News

11.35 Ramsay's Kitchen Nightmares

USA (r) 12.30 Steph's Packed Lunch

2.10 Countdown

3.00 A Place in the Sun (r)

4.00 A New Life in the Sun (r)

5.00 Fourina Bed

5.30 Drawers Off

6.00 The Simpsons Marge becomes a church volunteer. (r) 6.30 Hollyoaks (r)

7.00 Channel 4 News

8.00 Grayson's Art Club Grayson and Philippa Perry are joined by actress Jane Seymour, who creates a piece of art on the theme of the week,

9.00 Gogglebox The armchair critics share their opinions on what they have been watching during the week with cameras capturing their instant reactions.

10.00 The Circle In an extended edition,

Emma Willis returns to The Circle to deliver a major announcement.

11.15 First Dates Hotel (r) A differing of nolitical oninions threatens to derail Tony and Lesley's date.

12.20 FILM: Green Room (2015) 2.00 Come Dine with Me (r) 2.25 Come Dine with Me (r) 2.55 Come Dine with Me (r) 3.20 Come Dine with Me (r) 3.50 Come Dine with Me (r) 4.15 Jamie: Keep Cooking and Carry On (r) 4.40 Fifteen to One (r) 5.30 Kirstie's Vintage Gems (r)

#### **CHANNEL 5**

6.00 Milkshake!

9.15 Jeremy Vine

11.15 Build a New Life in the Country-

Was It Worth It? (r)
12.15 5 News at Lunchtime

12.20 Our B&B Dream (r)

1.15 Home and Away (r)

1.45 Neighbours 2.20 FILM: A Dangerous Date (2018) Thriller, starring Jillian Murray and Brianna Joy Chomer.

4.00 Casualty 24/7: Every Second Counts (r)

5.00 5 News at 5

5.30 Neighbours (r)

6.00 Home and Away (r)

6.30 5 News Tonight

7.00 The Gadget Show Craig Charles and Ortis Deley go camping to find out if you need to spend a fortune on high-end tents, sleeping bags and stoves to have a premium outdoors experience. Followed by 5 News

8.00 Kate Humble's Coastal Britain The naturalist walks 12 miles of Suffolk's shingle coast. Last in the series. Followed by 5 News Update

**9.00 Churchill** New series. Documentary exploring the life of Winston Churchill

10.00 Britain's Favourite 80s Songs Simon Bates narrates.

11.30 The Real Patrick Swayze: In His

Own Words (r)

1.15 The 21.co.uk Live Casino Show 3.10 Friends (r) 3.35 Friends (r) 4.00 The Hotel Inspector: The Walkout (r) 4.45 Wildlife SOS (r) 5.10 Nick's Quest (r) 5.35 House Doctor (r)





Later - with Jools Holland,

Vera, 8.30pm.



Britain's Favourite 80s Songs,



7.00 Elton John: Electric Prom 8.00 Top of the Pops: 1990. 9.00 Elton John at the BBC. 10.00 Elton John: Uncensored. 11.00 Michael Kiwanuka and Laura Marling at 6 Music Festival. **12.00** Glam Rock at the BBC. **1.00** Elton John: Electric Prom. **2.00** Elton John: Uncensored. **4.00** Close.

#### ITV2

7.00 The Ellen DeGeneres Show. 7.00 He Ellen DeGeneres Show. 8.00 Emmerdale. 8.30 You've Been Framed! Gold. 9.30 Supermarket Sweep. 10.30 Love Bites. 11.30 Dress to Impress. 12.30 Emmerdale. 1.00 You've Been Framed! Presents Top 100 Shockers. **2.00** The Ellen DeGeneres Show. **2.55** Love Bites. **3.55** The Masked Singer US. 4.50 Take Me Out. 6.00 Catchphrase Celebrity Special.
7.00 Funniest Ever You've Been
Framed! 8.00 You've Been

Framed! Totally You've Been Framed! 9.00 Love Island: Framed! 9.UU Love Island: Australia. 10.05 Family Guy. 11.30 American Dad! 12.30 Hey Tracey! 1.15 Tain Stirling's CelebAbility. 1.55 Totally Bonkers Guinness World Records. 2.50 FYI Extra. 3.05 ITV2 Nightscreen. 3.30 Teleshopping.

#### ITV3

6.00 Classic Coronation Street. 7.00 Classic Emmerdale. 8.00 Heartbeat. **9.00** Bless This House. **9.35** On the Buses. **10.40** Agatha Christie's Marple. **12.40** Heartbeat. **1.45** Classic Emmerdale. **2.50** Classic Coronation Street. **3.50** Inspector Morse 6.00 Agatha Christie's Marple. **8.00** Doc Martin. **10.05** Law & Order: UK 11.05 Scott & Bailey. 12.10 Inspector Morse. **2.15** ITV3 Nightscreen. **2.30** Teleshopping.

#### SKY ONE

6.00 Futurama. 7.00 Animal

House. 8.00 Stargate SG-1. 9.00 Brit Cops: Rapid Response. 10.00
Air Ambulance ER. 11.00 NCIS:
Los Angeles. 1.00 Hawaii Five-0.
3.00 MacGyver. 4.00 Modern
Family. 5.00 The Simpsons. 5.30 Futurama. **6.30** The Simpsons. **8.30** Modern Family. **9.00** The Flight Attendant. **10.00** The Late Late Show with James Corden: Best of the Week. **11.00** Alexander Povetkin v Dillian Alexander Poverkin V Dillian Whyte 2 – The Build-Up. 11.30 One Punch: Whyte v Povetkin. 12.00 Dating No Filter. 12.30 Karl Pilkington: The Moaning of Life. 1.30 The Force: Essex. 2.30 Road Wars. **3.00** Brit Cops: War on Crime. **4.00** Stargate SG-1. 5.00 MacGyver

#### SKY MAIN EVENT

6.00 Sky Sports News. 7.30 Live One-Day International Cricket **4.30** One Punch: Whyte v Povetkin. **5.00** Alexander Povetkin v Dillian Whyte 2 - The

Build-Up. 5.30 Live Betfred Super League. **8.00** Live Betfred Super League. **10.30** Bruno v Tyson. **12.15** Live NBA: Boston @ Milwaukee 26.03. 2.00 Sky Sports News.

#### SKY CRICKET

**6.00** Talking Cricket: Sachin Tendulkar. **6.30** One-Day International Cricket. **7.30** Live One-Day International Cricket.

4.30 International T20 Cricket Bitesize Highlights. **5.45** Best of T20 Blast Finals Day. **6.00** Talking Cricket: Sachin Tendulkar. **6.30** Talking Cricket: Chennai 2008. **7.00** One-Day International Cricket. **8.00** The Cricket Show. **9.00** One-Day International Cricket. **10.00** Nasser Meets Sachin. **11.00** One-Day International Cricket. 12.00 The Cricket Show. 1.00 How The 2007 ICC World Cup Was Won. **4.00** Best of the IPL 2017. **4.30** Best of The 2016 IPL.

#### BT SPORT 1

8.00 Live Hyundai A-League. 10.00 ESPN FC. 10.30 Test Cricket Highlights. 11.30 Premier League World. 12.00 BT Sport Films: Two Tribes. **1.30**Bundesliga Weekly. **2.00** BT
Sport Reload. **2.30** Badminton. 3.45 Gallagher Premiership 3.45 Galagner Premiership Tonight 4.30 One Day International Cricket. 5.30 WWE NXT Highlights. 6.30 Scottish Football Extra. 7.00 BT Sport Fight Night Live. 11.00 WWE NXT Highlights, 12.00 Live: WWE Friday Night SmackDown. **2.00**MotoGP: ICYMI. **2.15** Scottish
Football Extra. **2.45** UEFA Champions League Magazine

#### **BBC ALBA**

6.00 Alba Today. 5.00 Leugh le Linda. **5.25** Creag nam Buthaidean. **5.30** Padraig Post: Seirbheis Deis agus Sonraichte. 5.50 Nannag a' Noo/Huggleboo. 5.55 Stòiridh. 6.05 Aithne air

Ainmhidhean. 6.25 Geamaichean Gorach, 6.30 An Rud As Fhearr Leam. **6.35** Na Moomins/Moomin Valley. **7.00** An Là. **7.25** Fraochy Bay. **7.30** Machair. **7.55** Earrann Eachdraidh. **8.00** Cearcall. **8.30** Dealbhan Fraoich. **9.00** About Britain: Isle of Skye. **9.45** Port – Druthag Bheag Eile. **10.00** The Flatey Enigma. **10.55** Binneas – Na Trads. **11.00** Seirm. **12.00** Alba Today.

#### **BBC SCOTLAND**

**10.00** Bitesize Scotland Daily: Primary Programme 26. **10.25** Authors Live: Elizabeth Laird and Lauren St John. **11.05** Bitesize Daily Scotland: Secondary Maths 2. **11.55** This Is BBC Scotland. **7.00** The Seven. **8.00** Wild Shetland – Scotland's Viking Frontier. **9.00** Gerry Rafferty: Right Down the Line. **10.00** Still Game. **10.30** A View from the Terrace. **11.30** Mirror Mirror. **12.00** Close.

**11.00** Ride Lonesome (1959) 11.00 Kide Lonesome (1959).
12.35 Buchanan Rides Alone (1958). 2.15 Comanche Station (1960). 4.00 Toral Toral Toral (1970). 6.50 The League of Extraordinary Gentlemen (2003). 9.00 The Shape of Water (2017).
11.25 Crimson Peak (2015). 1.45 Stonehearst Asylum (2014). **4.00** Close.

#### DAVE

7.10 Hurricane Man 8.00 American Pickers. **9.00** Celebrity Storage Hunters. **10.00** American Pickers. **12.00** Celebrity Storage Hunters. **1.00** Top Gear: Ambitious but Rubbish. **3.00** Rick Stein: From Venice to Istanbul. **4.00** Top Gear. **6.00** Taskmaster. **7.00** Would I Lie to You? **7.40** Room 101. **9.00** QI XL. **10.00** Red Dwarf. **12.00** Mock the Week. **12.40** Room 101. **2.00** QI XL. **3.00** Hurricane Man. **4.00** 

#### RADIO

BBC RADIO 1 7.00 Radio 1 Breakfast with Vick and Katie. 10.00 Radio 1 Anthems with Vick and Katie. 10.32 Radio 1 Anthems with Jordan North. 11.00 Jordan North. 12.45 Newsbeat. 1.00 Matt and Mollie. 3.00 Radio 1.00 Matt and Mollie. 3.00 Radio 1's Party Anthems with Matt and Mollie. 4.00 The Official Chart Show with Scott Mills. 5.45 Newsbeat. 6.00 Radio 1's Dance Party with Annie Mac. 8.00 Danny Howard. 10.00 Pete Tong. 12.00 Radio 1's Essential Mix. 2.00 Radio 1 Dance Presents. 3.00 Annie Mac in the Mix. 3.30 Annie Mac in the in the Mix. 3.30 Annie Mac in the Mix. 4.00 Radio 1's Wind Dowr

**BBC RADIO 3** 

BBC RADIO 2 9.30 Ken Bruce. 12.00 Jeremy Vine. **2.00** Steve Wright in the Afternoon. **4.15** Steve Wright in the Afternoon - Serious Jockin'. 5.00 Sara Cox. **7.00** Tony Blackburn's Golden Hour. **8.00** Sounds of the 80s with Gary Davies. **10.00**Sounds of the 90s with Fearne
Cotton. **11.00** Sounds of the 90s with Fearne Cotton. **12.00** First Time Basis with Kelsea Ballerini 1.00 The Craig Charles House Party. **2.30** The Craig Charles House Party Mixtape.

9.00 Essential Classics. 12.00 Composer of the Week: Ravel. **1.00** Radio 3 Lunchtime Concert. **2.00** Afternoon Concert. **4.30** The Listening Service. **5.00** In Tune. **7.00** In Tune Mixtape. **7.30** Radio 3 in Concert. **10.00** The Verb. 10.45 The Essay: Blood and Bronze. 11.00 Late Junction. 1.00 Through the Night.

#### BBC RADIO 4

BBC RADIO 4
10.00 Woman's Hour. 11.00
Conspiracies: The Secret
Knowledge. 11.30 For the Love of
Leo. 12.00 News. 12.06 White
Fang. 12.20 You and Yours. 12.57
Weather. 1.00 The World at One.
1.45 Outsiders. 2.00 The Archers. 2.15 Drama: The Performer. 3.00 Gardeners' Question Time. **3.45** An American Fridge. **4.00** Last Word. **4.30** Feedback. **5.00** PM. **5.57** Weather. 6.00 Six O'Clock News. 6.30 The Now Show. 7.00 Front

Row. **7.45** The Whisperer in Darkness. **8.00** Any Questions? **8.50** A Point of View. **9.00** Mayday. 10.00 The World Tonight. 10.45
Book at Bedtime: White Fang.
11.00 A Good Read. 11.30 Today in Parliament. 12.00 News and Weather, 12.30 Book of the Week One Two Three Four – The Beatles in Time. **12.48** Shipping Forecast. 1.00 As BBC World Service **BBC RADIO 5 LIVE** 

6.00 5 Live Breakfast. 9.00 Your Call. 10.00 Chiles on Friday. 1.00 Elis James and John Robins. 2.30 Kermode and Mayo's Film Review
4.00 5 Live Drive. 7.00 5 Live Sport: The Friday Football Social. 9.00 5 Live Formula 1. 10.00 Stephen Nolan. 1.00 Jim Davis.

#### **CLASSIC FM**

9.00 Alexander Armstrong, 12.00 Aled Jones. **4.00** John Brunning. **7.00** Smooth Classics at Seven. **8.00** The Classic FM Concert with John Suchet. **10.00** Smooth Classics. **1.00** Katie Breathwick

#### **BBC RADIO SCOTLAND**

**6.00** Good Morning Scotland. **9.00** Mornings. **12.00** Lunchtime Live. **1.30** Break the News. **2.00** The Afternoon Show with Nicola Meighan. **4.00** Drivetime. **6.00** (FM) Grant Stott's Vinyl Collective. **6.00** (MW) Sportsound. **7.00** (MW) Grant Stott's Vinyl Collective. **8.00** BBC Introducing in Scotland. 10.00 Ashley Storri 1.00 As BBC Local Radio and BBC Radio 5 Live.



Elton John: Electric Prom, BBC4, 7pm.

# Ewan's Viewing



EWAN CAMERON REVIEWS THIS WEEK'S TELLY



#### HIGHLIGHTING **MENTAL HEALTH**

Two powerful programmes highlighted the subject of mental health this week, each shining a light on a different aspect.

On Tuesday, Our Silent Emergency (BBC2) saw radio presenter Roman Kemp look into why suicides in young men are on the rise. For him it was a very personal journey, having lost one of his closest friends to suicide last vear.

Channel 4's Caroline Flack: Her Life And Death went beyond the tabloid headlines to examine some of the circumstances and pressures that led the Love Island presenter to commit suicide in February last year.

Both programmes were uncomfortable to watch at times, but hopefully will have helped at least one poor soul.

#### **CHILDREN IN NEED AGAIN**

Comic Relief happened last night and, alas, it took place too late for me to review.

But if the standard of previous Comic Relief nights are anything to go by, it's probably for the hest.

Maybe I'm seeing it through red nose-tinted spectacles, but weren't the Comic Reliefs back in the '80s and early '90s much edgier and less family-friendly?

These days it feels like a rebranded Children In Need



# Murky subject

he sex abuse case involving film director Woody Allen and his adopted daughter Dylan has all the makings of a fascinating investigative documentary series.

Unfortunately, Allen v Farrow (Sky Atlantic) has no such aspirations and was frustratingly one-sided.

Sex abuse is such a sensitive subject these days that I have to stress that my criticism of this four-part series is in no way me concluding that Dylan Farrow's claims against her father are without merit.

My point is that after watching this series I can't honestly say I know one way or another, simply because I don't think the

#### CASE ISN'T NEARLY AS CUT AND DRIED AS THIS DOCUMENTARY WANTS YOU TO THINK

documentary's directors – Amy Ziering and Kirby Dick - had any intention of making a documentary that would seriously examine the murky case.

Some of what we see is damning. Video footage of seven-year-old Dylan describing what he allegedly did to her is certainly disturbing into watch.

But why did Ziering and Dick spend an inordinate amount of time examining the film output of Woody in order to draw spurious connections with the case, when they could really dig into thornier aspects of the story, including suspicions that Dylan had been coached into making the video by mum Mia Farrow?

That shocking allegation was certainly something the Child Sexual Abuse Clinic of the Yale/New Haven Hospital said it couldn't discount when they examined the case and declared Woody Allen innocent.

It's also frustrating that the documentary has no interest in interviewing anyone who might be in a position to disprove the claims - like Dylan's nanny, who has sworn under oath that Mia tried to force her into supporting the allegations.

Including the opposite viewpoint wouldn't discredit what Dylan is claiming, it would just give a more accurate picture of a case that isn't nearly as cut and dried as this documentary wants you to think.

#### LACK OF A-LISTERS

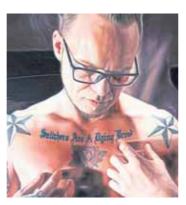
Poor Piers Morgan. After packing in his morning TV job, the only thing he has left on TV is his chat show Life Stories (ITV)

It has a primetime slot but I get the feeling his reputation might be hampering the show's ability to get similarly primetime stars to take part.

When the show started back in 2009 it seemed to have no problem booking legitimately famous guests like Richard Branson, Simon Cowell, Bruce Forsyth and Flton John.

His latest series, though, hasn't exactly been awash with A-list stars - Gemma Collins, Chris Eubank, Trisha Goddard and, this week, Coleen Nolan.

Who's next for the Life Stories treatment? Jedward?



# Ewan's movie of the week

#### THE PAINTER AND THE THIEF **AVAILABLE TO RENT OR BUY ONLINE**

When the Oscar nominations were announced on Monday, there was one film absent from the list that I had considered a shoo-in for the best documentary prize.

The Painter And The Thief works best if you know as little as possible about it, but what I can say is that it starts with the theft of two paintings from an art gallery in Oslo and goes on to document the unusually close friendship that develops between the artist Barbora Kvsilkova and the thief Karl-Bertil Nordland.

Filmed over the course of several years, the lives of both subjects change drastically and the documentary ends up being an incredibly moving look at friendship, forgiveness and rehabilitation.

This may sound a bit dry or depressing - however, it's anything but and I urge you to seek it out.

WHAT DO YOU THINK? | FACEBOOK.COM/EVENINGTELE | TWITTER.COM/EVENING TELE | EWAN.CAMERON@AJL.CO.UK





#### **SOLUTIONS**

#### **MIND THE GAP**

One possible solution is Bemused, Genteel, Forbear, Scapula, Hothead, Scalpel, Trinket, Narrate. The shaded word is: MERCHANT

#### **SET SQUARE**



**SUGURU** 

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#### **STAIRCASE**

Tempest, Chill, Flurry, Raining, Cloudy, Sleet, Shower. The word is: THUNDER

#### WORDSEARCH



#### **MISSING LINKS**

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